

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Happy
New Year
2019

pg 2
Learn About Our **NEW WEBSITE!**

SNEAK PEEK

pg 5

FREE from the Tax Aide Foundation:
Tax Return Preparation & Counseling

pg 7

Meal Planning Made Easy: How to Plan
Meals for a Healthy Eating Style!

pg 10

Read a Wonderful **Submitted Story:**
"Manzanar" by Betty Johnson

IN THIS ISSUE

From the Executive Director2
 Thank You to our Christmas Elves!.....2
 Resource Contact Information3
 Alzheimer’s Support Group3
 Birthday King & Queen4
 Sunday Bingo Information4
 Free Tax Return Preparation5
 Easy Healthy Meal Planning.....7
 Save Mart is HIRING!7
 Jim Wilson Realty Word Search/Color...8
 Patty’s Puzzle of the Month9
 Barry’s Monthly Trivia Question9
 “Manzanar” submit by Betty Johnson ...10
 Volunteer with Carson City Sr Center...11
 Gift Basket Raffle Results.....12
 Thrift Store: New Hours & Manager! ...13
 Volunteer Needed for Tax Season13
 New Triad Schedule.....13
 The Notice Board 14 & 15

SPECIAL INSERT - Calendar of Events



911 Beverly Drive
Carson City, Nevada 89706
775-883-0703 • fax 775-883-2869
TRoberts@carson.org
9 a.m. to 4 p.m.
Monday through Friday
www.carsoncityseniorcenter.org
f / carsonseniorcenter

FROM THE EXECUTIVE DIRECTOR Courtney Warner

Happy New Year! Have you visited our new website? Take a look and visit www.carsoncityseniorcenter.org. While we continue to upload more content, check out the many neat features the website has to offer.

Here’s some helpful information to navigate the website:

- Activities: listing of regular activities with a description and information on class fees (if applicable)
- Services: supportive services available to help with your independence
- Menu: current menu
- What’s Up!: Newsletter, Activities/Menu Calendar, Press Releases
- Shopping: Gift Shop and Thrift Store
- Volunteer Application
- Ways to Give: donate your time (volunteer), treasure (items to the Thrift Store) or funds

Along with the new site, we continue to make improvements to the Newsletter. We recognize an opportunity to improve when the Newsletter is available and to add more content to the Newsletter. We are working diligently to improve our timeliness to ensure the newsletter is ready before the next month begins. We are also actively soliciting writers to submit content to the Newsletter on senior-related articles, facts, travel and more to make the Newsletter more robust.

Join our email list to receive the Newsletter and Calendar directly to your email. Contact Tiffany Roberts at troberts@carson.org to sign up!

If you need more information, have suggestions on how we can best communicate with you or want to write for the Newsletter, please contact me.

Cheers to a Happy New Year,

Courtney Warner

Courtney Warner
 Executive Director



Thank You
to our Christmas Decorators:
The Sierra Nevada Kiwanis Club,
Karen Lantz-Feith and Adriana for
transforming the Senior Center
into a Winter Wonderland!

RESOURCE CONTACT INFORMATION

| | |
|--|-----------------------|
| Nevada State Information Service..... | 211 |
| Aging & Disability/CHIP | 687-4210 |
| Alzheimer's Association | 1-800-272-3900 |
| Care Chest..... | 829-2273 |
| Carson City Health & Human Services | 887-2190 |
| Crisis Call..... | 784-8090 |
| Day Labor..... | 684-0436 |
| Elder Care Law..... | 687-4680 |
| Elder Protective Services..... | 688-2964 |
| Energy Assistance | 687-0730 |
| Food Bank | 331-3663 |
| HUD (Nevada Rural Housing Authority)..... | 887-1795 |
| JAC (Jump Around Carson)..... | 841-7433 |
| Medication Management Program, University of Nevada, Reno | 784-1612 |
| Nevada Legal Services..... | 284-3491 |
| Nevada State Welfare..... | 684-0800 |
| Northern NV Center for Independent Living..... | 353-3599 |
| Retired & Senior Volunteer Program (RSVP) | 687-4680 |
| Ron Wood..... | 884-2269 |
| Sanford Center on Aging..... | 784-4774 |
| Senior Companion Program | 358-2322 |
| Senior RX..... | 687-7200 |
| SHIP (State Health Insurance Program)..... | 1-877-385-2345 |
| Social Security Administration | 1-888-808-5481 |
| Suicide Prevention Lifeline | 1-877-885-4673 |
| Veterans Administration..... | 786-7200 |
| VA Medical Benefits Information..... | 328-1293 |
| VARN (Volunteer Attorneys for Rural NV) | 883-8278 |
| Weatherization..... | 887-1795, X124 |

