

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Save the Date - pg 13

CHRISTMAS SHOW

Friday • Dec 6 • 1pm
Carson City Senior Center

Sneak Peeks

pg 5

Subaru **Share the Love** Event supports Seniors via helping Meals on Wheels

pg 7

Are you **shopping safely** online?

pg 8

Overcoming Barriers to Exercise

pg 12

Meet **"Going Places Ink"** Volunteers!

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Crab Soufflé Recipe • Medicare Enrollment • Clinics & Events

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 Nutrition survey results are in! Thank you to the 142 Meals on Wheels and 127 Congregate participants for completing the surveys. Overall, the response appears that meals are good to very good [Meals on Wheels = Good (48%)/Very Good (30%) and Congregate = Good (46%), Very Good (23%)]. As we serve **over 500 meals each day** between both programs, feedback is helpful to make adjustments and plan for the future. Responses from the survey show we can improve the quality of our vegetables, offer more desserts and change up the variety of the menu. For vegetables, we are trying new products especially with broccoli. Instead of using a floret and stem mix, we will switch to florets only which should eliminate the hard pieces that get mixed in. Desserts are listed on the menu and we will continue to add more. This is in addition to fresh and canned fruit. Remember that desserts are optional. In the coming months, we will be trying out new menu selections. Help us out by giving us your favorite ideas and recipes along with feedback on new menus. Check out the full survey results found in the binder in the Dining Room. Continue to fill out comment cards, call with your compliments, concerns and feedback. Without detailed information, we cannot grow and improve. And lastly, let’s give a big thank you to our amazing crew of staff and volunteers that are working hard to make, serve, deliver, help and assist in feeding many hungry seniors each and every day.



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Results you can count on*

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Physical Therapist / Owner

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Carson City, NV 89703

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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)

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

Brett M. Weeks, Aud
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

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775.885.9888



NOVEMBER BIRTHDAYS

Queen

VERA LOGIE

88 years young



King

FRANK HUBLU

83 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 Jan 15th - Fri 17th
2020

Best of Laughlin Tour



Mon Jan 20th 9:00am -
5:00pm **2020**

Loomis Winter Market -



Mon Jan 27th 10:00am -
6:00pm **2020**

For the Love of Chocolate



Sat Feb 8th 8:00am -
5:00pm **2020**

Folsom Quilt Show



Thu Mar 5th - Mon 16th
2020

Hawaii Four Islands



PattysTours.com
775-453-1794



RSVP TO THE TRAVEL SHOWS!

Friday, Dec 27
1pm-2pm
Carson City Senior Center
911 Beverly Dr, Carson City

Saturday, Dec 28
10am - 12pm
Meadowood Courtyard Hotel
5851 S Virginia St, Reno



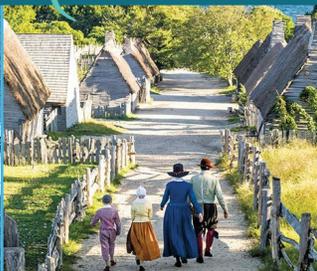
Thu May 7th - Thu 14th
2020

Holland Tulip Festival



Sun May 10th - Wed 13th
2020

Four Day Explorer Cruise:



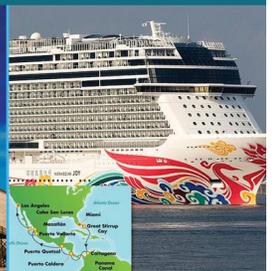
Mon May 18th 6:00am -
Sun 24th 7:00pm **2020**

Trail of the Pilgrims



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

Journey of Faith



Fri Oct 9th - Sat 24th
2020

15 Day Panama Canal



Share the Love with Vulnerable Seniors This Year

Exciting news! For the 12th year running, the Meals on Wheels network is participating in the Subaru Share the Love Event. Over the past eleven years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.2 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why the Carson City Senior Center and Meals on Wheels Carson City provides the nutritious meals, friendly visits and safety checks to the seniors of Carson City. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru Share the Love Event.

HERE'S HOW IT WORKS

This November 14, 2019, through January 2, 2020, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, the Carson City Senior Center will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the Subaru Share the Love Event to learn more. If you're not shopping for a new vehicle, you can still help by spreading the word to your family and friends.

A few quick and easy ways to do that: **(1) Share this newsletter article!** **(2) Share our posts about Share the Love on Facebook: www.facebook.com/carsonseniorcenter.** You can also do this on Twitter @CCSeniorCenter or Instagram @carsoncityseniorcenter.

