

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



## **Sneak Peeks for September**

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**Thank you for all the local support!**  
Read our E.D.'s donation report

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Learn the difference between  
**Serving & Portion Sizes**

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Tips to keep safe from **Wildfire Smoke**

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Sierra Nevada Kiwanis presents  
**Labor Day Bingo & BBQ on Sept 2**

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Have you met our wonderful  
volunteer **Margaret Brewster?**

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Don't miss our **Fall Jewelry Sale**

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**SPECIAL INSERT - Calendar of Events**



**911 Beverly Drive  
 Carson City, Nevada 89706**

**775-883-0703 • fax 775-883-2869**

**SeniorCenterNewsletter@carson.org**

**9 a.m. to 4 p.m.**

**Monday through Friday**

**www.carsoncityseniorcenter.org**

**f / carsonseniorcenter**

## FROM THE EXECUTIVE DIRECTOR Courtney Warner

In June, the Senior Center embarked on a new journey to solicit sponsorships and donations from area businesses to support Meals on Wheels. Why Meals on Wheels? It has the largest gap in funding from our actual cost to our grant funding reimbursement. The Senior Center works diligently to fund the gap through fundraisers and donations. This year, we decided to ask local businesses for their support. I am pleased to share that we are received an outpouring of support and our appreciative of the gifts we’ve received.

\$2,500 Gifts from:



**CARSON TAHOE**  
 — HEALTH —



**SOUTHWEST GAS**



\$1,000 Gift from:



\$200 Gift from:



While you are out in the community, please remember to thank the businesses above for their support and encourage others to support us. Thank you to our new business sponsors!

**RESOURCE CONTACT INFORMATION**

- Nevada State Information Service.....211
- Aging & Disability/CHIP ..... 687-4210
- Alzheimer Association.....1-800-272-3900
- Care Chest..... 829-2273
- Carson City Health & Human Services ..... 887-2190
- Crisis Support Services of NV ..... 784-8090
- Elder Care Law..... 687-4680
- Elder Protective Services.....1-888-729-0571
- Energy Assistance ..... 684-0730
- Food Bank of Northern Nevada ..... 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..... 883-0404
- Nevada State Welfare..... 684-0800
- Northern NV Center  
for Independent Living ..... 353-3599
- RSVP ..... 687-4680
- Ron Wood Family Resource Center ..... 884-2269
- Sanford Center for Aging ..... 784-4774
- Senior RX.....1-866-303-6323
- SHIP (State Health Insurance) .....1-877-385-2345
- Social Security Administration .....1-800-772-1213
- Suicide Prevention Lifeline .....1-800-273-8255
- Veterans Administration..... 786-7200
- VA Medical Benefits Info .....1-800-827-1000
- VARN (Volunteer Attorneys for Rural NV)..... 883-8278
- Weatherization..... 887-2227

**ALZHEIMER'S  
SUPPORT GROUP**  
**(www.alz.org)**

**CARSON CITY**

Meets the 2nd Wednesday  
of each month, 1 to 2:30 p.m.  
Carson Tahoe Cancer Center  
Conference Room  
1535 Medical Pkwy, Carson City

Meets 4th Wednesday of the month,  
2:30 to 4 p.m. Carson City Senior Center  
911 Beverly Drive

**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**



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

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Doctor of Audiology      CCC Audiologist  
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Carson City, NV 89703

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fax (775) 882-5015

# Flu Shot Clinic

## Fight Flu this Season! Get Vaccinated!



**Carson Senior Center**  
911 Beverly Drive

**September 20, 2019**  
**9:00 AM- 11:30 AM**

Bring your insurance card.  
If you do not have insurance, you will  
not be turned away.

For uninsured or underinsured, the  
flu shot is \$20.

For more information, contact us at: (775) 283-7905 or [crioux@carson.org](mailto:crioux@carson.org)

All insured patients are responsible for confirming their flu vaccination  
coverage with their insurance company.