ALZHEIMER'S SUPPORT GROUP (www.alz.org)

CARSON CITY

Barbara Singer, Facilitator

Meets the 2nd Wednesday of each month
1 to 2:30 p.m.

Carson Tahoe Cancer Center
Conference Room
1535 Medical Parkway, Carson City

Heidi Slater, Facilitator

Meets 4th Wednesday of the month
2:30 to 4 p.m.

Carson City Senior Center
911 Beverly Drive

Christine Casinelli, Facilitator

Meets every Monday of the month
6:30 to 7:30 p.m.

Carson Tahoe Cancer Center
Resource Room
1535 Medical Parkway

ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with
Alzheimer's Rural Outreach and
Family Care Associate,
Heidi Slater

Every Wednesday from 9 a.m. to 4 p.m.
Please call **1-800-272-3900**
to schedule an appointment

MINDEN/GARDNERVILLE

Barbara Singer, Facilitator

Meets the 2nd Thursday of each month
2 to 3 p.m.

Coventry Cross Episcopal Church
1631 Esmeralda Place, Minden

National Alzheimer's Helpline
1-800-272-3900
Available to you 24/7



Experience you can trust
Results you can count on

Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001
fax (775) 882-5015



**DECEMBER
BIRTHDAYS**

Queen

EVIE HAHN
87 years young

King

DON MORSE
79 years young



SUNDAY BINGO
Every 2nd and 4th Sunday of the Month

○ **\$3 Early Bird Pack** ○
with \$50 payouts

○ **\$5 Regular Game Pack** ○
with \$100 payouts

○ **\$1 Specials** ○
Double Action, Starburst, Bonanza,
Bingo-Bingo-Bingo, Letter X Progressive

○ **\$2 Blackout** ○
\$120 payout or \$500 Progressive

Doors open at Noon
Games start at 1pm

Must be 21 to play

Carson City Senior Center
911 Beverly Drive, Carson City

*All proceeds benefit
the Meals-on-Wheels program.*



Autumn
Funerals & Cremations
1575 N. Lompa Lane, Carson City, NV 89701

775-888-6800

Low cost Cremation & Burial Services
Prearrangements available

"The Right Choice"

Not all Funeral Homes are alike come see the difference

Owned & Operated By:
John & Debbie Lawrence



Hearing Care of Carson City, LTD.
Hearing Aids & Audiology

Brett M. Weeks, Aud
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City • Nevada
775.885.9888

Free Tax Return Preparation

In 2019, the AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center at no fee to the taxpayer. Trained and certified volunteer tax preparers will conduct this FREE service on Mondays and Wednesdays beginning Monday, February 4, 2019 through Wednesday, April 10, 2019. The hours of service will be from noon to 4 p.m. and will be available to all seniors and taxpayers with low to middle income. Special attention is given to individuals 60 years of age and older. Note, if the taxpayer or any member of the taxpayer's household purchased health insurance through the Nevada Health Link or the federal HealthCare.gov site, the taxpayer must bring all forms 1095-A to his/her appointment. Taxpayers are also required to present valid government photo IDs and Social Security cards.



Appointments are required and can be made beginning Monday, January 14 by calling the receptionist at 775-883-0703 from 9 a.m. to 2 p.m.