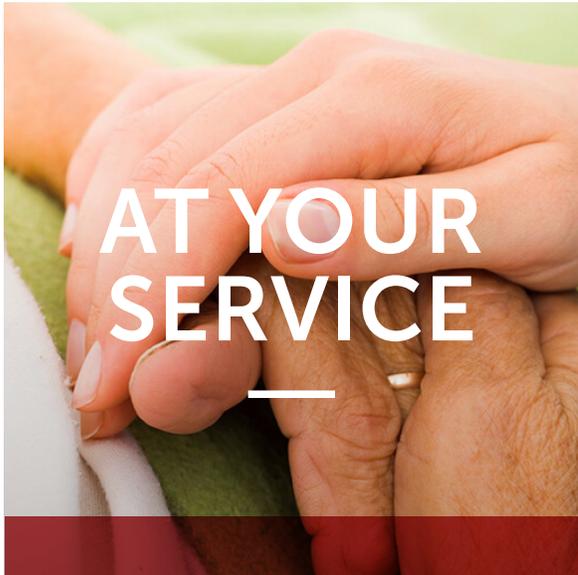
And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 14, 2019, through January 2, 2020, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2020. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc



THANK YOU

Thank you to Prestige Carson Tahoe Care Center for donating the cakes served during Birthday Friday Congregate lunch!
We appreciate the tasty treats!



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



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



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Your Home Full of Friends!

WIN YOUR SHARE OF CASH AND GET A FREE MEAL!

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



Be Safe with Online Holiday Shopping



Don't let fake companies and identity thieves dampen your holiday spirit. Before you click the 'Buy' button, check out these tips to help you enjoy safer online shopping.

1. Shop at websites you trust

When shopping at a store, you know the business and inventory exist. On the web, some stores are fabricated just to get your credit card and personal details. To be safe, consider shopping online only with retailers you trust and have used before.

2. Check out the business

Did you find the perfect gift on an unfamiliar website? Ask: Does the company interact with a social media following? What do its customer reviews say? Does it have a history of scam reports or complaints? Contact the business. If there's no email, phone or address, it could be a fake company.

3. Beware rock-bottom prices

Black Friday and Cyber Monday are a tradition of holiday shopping. But if a website offers something that looks too good to be true, it probably is. Compare prices and pictures of the merchandise at similar websites. "Rock-bottom prices" could be a red flag that the website may exist only to get your personal information. Bah humbug!

4. Avoid public Wi-Fi to shop online

You might be tempted to shop on line using public Wi-Fi, but since it's public, anyone with a little know-how can intercept data like your name and credit card information. Be safe: Don't shop online or use online passwords while connected to public Wi-Fi.

5. Use a VPN

If you must shop with public Wi-Fi, then consider installing and using a VPN (virtual private network) on all your devices before connecting to a public Wi-Fi network. A VPN creates an encrypted connection between your device and the VPN server making a secure tunnel that keeps your data safer from interception by nearby hackers.

6. Create strong passwords

If someone has the password to your account, they can log in, change the shipping address, and order things while you get stuck with the bill. Help keep your account safe by locking it with a strong password.

Here are some tips:

- Use a complex set of at least 10 lowercase and uppercase numbers, letters, and symbols.
- Don't use personal information that others can find or guess, such as birthdates, your kids' names, or your favorite color.
- Don't use the same password — however strong — on multiple accounts. A data breach at one company could give criminals access to your other, shared-password accounts.

7. Check out website security

That small lock icon in the corner of your URL bar tells you that the web page you're on has privacy protection installed. The URL will start with "https." These websites mask any data you share, typically on pages that ask for passwords or financial information. If you don't see that lock or the "s" after "http," then the webpage isn't secure and there's no privacy protection so use caution before providing any personal information.

8. Watch out for email scams

Sometimes something in your email in-box can stir your holiday consumer cravings. It might be tempting to open a "special offer" email, but it could be special in a bad way. Clicking on emails from unknown senders and unrecognizable sellers could infect your computer with viruses and malware. Play it safe and don't click them, delete them!

9. Don't give out too much info

No shopping website will ever need your Social Security number. If you're asked, leave and find a better-known website.

10. Pay with a credit card

You'll usually get the best liability protection (online and offline) using credit cards.

If someone racks up unauthorized charges on your card, federal regulations say you won't have to pay while the company investigates. Most major credit cards offer \$0 liability for fraudulent purchases.

