

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



## HOLIDAY ANNOUNCEMENTS



Wednesday, December 31

Closing at 1pm

Thursday, January 1

CLOSED

Friday, January 2

OPEN Normal Hours

Friday, January 9

Birthday Friday Lunch  
(Postponing it a week)



Monday, January 19

CLOSED



**CARSON CITY  
SENIOR CENTER**

### Hours of Operation

Monday through Friday, 9 a.m. to 4 p.m.

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

Hidden Treasures Gift Shop: 9 a.m. to 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

[seniorcenternewsletter@carsoncity.gov](mailto:seniorcenternewsletter@carsoncity.gov)

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

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Center Insert

- Activity Calendar & Menu

## from the Director, Courtney Warner

Start off 2026 with a bang and get involved! There is no better time than to make your way to the Senior Center and sample all of the opportunities we have to connect!

### Activities, Programs, Clubs, & Groups

- Did you know we have 10 or more scheduled activities happening each weekday?
- Don't see your favorite activity and want to start it? We will help you get started, recruit others, and, best of all, the room is free to reserve!
- Check out our library, computer lab, billiards, and table tennis (ping pong) rooms!

### New Programs Are Coming

- Look through the newsletter for upcoming programs this winter and spring!

### Volunteer with Us!

- Volunteering is a fantastic way to connect with others and help us succeed!
- We have a variety of tasks that our volunteers do, such as being our first impression ambassador (reception), serving others in the dining room, merchandising and selling items in our gift shop, using your skills in smartphone and computers (tech help), or leading a program, activity, or group (exercise, yoga, bingo, cards, and many more).

The winter months can be gloomy and we are here to light a spark of opportunities to engage! It is healthy for your mind, body and soul to stay active.



## VOLUNTEER *Spotlight*



**KATHY  
GIEBEL  
DENISE  
LARSEN**

Denise Larsen and Kathy Giebel discovered many years ago that regular yoga sessions helped them achieve inner calm, bringing balance to their daily lives. In 2020, Kathy was a student in one of Denise's classes and offered to lead as a substitute. Interestingly, that's how Denise began leading the twice-weekly yoga classes at the Senior Center. Denise was a long-time yoga student and continued to lead the class when the original teacher, Miriam, moved out of the area. Denise was inspired to volunteer by Miriam's example and Kathy finds promoting health for elders at a reasonable cost and giving back to the community very gratifying. Class participants support each other and have become very close over many years. Denise enjoys spending time with her husband, walking with her dog, yard work and gardening, while Kathy focuses on spending time with her husband and practicing yoga with her daughters. They both appreciate outdoor activities and travel.

## December Birthdays



**QUEEN**

Arlene Taber  
84



**KING**

Ralph DiMatteo  
96

# THANK YOU

To our Volunteers of the Christmas Show  
for raising \$883 for Meals on Wheels!



**RESOURCE LIST**

Nevada 211 (Nevada Care Connection) .....	211
Adult Protective Services .....	1-888-729-0571
Aging & Disability/CHIP .....	775-687-4210
Alzheimer Association .....	1-800-272-3900
Care Chest .....	775-829-2273
Carson City Health & Human Services .....	775-887-2190
Crisis Support Services of Nevada .....	775-784-8090
Day Labor .....	775-687-6899
Energy Assistance Program .....	775-684-0730
Food Bank of Northern Nevada .....	775-331-3663
Jump Around Carson (JAC Transit) .....	775-841-7433
Medicare Assistance Program (MAP)(SHIP) ..	1-800-307-4444
Medication Management Program .....	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services .....	775-284-3491
Nevada Rural Housing Authority (HUD) .....	775- 887-1795
Nevada State Welfare Office .....	775-684-0800
Northern NV Center for Independent Living ..	775-353-3599
Retired & Senior Volunteer Program (RSVP) ..	775-687-4680
Ron Wood Family Resource Center .....	775-884-2269
Sanford Center on Aging .....	775-784-4774
Senior Companion Program .....	775-358-2322
Senior RX .....	1-866-303-6323
Social Security Administration .....	1-800-772-1213
Suicide Prevention Lifeline .....	1-800-273-8255
Veterans Administration .....	775-786-7200
VA Medical Benefits Information .....	1-800-827-1000
VARN (Volunteer Attorneys for Rural NV) ...	775-883-8278
Weatherization Program .....	775-887-1795, X124
(Nevada Rural Housing Authority)	

## **VOLUNTEERS NEEDED**

Why Volunteer?

Meet New People, Make New Friends, Camaraderie,  
Purposeful Service, and Have Fun!

Positions Available:

Tech Help, Reception, Dining Room, Sunday Bingo

Visit [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) to apply or  
Call (775)883-0703, Ext 7980

## **alzheimer's association®**

### **SUPPORT GROUP**

[www.alz.org](http://www.alz.org)

Meets 4th Wednesday of each month  
2:30 p.m. to 4:00 p.m.