We look forward to serving you! Patricia Eckman, AARP Tax Aide, Local Coordinator



SKYLINE ESTATES

Senior Living

Caring People | Serving People | Improving Lives

2861 Mountain St. • Carson City

www.SkylineEstatesSL.net

- 24-hour Personal Care
- Private & Semi-Private Rooms
- Weekly Housekeeping
- Weekly Laundry
- Beauty Salon
- Home-Style Meals
- Transportation
- Variety of Activities

**Call Today for
Free Lunch & Tour!**

775.885.9223
Prices starting at \$1,895





Eagle Valley Care Center

(775) 883-4449 • fax (775) 883-4403
1807 E. Long St. • Carson City, Nevada 89706

*Visit us today & experience
the Friendly Home for Seniors!*

We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms
- Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

We accept Medicaid Group Waivers

Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

OUR "MOST WANTED"

All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers

We will pay top dollar for your items.

You could have cash in your pocket today, so don't delay.

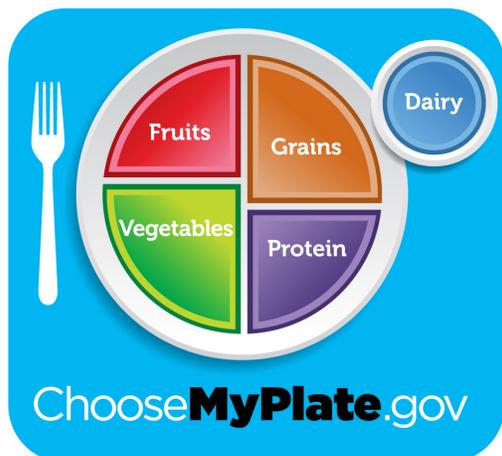
CAN'T COME TO US? WE WILL COME TO YOU!

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

CAPITOL CITY LOANS

5951 Hwy 50 East • Carson City

Call 775.882.8882 Today! Ask for Teresa or Charlotte.



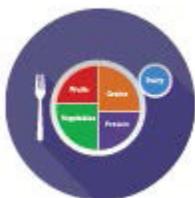
MyPlate, MyWins Tips: **MEAL PLANNING MADE EASY**

Planning healthy meals ahead of time can help you stick to a healthy eating style. If you're new to meal planning, start small and work up to more.



MAP OUT YOUR MEALS

Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks too!



FIND BALANCE

If you have veggies, dairy, and protein at one meal, include fruit and grains in the next to cover all 5 food groups.



VARY PROTEIN FOODS

Choose a variety of protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat, or eggs other days.



MAKE A GROCERY LIST

Start by listing ingredients for meals you plan to make. Cross off items you already have on hand.



LOVE YOUR LEFTOVERS

Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.



3620 North Carson St. • Carson City, NV
775-841-4402 • Call or Come In Today!

NOW HIRING **Mature Adults**

The Service Specialist is an excellent store position for those who love to serve others, with many opportunities for growth and learning within our Save Mart family of businesses in the grocery industry. Our Service Specialists play an important role in the efficient operations of the front-end, by providing friendly, fast and effective customer service. Your goal as a Service Specialist is to create a friendly, welcoming, and helpful store atmosphere, establishing loyal repeat customers.

- No experience required
- This position is Part-Time
- Ability to lift 40 pounds. Continuous walking, standing, reaching, and bending.
- Environment includes indoor and outdoor with exposure to widely varying temperatures.
- Ability to read, write, and speak English proficiently. (Bi-lingual appreciated)
- Ability to provide excellent customer service.
- Strong team player with a willingness and desire to learn, work hard, and have fun with it!
- Availability to work a variety of shifts, including evenings, weekends, and holidays.
- Must be at least 16 years old
- We gladly work around school schedules



THINKING OF SELLING? CENTURY 21 JIM WILSON REALTY A TRUSTED NAME FOR 34 YEARS!