Keep in mind your liability on your debit card is capped at \$50 if you report it within two business days. But if you don't report the theft, after 60 days you may not be reimbursed at all.

You can also try a virtual credit card, an online version of your card offered by some banks. A random number is made and linked to your account, and you can use it anywhere online and choose when the number expires. If you use new numbers every time you shop on line or with a new retailer, anyone trying to use the number later will be out of luck.

11. Check your statements

Robust holiday shopping can add pages to your credit card statements. Check your statements for fraudulent charges at least once a week, or set up account alerts. When you receive a text or email about a charge, you can check the message and likely easily recall whether you made the charge.

12. Mind the details

The holiday season is a busy time, but it's smart to stay organized. After you make the purchase, keep the receipt, order confirmation number, and postal tracking number in a safe place. If you have a problem with the order, this information will help the merchant resolve the problem.

13. Take action if you don't get your goods

Call the merchant and provide the details in Tip 12. If the merchant is fake or unhelpful, your credit card provider can help you sort out the issue and remove the charge.

14. Report the company

This is no time for holiday cheer. If you suspect the business is bogus, notify your credit card company about the charge and close your account. File a complaint with the U.S. Federal Trade Commission. They offer identity theft recovery, should you need it.

15. Make a resolution

It's smart to practice safe online shopping during the holidays. But the holiday season doesn't last forever. Make a New Year's resolution to shop safely online year-round.

www.lifelock.com/learn-internet-security-safe-holiday-online-shopping-tips.html

The Senior Center will be
CLOSED
on Wednesday,
December 25 and
Wednesday, January 1
and closing at 1pm on
Tuesday, December 24 and
Tuesday, December 31.

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.

Overcoming Barriers to Exercise - NO EXCUSES!

Exercise is good for almost everyone, but there are so many things that can get in the way of staying active. It's time for some positive thinking. No more excuses!

Here are some tips to help you overcome those barriers and improve your health.

Finding Time to Exercise

Try exercising first thing in the morning. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. If you don't have 30 minutes to be active, look for three 10-minute periods. As you progress, add more 10-minute sessions until you hit your goal!

Sticking with Your Exercise Plan

Make exercise interesting and enjoyable. Do things you enjoy, but pick up the pace and try new activities to keep your interest alive. Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom. If you can stick with it for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

Exercising without Spending Money

Being active doesn't have to cost a thing! All you need for brisk walking is a pair of comfortable, non-skid shoes. For strength training, you can save money by making your own weights using soup cans or water bottles. Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

Increasing Your Energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Exercise can also reduce feelings of depression, while improving your mood and overall emotional well-being. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before.

Quick Tip

Choose from each of the four types of exercise: endurance, strength, balance and flexibility.



Check out this online tool to help you get the recommended amount of endurance and strength activity during a given week. This new interactive Activity Planner (<https://health.gov/MoveYourWay/Activity-Planner/>) from the U.S. Dept. of Health and Human Services Move Your Way campaign lets you build a weekly physical activity plan and then print it out. You can choose from a variety of fun and exciting endurance (aerobic) and strength exercises, personalize your activities by location and purpose, and indicate how much of each exercise you will do. Once you create A plan, don't forget to add in balance and flexibility exercises.

<https://go4life.nia.nih.gov/overcoming-barriers-to-exercise-no-more-excuses/>

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.

Register online at least 1 week before training: unrmed.formstack.com/forms/rural_trainings
More info online: med.unr.edu/aging/ngec/upcoming-programs/ngec-community-training-programs

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

(775) 682-8470 | dmwardcox@unr.edu



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

med.unr.edu/aging/ngec
(775) 784-4774
sanford@unr.edu

DEMENTIA CONVERSATIONS

An education program presented by the Alzheimer's Association®



When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered in the program

- » Going to the doctor
- » Deciding when to stop driving
- » Making legal and financial plans

Wednesday, December 11, 2019
10:30 a.m.-12:30 p.m.

Carson City Library
900 N. Roop St.
Carson City, NV 89701

RSVP by December 9, 2019 by
calling the Alzheimer's Association at
800.272.3900

Panel Presentation with Q & A to include guest speakers from the DMV, Volunteer Attorneys for Rural Nevadans and The Mobile Outreach Safety Team

alzheimer's  association®

Visit alz.org/CRF to explore additional education programs in your area.