Twitter: [@CCHealthEd](https://twitter.com/CCHealthEd) | Facebook: [CCHHS](https://www.facebook.com/CCHHS) | [gethealthycarsoncity.org](http://gethealthycarsoncity.org)

## Serving and Portion Sizes: How Much Should I Eat?

*Eating a variety of foods from each food group will help you get the nutrients you need.*

<https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat>

The Dietary Guidelines describes three USDA Food Patterns, each of which includes slight variations in amounts recommended from different food groups. For example, people 50 or older following the Healthy U.S.-Style Eating Pattern choose foods every day from the following:

- Vegetables—2 to 3 cups
- Fruits—1½ to 2 cups
- Grains—5 to 8 ounces
- Dairy —3 cups (fat-free or low-fat)
- Protein foods—5 to 6½ ounces
- Oils—5 to 7 teaspoons

Does this mean you have to measure or weigh everything you eat? Not really. Some people find it helps to measure things carefully at first, but once you get used to your new eating plan, strict measuring probably won't be necessary. But, what exactly is a serving? And is that different from a portion?

A “serving size” is a standard amount of a food, such as a cup or an ounce. Serving sizes can help you when choosing foods and when comparing like items while shopping, but they are not recommendations for how much of a certain food to eat.

The term “portion” means how much of a food you are served or how much you eat. A portion size can vary from meal to meal. For example, at home you may serve yourself two small pancakes in one portion, but at a restaurant, you may get a large stack of pancakes as one portion. A portion size may also be bigger than a serving size.

For example, the serving size on the Nutrition Facts label for your favorite cereal may be 1 cup, but you may pour yourself 1½ cups in a bowl.



Portion size can be a problem when eating out. To keep your portion sizes under control, try ordering one or two small appetizers instead of a large entrée. Or, you could share an entrée with a friend, or eat just half and ask for a take-out container for the rest. Put the leftovers in the fridge as soon as possible. Then enjoy them the next day for lunch or dinner.

### **TIP: SNACKING**

Snacks are okay, as long as they are smart food choices. If you want an afternoon pick-me-up or after-dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. Don't forget to include snacks in your daily food count. For example, 1 tablespoon of peanut butter on a slice of toast counts toward the protein foods group and the grains group. Some ideas for healthy snacking include:

- Have an ounce of cheese with some whole grain crackers, a container of low-fat or fat-free yogurt, or a 1-ounce portion of unsalted nuts.
- Put fruit instead of candy in the bowl on your coffee table.
- Keep a container of washed, raw vegetables in the fridge along with hummus or other healthy dips.
- To limit your portion sizes, don't eat from the bag. Count out a serving, and put the bag away.
- When you are out and need a snack, don't be tempted by a candy bar. Instead, take along homemade trail mix in a plastic bag when you go out. If you need to buy a snack while you are on the go, pick up an apple or banana—most convenience stores carry them.



# WILDFIRE SMOKE FACTSHEET

*In the event, the Carson City area is impacted by wildfire smoke, here's tips to keep you safe.*

## Reduce smoke exposure indoors

### Stay inside with the doors and windows closed.

Whether you have a central air conditioning system or a room unit, use high efficiency filters to capture fine particles from smoke. Ask an air conditioning professional what type of high efficiency filter your air conditioner can accept.

**Seek shelter elsewhere** if you do not have an air conditioner and it is too warm to stay inside with the windows closed.

**Do not add to indoor air pollution.** Do not burn candles or use gas, propane, wood-burning stoves, fireplaces, or aerosol sprays. Do not fry or broil meat, smoke tobacco products, or vacuum. All of these can increase air pollution indoors.

**Use a portable air cleaner** to reduce indoor air pollution. Make sure it is sized for the room and that it does not make ozone, which is a harmful air pollutant. Portable air cleaners can be used along with efficient central air systems with efficient filters to maximize the reduction of indoor particles.