At Century 21 Jim Wilson Realty, our clients are guided through the entire sales process from “Start To Finish!” **Jim enjoys lunch at the Senior Center on most Mondays & Tuesdays. Stop by and say Hello!**

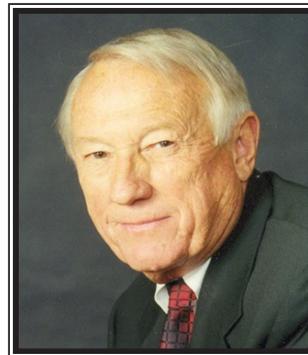
WORD SEARCH

ASSISTANCE • CARSONSTREET • CELEBRATE • EXPERIENCE
FUN • GUIDANCE • HAPPYNEWYEAR • HONESTY • INTEGRITY
LISTINGS • PHONECALL • REALTOR • TRUST • TRUTHFULNESS

Color Me With Your Favorite Colors



T I E Z T S W Y B L R M G Z S Q G X
 F E K C R R T U P Q A B Q G G G U E
 E Q E G N S U V I Q E E P Q N C T A
 D X P R E A X S G F Y B S K I G X I
 A O P N T V D G T M W S R F T D S H
 B W O E V S B I O G E K N U S T Z M
 P H V D R H N Q U N N N Y N I L Z N
 B C Z T C I Z O L G Y R E A L T O R
 U K E W X A E U S A P U M P A L K H
 W N Q M B Z F N J R P C Z H A E C F
 B O F J H H D B C J A U N O J E F Y
 B F Q J T Z X G Q E H C C N L G P T
 N S A U A S S I S T A N C E G B D Y
 I L R Y T I R G E T N I B C J M J Y
 N T B L K I O O G L O R R A X Q S F
 N P T R S J H S Y Y A E H L O C B E
 T I A M J J U U V T R T J L X H S M
 A V L E J Z Y F E W W M I R B E Q V



Jim Wilson, Broker



Carol Marie Toohey, Broker/Realtor

1502 N. Carson St. • Carson City, NV 89701
For Real Estate Info: 775.882.2135
www.c21jimwilsonrealty.com
CarolMarie@IntoTheHome.com
JW@IntoTheHome.com

**CALL OR EMAIL US TODAY.
WE LOOK FORWARD TO SPEAKING WITH YOU!**

Name _____
Email _____

Y E L T S A C S Q Z Z S B G U Q W C Q Y
 J X V M C I W T A A K U E J P H H O M J
 Z Y T N M M B O G A O H W F O U F Q B J
 D Y L S W O J B E T V P H E I Y X N Z X
 N A V R R W Y K C C N L L U R P G J A M
 L F Z A V S G B Y F A B G B S U E J O L
 D U S K N G I P V K C T R A I N T Q J K
 L W M A E K G W G M I D M C B O X A Q A
 S S E N R E D L I W R B B B J A X N N P
 W L N I I V R S K U F Y O J L F M C R Z
 B W D B Q H S N C M A Q M S E I R J P I
 G N T A P Z G H J C U E E W T I E S M K
 S V A F E V E C R V K Y N A U O A C G G
 X E Q U D T L I J E L T O S H M N J R N
 B X R Z S H A K L X O B E A A E N R U R
 L A G J P I H Q K Y M C T H J W U W V P
 X R A L U S W V P A T D A E L O U A Y T
 J K C W E Y R Z E B L B N W P Q E L R R
 H B A Q E M K T L T V I M R Z Y I X F I
 Z Z L B G B S R Y P W J A S M Q M V I C



PATTYSTOURS.COM

775-453-1794

FIND WORDS. FIND ADVENTURE.

- WINE
- BAHAMAS
- TAHOE
- TEA
- STEAMBOAT
- WHALE
- TRAIN
- CRUISE
- CASTLE
- WILDERNESS
- AFRICA
- BOSTON
- NATURE

Bring this to the next travel show!
One entry per person.

All tours use CPCN registered vehicles



**Barry's
Trivia Question
of the Month
JANUARY**

Barry R. Bjorkman
Former Advisory Council Chairman

Q: What was Santa Claus's name before he changed it to Santa Claus?

LAST MONTH'S QUESTION AND ANSWER

Q: How many countries are on the continent of North America?
 A: Ten - Canada, America, México, Belize, Guatemala, Honduras, San Salvador, Nicaragua, Costa Rica and Panama.



