

Senior Sentinel

www.carsoncityseniorcenter.org



We're OPEN during Construction.

- ENTER at the East entrance
- Main (west) entrance is CLOSED
- Activities are ON - see calendar
- Reception is at the East door
- Gift Shop is by the Computer Lab
- Have questions - just give us a call!

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CARSON CITY SENIOR CENTER

Hours of Operation

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

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

From the Executive Director, Courtney Warner

CONSTRUCTION UPDATE IMPACTING THE LUNCH!

Thank you for your patience while we update your Senior Center! Starting this month, our kitchen floors will be replaced and some things may change.

Menu Changes

- We will be operating out of a rental kitchen space and we may have to change meals, and meals, while fully cooked, may need to be reheated. We will do our best to keep everything "normal" but recognize some changes may need to occur. We will let you know during service/delivery of any changes.

On-site (Congregate) Lunch

- 11-12pm
- Drive-thru at west entrance OR eat in the Kiwanis Lounge (by the stairs), enter at the East entrance (limited seating and only milk is served)

Meals on Wheels

- Normal operation

VOLUNTEER *Spotlight*



JAN CATLIN

Jan has been a volunteer at the senior center for three months now and one of her duties is checking people in for lunches. Jan grew up in Long Beach but went to middle and high school in Michigan at Interlochen Arts Academy. Jan has one daughter with whom she lives with. She also has one dog, a Tennessee Brindle Treeing Hound named Tee-Ninchy. (Tee-Ninchy means guardian of the queen). Jan has worked with animals and animal behavior. She also worked as a social worker in California and specialized her care for children and seniors. Jan enjoys playing and arranging music for keyboards. Jan also has a commercial pilots license and focused on charter flights. That is how she found Carson City 30 years ago!

Be sure to say hi to Jan when you see her!



QUEEN

Ann Holmes
86

KING

Richard Freeman
84



February Birthdays



Celebrate your birthday with us -
1st Friday of each month!

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
- Elder Care Law (RSVP) 775-687-4680
- Energy Assistance Program..... 775-684-0730
- Food Bank of Northern Nevada..... 775-331-3663
- Jump Around Carson (JAC Transit) 775-841-7433
- Medication Management Program..... 775-784-1808
(Sanford Center for Aging)
- Nevada Legal Services..... 775-883-0404
- 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
- State Health Insurance Program (SHIP)... 1-800-307-4444
- Suicide Prevention Lifeline 1-800-273-8255
- Veterans Administration 775-786-7200
- VA Medical Benefits Information 1-800-827-1000
- VARN..... 775-883-8278
(Volunteer Attorneys for Rural NV)
- Weatherization Program..... 775-887-1795, X124
(Nevada Rural Housing Authority)

**ALZHEIMER'S
SUPPORT GROUP**

www.alz.org

Meets 4th Wednesday of the
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



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NEW RECIPE: BREAKFAST PARFAIT

Ingredients

- 2 cups pineapple chunks
- 1 cup vanilla yogurt
- 1 cup fresh or frozen raspberries
- 1/2 cup chopped dates or raisins
- 1 cup sliced ripe banana
- 1/4 cup sliced almonds



Directions

In 4 parfait glasses or serving dishes, layer the pineapple, yogurt, raspberries, dates and banana. Sprinkle with almonds. Serve immediately.

Nutrition Facts

1 parfait: 277 calories, 4g fat (1g saturated fat), 3mg cholesterol, 52mg sodium, 60g carbohydrate (48g sugars, 6g fiber), 5g protein.

<https://www.tasteofhome.com/recipes/breakfast-parfaits/>

WINTER WEATHER NOTICE



We will do our best to improve the conditions in our parking lots. Use caution when on sidewalks and entering/exiting your vehicle. In the event of extreme winter conditions, we may need to close and will have a recording on our voicemail with more information. If we are 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.

THE RIGHT AGENT
EVERY STEP OF THE WAY

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TAX Preparation Services



AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesdays from February 1 through April 12, 2023. You may schedule your appointment by calling Reception at (775) 883-0703.

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Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the capital of Australia?