Carson City Senior Center  
911 Beverly Dr., Carson City

We offer a variety of no cost education,  
support groups, early stage engagement  
activities, care consultations, respite funding,  
information and referrals.

National Alzheimer's Helpline

**1-800-272-3900**

Available to you 24/7

## **Website Issues?**

If you notice pages on our website that are not  
current, get a "denied" access message, or  
cannot view the menu or calendar, try  
refreshing your browser history to view the  
most recent updates on our website. Visit Tech  
Help if you are unsure how to do this.



## **WINTER WEATHER INFORMATION**

In the event of extreme winter conditions, we  
may close and will have a recording on our  
voicemail with more information. If we are  
closed, Meals on Wheels will not be delivered  
and all receiving Meals on Wheels will be  
notified by phone. To verify the Senior Center  
is open, call 775-883-0703 after 9 a.m.

### **DISCLAIMER**

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sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

# UPCOMING *Events*

## *History* PROGRAM

Tenacious Women  
of the Eastern  
Sierra  
Part Two

**When:** Tuesday, January 13 at 1:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** In Part Two in this series, local historians David & Gayle Woodruff continue a reflective look on five new tenacious women of the Eastern Sierra Nevada. "Bravery and fortitude" are not strong enough words, to describe the courage and determination some of these "local ladies" have put forth while making their mark East of the Sierra Crest. From a ballerina in the desert to the inspiration for a Hollywood movie, the tales of these women are legion. Join us for this 55-minute entertaining and inspirational slide show. Free Event. RSVP not necessary.

FREE 4-WEEK  
WORKSHOP

## Joy of Drumming

**When:** Tuesdays, March 3, 10, 17, 24, 4pm – 5:30pm

**Where:** Nevada Room (west end)

**About the Event:** Taiko drumming is its own unique art form that has developed over the long history of Japan. This program provides participants an opportunity to deepen their understanding of Japanese culture and to experience the excitement of drumming and feeling of community through the thunderous sounds of Taiko. Beginners welcome! Brought to you by SB118 from the 84<sup>th</sup> Legislative Session. Limited space available. Sign up at Reception (775) 883-0703. Free Event.



## STORY CONNECTIONS WRITING YOUR LEGACY

Memoir Writing  
Workshop

**When:** Tuesdays, Feb. 3 – Mar. 10, 2-4 p.m.

**Where:** Tahoe Room (east end)

**About the Event:** Your memories have impact – if you share them. In this six-week writers' workshop, Suzanne Morgan Williams will lead you through a combination of instruction, exercises, and discussions planned to spark memories and identify important moments in your life. You'll be encouraged to share, write freely, and let your stories breathe. Whether you create vignettes, poems, or a longer form memoir, whether you're a new or experienced writer, this workshop will give you the space and support to see your own or your family stories with fresh eyes. Brought to you by SB118 from the 84<sup>th</sup> Legislative Session. Limited space available. Sign up at Reception (775) 883-0703. Free Event.

## A Better Way to Care: The Real Story of Hospice



**When:** Friday, January 16 at 10:30 a.m.

**Where:** Joshua Room (east end)

**About the Event:** Learn from 1Care Hospice about what services are available, how compassion, dignity, comfort, and meaningful support to all involved are essential parts of hospice. Be informed on what hospice is and isn't, eligibility, and insurance coverage. Free event. Just show up.

## SEEKING

Table Tennis &  
Ping Pong Players

**When:** TBD

**Where:** Table Tennis Room (east end)

**About the Event:** Do you play table tennis (ping pong)? We are trying to pair players together to enjoy playing against or with each other. If you'd like to connect, please contact the Reception desk to get more information.

SRES

SENIOR  
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SPECIALISTUNDERSTANDING  
THE IN'S AND  
OUT'S OF  
DOWNSIZING IN  
TODAY'S WORLDWHO YOU  
WORK  
WITH  
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S.0188952

# Medicare questions?

Call your local  
licensed health  
insurance agent



**Brett Cooper**  
775-307-9995



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By Laura Deverse, MS, RD, LD, CDCES, Nutrition & Diabetes Education, Carson Tahoe Health

The weeks following the holidays offer a natural moment to pause, breathe, and gently guide our bodies back into balance. After festive meals, sweet treats, and irregular schedules, many people look for a “reset.” But instead of strict dieting or dramatic changes, a gentle nutrition reset focuses on nourishment, comfort, and sustainable habits that help us feel our best.

The first step is simply returning to regular routines. Consistent mealtimes help steady energy levels and support healthy digestion. Beginning the day with a balanced breakfast—such as oatmeal, yogurt with fruit, or scrambled eggs with vegetables—can set a calm, steady tone for the rest of the day.

Hydration is another quiet but powerful tool. Cooler weather and busy gatherings can cause us to drink less water than we need. Sipping water throughout the day, enjoying herbal teas, or flavoring water with

citrus or berries can support joints, digestion, and overall well-being.