Walton's Funerals & Cremations

Every Life Has A Story... Remember

• We offer a 10% discount to seniors who mention this ad

• Plan Your Own Arrangements Now and Spare Your Loved Ones the Burden

**Walton's Chapel
Of The Valley
882-4965**

**Walton's Funeral
& Cremations
783-9312**

1281 N. Roop, Carson City

"When You Need Us the Most..."
www.WaltonsFuneralHomes.com

1521 Church, Gardnerville

Manzanar submitted by Betty Johnson

1929 was not the best of years. The whole country was in a deep depression and the poor souls who lived on the dust bowl prairies packed up and headed for the far west. All of southern California was growing rapidly. Mr. Mulholland had been buying up water rights wherever he found them and the Owens Valley was his Eureka. Los Angeles was thirsty. My dad found employment with Los Angeles county and was sent to Manzanar. We were there 4 years. I was 5 when we arrived and remember those years among the happiest of my childhood.

The town was small and getting smaller. There had once been two schools but when we arrived there was only one school for grades kindergarten to twelve. The schoolhouse actually had two rooms but one was empty and we would play games or roller skate there. My mother was our teacher. My classes ended before her day was done, so I would amble home enjoying the scenery and play with friends. One day a man stopped me to ask where someone lived and I knew just what to do. Having been taught the stranger danger lesson, I started screaming, "a man's trying to steal me, a man's trying to steal me!" as my little legs churned toward the school house. Of course, the man was a friend of my dad's, but I was traumatized, so mom put her class on the honor system and drove me home. It would be interesting to know how that worked out.

In the spring, my friends and I would watch as the horse drawn wagons went up and down the rows spraying the orchards. There were cherries, apricots, pears peaches, nectarines and many famous varieties of apples. Our home was surrounded by the orchards and at blossom time the perfume was intoxicating.

In the fall the pickers arrived, then the packers who graded, boxed and shipped. It was exciting

to have so many new people around. They came from everywhere, most were desperate for a job, but they left again before we knew them well.

Behind us, reaching over 14 thousand feet, was the second tallest mountain in the Sierras. Mt. Williams let us dream of heights to reach and we hiked and rode our horses toward her in a futile effort to scale her. She had streams rolling down toward us where we could float little pieces of wood and pretend they were boats and see whose got entangled beyond retrieval first. The elk and the deer called her home in the summer and came down in the fall to overwinter and eat as much fruit as they could hold.

Shepherds came through with their flocks. We could hear the tinkle of bells as they slowly ate their way past. One day while playing, my friend Lamoine and I heard the sound of the bells, like enticing sirens calling, and we followed the sheep, their herder, and the dogs on their way. We followed for about a mile before our parents found us. We were in deep trouble! Mom said I had walked so far, she supposed I must be very tired, so maybe I should go right up to bed without dinner. Gazing out of my bed room window, feeling sorry for myself, I could see Lamoine playing. "What happened"? "I got a spanking". "Mom," I called, "can I have a spanking so I can go out and play"?

Los Angeles grew more and more thirsty and started using the water rights from the ranchers. It was a move that boarded on criminal and is very well chronicled. The result was the water was increasingly sent south. Owens Lake went dry and as the trees died of thirst, the ranchers lost everything. The desert had reclaimed itself and there it sat until 1942 when it was used, infamously, by the Federal Government as a Japanese interment camp. Today there is a museum in Manzanar you may visit for their history.

VOLUNTEER TO MAKE A DIFFERENCE!

Senior Center Volunteers Needed For:

- **GALLEY** - Prepare drinks, aid other volunteers throughout lunch service. Positions available on Mondays, Tuesdays and Thursdays from 9 a.m. to 1 p.m.
 - **COFFEE CART** - Serve drinks to our seniors during lunch. Positions available Mon-Fri from 10:45 a.m. to 12:30 p.m.
 - **BUSSER** - Clean up during and after lunchtime. Positions available Monday-Friday from 10:45 a.m. to 1 p.m.
- See Tiffany Roberts, Activity & Volunteer Coordinator for Scheduling
(775) 883-0703 or TRoberts@carson.org

FITZHENRY'S FUNERAL HOME AND CREMATORY

3945 Fairview Drive
Carson City, Nevada 89701
www.fitzhenryfuneralhome.net
775-882-2644

- ◆ Full service funeral home and crematory
- ◆ Crematory on site
- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
- ◆ 100% Service Satisfaction Guarantee
- ◆ Available Staff 24 hours a day

Christie Wilde
Location Manager

Dignity[®]
MEMORIAL

LIFE WELL CELEBRATED[®]



WIN YOUR SHARE OF CASH AND GET A FREE MEAL!