**Create a "clean room" in your home.** Choose a room with no fireplace and as few windows and doors as possible, such as a bedroom.

Use a portable air cleaner in the room.

**Have a supply of N95 respirators** and learn how to use them. They are sold at many home improvement stores and online.

Long-term smoke events usually have periods when the air is better. When air quality improves, even temporarily, air out your home to reduce indoor air pollution.

## Reduce smoke exposure outdoors

**Take it easier** during smoky times to reduce how much smoke you inhale. If it looks or smells smoky outside, avoid strenuous activities such as mowing the lawn or going for a run.

**Know your air quality.** Smoke levels can change a lot during the day, so wait until air quality is better before you are active outdoors. Check your state or local air quality agency's website or [airnow.gov](http://airnow.gov) for air quality forecasts and current air quality conditions. On AirNow, you can also sign up to get email notifications, download an air quality app, or check current fire conditions. In addition, some communities have visual range programs where you can assess smoke conditions by how far you can see.

**Have enough food and medication on hand to last several days** so you don't have to go out for supplies. If you must go out, avoid the smokiest times of day.

**Reduce smoke in your vehicle** by closing the windows and vents and running the air conditioner in recirculate mode. Slow down when you drive in smoky conditions.

**Do not rely on dust masks or bandanas** for protection from smoke. If you must be out in smoky conditions, an N95 respirator can protect you, if it fits snugly to your face and is worn properly.

**Have a plan to evacuate.** Know how you will get alerts and health warnings, including air quality reports and public service announcements (PSAs). Public advisories can provide important information such as changing smoke conditions and evacuation notices.

**Know your evacuation routes,** organize your important items ahead of time, and know where to go in case you have to evacuate.

## Reduce your risk of health problems

**Have enough medication and food (enough for more than 5 days) on hand.** Follow your health care provider's advice about what

to do if you have heart or lung disease.

**If you have asthma,** follow your asthma management plan.

**If you feel sick,** reduce your exposure to smoke and contact your health care provider.

**Pay attention** to public service announcements, health advisories, and air quality advisories.

## For more information

### Get air quality information:

Check your local news, the [airnow.gov](http://airnow.gov) website, or your state air quality agency's website.

### Learn about home air cleaners:

<https://www.epa.gov/indoor-air-quality-iaq/guide-air-cleaners-home>

### Find certified air cleaning devices:

<http://www.arb.ca.gov/research/indoor/aircleaners/certified.htm>

### Learn how to use an N95 respirator mask:

[http://www.bepreparedcalifornia.ca.gov/ResourcesAndLinks/Languages/Documents/English/ENG\\_ProtectLungsSmoke7208color.pdf](http://www.bepreparedcalifornia.ca.gov/ResourcesAndLinks/Languages/Documents/English/ENG_ProtectLungsSmoke7208color.pdf)

### Fires – Current Conditions:

[https://airnow.gov/index.cfm?action=topics.smoke\\_wildfires](https://airnow.gov/index.cfm?action=topics.smoke_wildfires)

[https://www3.epa.gov/airnow/smoke\\_fires/reduce-your-smoke-exposure.pdf](https://www3.epa.gov/airnow/smoke_fires/reduce-your-smoke-exposure.pdf)

The Community Foundation of Western Nevada offers a *FREE* public seminar

# Estate Planning Basics Wills and Trusts

Monday, September 23 from 9:30 A.M. to 11:30 A.M.

Carson City Senior Center

911 Beverly Drive, Carson City, 89706

Presented by Steve Tackes

*Partner, Kaempfer Crowell*

Learn about the differences and benefits of Wills and Trusts. What are the alternatives for very small estates? How do you choose a trustee? What is the role of probate? When someone dies do you know what to do?

Learn about health care directives, POLST, DNR, and digital asset management.

Brought to you as a service by the Community Foundation of Western Nevada.

