

Carson City Senior Center Menu

July 2013

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>LEMON BAKED COD W/ HOLLANDAISE SAUCE</u> RICE FIVE-WAY VEGETABLES PINEAPPLE #60	2 <u>LOADED HAM & TURKEY SANDWICH</u> COLESLAW APPLE CRISP ORANGE JUICE	3 4 TH OF JULY LUNCH <u>HOTDOG ON A BUN</u> BBQ BAKED POTATO CHIPS BROCCOLI SALAD STRAWBERRY JELLO W/ BLUEBERRIES & WHIPPED CREAM	4 CENTER CLOSED 4 TH OF JULY 	5 HAPPY BIRTHDAY CORNISH GAME HEN STUFFING GREEN BEANS BERRIES IN THE CLOUD BIRTHDAY CAKE ICE CREAM 
8 <u>LOADED TURKEY SANDWICH</u> BAKED POTATO CHIPS TRAIL MIX FRUIT COCKTAIL	9 <u>SEAFOOD LOUIE SALAD</u> PASTA SALAD PEACHES SCONE	10 <u>PORK LOIN W/ APRICOT GLAZE</u> WILD RICE GREEN BEANS WATERMELON	11 <u>COUNTRY FRIED STEAK W/ COUNTRY GRAVY</u> MASHED POTATOES BEETS YOGURT W/ STRAWBERRIES	12 <u>BBO CHICKEN SANDWICH</u> BROCCOLI SALAD PEARS CHOCOLATE CAKE #72
15 <u>ITALIAN SAUSAGE W/ PEPPERS AND ONIONS</u> APRICOTS COOKIE TOMATO JUICE #61	16 <u>CHICKEN CORDON BLEU</u> BRUSSELS SPROUTS SOURDOUGH BREAD W/MARGARINE ORANGE	17 <u>OPEN FACE ROAST BEEF SANDWICH</u> TOMATO VINAIGRETTE FRUIT CUP JELLO GEMS	18 <u>SALMON</u> SCALLOPED POTATOES PEA SALAD APPLE PIE & ICE CREAM	19 <u>CHEESEBURGER</u> FRESH BABY CARROTS W/ RANCH DRESSING COTTAGE CHEESE W/ FRUIT
22 <u>FISH & CHIPS</u> THREE BEAN SALAD APPLE LIME SHERBET	23 <u>SWEET & SOUR PORK</u> WHITE RICE STIR-FRY VEGETABLES PINEAPPLE & ORANGES POKE CAKE	24 <u>TURKEY W/ CRANBERRIES</u> MASHED POTATOES CARROT RAISIN SALAD GRAPES COOKIE #77	25 <u>MEATBALL SUB W/ MOZZARELLA CHEESE</u> DINNER SALAD JELLO W/ PEARS	26 <u>JOE'S RIBS</u> BAKED BEANS COLESLAW AMBROSIA BISCUIT
29 <u>PINEAPPLE HAM</u> SCALLOPED POTATOES BRUSSEL SPROUTS APPLESAUCE	30 <u>MEATLOAF</u> MASHED POTATOES SPINACH SALAD FRENCH BREAD W/ MARGARINE BANANA #3	31 <u>ASIAN CHICKEN SALAD</u> JELLO W/ MANDARIN ORANGES MUFFIN		

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.

ACTIVITIES JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Resistance Exercise 9-10 Ping Pong 10:30-1 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilters I 6:30-8 Follies Rehearsal 5-6:30	2 Ping Pong 11:30-1:30 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare (by appt.) 1:30-4 Tai Chi 2-4	3 Watercolor 9-12 Sr Svc. Network 9-11 Computer Lab Mtg 10-12 Resistance Ex 9:30-10:30 Blood Pressure 10:30-11:30 Ping Pong 10:30-1 Visionscope 10:30-12:00 Lapidary 11-3 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Follies Rehearsal 5-6:30	4 CENTER CLOSED 	5 Resistance Exer 9:30-10:30 Cribbage 9-12 Ping Pong 10:30-1 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30 
8 Resistance Exercise 9-10 Ping Pong 10:30-1 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Follies Rehearsal 5-6:30	9 AARP Driver Safety 9:30-2 Ping Pong 11:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare (by appt.) 1:30-4 Parkinson's Supp. Grp. 2-3 Tai Chi 2-4	10 Watercolor 9-12 Capitol Quilters II 9-11 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 11-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9:30 Follies Rehearsal 5-6:30	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 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	12 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 10:30-1 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
15 Resistance Exercise 9-10 Ping Pong 10:30-1 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilters I 6:30-8 Follies Rehearsal 5-6:30	16 Ping Pong 11:30-1:30 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Advisory Board 1:30-3 Tai Chi 2-4	17 Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 10:30-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Follies Rehearsal 5-6:30	18 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 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	19 Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 10:30-1 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
22 Resistance Exercise 9-10 Ping Pong 10:30-1 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Follies Rehearsal 5-6:30	23 Ping Pong 11:30-1:30 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare (by appt.) 1:30-4 Tai Chi 2-4	24 Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 10:30-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9:30 Follies Rehearsal 5-6:30	25 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 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	26 Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 10:30-1 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
29 Resistance Exercise 9-10 Ping Pong 10:30-1 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Leisure Hour 3-4:30 Follies Rehearsal 5-6:30	30 Ping Pong 11:30-1:30 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare (by appt.) 1:30-4 Tai Chi 2-4	31 Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 10:30-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Follies Rehearsal 5-6:30	 ©2013 Penguin • www.ClipArt.com/1083703 JULY 14TH & 28TH	