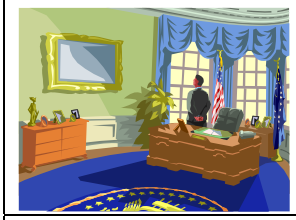
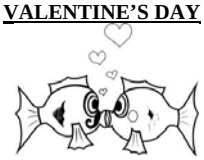
ACTIVITIES FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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 Income Tax Prep 12-4 Music Group 1-2 Bridge 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilters I 6:30-8	4 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 Medicare 1:30-4 appt only Beg Comp Class 1-3 Tai Chi 2-4 RPEN 2-4 Capital Cutups 6-9	**5** Sr. Svc. Network 9-11 Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-1 CUBE Bridge 12-4 Income Tax Prep 12-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8	**6** Scrapbooking 9-1 Rhythm Rockers 10-11 Yoga 10-11:30 Medicare 10-1:30 Walkins Casual Canasta 12:30-3:30 Al Anon 12-1:30 Beg Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	**7** Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 CTRMC 10:30- 1 Visionscope 10:30-12:30 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
10 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 Income Tax Prep 12-4 Music Group 1-2 Bridge 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30	**11** AARP 9:30-2 Capital Quilters II 9-11 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 Beg Comp Class 1-3 Medicare 1:30-4 appt only Parkinson's 2-3 Capital Cutups 6-9	**12** Watercolor 9-12 Capital Quilters II 9-11 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 11-1 CUBE Bridge 12-4 Income Tax Prep 12-4 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	**13** SSA 9:30-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-1 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Beg Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	**14** Governing Board 7-8 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 7-9:30 **HAPPY VALENTINE'S DAY**
17 **CENTER CLOSED PRESIDENT'S DAY** 	**18** 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 Beg Comp Class 1-3 Tai Chi 2-4 Capital Cutups 6-9	**19** Watercolor 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 Blood Pressure 10:30-11:30 CUBE Bridge 12-4 Income Tax Prep 12-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Advisory Board 1-3 Al Anon 6-8	**20** Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-0 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Beg Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	**21** 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 7-9:30
24 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 Income Tax Prep 12-4 Music Group 1-2 Bridge 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30	**25** Capital Quilters II 9-11 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 Medicare 1:30-4 Appt only Capital Cutups 6-9	**26** Capital Quilters II 9-11 Watercolor 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 Blood Pressure 10:30-11:30 CUBE Bridge 12-4 Income Tax Prep 12-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Merry-Go-Rounds 6:30-9:30 Al Anon 6-8	**27** Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-1 Yoga 10-11:30 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	**28** 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 7-9:30
	CASI BINGO February 2nd & 17th		**COMM. BINGO** February 9th & 23rd	

Carson City Senior Center Menu

FEBRUARY 2014

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHILI DOG W/ CHEESE AND ONIONS CORN CALIFORNIA PASTA SALAD BERRIES IN A CLOUD	4 EGG & SAUSAGE CROISSANT SANDWICH TOMATO JUICE BANANAS IN ORANGE JUICE POPPY SEED MUFFIN	5 CLAM CHOWDER SOURDOUGH BREAD/W MARGARINE THREE BEAN SALAD PEARS #43	6 CHICKEN TERIYAKI WHITE RICE STIR-FRY VEGETABLES JELLO W/ MANDARIN ORANGES #95	7 HAPPY BIRTHDAY JOE'S RIBS BAKED BEANS GLAZED CARROTS CRANBERRY JUICE CAKE & ICE CREAM
10 CHICKEN NACHOS PEA SALAD CINNAMON APPLE SAUCE	11 CHILI RELLENO SPANISH RICE MEXICORN PEACHES CHURRO	12 CABBAGE ROLL OVER NOODLES PICKLED BEETS GRAPE JUICE COOKIE #122	13 BAKED HAM W/ APRICOT GLAZE SCALLOPED POTATOES BRUSSELS SPROUTS AMBROSIA	VALENTINE'S DAY 14  SALMON W/ PINEAPPLE SALSA WILD RICE BROCCOLI W/ CHEESE SAUCE SPICED APPLES CHOCOLATE CREAM PIE
Closed President's Day 	18 MEAT LOAF MASHED POTATOES PEAS & CARROTS PEACHES BUTTERSCOTCH PUDDING #86	19 PORK LOIN CORN WW ROLL W/ MARGARINE AMBROSIA #62	20 RAVIOLI W/ ALFREDO SAUCE ITALIAN VEGETABLES BREAD STICK SPICED PEARS	21 BBQ CHICKEN CORN MUFFIN GREEN BEANS ORANGE POKE CAKE
24 MAC AND CHEESE W/ HAM SPINACH ORANGE JUICE COOKIE	25 HONEY MUSTARD DIJON CHICKEN ZUCCHINI CHANTILLY CUP FRENCH BREAD #78	26 FISH & CHIPS COLESLAW GRAPES BROWNIES	27 LOADED TURKEY SUB BROCCOLI CHEDDAR SOUP YOGURT W/ STRAWBERRIES BAKED POTATO CHIPS	28 LIVER & ONIONS OR SALISBURY STEAK MASHED POTATOES PEAS PEACHES TAPIOCA PUDDING #101

NOTE: A NUMBER AT THE BOTTOM OF3A 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.