

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

pg 3

Resource Contact Information...
Great info to clip, save and share!

pg 4

Read the latest Center News & Updates
from our Executive Director

pg 14-15

Notice Board - Keep informed of fun
new events, classes & specials

NEW! Special Insert

Calendar of Monthly Meals & Events -
Larger font, double-sided!

**Stay Strong,
Stay Healthy**



pg 2

Stay Strong, Stay Healthy is your ticket
to better health!

IN THIS ISSUE

Stay Strong, Stay Healthy	2
Resource Contact Information	3
Alzheimer's Support Group	3
From the Executive Director	4
Travel News & Trivia Question	5
Community Bingo	6
Birthday King & Queen	6
Word Search	7
The Notice Board	14-15
EVENT - Creating Greeting Cards	14
DANCE CLASSES now being offered	14
EVENT- Triad 1 Year Anniversary Party	14
Hidden Treasure's Specials	14
Meals On Wheels	15
Ongoing Programs	15
Employee of the Quarter	15
SPECIAL INSERT - Calendar of Events	



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Carson City, Nevada 89706**

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cwarner@carson.org

9:00 A.M. - 4:00 P.M.

Monday through Friday

f / carsonseniorcenter

Stay Strong, Stay Healthy



Stay Strong, Stay Healthy is your ticket to better health.

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here's the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program at the Carson City Senior Center!

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health and state of mind. No, it's not difficult or complicated weightlifting. You'll start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by Tina Temple.

The class meets for one hour, two times each week at 1pm on Tuesdays and Thursdays, June 12 – August 2.

Attend the orientation session on 1pm on Thursday, June 7 at the Carson City Senior Center, 911 Beverly Drive or call (775) 883-0703 for a program flyer with more details and to register. Pre-registration is required. The fee is FREE for the eight-week series plus all participants receive a complimentary bag, water bottle and healthy snacks.

RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer’s Association	786-3509
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	687-0703
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
1:00—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—4:00pm
Carson City Senior Center
901 Beverly Drive

Candace Stewart, Facilitator
Meets every Thursday of the month
6:30-7:30pm
Carson Tahoe Regional Medical Center
Juniper Room
1600 Medical Parkway

**ALZHEIMER’S OFFICE HOURS
AT THE SENIOR CENTER**

Drop by or schedule a free consultation
with Alzheimer’s Rural Outreach
and Family Care Associate, **Heidi Slater**
Every Wednesday from 9-4
(out for lunch 12-1)
Please call **775-786-8061**
to schedule an appointment

MINDEN/GARDNERVILLE

Barbara Singer, Facilitator
Meets the 2nd Thursday of each month
2:00—3:00 pm
Coventry Cross Episcopal Church
1631 Esmeralda Place, Minden

For more information,
call **775-786-8061**

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

From the Executive Director, Courtney Warner

Hello June! As we celebrate the warm weather ahead, we also celebrate changes at the Carson City Senior Center. As you are reading this, you've probably noticed a new look to our newsletter. We are excited to have a fresh look, new feel and design! Please thank our Editor, Sandy Gray, for her many years of fantastic and dedicated work on our monthly newsletter. After working for the Center since 2006, Sandy is hanging her hat as editor and we wish her the best!



Have you stopped by the west lobby to see what's going on? The senior center was fortunate to be selected by the Carson City Chamber Leadership's 2018 class project as they raised funds and helped give the lobby a fresh, new look. Finishing touches will be wrapped up in June! New TV screens replace flyers and bulletin boards to help give the lobby a clean and polished look.

Your patience was appreciated during the various construction, painting, missing chairs and clock, and frustrations as we completed the project. We hope you enjoy the new look! Thank you to Leadership 2018 for the refresh!

Last but not least, introducing Tiffany Roberts in her new role as Activity and Volunteer Coordinator! Tiffany started as our Meals on Wheels Driver and has recently started in her new role. She will be overseeing the dining room during meals, assisting in organizing activities and events, and managing our volunteer program. We are delighted to have Tiffany move into this essential role. Wish her congratulations when you see her!

May the month bring you happiness and sunshine!