Guests age 50 and up, get in the game every
Wednesday from 8am-8pm

Enjoy a FREE Slot Tournament

Earn 50 points on your Gold Rewards Card
and get a FREE Meal at the Grille



2171 E. William Street
775.885.9000 • 877.519.5567
www.gdwcasino.com

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4700. ©2015, Jacobs Entertainment, Inc.

Your House Full of Friends[™]



THANK YOU to all of the donors of the 7 gift baskets which raised \$548 for Meals on Wheels!

Gift baskets were generously donated from the Friday Bunco, Thursday Bingo, Hidden Treasures Gift Shop and two private donors. Special thank you to Advisory Council members Marie Borgo and Diane Maguire for organizing and running the fundraiser!



Ormsby

Post-Acute Rehab

3050 North Ormsby Blvd.

Carson City, NV 89703

775.841.4646

www.ormsbyrehab.com

Our Mission ... The mission of Ormsby Post-Acute Rehab is to assist each resident in reaching his or her desired potential. That's our *Commitment to Caring*

Part of the *EmpRes Healthcare Family of Companies*



Licensed & Certified by the
Center for Medicare & Medicaid

THRIFT STORE SALES

SPECIALS FOR JANUARY

Tuesday | Crafts 50% OFF

Wednesday | Senior Day 50% OFF

Thursday | Kitchen items 50% OFF

Friday | Boutique 50% OFF

Saturday | Everything in store 50% OFF
incl. Boutique & furniture (*Books not included*)

Paperback Book Sale - \$5.00/bag

NEW MANAGER! JAMES PAINTER
(775) 301-6676

NEW HOURS: 10 a.m. to 5:30 p.m. • Tues-Sat

Donations needed: small appliances, dish ware, pots, pans and furniture. Please tell friends and family that we are in need of donations and would be happy to pick up the items! All proceeds help to feed our homebound seniors.

FREE PICKUP of donated items!



**New Year ...
New Dates...
LONGER
PROGRAM!**

TRIAD will be on the **3rd Tuesdays** of **each odd month** starting at **Noon** in the Nevada Room. Presentations will be 45-60 minutes long and provide more depth on each topic. Refreshments will be served too!

2019 SCHEDULE

January 15, 2019 • Noon to 1 p.m.

Myths & Facts of Hospice
presented by Infinity Hospice

March 19, 2019 • Noon to 1 p.m.

Wildland Fire presented by the
Carson City Fire Department

May 21, 2019 • Noon to 1 p.m.

Ducks in a Row
presented by Lora Myles, RSVP

July 16, 2019 • Noon to 1 p.m.

Grab & Go Emergency Preparedness
presented by the Red Cross

September 17, 2019

To be scheduled

November 19, 2019

To be scheduled

VOLUNTEER NEEDED TO ASSIST DURING TAX SEASON

Do you love meeting new people? AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesday from February 4 through April 10 in 2019. We need a Client Facilitator to assist by welcoming taxpayers, help organize their paperwork and manage the overall flow of service. Client Facilitators normally work from 11:30 a.m. to 3:30 p.m. We provide training and support. Our volunteers learn new skills, and get a great feeling from helping others.

If you're interested or have questions, please call **Pat Eckman at (775)782-3176**, or send an email to: **pateckman@aol.com** with your contact information.



The Notice Board

The Senior Center will be **CLOSED** on Monday, January 21, 2019 in observance of Martin Luther King Jr. Day

WINTER WEATHER AHEAD

Cold weather is near may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lot. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on voice mail announcing the closure. **If the Senior Center is closed, Meals on Wheels will not be delivered.** All seniors receiving Meals on Wheels will be notified by phone of the closure and be instructed to consume the provided shelf-stable meal. **For more information or to verify the Senior Center is open, call 775-883-0703.**



Dance with Live Music
at the Carson City Senior Center

Kick up your dancing shoes
and enjoy the live music of

Don & Nadine

Friday, January 4, 6 to 9 p.m.

