Carson City Senior Center Menu
June 2014

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
2 **CORN DOGS** POTATO SALAD CARROT STICKS W/ RANCH DRESSING FRUIT CUPS	3 **FISH AND CHIPS (Fish w/ French Fries)** COLESLAW ORANGE WEDGES BUTTERSCOTCH PUDDING	4 **CHILE RELLENO** SPANISH RICE ZUCCHINI APPLESAUCE CHURRO	5 **CHEESE OMELET & SAUSAGE LINKS** FRENCH TOAST TOMATO JUICE JELLO W/ PEARS #119	6 **HAPPY BIRTHDAY FRIED CHICKEN** MASHED POTATOES CORN PEACHES BIRTHDAY CAKE ICE CREAM #73
9 **MANICOTTI** ITALIAN VEGETABLES GARLIC BREADSTICK PEARS #61	10 **CHEESEBURGER W/ LETTUCE & ONION** GREEN BEANS APRICOTS COOKIE	11 **BEAN & HAM SOUP** FRENCH BREAD DINNER SALAD AMBROSIA	12 **TURKEY W/ CRANBERRIES** MIXED VEGETABLES STUFFING BANANAS IN ORANGE JUICE #77	13 **SEAFOOD LOUIE SALAD** SOURDOUGH BREAD W/ MARGARINE GRAPES SCONE
16 **EGG SALAD SANDWICH** 3 BEAN SALAD SLICED APPLES CHOCOLATE PUDDING	17 **ASIAN CHICKEN WITH NOODLES** STIR FRY VEGGIES BERRIES IN A CLOUD	18 **SALMON** SCALLOPED POTATOES MIXED VEGGIES ORANGE WEDGES COOKIE	19 **CABBAGE ROLLS** OVER WHITE RICE GREEN BEANS CANTALOUPE #122	20 **RIBS** BAKED BEANS PEAS PEACHES CORN MUFFIN #105
23 **CHICKEN ALFREDO** OVER PASTA ZUCCHINI CINNAMON PEARS #109	24 **COUNTRY FRIED STEAK W/ GRAVY** PEA SALAD BISCUIT W/ MARGARINE PEARS	25 **GREEK SALAD W/ SALAMI AND FETA CHEESE** JELLO W/ MANDARIN ORANGES PITA BREAD	26 **FRENCH BREAD PIZZA** BROCCOLI WATERMELON CHERRY PIE	27 **MEATLOAF** MASHED POTATOES MIXED VEGGIES AMBROSIA #3
30 **BEAN & CHEESE BURRITO BAKE** SPANISH RICE GREEN BEANS PEACHES				

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 JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Resistance Ex 9:30-10:30 Cribbage 9-12 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 Mens Briidge 12:30-3:30 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capitol Quilters I 6:30-8p.m	**3** Cribbage 9-12 Rhythm Rockers 10-11 Ping Pong 9:30-1 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to comp 1-3 Medicare 1:30-4 appt only RPEN 2-4 Tai Chi 2-4 Comp Lab Mtg 3-5 Follies Rehearsal 4-6 Follies Rehearsal 6:30-9	**4** Watercolor 9-12 Sr Svc Network 9-11 Cribbage 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Medicare 10:40-12:40 by appt Lapidary 11-3 Ping Pong 11-1 CUBE Bridge 11:45-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon Family 6-8p.m.	**5** Cribbage 9-12 Scrapbooking 10-2 Rhythm Rockers 10-11 Yoga 10-11:30 Leisure Hr 10-11;30 Medicare 10-1:30 Walkins Casual Canasta 12:30-3:30 Vietnam Vets 12-1 Al Anon Supp 12-1:30 Intro to comp 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. Follies Rehearsal 4-6 & 6:30-9	**6** Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 CTRMC 10:30- 1 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30p.m.
9 Resistance Ex 9:30-10:30 Cribbage 9-12 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 Mens Briidge 12:30-3:30 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30	**10** Cribbage 9-12 AARP Drivers Ed 9:30-2 Rhythm Rockers 10-11 Ping Pong 9:30-1 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to comp 1-3 Medicare 1:30-4 appt only Parkinsons Support 2-3 RPEN 2-4 Tai Chi 2-4 Follies Rehearsal 4-6 Follies Rehearsal 6:30-9	**11** Watercolor 9-12 Sr Svc Network 9-11 Capital Quilters II 9-11 Cribbage 9-12 Resistance Exer. 9:30-10:30 Medicare 10:40-12:40 by appt Lapidary 11-3 Ping Pong 11-1 CUBE Bridge 11:45-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon Family 6-8p.m. Merry-Go-Rounds 6:30-9:30	**12** Cribbage 9-12 Yoga 10-11:30 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 10-2 Vietnam Vets 12-1 Casual Canasta 12:30-3:30 Al Anon Supp 12-1:30 Intro to comp 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. Follies Rehearsal 4-6 & 6:30-9	**13** Governing Board 7-8a.m. Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30p.m.
16 Resistance Ex 9:30-10:30 Cribbage 9-12 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 Mens Briidge 12:30-3:30 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:3 Capitol Quilters I 6:30-8p.m.	**17** Cribbage 9-12 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 to comp 1-3 Medicare 1:30-4 appt only Tai Chi 2-4 Follies Rehearsal 4-6 Follies Rehearsal 6:30-9	**18** Watercolor 9-12 Cribbage 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Medicare 10:40-12:40 by appt Lapidary 11-3 Ping Pong 9:30-1 CUBE Bridge 11:45-4 Advisory Council 1-3 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon Family 6-8p.m.	**19** Silver Sierra Adv. 9:30-12 Cribbage 9-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Yoga 10-11:30 Scrapbooking 10-2 Vietnam Vets 12-1 Al Anon Supp 12-1:30 Casual Canasta 12:30-3:30 Intro to comp 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m Follies Rehearsal 4-6 & 6:30-9	**20** Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30p..m.
23 Cribbage 9-12 Resistance Exercise 9:30-10:30 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 Mens Briidge 12:30-3:30 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30	**24** Cribbage 9-12 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 Travel Mtg/Sandy 2-3 Tai Chi 2-4 Follies Rehearsal 4-6 Follies Rehearsal 6:30-9	**25** Cribbage 9-12 Watercolor 9-12 Capital Quilters II 9-11 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 Vets Affairs 10-2 Blood Pressure 10:30-11:30 Medicare 10:40-12:40 by appt CUBE Bridge 11:45-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Alz Supp Grp 2:30-4:30 Al Anon Family 6-8p.m. Merry-Go-Rounds 6:30-9:30	**26** Cribbage 9-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 Vets Affairs 10-2 Vietnam Vets 12-1 Casual Canasta 12:30-3:30 Al Anon Supp 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m Follies Rehearsal 4-6 & 6:30-9	**27** Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30p.m.
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