Previous Month's Question & Answer

Q. What two famous Indian chiefs defeated Custer?

A. Crazy Horse and Sitting Bull.

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Autumn

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Contact Courtney
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**Supporting Meals on Wheels
and Senior Independence**

Daily Specials!

Household goods, books, clothing, furniture, antiques, jewelry, sporting goods, small appliances, and more!

Hours: 10 a.m. to 5:30 p.m.

Tuesday - Saturday

(775) 301-6676

901 Beverly Drive, Carson City

THANK YOU!



For sponsoring the Pie!

HAPPY PI DAY

Upcoming EVENTS

Join our FREE Nutrition Lectures as we celebrate National Nutrition Month this March.

At Carson Tahoe Health, we strive to provide education and support to our community. March is National Nutrition Month, and we want to support you with the knowledge to fuel your future with food! Join us for a FREE lecture series focused on food groups and managing disease processes and aging through nutrition.

If you can't make it or want additional support, we've got you covered. During March and April, we will offer a one-hour nutrition consultation with one of our Registered Dietitians for the low cost of \$60 (*cash pay pricing only, we will not bill insurance.)

Join us and take advantage of all of our valuable nutrition offerings.

Carson Tahoe Regional Medical Center: 1600 Medical Parkway, 3rd Floor, Valley View Room
Noon-1PM

March 1: Proteins & Fats

March 8: Fruits & Vegetables

March 15: Grains & Legumes

March 22: Chronic Disease and Aging

Please contact (775) 445-8607 or email sierra.kirby@carsontahoe.org for more information.



Kids & Horses Therapeutic Riding Center Hosts Connected Horse® Workshops*

GIVING HOPE TO PEOPLE AFFECTED BY DEMENTIA

Our Workshops are designed to benefit people with early-stage dementia and their care partners. No horse experience is necessary - participants experience supervised engagement with horses from the ground with No Riding. Attendees must be ambulatory and willing to participate with their care partner in the workshops.

2023 SPRING WORKSHOPS ARE NOW OPEN FOR REGISTRATION

Space is limited so please register early

Minden Workshop Dates and Times:

Session 1: April 22nd, April 29th and May 6th (9:00 am – 11:30 am)

Session 2: May 27th, June 3rd and June 10th (9:00 am – 11:30 am)

*Initial on-site orientation and paperwork appointment must be scheduled before the start of the session.

All workshops are held at:

Kids & Horses Therapeutic Center, 2869 Esaw St. Minden, NV 89423

FOR MORE INFORMATION & TO REGISTER CALL JUDY VARED (925) 708-0067

No fee to participate, but donations are gratefully accepted!

NOTICE BOARD

MOVIE Matinee

CANCELLED

due to low attendance & construction. We may restart in the summer but need more to attend to keep the activity going.

AARP Driver's Safety Class

June 12, August 14, October 9
9:30 a.m. to 2:30 p.m.

Tahoe Room

\$20 AARP Member, \$25 non-member payable day of class (cash or check)

Register at Reception

Attention players of Backgammon!

Building a group of experienced players to meet once per week at the Senior Center.

Please call Vince Schantz
775-301-6279 or email
desertvince@gmail.com

This is not a class of 'How to Play' Backgammon.

BINGO

TBD due to Construction.
Call for current schedule.

Doors open at 11 a.m.
Games start at 1 p.m.

Must be 21 to play

All proceeds benefit Meals on Wheels!

DANCE PARTY

Friday, March 3
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Tai Chi 4 Seniors

Starts on April 4
Tues & Thurs
1-2pm

Sign up at Reception

Seeking Gin Rummy Players!

Contact Courtney to sign up!
(775) 883-0703

SENIOR CENTER

(775) 883-0703

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

Lunch is served between

11 a.m. to 12:00 p.m., Monday - Friday

Drive-thru due to construction

Suggestion donation: 60 & older \$2.25

HIDDEN TREASURES GIFT SHOP

10 a.m. to 3 p.m., Monday - Friday

SECOND WIND THRIFT SHOP

10 a.m. to 5:30 p.m., Tuesday - Saturday

Newsletter Submissions (due by the 10th):

seniorcenternewsletter@carson.org

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