Doors open at 5:45 p.m.

Admission is \$5.00/person

Open to all ages

Light refreshments served
included with admission.

**Dances occur the 1st Friday
of January, April, July &
September!**

(775) 883-0703

COMPUTER LAB SCHEDULE

Patricia Eckman, AARP Foundation, Tax Aide Local Coordinator

The computer lab will be closed to the public Mondays & Wednesdays from 11:30 a.m. to 4 p.m., beginning Monday, February 4 and continuing through Wednesday, April 10, 2019. During this period, AARP Foundation Tax-Aide Volunteers will use the lab to conduct free tax preparation and counseling to the public.

All Seniors and taxpayers with low to middle income may use these services. Please make an appointment beginning January 14, 2019 at 775-883-0703.

For more information, see the article "Free Tax Return Preparation" on page 5 of this issue.

BUNCO

Come One Come All

If you're wanting to have some laughs, make new friends, and play a great dice game... Come join us!

Fridays at 1 p.m.

Nevada Room

Only \$3!

If you've never played Bunco, we'd love to have you come at 12:45 and we'll show you what an easy game it is!

See you soon!

-Darlene Mann, Joanne Avery,
and Our Special Bunco Friends

NEED SOMETHING NOTARIZED?

Come visit our notary, Joy Masepoli!

When: Tuesdays 9 a.m. to 12 p.m.

**Where: The Zephyr Room
inside The Carson Senior Center**

Memor Writers Seminar **Spring Session 2019**

Wednesdays

February 6 to May 15

9:30 to 11 a.m.

in the Tahoe Room

***Sign up with the
Senior Center Receptionist***

This informal seminar is designed for senior citizens who wish to write their memoirs. Writers use a first person narrative format in drafting episodes [personal experience stories] arranged in chronological order. Using black ink, they double-space episodes in spiral-bound college-ruled writing journals. The process leaves space for editing, and it makes drafted episodes easy to read.

The working draft audience is limited to seminar writers; the final draft audience is limited to relatives & friends. Charlie McGranaghan, a retired writing instructor, is the seminar guide. He provides materials including black pens and writing journals.

★ **NO FEE** ★

Dance Classes

Aprender a bailar

Join us every

Monday at 1:30 p.m.

in the Nevada Room

***Learn to dance
like the Stars!***

Rumba, Cha Cha, Swing,
Tango, Waltz, Night Club
Two Step, Salsa, Merengue,
Cumbia and many other
Ballroom and Latin Dances

only \$5.00 per class

We have lots dance space!

Come out and have
a lot of fun while you learn.

I would like to subscribe to the "Senior Sentinel" for one year.
My check in the amount of \$15.00 is enclosed.

Name _____

Mailing Address _____

**Our Facts: Congregate Dining (on-site): 41,413 meals served
Meals on Wheels: 83,272 meals delivered *10.01.17 - 8.31.18**

DISCLAIMER

The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869
9 a.m. to 4 p.m., Mon-Fri

Lunch is served between
11 a.m. to 12:30 p.m. Mon-Fri
Suggested donation:
60 & older - \$2.25

Hidden Treasures Gift Shop
10 a.m. to 3 p.m., Mon-Fri

Thrift Store
10 a.m. - 5:30 p.m., Tues-Sat

Newsletter Submissions:
Send by the 10th to troberts@carson.org

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Joe Spencer, Director

ADVISORY COUNCIL MEMBERS

Vi Bibee, Chairman
Diane Maguire, Vice Chairman
Marie Borgo, Council Member
Cindy A. Somers, Council Member
Corry Steiner, Council Member
John C. Wilson, Council Member
Jane Wong, Council Member

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

**DEPARTMENT
BUSINESS MANAGER**

Michael Salogga

911 Beverly Drive Carson City, Nevada 89706

