

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURE

Friday, November 11

Closed All Day

Wednesday, November 23

Closing at 1pm

Thursday, November 24

Closed All Day

Friday, November 25

Closed All Day

INSIDE THIS EDITION

Page 2

- From the Director
- Birthday King & Queen

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- 8 Tips to Stay Fit
- Barry's Monthly Trivia

Page 6

- Upcoming Events

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



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

It's a super busy month so I'll be short - I'm thankful for YOU! Each one of you brighten my day and I'm thankful I know you.

Join us for Thanksgiving and share in our Thanks!



Thanksgiving Celebration

Wednesday, November 23
11-12:30pm

Turkey with Gravy
Mashed Potatoes, Stuffing,
Mixed Veggies, Cranberry
Sauce, Roll
Pumpkin Pie

VOLUNTEER *Spotlight*



RAMONA ALLEN

Meet Ramona Allen, one of our outstanding dining room volunteers. She has been a volunteer with us for over 10 years and when she is not volunteering, she is at her job at Jack in the Box.

Ramona competes in Special Olympics bringing home a gold medal in track and field. Ramona also enjoys reading poems and loves football, especially the San Francisco 49ers and the Tampa Bay Buccaneers.

Ramona has a roommate, her orange Tabby cat named Donut to keep her company. When you see Ramona around the lunchroom, be sure to say hello!



QUEEN

Barbara Heath
72

KING

Les Paul
86



November 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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8 SIMPLE WAYS TO STAY FIT DURING THE HOLIDAYS

'Tis the season of staying fit, said no one ever. Busy schedules, holiday parties, and endless culinary temptations combine to make it especially difficult to stick to your fitness routine this time of year.

Chances are, you're going to fall off the workout wagon. That's okay — we all do. Use these strategies to get right back on.

Strategy #1: Remember Why You're Doing It

When a client loses his or her motivation, corrective exercise specialist Kendra Fitzgerald prescribes a mental workout. "I ask what's motivating them to work out in the first place," she says. "Whether you want to feel better, have more energy, be more productive at work, or age gracefully, it's easier to commit the time and stick to it once you identify why you are working out."

Strategy #2: Start Small and Be Realistic

If your goal is to exercise daily, begin with one or two days a week. Pick days where you can easily fit it in. Add another day as each week goes by.

Stay-Fit Strategy #3: Picture Your Success

Write down your goal in a few simple words and post it where you'll see it every day. A visual reminder may strengthen your resolve. If you want to get back to your "fighting weight" of five years ago, put up a photo of yourself from that time. Or if you're motivated by the ability to keep running, biking, or traveling, use a picture that reflects that.

Strategy #4: Make It Mandatory

Time management is important for accomplishing any goal, and fitness is no exception. Even if it's just 10 minutes, put it on your calendar. Call it your "feel better session," and make that time nonnegotiable. You'll boost your mood and health, and it

will become a key part of your routine.

Strategy #5: Track Your Progress Daily

Record your achievements daily or weekly: how many steps you walked, number of exercise reps, pounds lost, and so on.

Strategy #6: Recruit Someone to Hold You Accountable

Maintaining an ongoing schedule with the same person can help you stay accountable. You'll want to hold up your part of the bargain.

Bottom of Form

Plus, you can get a great workout while having a great time. Think about it: The more fun your workouts are, the more you're going to look forward to and be committed to them over the long term.

And consistency and longevity are necessary for achieving your goals.

Strategy #7: Hold Yourself Accountable Too

Put your money where your mouth is: Pay a penalty for missing your workouts. Drop a dollar in a money jar, and then donate the dough to a favorite cause.

Strategy #8: Savor Every Success

There's no better feeling than finishing a challenging workout. Let the feeling of accomplishment wash over you, so that you'll remember the feeling when it's time for your next workout.

And make no mistake: This is a big deal! You've just rewarded yourself with better health this winter—and a happier, fuller, and potentially longer life.

Read the full article: <https://www.silversneakers.com/blog/8-simple-ways-stay-fit-holidays/>

JOB FAIR

 TUESDAY, NOVEMBER 1, 2022

 CARSON CITY SENIOR CENTER
911 BEVERLY DR
MAIN LOBBY

 10:30AM TO 12:30PM



OPEN TO THE PUBLIC

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DONATION FOR 60+; \$6.00 - 59 AND UNDER**

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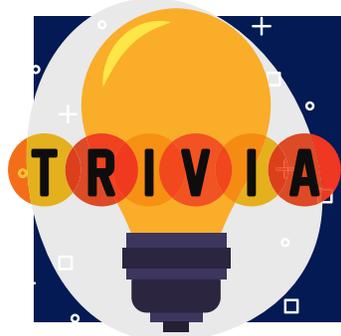
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RE/MAX PROFESSIONALS



Barry's Trivia Question of the Month

by Barry Bjorkman
Former Advisory Council Chairman

Q: What country is furthest South on Earth?

Previous Month's Question & Answer

Q. Timbukto is a city located in what country?
A. Mali

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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**



JEWELRY *Sale*

Thursday, November 3
Friday, November 4
9am to 2pm

Carson City Senior Center Lobby
911 Beverly Dr.

A Fundraiser for:



10 NOV ★ **11 AM** ★



VETERANS DAY

★ ★ ★ *Celebration* ★ ★ ★

HONORING ALL WHO SERVED

PRESENTATION OF COLORS BY CARSON HS NJROTC
LUNCH SERVED (60+)

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

HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

NOVEMBER 30
DECEMBER 1
DECEMBER 2
9-3PM

Carson City Senior Center
911 Beverly Drive

2022

CHRISTMAS SHOW

Friday
Dec 2nd **1 PM**

Holiday music, performances,
skits, and festive fun!

Raffle Tickets for Purchase



FREE Admission **At the Carson City Senior Center**

NOTICE BOARD

MOVIE Matinee

Tuesday, November 8 at 1 p.m.

Free

Call for current showing
(775) 883-0703

(Due to copyright, we can't advertise)

AARP Driver's Safety Class

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

ACOL Reading & Discussion Group

Join fellow readers in discussion about *A Course of Love*.

1st & 3rd Thursdays
2:15-3:45pm
Carson Room

BINGO

Sunday, November 13,
Sunday, November 27

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, November 4
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Move with the Mayor Line Dancing

Monday, December 5
11am

Nevada Room

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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