

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



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**pg 2**

**NEW** Flashboard and Bingo Machine  
Donated for Senior Center Game

## **SNEAK PEEK**

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**Are Your Ducks In A Row?** Learn about  
Essential Legal Documents for Seniors

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**Thank You** Kiwanis Volunteers!

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**pg 9**

11 Week Education & Wellness Program  
**Seniors Eating Well** with food-tasting,  
recipes, freebies and more!

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## 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

#### New Flashboard and Bingo Machine for Senior Center Game benefiting Meals on Wheels Carson City

Bingo games at the Carson City Senior Center received a boost from a new bingo machine and electronic flashboard, thanks to donations from community members and the Kiwanis Club of Sierra Nevada. Donors include Harvey Cohen and Becca Krach, Kiwanis Club of Sierra Nevada, and the regular players of the Center’s Thursday bingo group, led by Pauletta May and Lois Kelly. The new equipment is the latest technology in bingo gaming, and has made the games more challenging and fun for the players. Under the leadership of Tom Micallef, the games change weekly to keep the semi-monthly event exciting for regular players, and still easy to follow for newbies. Games start at \$1 a card with \$50 to \$120 payouts or even higher progressive payouts. All proceeds benefit Meals on Wheels Carson City.

Despite increasing need for services in the community, Meals on Wheels Carson City has been able to meet the demands of delivering nutritious meals for nearly 300 home-bound seniors each day and frozen meals on weekends and holidays. All of the money raised at the bingo games is directly used by Meals on Wheels Carson City and has been instrumental in providing much-needed funding not covered by state and federal grants.

Sunday games are the 2nd and 4th Sunday of the month with doors open at noon and games start at 1 p.m. Thursday games are played every week at 1 p.m. If you haven’t tried your luck at bingo, give it a try!

Thank you to our donors for this generous gift and a special thank you to Mary Geisler who also donated new TVs to accompany the beautiful new machine. We have many wonderful donors and supporters of the Senior Center and we are grateful for your gifts.



### 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**



**Jason Overholser, PT**  
Physical Therapist / Owner

604 W. Washington St., Suite B Carson City, NV 89703 **(775) 882-5001**  
fax (775) 882-5015



**MARCH BIRTHDAYS**

*Queen*

**LAURA BRANDT**  
85 years young



*King*

**ROGER GERMAINE**  
79 years young



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

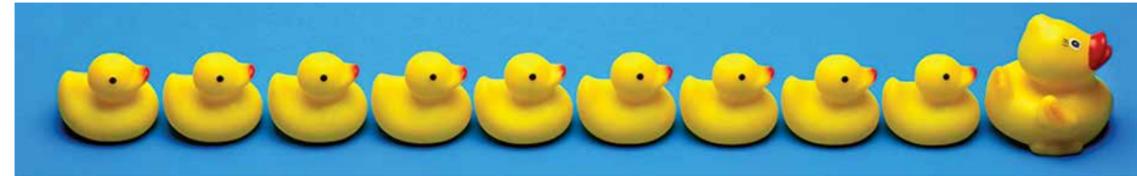
**Brett M. Weeks, Aud**      **Mark Weeks, MCD**  
Doctor of Audiology      CCC Audiologist  
408 North Roop Street • Carson City • Nevada  
**775.885.9888**

**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**



**Essential Legal Documents All Seniors Should Have**

Advance planning will help alleviate a lot of stress for everyone involved if essential legal documents that address health and financial wishes are drawn ahead of time. It's important to be proactive and take the time to make sure someone has durable power of attorney, or the authority to make financial decisions if you become incapacitated.

Think about it: If you don't get legal specifications handled in advance, there will be many legal hoops for your family that will not only take time and be expensive but will also heighten emotion during an already intense time with expensive healthcare and end-of-life costs.

Here are the important documents you will want to get in order with the help of a local certified elder care attorney who understands the relevant state's laws and regulations:

**Durable Power of Attorney**

A durable power of attorney gives a designated person the authority to make financial decisions for someone else, such as signing checks to pay bills, handling tax returns and selling a home. Unlike a general power of attorney, a durable power remains in place if the person for whom the decision is being made becomes incapacitated and can't make decisions for him or herself. A regular power of attorney ends if the person who issued it becomes incapacitated.