**CALL TO RESERVE YOUR SPOT for the free Estate Planning Basics Seminar at 775-333-5499**



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*of Western Nevada*

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50 Washington Street, Suite 300 | Reno, NV 89503  
Phone: 775-333-5499 | Fax: 775-333-5487 | [nevadafund.org](http://nevadafund.org)

*The Community Foundation of Western Nevada was established in 1998 as a public charity, the Community Foundation of Western Nevada has distributed more than \$125 million in grants and scholarships from 252 charitable funds to strengthen our Nevada home. The Community Foundation serves as a community leader, permanent charitable resource, and a philanthropic advisor in charitable giving.*



**AUGUST BIRTHDAYS**

*Queen*

**LILA BELARDE**  
92 years young



*King*

**JIM BOSCH**  
86 years young



**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.*



**Barry's Trivia Question of the Month**  
**SEPTEMBER**

**Barry R. Bjorkman**  
*Former Advisory Council Chairman*

**Q: What is the Capital of West Virginia?**

*LAST MONTH'S QUESTION AND ANSWER*

**Q:** Of the four time zones in the United States, which is the widest?

**A:** Central.



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882-4965**

**Walton's Funeral  
& Cremations  
783-9312**

1281 N. Roop, Carson City

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

1521 Church, Gardnerville

Sierra Nevada Kiwanis Presents

# Labor Day Bingo!

## On September 2<sup>th</sup>, 2019

\$10- 10 Games

\$1 Bonanza

\$1 Double Action

All plays are 50/50 split

### LABOR DAY



## Doors open at 10am Bingo Starts at Noon



Join us for the BBQ! \$2 Burgers & \$1 Hot Dogs

At The Carson City Senior Center  
911 Beverly Drive, Carson City, NV.

Must be 21 to play.

RSVP to the Travel Shows:  
Friday, September 20 @ 1pm Carson  
Saturday, September 21 @ 10am Reno

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



Sat Sep 28th 7:00am - 3:00pm  
Candy Dance - Red Carpet



Wed Oct 9th - Tue 15th  
Iceland Land of Fire and Ice



Fri Oct 11th 8:00am - 6:00pm  
Apple Hill Tour



Sun Oct 13th - Sun 20th  
New England and Cape Cod Autumn Foliage



Tue Jan 7th 8:00pm - Fri 24th 5:00pm **2020**  
Australia - New Zealand



Sat Feb 22nd - Sun Mar 1st **2020**  
Florida Adventure



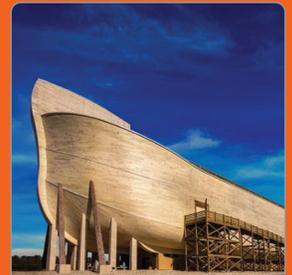
Thu Mar 5th - Mon 16th **2020**  
Hawaii Four Islands



Thu May 7th - Thu 14th **2020**  
Holland Tulip Festival



Mon May 18th 6:00am - Sun 24th 7:00pm **2020**  
Trail of the Pilgrims



Sat Sep 12th 6:00am - Fri 18th 7:00pm **2020**  
Journey of Faith

All tours use CPCN registered vehicles



### *I've Been Around*

I begin this series of articles featuring one of our dedicated volunteers with someone I see hard at work in the dining room almost every day when I arrive. One day when she was not at the Center, I sat at her work table and attempted to wrap napkins around dinnerware. Since that day I have studied her technique – she's amazing!

**Margaret Brewster** started her Nevada-life in Reno, where she and her husband tried their hands at running a motel, the Vacation Motor Lodge. She also worked in housekeeping and various other jobs at the Ponderosa Hotel. Eventually, they found that Reno was getting a little too rough, so they started looking for a quiet

place to settle. They didn't have to drive far - Carson City was a perfect fit.

Margaret has been a member of our volunteer corps since 1998. After working for many years, she found herself quite lonely staying at home while her husband continued to work. She had heard about how busy the Senior Center was and stopped in to see how she could help.

