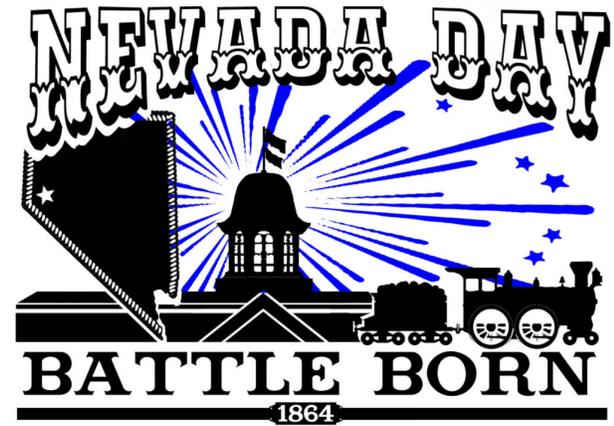


Senior Sentinel

www.carsoncityseniorcenter.org



Holiday Closure
Friday, October 28

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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

There is an abundance of new volunteer faces throughout the Senior Center. A big welcome to all of you! Linda Z. and Linda D. have been busy recruiting and onboarding new volunteers filling in many different roles. Be patient with our volunteers as they learn their new roles and don't forget to introduce yourself.

Thank you to our new, current, and past volunteers for your service to the Senior Center. We couldn't function without you and are grateful you donate your precious time with us!

We are still looking for volunteers to help with holiday decorating, event planning, and organizing. Does this sound like you? See Linda Z. in Accounting to sign up!

VOLUNTEER *Spotlight*



DEBRA SUMMEY

Welcome Debra Summey, one of our newest volunteers, who has taken on the duties of freshening the flower arrangements in the dining room and holiday decorating. Debra loves gardening, doing flower arrangements, cooking, golfing, collects cookbooks and is in the process of writing her own cookbook. Mark is her partner in life for the last 23 years. She has a miniature schnauzer named Pepper.



QUEEN

Loey Ghirlanda
77



KING

Marv
Richardville
87

October Birthdays



King & Queen were given a gift card courtesy of Atrio Health Plans. 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)

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**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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FOUR TYPES OF EXERCISE CAN IMPROVE YOUR HEALTH AND PHYSICAL ABILITY

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. No matter your age, you can find activities that meet your fitness level and needs!

Endurance exercises

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include: brisk walking, jogging, yard work (mowing, raking), dancing, swimming, biking, climbing stairs or hills.

Strength exercises

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a

chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength "strength training" or "resistance training."

Balance exercises

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Balance exercises include: Tai Chi, standing on one foot, the heel-to-toe walk, the balance walk, or standing from a seated position.

Flexibility exercises

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

Safety tips

- Talk with your doctor before beginning.
- Start slowly and listen to your body

Read the full article: nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability

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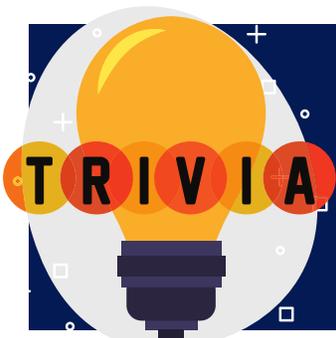
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Call Judy Vared
(925) 708-0067



Barry's Trivia Question of the Month

by Barry Bjorkman
Former Advisory Council Chairman

Q: Timbukto is a city located in what country?

Previous Month's Question & Answer
Q. What was Babe Ruth's number?
A. 3

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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.



Upcoming **EVENTS**

FLU SHOT CLINIC - Thursday, October 6, 9-11am

MEDICARE OPEN ENROLLMENT FAIR - Friday, October 14

Medicare 101 Class (10-11am) & Provider Fair (10:30-1pm)

HALLOWEEN MOVIE - Monday, October 31, 1pm

JEWELRY SALE - November 3 & 4, 9-2pm

VETERANS DAY APPRECIATION & RIBS - Thursday, November 10, 11am

HOLIDAY CRAFT SALE - November 30, December 1, December 2, 9-3pm

CHRISTMAS SHOW - Friday, December 2, 1pm

MOVE WITH THE MAYOR (LINE DANCING) - Monday, December 5, 11am



FREE SENIOR EXPOS FOR ACTIVE ADULTS OVER 50



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Friday, October 28th

Casino Fandango | Carson City

Saturday, October 29th

Atlantis Hotel & Casino | Reno

9:00AM-3:00PM

You won't want to miss the great gifts, prizes, discounts, and entertainment.

For more information, please visit agelessexpos.com



FINANCE of AMERICA - MORTGAGE -



NOTICE BOARD

MOVIE Matinee

Tuesday, October 11 at 1 p.m.

Monday, October 31 at 1 p.m.

(Halloween movie)

Free

Call for current showing
(775) 883-0703

(Due to copyright, we can't advertise)

AARP Driver's Safety Class

October 10, November 14,
December 12

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

Book Club

Join fellow readers in discussion about selected books.

First title is *A Course of Love*.

Call Courtney for more information (775-883-0703).

BINGO

Sunday, October 9,
Sunday, October 23

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

Must be 21 to play

All proceeds benefit Meals on Wheels

DANCE

Friday, October 7
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Jewelry Donations Needed

Gently used jewelry, pocket watches, pocket knives, and bolo ties needed for our bi-annual jewelry sale.

Drop of at Reception today!

Tai Chi

New course starts every month
Tuesdays & Thursdays
1 p.m. to 2 p.m.
Joshua Tree Room

Donations of \$3 per class appreciated.

Register at Reception



CARSON CITY SENIOR CENTER

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 12:30 p.m., Monday - Friday

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

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seniorcenternewsletter@carson.org

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