**Health Care Proxy**

A health care proxy is essentially a power of attorney for medical decisions. It allows you to make choices about treatments, doctors and other health-related matters.

**Living Will**

Also known as an advance directive for health care, a living will lets your loved one specify the medical treatment that he or she wants—or doesn't want—near the end of life.

**Updated Will**

A will dictates what happens to any of your family member's assets after his or her death.

**Living Trust**

If you have substantial assets, a living trust makes it easier for someone else to manage the assets, such as homes and investment accounts. The agent or trustee must follow the specific instructions of the person who created the trust, which can contain all of a person's assets other than IRAs and 401(k)s, which can only be owned by an individual.

**Get Your Essential Legal Life Documents in Order Today**

There's no time like the present to get your legal documents in order. A professional certified elder law attorney can help you prepare your documents today. A fiduciary financial advisor can also help you get your affairs in order. Just make sure to find an expert who understands the relevant state's laws and regulations to ensure your healthcare wishes, estate and financial assets are protected.

**Join us on Tuesday, May 21 at noon to hear from attorney Lora Myles, Nevada's Rural Elder Law Program, to Get Your Ducks in a Row.**

<https://www.seniorfinanceadvisor.com/resources/legal-documents-for-retirement-planning>

# SIZZLING SENIOR DAYS

## 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



**Gold Dust West**  
Casino • Hotel  
Carson City

**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*

Waste Management will be at the Carson City Senior Center on **Friday, April 5** in the lobby from 10:30-12:30 pm to answer your questions!

### Mandatory Trash Collection Coming

On December 20, 2018 the Carson City Board of Supervisors approved an agreement with Waste Management to bring new services to residential customers in July 2019. Join us at one of our upcoming open house events to learn about the changes. Meet the team responsible for keeping your community clean. Ask questions about single stream recycling. Bring the kids for a closeup look at a collection truck.

**5560 Sheep Drive in Carson City**

**5:00 PM - 6:30 PM**

**Thursdays: April 11 • May 9 • June 6**

Waste Management

5560 Sheep Drive • Carson City, NV 89701

(775) 775-343-7596 • CarsonCity@wm.com

Current Service Desk Hours: Mon-Fri 9 a.m. - 4 p.m.

Closed 12:00 p.m. - 1:00 p.m.

### 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<sup>®</sup> MEMORIAL

LIFE WELL CELEBRATED<sup>®</sup>

On February 16, members of the Kiwanis Club of Sierra Nevada volunteered hours scrubbing the dining room walls, filling holes, removing plastic panels and painting the dining room. Their kind act of physical labor along with supplying the cleaning products and paint gave our dining room walls a much needed refresh. **Thank you for beautifying the Carson City Senior Center!**

## Live Dance Band

**May 10, 2019**  
6:30 pm - 9:00 pm  
Doors open at 5:30 pm  
At the Carson City Senior Center



### Friday Night

### The Grumpy Old Men



Tickets available from  
Band members or the Senior Center  
**\$10.00/PERSON**



CARSON CITY SENIOR CENTER  
911 BEVERLY DRIVE  
CARSON CITY, NV 89706  
(775) 883-0703

Mark your calendars!  
The band will return on:

July 12th  
September 13th  
November 8th



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



## SKYLINE ESTATES

### Senior Living

Caring People | Serving People | Improving Lives

2861 Mountain St. • Carson City

[www.SkylineEstatesSL.net](http://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







**WE CAN  
BE CENSUS TAKERS**

**APPLY ONLINE!**  
[2020census.gov/jobs](https://2020census.gov/jobs)

2020 Census jobs provide:

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call

**1-855-JOB-2020**

Federal Relay Service:  
1-800-877-8339 TTY/ASCII  
[www.gsa.gov/fedrelay](http://www.gsa.gov/fedrelay)

United States  
**Census  
2020**

The U.S. Census Bureau is an Equal Opportunity Employer.

