

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



*Save the Date*

**THANKSGIVING DINNER**

November 27, 2019

11-12:30 pm

Sagebrush Dining Room

## **Sneak Peeks**

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10 Tips on Better Beverage Choices

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How To Prevent Home Fires

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Save The Dates & Center Closures

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Educate Yourself, Support Others Event

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Triad Events • Learn to Crochet • Tai Chi  
 Health Benefits of CBD • Medicare Open Enrollment  
 Dance With Live Music • Blood Pressure Clinic

## 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.**

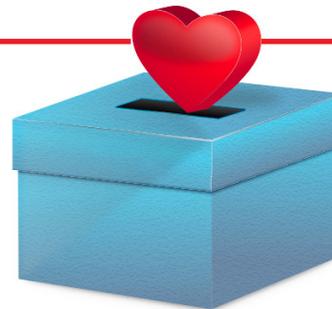
**Monday through Friday**

**www.carsoncityseniorcenter.org**

**f / carsonseniorcenter**

## FROM THE EXECUTIVE DIRECTOR Courtney Warner

The Senior Center is bringing in new energy to the Congregate lunch program! Laughter and a mix-up in our daily routines are vital for our health and what better way than doing it during lunch. It will not be every day and celebration days will be announced well in advance. We’ve got a special crew of volunteers working hard to spice things up by renewing Birthday Friday with new flair, going over the top for holiday celebrations and adding fun days just because. Look to the calendar and TV screens for special events and announcements. Get into the theme – if you like to dress up, go for it! If you have a favorite idea, share it with us! And don’t forget to thank the crew working hard to make this possible. It takes many hands and we couldn’t do it alone. The Senior Center is a fun and special place and it is time to liven it up!



### THE COUPON BOX HAS MOVED

Thank you for bringing in coupons to share with others. **The coupon box is now located in the lobby.** Please drop off coupons and flyers at Reception.



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**Jason Overholser, PT**

*Physical Therapist / Owner*

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 Carson City, NV 89703

**(775) 882-5001**  
 fax (775) 882-5015

## 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 Call.....	784-8090
Day Labor.....	684-0436
Elder Care Law.....	687-4680
Elder Protective Services.....	688-2964
Energy Assistance .....	684-0730
FISH.....	882-3474
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.....	883-0404
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.....	1-800-772-1213
Suicide Prevention Lifeline .....	1-800-273-8255
Veterans Administration.....	786-7200
VA Medical Benefits Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV)...	883-8278
Weatherization.....	887-1795, Ext. 124

## ALZHEIMER'S SUPPORT GROUP

([www.alz.org](http://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.

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**Mark Weeks, MCD**  
CCC Audiologist

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**775.885.9888**



### OCTOBER BIRTHDAYS

*Queen*

**DARLINE HARPER**

94 years young



*King*

**LOWELL MITCHELL**

91 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, Bonanza, Orange Special,  
Fun Tab, Starburst Progressive,  
Letter X Progressive

○ **\$2 Blackout** ○  
\$120 payout or \$500 Progressive

**Doors open at 11 am**  
**Games start at 1 pm**

Must be 21 to play

Carson City Senior Center  
911 Beverly Drive, Carson City

*All proceeds benefit Meals-on-Wheels.*



Wed Nov 6th 8:00am - Thu 7th 6:00pm  
Murphy's Queen of the Sierra



Wed Nov 20th 9:00am - 5:00pm  
What a Poinsettia



Fri Nov 29th 6:00am - 6:00pm  
Black Friday Shopping Arden Fair



**Travel Shows:**  
Friday, December 27  
@ 1pm in Carson City

Saturday, December 28  
@ 10am in Reno

**You're invited!**

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

ALL TOURS USE CPCN REGISTERED VEHICLES



Fri Dec 6th 4:00pm - 11:00pm  
Grass Valley - Cornish Christmas



Wed Dec 11th 8:30am - 5:00pm  
Big Band Christmas at Harris Center for the Arts



Sun Dec 29th 9:00am - Thu Jan 2nd 2020 6:00pm  
Pasadena Rose Parade

## 10 Tips: Make Better Beverage Choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

- **Drink water**

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

- **How much water is enough?**

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the things we eat and drink. A healthy body can balance water needs through the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

- **A thrifty option**

Water is easy on the wallet. Save money by drinking water from the tap at home or when eating out.