At first she served as a receptionist, greeting visitors and giving tours. These days she helps in the dining room, starting at the wrapping table and working through lunch in the galley. Her long history of working quickly, including at Mission Linen Factory and a lemon packing house near Santa Barbara, gives her an edge

when it comes to figuring out how to efficiently and quickly complete any task. In 2017 she was honored as Volunteer of the Year at our annual Volunteer Appreciation event.

When I asked Margaret why she enjoys volunteering, she told me she loves to help others through work and needs to have something to do to use up her energy. She encourages others to consider volunteering their time and talents. "The work isn't hard, and it will keep you busy."

Are you interested in joining our volunteer corps? Please contact **Pam Ray, Activities and Volunteer Coordinator**, at 883-0703 or [Pray@carson.org](mailto:Pray@carson.org).



# Join us!

Carson City Senior Center invites you to the  
**2019**  
**Volunteer Appreciation**  
**Brunch**

**When: September 28, 2019 ~ 10am—12pm**

**Where: 911 Beverly Drive, Carson City**

**What to Bring: Yourself and a Guest**



**BRUNCH THEME: OUR VOLUNTEERS ARE ROCK STARS!**



**Please RSVP to Pam Ray by Friday, September 20**  
**[PRay@carson.org](mailto:PRay@carson.org) or 883-0703**

# Live Dance Band

**September 6, 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

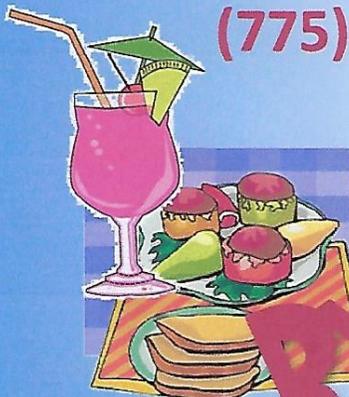
**Band members or at the door.**

**\$10.00/PERSON**



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

*Open to the public!*



# BYO

Mark your calendars!  
The band will return on:



November 8th

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

# Be Kind

submitted by Corry Steiner

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee?

“Well, because someone bumped into me, of course!”

Wrong answer – you spilled your coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea.

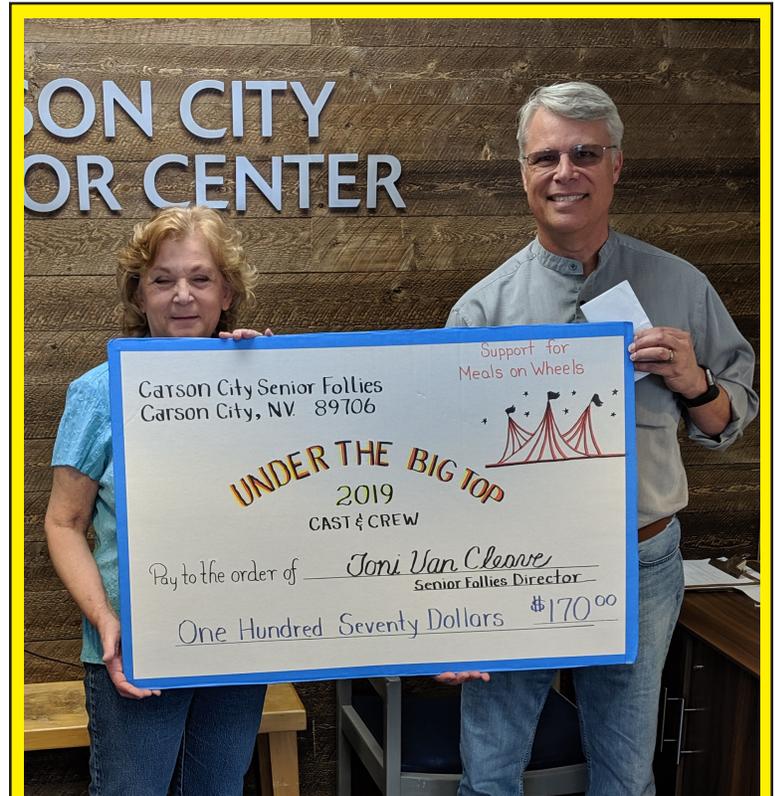
The point is, whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It’s easy to fake it, until you get rattled.