## THRIFT STORE SALES

### SPECIALS FOR APRIL

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!**

## SENIORS EATING WELL

**11-week evidence based nutrition & wellness education program with food-tasting, recipes, freebies and more!**

Presented by the University of Nevada Cooperative Extension

**Mondays, 1-3 pm**

**Starts Monday, April 22, 2019**

**At the Carson City Senior Center**

**RSVP with reception (775) 883-0703**

**to reserve your seat**

**No cost to attend!**

## *Living in Amsterdam, Holland*

*submitted by Corry Steiner*

*My seventh birthday was coming up and I was really excited.* My mother told me we were going to have a new baby and that it would arrive shortly before my birthday. This was going to be my baby!

I can't remember seeing my mother being pregnant and in those days one did not know that a baby was inside a mother's stomach. I couldn't wait to tell everyone, even customers in our family-owned restaurant, that I was getting a baby for my birthday.

It was November 20, 1943 and my mother, who was 43, went into labor. A friend of the family took me to my room in the attic and said that the baby would be arriving soon. Of course I wanted to go down stairs to see the arrival of my baby, but was told I had to stay upstairs to wait for the stork.

Living in the attic and on the fourth floor, and being so high, I knew I would be able to see the stork arrive. I stood on the bench looking out the window. I do not know how long I stood there, but I never did see the stork arrive. I was getting so anxious ... why wasn't my baby arriving? Finally, someone came upstairs and informed me that I had a little sister named Jacoba.

I jumped off the bench to run downstairs to see my baby. My mother told me that this was my birthday present, even though my birthday wouldn't be until the 27th. Our lady friend stopped me and said, "No, we cannot go down stairs yet. The stork is still in the room and is ready to leave and when he spreads his wings, it could hurt you."

I went back to stand on the bench, looking out the window to see the stork leave. I stood there for a long time. Finally someone told me the stork had left and I could come and see my little sister.

I asked how come I never saw the stork come or leave and was told that the stork is pretty quick and lots of people don't see him arrive or leave.



## 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.**

Name \_\_\_\_\_ Email \_\_\_\_\_

**FIND WORDS. FIND ADVENTURE.**

**Friday, March 29**  
1pm-2pm  
Senior Center  
911 Beverly Dr  
Carson City

**Saturday, March 30**  
10am - 12pm  
Meadowood Courtyard Hotel  
5851 S Virginia St  
Reno

**RSVP TO THE TRAVEL SHOWS!**

**PATTYSTOURS.COM**  
775-453-1794

**DOWN**  
1. ENSEMBLE OF FOUR  
3. PUBLIC CELEBRATION USUALLY INVOLVING A THEME  
4. CANADIAN NATIONAL PARK  
7. PRECIOUS METAL MOSTLY USED IN JEWELRY

**ACROSS**  
2. LET PATTY BE YOUR \_\_\_\_\_  
5. CAPITAL OF CALIFORNIA  
6. SOUTHERN MOST CITY IN THE GOLDEN STATE

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



**Barry's Trivia Question of the Month**  
**APRIL**  
Barry R. Bjorkman  
*Former Advisory Council Chairman*

**Q: What was the original name of New York City?**

*LAST MONTH'S QUESTION AND ANSWER*  
Q: What is the official name of the North Star?  
A: Polaris.

**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  
1281 N. Roop, Carson City

**Walton's Funeral & Cremations**  
783-9312  
1521 Church, Gardnerville

*"When You Need Us the Most..."*  
[www.WaltonsFuneralHomes.com](http://www.WaltonsFuneralHomes.com)

**CENTURY 21**  
Jim Wilson Realty  
**RELENTLESS MOVES**

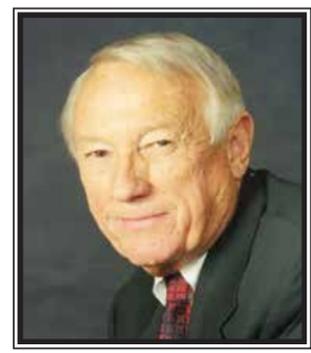
**REAL ESTATE IS MOVING...ARE YOU?**  
**CENTURY 21 JIM WILSON REALTY**  
**A TRUSTED NAME FOR 34 YEARS!**