Adding nutrient-dense foods is often more helpful than removing foods. Winter produce like citrus fruits, leafy greens, sweet potatoes, and squash provide vitamins, fiber, and flavor. Lean proteins—such as beans, fish, eggs, or poultry—help maintain muscle and keep us full and satisfied. Soups, stews, and roasted vegetables make gentle, comforting meals that support a post-holiday reset without feeling restrictive.

Movement supports a nutrition reset as well. Light walks, stretching, or gentle strength exercises help digestion, boost mood, and restore energy. Even five to ten minutes of movement can make a meaningful difference.

Most importantly, a gentle reset honors kindness toward ourselves. The holidays are a time for enjoyment, connection, and tradition. A reset is not about undoing those moments, but about reestablishing balance. With small, steady steps, we can nourish our bodies and welcome the new year feeling refreshed, grounded, and well.

## SAFETY TIP

Submitted by Wayne Walters

Winter is on its way. Here are helpful tips:

- Check your car's...
  - Tire pressure, car battery, wipers, washer fluid.
- Before you drive off:
  - Clean off your windshield of snow or ice.
- Driving in snow or ice:
  - Leave plenty of space between you and the car in front of you. Icy roads are a slide hazard.
  - Apply your brakes slowly when coming to a stop.
  - Watch for brake lights of the cars stopping ahead of you.

Most of all, take your time, do not be in a hurry.

**If you have a “Senior Suggestion” send it to SeniorCenterNewsletter@carsoncity.gov or drop it off at the Director’s Office.**

# Barry's Trivia

## Question of the Month

by Barry R. Bjorkman

**Q. What was the name of Stephen King's first published book?**

## Previous Month's Question & Answer

Q. What does Anchor Hocking manufacture?  
A. Glassware.



# UPCOMING *Events*

## TAX Preparation Services



**Call for Appointment (775) 883-0703: Starting Tues., Jan. 20 at 9 a.m.**

**When:** Mon. & Weds., Feb. 2 - Apr. 13, 2026, 12:00 to 4:00 p.m.

**Where:** Check in near the Library (east end)

**About the Event:** AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center.

## EUCHRE

**When:** Wednesdays, 2:30 p.m. to 4 p.m.

**Where:** Sierra Room (east end)

**About the Event:** Join us for some Euchre! Euchre is a 4-player, trick-taking card game played in fixed partnerships using a 24-card deck. Jump in to join the game!



**When:** Tuesday, February 3, 2 to 4 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Let's paint a Valentine's canvas! Van Gogh & Vino will lead you step by step, so no artistic experience is necessary. All painting supplies included (canvas, paint, brushes, etc.). Brought to you by SB 118. Free Event. Register at Reception - space is limited.

## CALAMITY JANE



**When:** Tuesday, February 24, 2 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Chautauqua Performance of Calamity Jane. Brought to you by SB 118. Free Event. Just show up - RSVP not required.

Perhaps no woman embodies the spirit of the Western expansion more than Martha Cannary better known as "Calamity Jane". She challenged society's standards of behavior for women, and at the same time was admired for her generosity, honesty and lack of pretentiousness. Kim Harris is an accomplished Chautauquan with over 15 years' experience, having presented local and national historical characters, from California to Bronxville, NY. She is the owner of Western History ALIVE! where she presents the lives of many famous and infamous historical figures. Harris will bring to life the real Calamity Jane, with dignity and respect. Calamity Jane was not only a genuine "dime novel heroine", she was a real living human being, with dreams sometimes realized and sometimes lost.



**When:** 2026 Classes: Feb. 2, Apr. 6, June 1., Sept. 14, Nov. 2, 9:30-2:30 p.m.

**Where:** Tahoe Room (East End)

**About the Event:** AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.



**When:** Tuesday, January 13 at 10 a.m.

**Where:** Zephyr Room (west end)

**About the Event:** Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!



Thank you to all of our Secret Santas and Volunteers who made Christmas extra special!



**Our Volunteers are Incredible!**  
Here's our Gift Shop volunteer crew celebrating a successful Craft Fair, Lucy & our youngest volunteer, Josselyn, working in the tray room (upper right), and our attendees for our first Cookie Exchange at our quarterly volunteer training.



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- Mail (\$25.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

### SENIOR CENTER STAFF

**Director:** Courtney Warner

**Manager:** Dave Sullins

**Resource Advocate:** Warren Bottino

**Kitchen Manager:** Kaleb Heflin

**MOW Coordinator:** Ashley Howell

**Volunteer Coordinator:** Drew Simmons

**Accounting:** Rachael Spafford

**Kitchen Crew:** Nick, Pops, Rhonda, Scott, Sharon

**MOW Drivers:** Amanda, Coco, Doug, John, Julie, Laurie, Matt

### GOVERNING BOARD

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Vacant - Treasurer

Tom Baker, Secretary

Michael Pavlakis, Director

Lisa Williams, Director

Corry Steiner, Director

Pam Couch, Dir. Emeritus

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