- **Manage your calories**

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages — drinking water can help you manage your calories.

- **Kid-friendly drink zone**

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice daily.

- **Don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

- **Enjoy your beverage**

When water just won't do, enjoy the beverage of your choice, but just cut back. Check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

- **Water on the go**

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

- **Check the facts**

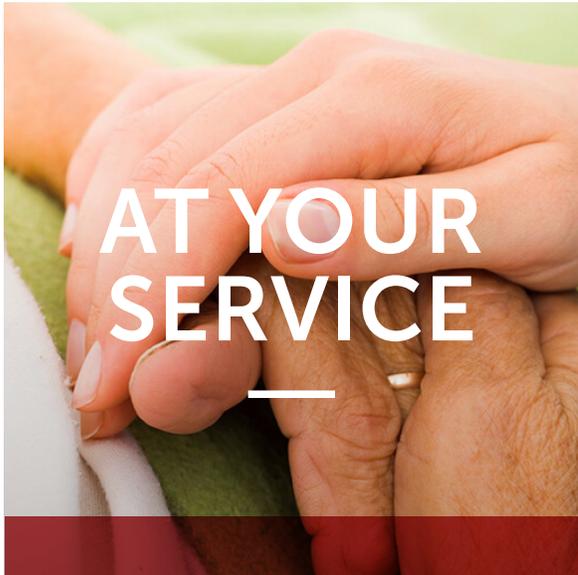
Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

- **Compare what you drink**

Food-A-Pedia, an online feature available on the SuperTracker website (<https://www.choosemyplate.gov/tools-supertracker>) can help you compare calories, added sugars, and fats in your favorite beverages.

[www.choosemyplate.gov/ten-tips-make-better-beverage-choices](https://www.choosemyplate.gov/ten-tips-make-better-beverage-choices)





# AT YOUR SERVICE

At Healthy Living, we stand united in providing quality care for our patients. We are dedicated to create a healthy, safe, and independent living environment in your home. Wherever you are on your healthcare journey, we are "At Your Service."

## What is Home Health Care?

Home Health is skilled nursing care and certain other health care services, such as physical therapy, occupational therapy, or speech language pathology, which you receive in your home for the treatment of an illness or injury. In many cases these services are covered by health insurance.

We take pride in being a Home Health Agency operated by experienced professionals with extensive clinical, healthcare and hospitality backgrounds.

Healthy Living at Home has the following healthcare professionals who will assist you in the next phase of your healing process:

- Licensed Nurses (RN, LPN)
- Physical Therapists
- Occupational Therapists
- Speech Language Pathologists
- Medical Social Workers
- Home Health Aides

For more information call us today: 775-515-4203 or visit [www.healthylivingservices.org](http://www.healthylivingservices.org)



We are State and Medicare Certified and Accredited by the Joint Commission



**SIZZLING SENIOR DAYS**

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**Guests age 50 and up, get in the game every Wednesday from 8am - 8pm**

**Enjoy a FREE Slot Tournament**

**Earn 50 points on your Gold Rewards Card and get a FREE Meal at the Grille**



# How to Prevent Fires in Your Home

## Fire Safe Seniors

*Home fires are often caused by smoking, cooking, and heating in the home.  
You can prevent fires by following these tips:*

### IF YOU SMOKE...



- Never smoke when you are lying down, drowsy, or in bed. Smoking is the #1 cause of home fires that kill older adults.
- Use large, deep, tip-resistant ashtrays and place them on a flat surface. This will keep ashes from falling onto a nearby area that might burn.
- Wet cigarette butts and ashes before emptying them into the trash.
- Smoke outside, if possible.
- Never smoke near oxygen tanks.