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**

**BASKETS • BUNNY • COLOREDEGGS • EASTER**  
**FLOWERS • LAVENDER • MOVING • PASTELS • REBORN**  
**SELLING • SUNSHINE • SPRING • TOOHEY • WILSON**

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



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](http://www.c21jimwilsonrealty.com)  
CarolMarie@IntoTheHome.com  
JW@IntoTheHome.com

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



# Kiwanis of Carson City

## Pasta Feed

Saturday April 13, 2019  
1:00pm – 4:00pm  
At Carson City Senior Center

Tickets \$6.00  
Kids under 5 Eat Free

**Proceeds to benefit the Meals on Wheels program and the Carson City Senior Center**

Menu: Pasta, Garlic Bread, Salad, Beverage, and Dessert  
Lunch served 1:00 to 3:00

Free Bingo with Great Prizes!!!  
Pre-Sold Tickets include 1 Bingo card  
(Additional Bingo Cards can be purchased for \$1.00 each)

Tickets Available by calling Bob Langson 775-721-0789.  
Also available at the door.

Tickets available at reception area in Carson City Senior Center

### SAVE THE DATES!



Our next TRIAD event will be:

**Tues May 21 at Noon**

**Ducks In A Row**

by: Lora Myles, RSVP

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. Refreshments will be served.

**July 16, 2019 • Noon to 1 p.m.**  
**Grab & Go Emergency Preparedness**  
presented by the Red Cross

**September 17, 2019**  
**Gangs, Drugs, Dogs:** presented by  
the Carson City Sheriff's Office

**November 19, 2019**  
**Don't Go Up in Smoke**  
(home fire prevention) presented by  
the Carson City Fire Department



# Ormsby

## Post-Acute Rehab

3050 North Ormsby Blvd.  
Carson City, NV 89703  
775.841.4646  
[www.ormsbyrehab.com](http://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

## The Notice Board

### JEWELRY SALE

*(gently used jewelry)*

**IN THE LOBBY of the  
SENIOR CENTER**

**911 Beverly Drive  
Carson City • Nevada**

**Thursday & Friday**

**May 2nd & 3rd**

**9am to 2pm**

**\*Hundreds of Items\***

**Necklaces, earrings, pins,  
bracelets, rings, buttons,  
beads, and more!**

**A FUNDRAISER FOR  
MEALS ON WHEELS**

### 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.; it has already started and will be 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 at 775-883-0703.

For more info, see the article on page 11 of this issue.

**Dance with Live Music**  
at the Carson City Senior Center! Kick up your dancing shoes & enjoy the live music of

### Don & Nadine

at the Carson City Senior Center,  
911 Beverly Drive, on Friday,  
April 5 • 6 to 9 p.m.

Doors open at 5:45 p.m.

Admission is \$5.00/person

Open to all ages. Participants encouraged to bring a store-purchased snack to share.

**UPDATE:** You asked for more dances and we listened. Starting in May, dances are **MONTHLY** (2nd Friday of each month). Odd months featuring the Grumpy Old Men (6:30-9:00pm) for \$10.00/ticket; Even months featuring Don & Nadine (6-9pm) for \$5.00/ticket; tickets available presale, on our website or at the door! Come support our dances!

## 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

## 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.

## Senior Follies – Calling all performers!

The 2019 Senior Follies, *Under the Big Top*, is recruiting for talent and stage hands.

**The show runs July 12, 13, 14.**

Senior Follies is not only a fantastic opportunity to show off your talent, all proceeds fund Meals on Wheels.

**You can be a star and help  
feed our most vulnerable,  
homebound seniors!**

If your interest has been  
sparked, join us at an

**audition and meeting**

**Tuesday, April 2 • 5:30-7:00pm  
at the Senior Center**

or contact Follies Director,  
Toni VanCleave at  
**775-720-0205 or email:  
newfolliesgal@aol.com**

*Would you like to volunteer with us?*

We have a large variety of positions open in our Thrift Store, Dining Room, Reception and more! Contact Tiffany Roberts for more details 883-0703 or TRoberts@carson.org

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

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