



ACTIVITIES MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>Mar 10th & 24th</p>		<p>1 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p> 
<p>4 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12:30-4 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capitol Quilters I 6:30-8</p>	<p>5 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp 9:30-11:30 Medicare (by appt.) 1:30-4 RPEN Mtg. 2-4 Tai Chi 2-4</p>	<p>6 Watercolor 9-12 Sr Svc. Network 9-11 Computer Lab Mtg 10-1 Vision Scope 10:30-12 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Ping Pong 10:30-2 Lapidary 11-3 Taxes 12:30-4 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8</p>	<p>7 Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Inter Comp 1-3 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9</p>	<p>8 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-1 Intro Computer 9:30-11:30 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p>11 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12:30-4 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30</p>	<p>12 AARP Driver Safety 9:30-2 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp 9:30-11:30 Parkinson's Supp. Grp. 2-3 Medicare (by appt.) 1:30-4 Tai Chi 2-4</p>	<p>13 Watercolor 9-12 Capitol Quilters II 9-11 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 11-1 Taxes 12:30-4 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>14 SSA Mtg. 9:30-11 Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Inter Comp 1-3 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9</p>	<p>15 Resistance Exercise 9:30-10:30 Cribbage 9-12 Intro Computers 9:30-11:30 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p>18 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12:30-4 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilter I 6:30-8</p>	<p>19 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp 9:30-11:30 Advisory Board 1:30-3 Tai Chi 2-4</p>	<p>20 Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-1 Taxes 12:30-4 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8</p>	<p>21 Jewelry Sale 9-2 Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 CUBE Bridge 12-4 Al Anon 12-1:30 Casual Canasta 12:30-3:30 NMSS Mtg. 1-2:30 Inter Comp 1-3 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 NMSS Mtg. 6-7:30 Barbershop 7-9</p>	<p>22 Jewelry Sale 9-2 Resistance Ex 9:30-10:30 Intro Computers 9:30-11:30 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p>25 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12:30-4 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30</p>	<p>26 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp 9:30-11:30 Medicare (by appt.) 1:30-4 Tai Chi 2-4</p>	<p>27 Watercolor 9-12 Capitol Quilters II 9-11 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-12 Taxes 12:30-4 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Travel Meeting 2-3 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>28 Social Security 8:30-12:30 Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Inter Comp 1-3 Bingo 1-4 Ping Pong 6-8 Barbershop 7-9</p>	<p>29 Resistance Ex 9:30-10:30 Intro Computers 9:30-11:30 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>

Carson City Senior Center Menu

March 2013

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>HAPPY BIRTHDAY</u> <u>TURKEY W/ GRAVY</u> MASHED POTATOES PEAS PEACHES BIRTHDAY CAKE ICE CREAM 
<u>CHILI RELLENO</u> ⁴ SPANISH RICE CORN CINNAMON APPLE SAUCE	<u>MEATLOAF</u> ⁵ MASHED POTATOES MIXED VEGGIES PEARS FRENCH BREAD	<u>MACARONI & CHEESE</u> ⁶ <u>W/HAM</u> SPINACH AMBROSIA ROLL W/ MARGARINE #62	<u>BBO CHICKEN</u> ⁷ CORN BREAD CARROTS PINAPPLE ICE CREAM	<u>CHEESE RAVIOLI</u> ⁸ ZUCCHINI CHERRY JELLO W/ PEARS COOKIE
<u>LEMON BAKED COD</u> ¹¹ STUFFED HALF POTATOES BROCCOLI W/ CHEESE PEACHES BREAD W/ MARGARINE #60	<u>CHEF SALAD</u> ¹² CARROT & CELERY STICKS APRICOTS SCONE	<u>EGGPLANT PARMESAN</u> ¹³ CORN BREAD STICK GRAPES	<u>PULLED PORK ON A BUN</u> ¹⁴ BAKED BEANS GREEN BEANS APPLE CRISP ICE CREAM	<u>ST. PATRICK'S DAY</u> ¹⁵ <u>CORNED BEEF &</u> <u>CABBAGE</u> ROASTED POTATOES & CARROTS LIME JELLO W/ PINEAPPLE 
<u>LOADED TURKEY</u> ¹⁸ <u>SANDWICH</u> <u>WITH CRANBERRIES</u> 3 BEAN SALAD BAKED POTATO CHIPS FRUIT CUP PUDDING	<u>STUFFED BELL PEPPER</u> ¹⁹ <u>OVER LINGUINI</u> DINNER SALAD JELLO W/ PEACHES ROLL W/ MARGARINE	<u>MANICOTTI</u> ²⁰ ITALIAN VEGGIES BERRIES IN A CLOUD BREAD W/ MARGARINE #61	<u>ASIAN CHICKEN SALAD</u> ²¹ BREAD W/ MARGRINE MANDARIN ORANGES W/ PINEAPPLE LEMON BARS	<u>JOE'S RIBS</u> ²² SWEET POTATOES SQUASH FRUIT COCKTAIL CORN BREAD
<u>BEEF STROGANOFF OVER</u> ²⁵ <u>EGG NOODLES</u> PEAS PEACHES ROLL W/ MARGARINE #106	<u>ITALIAN SAUSAGE</u> ²⁶ <u>SANDWICH W/ ONIONS &</u> <u>PEPPERS</u> DINNER SALAD APPLE FRUIT PIE	<u>SALMON PATTY ON A</u> ²⁷ <u>BUN</u> W/ LETTUCE AND ONION MIXED VEGGIES BLUSHED PEARS COOKIE	<u>RIGATONI W/MEAT</u> ²⁸ <u>SAUCE</u> BROCCOLI AMBROSIA BREAD STICK	<u>CHICKEN ALFREDO</u> ²⁹ <u>OVER LINGUINI</u> GREEN BEANS ORANGE PUDDING

NOTE: A number at the bottom of a menu item indicates that it has been approved by a Nutritionist.

SUGGESTED DONATION FOR AGE 60 & OVER IS \$2.25. THOSE UNDER 60 MUST PAY \$6.00.