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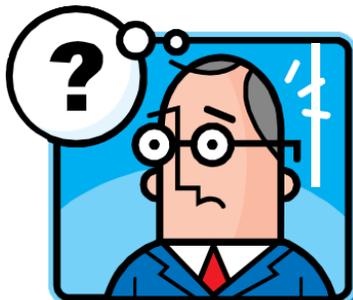
Travel News *by Labh Singh Gill*

We went to Toronto airport to board a plane for Edmonton. Our airline allowed us two suitcases weighing 50 lbs. each. The Horizon airline employees insisted that we pay for the luggage because Toronto to Edmonton is a local flight. We had round trip tickets in which all flights are considered as international flights. After long arguments they allowed us to see their supervisor, who allowed us to board. In the past we have traveled with different airlines in different countries, but we have never had such a bad experience.



In Edmonton we visited the world famous West Edmonton Mall. We spent three days there but couldn't see it all. The mall was constructed and founded by two brothers who migrated from Iran to Canada. It is the largest shopping complex in North America. The whole covered area of Mall is more than five million sq ft. There are 800 stores and service centers in the Mall under one roof. There is a parking place for 20000 cars. 24000 peoples are employed to look after and manage the property. It is said that about 1.5 billion Canadian dollars were spent on its construction. It was assumed the most valuable property in Edmonton opened in 1981.

The West Edmonton Mall is definitely worth a visit. After my first visit in 2008, I can see there are many alterations and additions that have been made in the Mall. I think I've seen enough of the mall and do not plan to visit it again.



Barry's Trivia Question of the Month JUNE 2018

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Where did the Hamm's Bear live?

LAST MONTH'S QUESTION AND ANSWER

Q. A blue moon occurs on one particular day of the month. What is that day?

A. The 31st day



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COMMUNITY BINGO BIG WINNER!!!

April 22, **Bonnie Lee Herring** won the Letter X Special Game. The Game paid \$409. She was very happy and excited. Bonnie said it was the most money she has ever won at Bingo.

BINGO DATES June 3, 10, 24

The Carson City Community Bingo is a fundraiser for Meals on Wheels. Bingo is played the 1st, 2nd and 4th Sunday of each month. It cost \$10 to play. All the Special Games and the Cash Ball cost \$1 each. Doors open at 11am and the games start at 12:30pm.

The Bingo is played at the Carson Senior Center, 911 Beverly Drive, Carson City. You must be 21 or older to play.

The Cash Ball (as of May 13th) was paying \$1199.

Father's Day is June 17th, but we will celebrate it on June 10th. We will have Special Drawings, and provide cake and coffee for all the Bingo players.

Please continue to bring in non-perishable food items. Bring a can of food and get a free card for our special can food game.

Thank you to all our loyal Volunteers who help make Bingo a success and provide a fun afternoon of Bingo for all the players.

If interested in becoming a volunteer, please let me know. We need someone to run the kitchen one bingo a month and to fill in when we are shorthanded. This may require you getting a Food Handler's Card. If interested, please call Marie Borgo at 775-883-3430.



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JUNE BIRTHDAYS

Queen

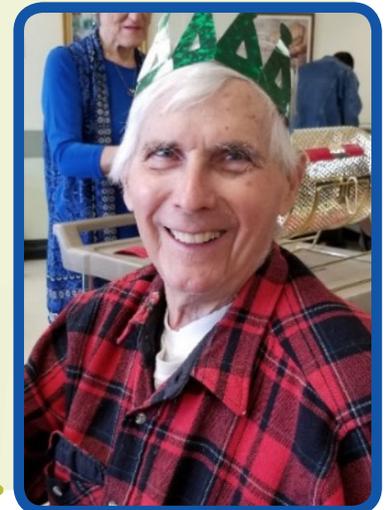
**JERRY
GIONTA**

81 years young

King

**REYNARD
LABRIOLA**

85 years young



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WORD SEARCH

EMAIL:

NAME:

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



You're Invited!

Friday, July 27 @ 1pm
Carson City Travel Show
 Carson City Senior Center
 911 Beverly Dr • Carson City

Saturday, July 28 @ 10am
Reno Travel Show
 Meadowood Courtyard Hotel
 5851 S Virginia St • Reno

RSVP 775.453.1794 or PattysTours.com

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SHAKESPEARE	ADVENTURE
PORTLAND	BUCKET LIST
ALASKA	STATE FAIR
GIANTS GAME	HAWAIIAN
YELLOWSTONE	CRUISE
IRELAND	PATTY'S TOURS

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THRIFT STORE NEWS

by Joyce Hudson, Thrift Store Manager

SPECIALS FOR JUNE

Tuesday | Crafts **50% OFF**

Wednesday | Senior Day **20% OFF**

Thursday | Kitchen items **50% OFF**

Friday | Boutique **50% OFF**

Saturday | Everything in store **50% OFF**
 including boutique & furniture *(Books not included)*

Paperback Book Sale - **\$5.00/bag**

HOURS:

Tuesday—Saturday, 10am -3:30pm

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.