So, we have to ask ourselves, “What’s inside my cup?” When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or, anger, bitterness, harsh words, and reactions come out?

You choose!

Today, let’s work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness, and love for others.



**Thank you to the Senior Follies Cast & Crew for their donation of \$170!**

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## Fun & Activities for Seniors: Why Play Is Important and How to Do More of It

[www.greatseniorliving.com/articles/fun-activities-for-seniors](http://www.greatseniorliving.com/articles/fun-activities-for-seniors)

Sometimes easy to forget how much fun life can be, regardless of your age. Joyful pursuits are what make us feel truly alive, engaged and connected. The world becomes more vibrant and inviting when we give ourselves permission to play. That's why it's such a good idea to explore all kinds of different options for having fun. Everyone deserves to pursue enjoyable pastimes that make you laugh, lose track of time, and feel like a silly, goofy kid at heart. Plus, many of the best and most fun activities cost little or no money. This article will show you why it's perfectly normal (and necessary!) to love playing and having fun as an older adult.

**What Is Fun Anyway?** Think of it this way: Fun is the intense enjoyment you feel when doing a voluntary activity that offers a consuming sense of positive engagement. Sometimes, it's the result of being free to play without expectations or the pressure of potential consequences, much like children do. And, of course, fun is the complete opposite of boring. Having fun lightens your heart.

**Why Is Play Important for Seniors?** The importance of play can't be overstated, no matter our age. In our later years, we become more prone to issues that can affect our health and happiness. So activities that can help us restore or prolong our vitality are essential. Having fun is powerful in that regard. In fact, scientific studies show that play and fun activities can have several major benefits. For example, play has the power to help:

**Improve how your brain works.** Playing and having fun on a regular basis can help you avoid memory problems and enhance your creativity and mental sharpness.

**Heal, establish, or maintain relationships.** Our social lives are important for overall well-being. However, seniors can be lonely. But fun and play enables seniors to make new friends or improve existing relationships. After all, things like laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.

**Improve your mental and emotional well-being.** Engaging in fun and playful activities can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help you prevent depression.

**Extend your life and improve your physical vitality.** Who doesn't want to feel younger or more energetic? Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any existing pain you might already have.

As you can see, play should be a major part of life for everyone. We can all probably use many more experiences of pure child-like joy. It's who we are, no matter our age.

## Nine Popular and Inspiring Kinds of Play

Passive activities like watching TV are entertaining, but better and more fun activities are the kinds that make you an active participant in something. The possibilities for that are endless. Narrow them down by thinking about your unique personal interests and capabilities. Focus on voluntary activities that don't come with any kind of obligation or that offer some flexibility in how you can enjoy them.

Are your existing hobbies still good sources of fun? If so, keep pursuing them and consider inviting friends, grandkids, or even the public, to join you. Teaching other people about something you have a passion for can be highly enjoyable and rewarding.

Also, did you know that adults over the age of 65 tend to list *physical* activities as being their favorite pastimes? According to one study, four of the top five activities most commonly cited by seniors as being their favorites were active in nature. They included activities like walking and jogging, gardening and yard work, playing sports, and other physical pursuits. Other favorite activities included reading, arts and crafts, existing hobbies, games and puzzles, and socializing.

Here's the bottom line: You get to decide what's fun for you. Even if you can't be as active as you want because of a disability or advancing age, you can still find plenty of opportunities for playing and having fun. And many activities (even physical ones) can be adapted to accommodate your particular capabilities. So pay attention to your heart. Keep doing anything that makes it feel lighter and causes you to smile.