### IF YOU COOK BY USING THE STOVE...



- Keep an eye on what you fry. Most cooking fires start when someone is frying food.
- Wear short sleeves or roll them up so they don't catch on fire.
- Move things that can burn away from the stove.
- Don't cook if you are drowsy from alcohol or medicine.
- Use oven mitts to handle hot pans.
- If a pan of food catches fire, slide a lid over it and turn off the burner.

### IF YOU USE A SPACE HEATER...



- Keep the heater 3 feet away from anything that can burn, including you.
- Unplug heaters when you aren't using them, including when you leave your home or go to bed.
- Consider getting heaters that are designed to turn off if they tip over.

### IF YOU USE A FIREPLACE, WOOD STOVE, OR COAL STOVE...



- Have a professional clean and inspect your fireplace, wood stove, or coal stove once a year. Look in the phone book under "chimney cleaning" to find a professional near you.
- Do not burn green wood, artificial logs, boxes, or trash.
- Use a metal mesh fireplace screen to keep sparks inside.
- If your fireplace has glass doors, leave them open while burning a fire.

## Wild Ride in Cairo *By Darline Harper*

It was the final day of our trip down the Nile river and our minds were boggled from all the sights we had seen. We had gone up the river to The Aswan dam, flown from there to Abu Simbel and then back to reboard the boat to Cairo, viewing interesting ancient sights along the way.

We had spent the afternoon walking through the huge columns and styles of Karmic and the temple of Luxor, and for the evening we were to enjoy a nice ride through the market area in Luxor via horse drawn carriage. We were to assemble on the stairs at the top of the boat ramp and board the carriages two by two.

My roommate and I were among the first to arrive. By the stairs were two young men crouched down, half hidden smoking a hookah pipe. They beckoned to us to come and have a puff and of course I did. It was a "when in Rome" sort of thing. Talk about burning the lungs, it was so strong I felt my lungs shrivel up with one puff. I wonder what their lungs would look like!

The carriages lined both sides of the streets and we tourists started climbing in. Shirley and I crawled into the next carriage in line and seated ourselves behind the driver, a gray-bearded, turbaned gent with a few years behind him. He was taking this pause to eat his dinner out of a brown paper sack.

None of the horses moved and were apparently waiting until the last unit was filled, when, out of the blue, Mr. Senior Citizen took off like a shot. Down the street our carriage went, around a roundabout and off in an unknown, at least unknown to us, direction. We were holding on for dear life, my partner scared to death, and me not far behind.

Soon the streets narrowed and we were privileged to see sights you just read about. Down one alley we raced, across avenues, to alley way after alley way. It was Eld al DHAL, the Muslim Holy holiday marking what we call Passover, and all the door mantels were smeared with blood and dead goats and sheep hung everywhere. People were dressed in their best and the children were scrubbed and some had the appearance of being starved.

On we raced with the driver still eating dinner, and my friend fairly screaming at me because I teased that maybe we were being kidnapped. Finally we stopped up short in a courtyard and were greeted by a preteen boy, who exchanged a few words with his senior and we turned around and trotted at a safe pace back to our friends.

On hindsight I bet our fellow travelers wished they'd had such an interesting ride in so great a place instead of waiting for the extra carriages. The contracted tour was very interesting but not nearly as thrilling as the preview.

The Senior Center will be **CLOSED** on November 11 for **Veterans Day**, closing at 1pm on November 27 and **CLOSED** on November 28 and 29 for **Thanksgiving**

*Save the Date*

**THANKSGIVING DINNER**

**November 27, 2019**

**11-12:30pm**

**Sagebrush Dining Room**

Join us for a festive Thanksgiving dinner served during lunch with all the trimmings finished with a slice of pumpkin pie.

Give thanks for the delicious meal and share with friends and family.

*Save the Date*

**VETERAN'S DAY PROGRAM**

**November 8, 2019 • 11am**

**Sagebrush Dining Room**

*Honoring our Veterans!*

### **Winter Weather Ahead**

Plan ahead as cold weather may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lots. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on our voicemail announcing the closure. If the Senior Center is 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.