Pick up for donated items is FREE!



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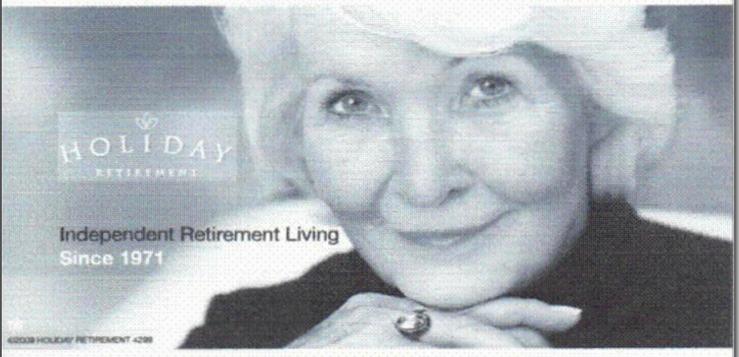


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The Notice Board



Have Fun Making Handcrafted Greeting Cards

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2:00 pm - 4:00 pm

\$4.00 each card

Door prizes awarded

Carson City Senior Center
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Job's Peak Room

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Dance Classes

Aprender a bailar

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1:30 pm

in the Nevada Room

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Waltz, Night Club Two Step,
Salsa, Merengue, Cumbia
and many other
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We have lots of space to dance.
Come out and have lots of fun
while you learn!



**Triad's One-Year
Anniversary
Party**
Friday, June 15
11:45 am

We're celebrating a whole year of successful, informative and helpful Triad events. Join us on Friday, June 15 at 11:45 am to learn about what to expect in future presentations, take a survey to give us your input on Triad and to celebrate with us. As a treat, we will be **servicing soda floats** and giving away a **free special gift** to everyone.

The Hidden Treasure Gift Shop sends Happy Father's Day wishes to all Fathers on their special day. June 17th is Father's Day and we have some great gift ideas for men in our shop, including See's Candy for the Dad with a sweet tooth.

Summer is coming and the Gift Shop has summer items on display, some of which are towels, placemats, table runners, and hand painted glass sets, all to make your home festive. Come on in and check out all of the Seniors Crafts. You will be amazed by the creative gifts you can find, and the reasonable prices. If you need to contact the Gift Shop for a special order or questions call 775-283-7982. See you soon!



MEALS ON TWO WHEELS

Meals on Wheels recipients, this program is for you! If you would like a visitor to have lunch with you, please ask your driver for an application.

We will be rotating individuals on a weekly basis (or more frequently if we have more volunteers) to enjoy a lunch at your home with a friendly volunteer. More information to come about the program. If you want to participate, please ask your driver for an application or call Courtney at the Senior Center at **883-0703**.

ONGOING PROGRAMS

Tai Chi Classes

Kevin Milburn is teaching weekly Friday classes from 12:30-1:15pm in the Joshua Tree Room.

Genealogy Classes

Class is held the 3rd Thursday of each month from 1pm-2pm in the Computer Lab.



EMPLOYEE of the QUARTER

RUBIN SHELTON

Congratulations to Rubin Shelton our Meals on Wheels Driver for being selected as our Employee of the Quarter. Rubin has been a dependable and versatile team member. He has excelled in his position as Meals on Wheels Driver and also stepped into other positions within the Senior Center to keep operations running smoothly. Rubin is willing to jump in and help with tasks and projects outside of his normal duties. Rubin is a valuable Senior Center employee and well deserves this honor.

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 _____

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SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869

9:00 am - 4:00 pm, Mon-Fri

Lunch is served between
11 am - 12:30 pm Mon-Fri

Suggested donation:
60 & older - \$2.25

Hidden Treasures Gift Shop

10:00 am - 3:00 pm, Mon-Fri

Thrift Store

10:00 am - 3:30 pm

Newsletter Submissions:

Send by the 10th to troberts@carson.org

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