

Senior Sentinel

www.carsoncityseniorcenter.org



UPCOMING HOLIDAYS



HAPPY NEVADA DAY

Friday, October 27 - CLOSED

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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

This month we celebrated our AMAZING volunteers!
We appreciate all of you more than you know and thank
you for joining us in our luau celebration!



We are adding a choice entrée: "BUILD YOUR OWN SALAD". This option is available for on-site lunch only and not available on Birthday Fridays. Let us know what you think about this option.

Would you like to help plan our menu and give us feedback before we plan for the month? Join us on the 2nd Tuesday of each month at 10:00am to give us feedback and plan for the next month. Samples will be served at most meetings testing new products and ideas.



JEWELRY Sale

A selection of earrings, necklaces,
belt buckles, pocket watches,
holiday jewelry, pins & more!



Thursday, November 2
Friday, November 3
9am to 2pm

At the Carson City Senior
Center, 911 Beverly Drive
in the Lobby

A Fundraiser for:



MEALS on WHEELS
CARSON CITY

Jewelry Donations accepted year-round



QUEEN

Susan Secoy

81



KING

Tom Maguire

89

September 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..... 775-284-3491
- 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



Hearing Care of Carson City, LTD.
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UPCOMING *Events*

Medicare Workshop & Open House

When: Tuesday, October 3, Medicare 101 Workshop: 10:00-11:00am, Vendor Fair: 12:00-2:00pm
Where: Tahoe Room (Workshop) & Nevada Room (Fair)
About the Event: Know what is covered under Medicare and meet local representatives who can talk details about their coverage. Medicare Open Enrollment is October 15 - December 7. Free.

NEVADA POETRY PROJECT

Nevadan to Nevadan: what I need to tell you

When: Wednesday, October 25, 12:30-1:30pm
Where: Tahoe Room
About the Event: A Conversation for Nevada Poet Laureate, Gailmarie Pahmeier. Learn About the Nevada Poetry Project. Free to attend.



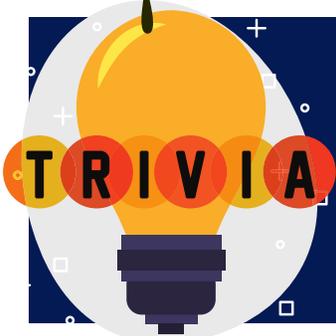
CONNECTIONS

When: Tuesday, October 17, 1:00-2:30pm
Where: Nevada Room
About the Event: A social event sharing stories and connections. Food served. Free to attend.



When: Tuesday, October 31, 11-12:30pm, contest at 11:45am
Where: Dining Room
About the Event: Dress up and enjoy a spooky time celebrating Halloween. Lunch, games, drinks and festivities!

BEST COSTUME WINS \$100 TO KANSAS CITY STEAKS



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Guadalcanal is located in what island chain?

Previous Month's Question & Answer

Q. What is the Capital of Chile?
A. Santiago.

<p>SRES SENIOR REAL ESTATE SPECIALIST</p>		<p>UNDERSTANDING THE IN'S AND OUT'S OF DOWNSIZING IN TODAY'S WORLD</p>
	<p>WHO YOU WORK WITH MATTERS</p>	
<p>LISA WILLIAMS 775-434-8145 S.0188952</p>		

YOUR AD HERE

Contact Courtney
(775) 883-0703

EXPERIENCE CONNECTIONS.



A new community social event where you can have fun, socialize and spread happiness.

Inspiring
Stories

Tasty
Food

Great
Conversation

WHEN: October 17th • 1:00pm – 2:30pm
WHERE: Senior Center, 911 Beverly Drive, Nevada Room



Sharing Stories. Making Connections. Changing Lives.

www.connectionscentral.org

Would you like to learn to play American Mah Jong?
We need new players and would love to teach you!

MAH JONG LESSONS



Lessons will be on Thursdays in October (October 5, 12, 19, 26) in the Comstock room at 12:30-2:30. Please join us at our first lesson, so you can learn the basics.

LOOK FOR
Something
GOOD



ROBERT DREWS

ON SALE NOW

Novel by Carson City author.

Available on Amazon
and at the Purple
Avocado Gift Shop



Autumn

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HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, NOVEMBER 30
 FRI, DECEMBER 1
 SAT, DECEMBER 2
 9-5PM

Carson City Senior Center
 911 Beverly Drive
 (775) 883-0703

2023 CHRISTMAS SHOW

2ND DEC **SATURDAY 2:00PM** **CARSON CITY SENIOR CENTER**

HOLIDAY MUSIC, PERFORMANCES, SKITS, AND FESTIVE FUN!
 RAFFLE TICKETS FOR PURCHASE

FREE ADMISISON

Carson City Senior Center, 911 Beverly Drive, Carson City
 (775) 883-0703

Our Memory Care Philosophy

SEE THE PERSON AND FIND THE STORY!

CELEBRATING LIFE'S JOURNEY

SUMMERSSET

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BOOK YOUR TOUR TODAY!

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MEMORY CARE OPENING SOON!

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NOTICE BOARD

AARP Driver's Safety Class

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

FOUND!!

Volunteer Pins and a Cell Phone

Contact Courtney to identify
(775) 883-0703

DANCE PARTY

with Potluck
Saturday, October 7
6 p.m. to 9 p.m.
Admission \$10 per person

Live music with
Don & Nadine

BINGO

Sunday, October 8
Sunday, October 22

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

Must be 21 to play
All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Jazzercise

Every Friday
9-10am
\$5/class

Joshua Tree room

Senior Trouper Theatre Program

Starts November 6th



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

Newsletter Submissions (due by the 10th):
seniorcenternewsletter@carson.org

I want to subscribe to the Senior Sentinel!

- **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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