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

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

**Q: What is The Star Spangled Banner,  
and where is it located?**

*LAST MONTH'S QUESTION AND ANSWER*

**Q:** The State of Michigan is bordered by which of the Great Lakes?  
**A:** Superior, Michigan, Huron and Erie.  
Only Ontario does not border the State of Michigan.



*Ormsby*

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Carson City, NV 89703

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Center for Medicare & Medicaid

NEVADA GERIATRIC EDUCATION CENTER

# EDUCATE YOURSELF, SUPPORT OTHERS

*Learn about changes that may occur with aging to empower yourself and support others*



## FREE COMMUNITY TRAINING

**Topic #1: Is it Dementia, Depression or Delirium? How can you tell?**

**Topic #2: Are you Managing Your Meds or Are Your Meds Managing You?**

**Tuesday, Dec. 3, 2019 - 1:30 p.m. to 3:45 p.m.**

Carson City Senior Center, Joshua Tree Room

911 Beverly Dr., Carson City, NV

Sign-in starts at 1:00 p.m.

*This program is funded in partnership with Nevada Aging and Disability Services Division.*

The Nevada Geriatric Education Center is part of the Sanford Center for Aging and offers educational programs for health care professionals, faculty, students, care partners and anyone interested in learning more about how to provide care and support for elders.

Please submit the attached registration form at least one week before training. →

For more information, or to **request respite services**, contact Dolores M. Ward Cox:

**(775) 682-8470 | [dmwardcox@unr.edu](mailto:dmwardcox@unr.edu)**



University of Nevada, Reno  
School of Medicine  
Sanford Center for Aging

[med.unr.edu/aging/ngec](http://med.unr.edu/aging/ngec)  
(775) 784-4774  
[sanford@unr.edu](mailto:sanford@unr.edu)

# FREE COMMUNITY TRAINING

## REGISTRATION FORM

Topic #1: **Is it Dementia, Depression or Delirium? How can you tell?**

Topic #2: **Are you Managing Your Meds or Are Your Meds Managing You?**

Carson City Senior Center, Joshua Tree Room, 911 Beverly Dr., Carson City, NV

Sign-in starts at 1:00 p.m.

**Tuesday, Dec. 3, 2019 - 1:30 p.m. to 3:45 p.m.**

Name:  Mr.  Ms.  Mrs. \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address (if different from above): \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

**During the last year, have you assisted an older adult in any way? Drove them to the store, bank, doctor, etc.; did an errand for them (i.e., brought them something from the store, assisted with taking their trash can to/from the curb); or performed any other act of service?**

Yes  No

**How did you hear about this training?**

Local Newspaper  Email  Senior Center  Friend/Family/Neighbor  Other \_\_\_\_\_

**Will you need respite care services / someone to care for your loved one while you attend this training?**

Yes  No

Please submit registration form at least one week prior to training.

Submit to: [dmwardcox@unr.edu](mailto:dmwardcox@unr.edu) or fax to: (775) 784-1814

If you have questions about the program, call Dolores M. Ward Cox at (775) 682-8470.

You may also complete the registration online:

[https://unrmed.formstack.com/forms/rural\\_trainings](https://unrmed.formstack.com/forms/rural_trainings)



### ***Our Volunteers ROCK!***

On Saturday, September 28, Carson City Senior Center staff treated a strong showing of over 100 volunteers and their guests to a Rock and Roll themed volunteer appreciation event. Special guests included Carson City Supervisors Lori Bagwell and Stacey Giomi and Carson City Senior Center Governing Board President, Bruce Scott, and Director, Pam Couch. Chef Kaleb Heflin and his staff prepared a scrumptious brunch, which other staff members served to the volunteers. Many volunteers commented that the extra effort staff put into their costumes and the room decorations added to the fun.

