





# ACTIVITIES NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center"><b>BINGO</b></p>  <p align="center">NOV. 12 &amp; 26</p>		<p><b>1</b></p> <p>Medicare (by appts) 9-4 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p><b>2</b></p> <p>Medicare (by appts) 9-4 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs &amp; Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30 <b>HAPPY BIRTHDAY!</b></p>
<p><b>5</b></p> <p>Medicare (by appts) 9-4 Resistance Exercise 9-10 Ping Pong 9:30-12 Intro to Comp 9:30 – 11:30 Rhythm Rockers 10-11 Natives &amp; Newcomers 10-12 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 Senior Awareness Pres. 2-4 Capitol Quilters 6:30-8</p>	<p><b>6</b></p> <p>Medicare (by appts) 9-4 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 Tai Chi 2-4</p>	<p><b>7</b></p> <p>Medicare (by appts) 9-4 Watercolor 9-12 Resistance Exer. 9:30-10:30 Intro to Comp 9:30 – 11:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 VisionScope 11:15-1 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><b>8</b></p> <p>Medicare (by appts) 9-4 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p><b>9</b></p> <p>Medicare (by appts) 9-4 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs &amp; Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p><b>12</b></p> <p><b>THANK YOU to all of our Veterans For your service</b></p> 	<p><b>13</b></p> <p>Medicare (by appts) 9-4 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 Genealogy 1-3 Parkinson's Supp. Grp. 2-3 RPEN 2-4 Tai Chi 2-4</p>	<p><b>14</b></p> <p>Medicare (by appts) 9-4 Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-2 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><b>15</b></p> <p>Medicare (by appts) 9-4 SSA Mtg 9:30-11 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Genealogy 1-3 NMSS Mtg. 1-2:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 NMSS Mtg. 6-7:30 Barbershop 7-9</p>	<p><b>16</b></p> <p>Governing Board 7-8 Medicare (by appts) 9-4 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Advisory Board 1:30-3 Pegs &amp; Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p><b>19</b></p> <p>Medicare (by appts) 9-4 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Natives &amp; Newcomers 10-12 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 Capitol Quilters 6:30-8</p>	<p><b>20</b></p> <p>Medicare (by appts) 9-4 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 Tai Chi 2-4</p>	<p><b>21</b></p> <p>Social Security 8:30-12:30 Medicare (by appts) 9-4 Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 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><b>22</b></p> 	<p><b>23</b></p> <p><b>FAMILY DAY</b></p> 
<p><b>26</b></p> <p>Medicare (by appts) 9-4 Resistance Exercise 9-10 Ping Pong 9:30-12 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</p>	<p><b>27</b></p> <p>Medicare (by appts) 9-4 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 Tai Chi 2-4</p>	<p><b>28</b></p> <p>Medicare (by appts) 9-4 Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-2 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><b>29</b></p> <p>Medicare (by appts) 9-4 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p><b>30</b></p> <p>Medicare (by appts) 9-4 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs &amp; Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>

# Carson City Senior Center Menu

## NOVEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>FISH</u> CAULIFLOWER WITH CHEESE SAUCE POTATO WEDGES BANANA	<u>HAPPY BIRTHDAY</u> <u>ROAST PORK W/GRAVY</u> RICE PILAF GREEN BEANS CANTALOPE BIRTHDAY CAKE ICE CREAM 
<u>MACARONI &amp; CHEESE</u> <u>W/HAM</u>  <u>STEAMED SPINACH</u> <u>PEARS</u> <u>CORN BREAD/W</u> <u>HONEY BUTTER</u> <u>#62</u>	<u>CRANBERRY CHICKEN</u> <u>OVER RICE</u>  GREEN PEAS PEARS SCONE	<u>BEEF STEW</u> <u>W/VEGETABLES</u>  PINEAPPLE TIDBITS CORN BREAD W/HONEY BUTTER PUDDING	<u>EGGPLANT PARMESAN</u>  GARDEN SALAD AMBROSIA COOKIE	<u>LIVER &amp; ONIONS OR</u> <u>SALISBURY STEAK</u>  MASHED POTATOES W/GRAVY PEAS PEACHES #101
<u>VETERAN'S DAY</u> <u>CENTER CLOSED</u>  	<u>TUNA NOODLE BAKE</u>  THREE BEAN SALAD FRUIT CUP PUDDING	<u>LEMON BAKED FISH</u>  BROCCOLI CHEESE STUFFED 1/2 POTATO CINNAMON APPLESAUCE WW BREAD W/MARGARINE #6	<u>CHICKEN ENCHILADA</u> <u>W/SALSA</u>  MEXICORN REFRIED BEANS RAISINS ICE CREAM	<u>MEAT LOAF</u>  MASHED POTATOES CARROTS PINEAPPLE TIDBITS APPLE CRISP
<u>SWEET &amp; SOUR PORK</u>  RICE STIR FRY VEGETABLES MANDARIN ORANGES	<u>SPAGHETTI WITH MEAT</u> <u>SAUCE</u>  SPINACH GARDEN SALAD APPLE FRENCH BREAD COOKIE	<u>THANKSGIVING DINNER</u>  ROAST TURKEY MASHED POTATOES W/GRAVY STUFFING CRANBERRY SAUCE ZUCCHINI W/TOMATOES KIWI FRUIT WW ROLL W/MARGARINE PUMPKIN PIE	<u>THANKSGIVING DAY</u> <u>CENTER CLOSED</u>  	<u>FAMILY</u> <u>DAY</u> <u>CENTER CLOSED</u>
<u>FRENCH DIP AUS JUS</u>  ITALIAN VEGGIES FRUIT CUP PUDDING	<u>CREAMED CHICKEN</u> <u>OVER RICE</u>  SQUASH PINEAPPLE ICE CREAM	<u>JOE'S BBQ PORK RIBS</u>  SWEET POTATO BROCCOLI GRAPES CORNBREAD W/HONEY	<u>BEEF STRONGANOFF</u> <u>OVER EGG NOODLES</u>  PEAS PEACHES WW ROLL W/MARGARINE #106	<u>CLAM CHOWDER</u>  THREE BEAN SALAD APPLE SOURDOUGH BREAD W/MARGARINE CAKE

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.