

Senior Sentinel

www.carsoncityseniorcenter.org



Upcoming Holidays

Sunday, May 14

Happy

Mother's Day

Monday, May 29

*** Happy ***

MEMORIAL

DAY

INSIDE THIS EDITION

Page 2

- From the Director
- Volunteer Spotlight
- Birthday Queen & King

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- 3 Reasons to practice Yoga
- Thank you AARP Tax Volunteers
- Barry's Monthly Trivia

Page 5

- Thrift Store Specials

Page 6

- Upcoming Events

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



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

Here's a few updates on our big remodel:

Restrooms

- Framing is complete and the drywall is up! Tile and fixtures coming soon!

Dining Room

- New beverage bar is framed.
- New service windows to the kitchen (where you pick up your food) and the tray area are complete!

Kitchen Floor

- The old floor was ground off and sadly we discovered some subfloor issues that we will address. A delay but we should still meet our overall deadlines!

Thanks for your patience, especially when we had to use porta-potties (better than a two-week closure!)



VOLUNTEER *Spotlight*



ANNIE CIFARELLI

Annie has been volunteering in the dining room for a year. She moved here from Maryland right before the Covid outbreak and has been living in Washoe Valley ever since. Annie is married and has two children and a Plott hound mix rescue dog named Fiona.

Annie has traveled the world since being married. Her husband was in the U.S. Navy and then worked for the State Department. She has lived in Israel, Russia, Slovenia, Canada, Cuba and the U.S. Annie had a catering business for over 30 years and she also taught early childhood education and the Hebrew language.

When we re-open after construction, you will find Annie in the dining room on Tuesdays and Thursdays. Be sure to say hello to her!



QUEEN

Helma
Rosendahl
86



KING

Glade Myler
76

April 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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3 REASONS TO PRACTICE YOGA IN YOUR 70S AND BEYOND

THANK YOU!

1. Improve balance

Yoga tones muscles and works on your proprioception — your sense of position in space. Practicing postures that emphasize standing and balance can help build strength and confidence, too. "About 80 percent of proprioception is in your ankles, so standing poses are important, particularly for people in their 70s," explains Payne "As you get more sedentary, your sense of balance atrophies. 'Use it or lose it' really does apply."

2. Sharpens your mind

Unfortunately, as we age, our thought processes aren't as sharp as they once were. The upshot: A 2016 International Review of Psychiatry study reported that practicing yoga relaxation techniques for 30 minutes had immediate beneficial effects on brain function and performance among people with multiple sclerosis. "Focusing on the breath and synchronizing it with movement helps keep the mind clear and engaged," Atkins says. Breathing exercises such as alternate-nostril breathing help harmonize the left and right hemispheres of the brain, which correlate to the logical and emotional sides of the personality.

3. Boosts mood

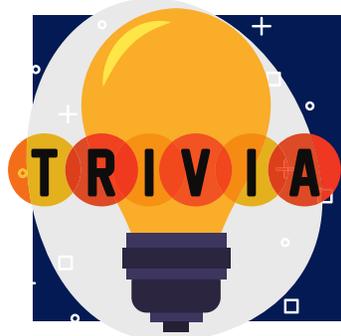
Yoga's combination of breathing, meditation and movement creates an overall sense of well-being. In fact, studies show yoga has a greater impact on enhancing mood and reducing anxiety than other forms of exercise. The reason? Yoga boosts levels of the brain chemical GABA, which helps calm nerves.

<https://www.aarp.org/health/healthy-living/info-11-2013/health-benefits-of-yoga.html>

Thank you to our amazing TAX Volunteers for filing over 900 tax return this season and raising over \$3,000 for Meals on Wheels. We appreciate you and the service you do for our community!

The Golden Yogis
Monday's, 1-2pm, starts May 1st
\$10/class (see Jordan if hardship)
Jordan River is starting a new chair yoga class for seniors. Chair Yoga is great for reducing stress and anxiety, improving flexibility and balance, and promoting overall physical and well-being.

GOLF FUNDRAISER
Saturday, June 10
Visit: carsoncityseniorcenter.org for more information



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: How did King Midas die?
Previous Month's Question & Answer
Q. What other State in America has a community named Carson City?
A. Michigan.

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Contact Courtney
(775) 883-0703



Autumn

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and Senior Independence**

SORRY WE'RE CLOSED

We've had some damage due to the extreme winter weather that we must address before reopening. Check back soon!

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QR Code

Icons: Home, Wheelchair, Pet Friendly

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:

June 3rd, June 10th, June 17 (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 (775) 267-1775

No fee to participate, but donations are gratefully accepted!

NOTICE BOARD

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

Coming Soon!

TBD when we reopen:
Sunday Bingo
Jewelry Sale
Volunteer Appreciation Party
Follies
JAC Bus pass renewals

DANCE PARTY

Wednesday, May 3
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

NQR Open House

Thursday, May 11 at 11:30am

NQR Adult Orchestra ensemble is hosting a free open house to showcase music like the Beatles, movies and American folk music.

Door Prizes!

Tai Chi 4 Seniors

Starts on May 2
Tues & Thurs
1-2pm

Just show up for class!

Gin Rummy

Meets weekly on
Thursdays, 1-3pm

Want to start
a new
Activity?

Contact Courtney
(775) 883-0703



911 Beverly Drive Carson City, Nevada 89706

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

Closed (temporary) due to weather-related damage

Newsletter Submissions (due by the 10th):

seniorcenternewsletter@carson.org

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- **Email** (free) - Send an email to seniorcenternewsletter@carson.org
- **Online** (free) - Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail** (\$20.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

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