The program included speeches by Governing Board President, Bruce Scott, and CCSC Executive Director, Courtney Warner. Warner and Scott capped off the formal part of the program by announcing the 2019 All Star Volunteer Appreciation Awards. Three volunteers from the Bingo crew, Linda DeRosa, Shirley Micallef, and Tom Micallef and Susan Barnett from the Second Wind Thrift Store were honored for their efforts.



*Volunteer of the Year - Bingo (Linda, Tom, Shirley)*

The event concluded with several rounds of bingo for door prize baskets which were donated by members of the Governing Board. All in all, the event was a fun and exciting way to honor the Center's dedicated and hard-working volunteer corps.

**Are you interested in joining our volunteer corps?**

**Please contact  
Pam Ray, Activities and  
Volunteer Coordinator,  
at 883-0703 or  
PRay@carson.org.**

*Volunteer of the Year - Susan*



**FITZHENRY'S  
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- ◆ Serving the community for over 40 years
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*Christie Wilde  
Location Manager*

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**THRIFT STORE SALES  
SPECIALS FOR NOVEMBER**

- 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  
Prerarrangements available

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Not all Funeral Homes are alike come see the difference

**Owned & Operated By:  
John & Debbie Lawrence**



1101 Beverly Dr, Carson City

**775-884-3638**

We are Carson City's Retirement Community for Independent Seniors 62 and older.

**Now Leasing 1 & 2 Bedrooms**

**Apartment Amenities**

- Well Designed Floor Plans
- Easy Accessibility
- Fully Equipped Kitchens
- Central AC & Heating
- Balconies/Patios
- Private Locking Storage
- Vinyl/Carpet
- Window Coverings
- Water/Trash Service Included

**Community Amenities**

- Accessible Building
- Elevators
- Secured Entrance
- Interior Mailboxes
- Community Room
- Fitness Facility
- Laundry Facility
- Playground
- Professionally Managed



We are a Somerset Pacific LLC Managed Property

## The Notice Board



### NEXT EVENT IS:

**November 19, 2019 • 12-1pm**

**Don't Go Up in Smoke:**

**HOME FIRE PREVENTION**

*presented by the*

**Carson City Fire Department**



*Want to learn  
to crochet?*

*Need help with a crochet project?*

*Come join us to learn a new hobby in a group setting to get help with those hard-to-understand patterns.*

*Every Tuesday starting*

*October 1, 2019 • 10-11am*

*\$1.00 per class*

*Instructor: Pat Wright*

*(patandbobwright@yahoo.com)*



**TAI CHI**



**EVERY TUESDAY**

**6-7PM**

**JOSHUA TREE ROOM**

**CLASS FEE: BY DONATION**

**LEAD BY KEVIN**

**MILBURN, A TAI CHI**

**PRACTITIONER FOR**

**OVER 25 YEARS**

### Medicare Open Enrollment October 15 through December 7

SHIP counselors want to remind everyone to be sure to check which of the new prescription plans will best fit your current needs at the most affordable price. **We will begin taking appointments for the open enrollment period on October 1.** Call **883-0703** or stop at the front desk to schedule your appointment. Be sure to bring all of your prescriptions with you so counselors can contact the pharmacy if there is a question.

## The Notice Board

### HEALTH BENEFITS OF CBD

Thursday, November 14

11:30 am

Zephyr Room

Come learn about the different health benefits of CBD

*\*The Carson City Senior Center neither endorses nor sponsors the organization or activity.\**

Dance with Live Music with  
**The Grumpy Old Men** • Tickets \$10  
November 8 • 6:30 pm - 9:00 pm  
Participants encouraged to bring a store-purchased snack to share.

**SAVE THE DATE**

December 13 • 6:00 pm - 9:00 pm  
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



## Christmas Bazaar

*Hidden Treasures Gift Shop*

**November 7 & 8**

**9am - 3pm**

*Handcrafted Holiday items  
made by Seniors 60 years and older*

**Open To The Public**





# CARSON CITY SENIOR CENTER

911 Beverly Drive Carson City, Nevada 89706

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

The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

### **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)

### **GOVERNING BOARD**

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Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

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### **DEPARTMENT BUSINESS MANAGER**

Michael Salogga