



MAY



Stacy York - Director

100 Mill Street, Virginia City, NV • 775-847-0957

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	60 and over—suggested donation of \$3.00 59 and younger—\$5.00			1 Tuna Noodle Casserole, Herbed Veggies, Sliced Tomato, Bread, Oatmeal Date Bar (ADSD 56)
4 Asian Chicken Crunch Salad with Edamame, Mandarin Orange, Fortune Cookie	5 Meatloaf, Mashed Potatoes, Steamed Spinach, Chantilly Fruit (ADSD 3)	6 Mushroom Pork Chop, Vegetable Medley, Rice Pilaf, Salad, Banana 	7 Buffalo Chicken Mac n' Cheese with Blue Cheese Crumbles, Garbanzo Salad, Peaches	8 Cajun Cod, Creamed Corn, Spinach, 7-Grain Bread, Honeydew (ADSD 119)
11 Southwest Chicken Salad with Black Beans, Cornbread, Fruit Cup 	12 Roma Burger, Baked Beans, Cantaloupe, Corn, Orange (ADSD 82)	13 Chicken Wings, Potato Salad, Pears, Mixed Veggies	14 Beef Ravioli w/ Mushroom Cream Sauce, Tuscan Beans, Garlic Toast, Caesar Salad, Pineapple	15 Baked Fish Scandia, Rice, Roll, Colorful Salad, Mixed Vegetables, Tropical Fruit (ADSD 112)
18 Chopped BLT Salad, Pear Cup, Roll	19 Beef Stir Fry, Brown Rice, Beet Salad (ADSD 23)	20 Birthday! Cuban Sandwich, Salad, Sliced Apples, Chips, CAKE!	21 Tortellini w/ Pesto and Chicken, Breadstick, Tomato Bean Salad, Fruit Cocktail	22 Fish Tacos, Frijoles Charro, Cantaloupe, Corn (ADSD 163)
25 Closed! 	26 Apple Topped Pork Chop, Baked Potato, Lettuce & Tomato Salad, Bread, Pineapple (ADSD 151) 	27 Basque Chicken Thigh, Mashed Potatoes, Apricot, Spinach Craisin Salad	28 Spaghetti w/ Meat Sauce, Mixed Vegetables, 3 Bean Salad, Tropical Fruit	29 Salmon, Angel Hair Pasta, Asparagus, Mandarin Orange (ADSD 18)

TURN OVER FOR MORE INFORMATION ———>

Menu Subject to change



Important Dates



Monday, May 4 & 18 11:45am - 1:00 pm Insurance with Amy

775-525-1740

Thursdays 10:00am Exercise at Community Chest

Tuesday, May 12 & 26 11:00am - 1:00 pm Insurance

Assistance with Estelle (and baby Charlotte!)—call 775-313-7200 to confirm her being here

Wednesday, May 13 : 10:00am - 12:00 pm Catholic Charities (food giveaways) at St. Mary's Parking Lot

Wednesday, May 13: 11:30am - 1:00 pm Access to Healthcare

Thursday, May 14: 2:30pm - 4:00 pm Dementia Friendly at Piper's Opera House

Tuesday, May 19 10:00am - 11:00 am Mobile Harvest



HEALING WITH NUTRITION



May-June 2026
10.00-11.30 am

Venue: Storey Senior Center, 100 Mill Street, Virginia City, NV 89440

Living with chronic conditions can be challenging, but you don't have to do it alone.

Join the free Healing with Nutrition workshop series to learn practical, healthy food choices.

PROGRAM

A 6-session program designed to help prevent and manage chronic diseases with food and lifestyle!

15th May: Fiber Nutrition

22nd May: Mediterranean Diet

29th May: Watch your salt

12th June: Fuel your Brain

19th June: Functional Foods

26th June: Move for Health

Wrap-up & Feedback – Review, reflect, and celebrate your progress!