**Explore the following activity ideas for some inspiration:**

1. Active Games and Sports (Golf, Bocce, Horseshoes)
2. Ball Room Dancing, Karaoke, Line Dancing, Acting
3. Parties/Social Gatherings (Formal Tea, Secret Santa)
4. Traditional Games/Board Games and Puzzles
5. Animal Interactions / Volunteer at Animal Shelters
6. Gardening, Bird-watching, Photography, Fishing, Picnics, Boat Rides, Kite Flying, Metal Detecting
7. Arts and Crafts (Sketching, Knitting, Ceramics)
8. Active Learning (Learn a Musical Instrument, Cooking, Computers, a Foreign Language, Magic Tricks)
9. Amusing Excursions (Theme Parks, Fairs, Comedy Clubs, Science Museums, Concerts, Plays, Sporting Events, Art Shows, Wineries, Beer Festivals)

## Make Fun and Being Silly a Top Priority!

With so many great activities for seniors to choose from, why not play as often as possible? Get back in touch with your child-like qualities and start celebrating them. Having fun is simply too important to ignore. You deserve to smile!

**FITZHENRY'S  
FUNERAL HOME AND  
CREMATORY**

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- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
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- ◆ Available Staff 24 hours a day

*Christie Wilde  
Location Manager*

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**THRIFT STORE SALES  
SPECIALS FOR SEPTEMBER**

Tuesday | Crafts 50% OFF  
Wednesday | Senior Day 50% OFF  
Thursday | Kitchen Items 50% OFF  
Friday | Boutique 50% OFF  
Saturday | 50% OFF entire store

**MANAGER - JAMES PAINTER**

**(775) 301-6676**

**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!***



**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**

**SAVE THE DATE**

***Fall Jewelry Sale***

**Thursday & Friday**

**September 26 & 27**

**9am to 2pm**

**Senior Center Lobby**

***A sale of gently used  
jewelry to raise money  
for Meals on Wheels!***

## The Notice Board

### **Memoir Writers Seminars starts in September!**

This informal seminar is designed for senior citizens who wish to write their memories. Charlie McGranaghan, a retired college writing instructor and memoir author, serves as the seminar guide. **FREE TO PARTICIPATE.**

**Meets Wednesdays, starting September 4, from 9:30-11:00am in the Tahoe Room. Please sign up with Reception.**

### **Dance with Live Music with The Grumpy Old Men • Tickets \$10 Sept 6 • 6:30-9pm**

Participants encouraged to bring a store-purchased snack to share.

### **SAVE THE DATE October 11, 6pm-9pm with Don & Nadine Tickets Only \$5**

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 at the door!

## **BLOOD PRESSURE CLINIC**

**Every Wednesday  
11-12pm • Carson Room  
Sponsored by Eden  
Home Health & Hospice**



## **Fall Prevention & Tips on Staying Safe in Your Home Friday, September 27 at 1pm**

**No need to RSVP – Show up for this FREE presentation by Healthy Living at Home**



## **NEXT EVENTS ARE:**

**September 17, 2019**

The 911 System is saving lives with your help!  
Presented by Carson City Dispatch & First Responders

**October 8, 2019**

Medicare 101: presented by SHIP

**November 19, 2019**

Don't Go Up in Smoke: presented by  
the Carson City Sheriff's Office

I would like to subscribe to the "Senior Sentinel" for one year.

My check in the amount of \$15.00 is enclosed.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

**Join our email newsletter subscriber list. Send an email to [SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org) to be added to the list.**

**DISCLAIMER**

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**SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869

9 a.m. to 4 p.m., Mon-Fri

Lunch is served between  
11 a.m. to 12:30 p.m. Mon-Fri  
Suggested donation:

60 & older - \$2.25

**Hidden Treasures Gift Shop**

10 a.m. to 3 p.m., Mon-Fri

**Thrift Store**

10 a.m. - 5:30 p.m., Tues-Sat

*Newsletter Submissions:*

Send by the 10th to

[SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org)

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