Carson City Senior Center Menu
MARCH **2012**

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **PORK W/GRAVY** HERB NOODLES ROMAINE SALAD W/DRESSING APPLESAUCE BREAD W/MARGARINE #42	2 **HAPPY BIRTHDAY** **TURKEY W/GRAVY & STUFFING** ZUCHINNI MANDARIN ORANGES BIRTHDAY CAKE ICE CREAM
5 **CHICKEN CACCIATORE** GARDEN SALAD DICED PEARS GARLIC BREAD #97	6 **MEAT LOAF W/GRAVY** MASHED POTATOES THREE BEAN SALAD MIXED FRUIT ICE CREAM	7 **FISH W/LEMON SAUCE** SEASONED RICE CUCUMBER SALAD APRICOTS MIXED BERRIES	8 **CRANBERRY CHICKEN** EGG NOODLES CORN PINEAPPLE TIDBITS CHOCOLATE PUDDING	9 **CHILI & CHEESE STUFFED POTATO** MIXED VEGETABLES CORN BREAD AMBROSIA
12 **SALMON** SEASONED ROASTED RED POTATO WEDGES BROCCOLI DICED PEACHES CHOCOLATE PUDDING	13 **MUSHROOM CHICKEN** RICE COLESLAW FRUIT COCKTAIL CAKE	14 **LASAGNA** ZUCHINNI BREADSTICK BERRIES IN THE CLOUD	15 **MACARONI & CHEESE W/HAM** SPINACH WALDORF SALAD CORNBREAD W/HONEY BUTTER #62	16 **ST. PATRICK'S DAY CELEBRATION** CORNED BEEF & CABBAGE ROASTED POTATOES & CARROTS LIME JELLO W/ PEACHES SHAMROCK CAKE & ICE CREAM
19 **BBQ PORK RIBS** SWEET POTATO GREEN BEANS ORANGE CORN BREAD W/MARGARINE	20 **BEEF STROGANOFF OVER EGG NOODLES** CHUCKWAGON CORN PLUM WW ROLL W/MARGARINE #106	21 **SEAFOOD LOUIE SALAD** ORANGE JUICE CRACKERS SCONE	22 **MANICOTTI** ITALIAN VEGGIES GRAPES FRENCH BREAD W/MARGARINE	23 **BAKED HAM** SCALLOPED POTATOES SPINACH MIXED BERRIES WW BREAD/W MARGARINE
26 **STUFFED BELL PEPPER** LINGUINE ROMAINE CAESAR SALAD APPLE JUICE GARLIC BREAD #61	27 **CHICKEN ENCHILADA** SPANISH RICE PEAS & CARROTS CINNAMON PEARS PUDDING	28 **BEEF STEW** BROCCOLI APRICOTS BISCUIT W/MARGARINE ICE CREAM	29 **PORK CHOP W/GRAVY** HERBED NOODLES ROMAINE SALAD W/TOMATOES & DRESSING APPLESAUCE WW BREAD W/MARGARINE #42	30 **SWEET & SOUR CHICKEN** RICE STIR FRY VEGGIES LIME JELLO W/PINEAPPLE ROLL W/MARGARINE #11

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 MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	bingo **march** **11 & 25**		**1** Scrapbooking 9-12 Rhythm Rockers 10-11 Medicare Counseling (walk-ins) 10-1:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	**2** Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30 **BIRTHDAY FRIDAY!!!**
5 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12-4 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv Line Dancing 2:30-4 Leisure Hour Brd Mtg 3-4 Capitol Quilters 6:30-8 Follies Rehearsal 6-9:30	**6** Ping Pong 9:30-1 Rhythm Rockers 10-11 VisionScope Grp 11:15-1 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp. 1-3 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4 RPEN Mtg. 2-4 Follies Rehearsal 6-9:30	**7** Sr. Svc. Network 9-10:30 Resistance Exercise 9:30-10:30 Watercolor 9-12 Ping Pong 10:30-2 Blood Pressure 10:30-11:30 Lapidary 11-3 Taxes 12-4 Yoga 1-2:30 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	**8** Scrapbooking 9-12 Rhythm Rockers 10-11 Medicare Counseling (walk-ins) 10-1:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Intro Comp. 1-3 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	**9** Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
12 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12-4 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Follies Rehearsal 6-9:30	**13** Ping Pong 9:30-1 AARP Driver Safety 9:30-2 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp 1-3 Medicare Counseling (appts.) 1:30-4 Parkinson's Supp. Grp. 2-3 Advisory Board 4-5 Tai Chi 2-4 Follies Rehearsal 6-9:30	**14** Capitol Quilters II 9-11 Resistance Exercise 9:30-10:30 Watercolor 9-12 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 Taxes 12-4 Yoga 1-2:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Travel Mtg. 2-3 Al Anon 6-8 Merry Go Rounds 6:30-9	**15** SSA Mtg. 9:30-11 Scrapbooking 9-12 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Al Anon 12-1:30 Intro Comp. 1-3 NMSS Mtg. 1-2:30 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 NMSS Mtg. 6-7:30 Ping Pong 6-8 Barbershop 7-9	**16** Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
19 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12-4 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Capitol Quilters 6:30-8 Follies Rehearsal 6-9:30	**20** Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp 1-3 Tai Chi 2-4 Follies Rehearsal 6-9:30	**21** Watercolor 9-12 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Taxes 12-4 Ping Pong 9:30-2 Yoga 1-2:30 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	**22** **Social Security 8-12:30** Scrapbooking 9-12 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Al Anon 12-1:30 Intro Comp 1-3 Bingo 1-4 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	**23** Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
26 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12-4 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Follies Rehearsal 6-9:30	**27** Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro Comp. 1-3 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4	**28** Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exercise 9:30-10:30 Ping Pong 9:30-2 Blood Pressure 10:30-11:30 Lapidary 11-3 Taxes 12-4 Yoga 1-2:30 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	**29** Scrapbooking 9-12 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Intro Comp 1-3 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	