**FITZHENRY'S
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- ◆ Full service funeral home and crematory
- ◆ Crematory on site
- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
- ◆ 100% Service Satisfaction Guarantee
- ◆ Available Staff 24 hours a day

*Christie Wilde
Location Manager*

Dignity[®]
MEMORIAL

∞ LIFE WELL CELEBRATED[®] ∞

**THRIFT STORE SALES
SPECIALS FOR DECEMBER**

- 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**

**CARSON CITY
SENIOR CENTER**



John Hefner from Chapter 7 of the Disabled American Veterans presents a \$300 check to Michael Salogga, Senior Center Business Manager for a donation for Meals on Wheels. Through local fundraising the DAV made what they hope to be the first of many donations to MOW specifically focusing on disabled veterans.



WHY THE "INK"?

This month's Volunteer Corner article focuses on **Going Places Ink**, one of the groups volunteering in the Senior Center dining room. The article was contributed by Going Places Direct Support Specialist, Sharol Damberger.

On Tuesdays, some of the Senior Center volunteers are Going Places Ink clients. Going Places is a job training facility that works with people with intellectual disabilities. One of Going Places' goals is to teach the people we serve job skills. Volunteering in an environment, such as the Senior Center, clients learn to interact with coworkers and supervisors. These, along with social skills, are employment skills needed to hold a job. Additional learning opportunities include volunteering at Ron Wood Family Resource Center and paid positions at the Washoe Tribal Office.



Going Places Ink

When asked about volunteering at the Senior Center, Jenessa responded, "I enjoy helping people." Liz said, "I like working with Seniors and the volunteers." Both Nick and Kevin mentioned that they like to bus tables, and several others nodded their heads when Gordon commented that he liked the food. More than one client sees an older family member while volunteering.

Many Seniors have said how much they enjoy watching Going Places clients learning working skills, learning the importance of following directions, and their interaction with Seniors.

If you would like to recognize a Going Places client's commit-

ment to the Senior Center, please introduce yourself and/or compliment a job well done.

Why the "Ink"? At one time, Going Places was involved in a screen printing operation!

Going Places Ink
200 E. Winnie Lane
Carson City, NV 89706
Steven Case,
Program Manager

Are you interested in joining our volunteer corps?

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

CHRISTMAS SHOW 2019

Friday, December 6 at 1pm

At the Carson City Senior Center Dining Room

Doors open at 12:45pm

Free Show!
New Talent!
Santa!
Music & Dancing!

Each attendee receives one free raffle ticket with extra tickets available for purchase, benefitting Meals on Wheels.



MEALS on WHEELS
CARSON CITY

The Notice Board



Recipe Crab Soufflé
submitted by Corry Steiner

Ingredients • 12 slices white bread • 6 eggs • 1 lb cheddar cheese (grated)
• 1 lb. crab (or substitute 2 cans of crab) • 3 cups milk • 3/4 melted butter

Instructions

Dip 6 slices of bread in butter and place in 9x13 dish. Spread half of crab mixture over the bread and then half of the cheese over the crab. Repeat layer, then beat the eggs and mix with the milk and pour this over the entire dish. Cover and refrigerate at least 6 hours. Remove cover and bake in 350° oven for 1 hour. Serves 6-8 and is very rich. This recipe is great to fix the night before. Perfect for holiday parties. Try it and impress your guests!

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.



Barry's Trivia Question of the Month DECEMBER

Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is The Lone Ranger's name?

LAST MONTH'S QUESTION AND ANSWER

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

A: The 15-Star United States Flag which flew over Fort McHenry, Baltimore Harbor Maryland, when bombarded by England during the War of 1812. That flag is now on display in the Smithsonian Museum.

The Notice Board

Christmas Party During Lunch

December 24 • 11-12:30pm

Enjoy a festive meal and Christmas carol sing-a-long.
Dress in your festive best!

Dance with Live Music!

Don & Nadine • Tickets \$5

December 13 • 6pm - 9pm

Participants encouraged to bring
a store-purchased snack to share

NEW 2020 SCHEDULE

1st Friday of each month
GRUMPY OLD MEN
6:30 - 9pm • \$10 Admission

2nd Friday of each month
Don & Nadine
6-9pm • \$5 Admission

BLOOD PRESSURE CLINIC

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

☯ TAI CHI ☯
TUESDAYS • 6-7PM
JOSHUA TREE ROOM
CLASS FEE: BY DONATION
LEAD BY KEVIN MILBURN



New Year's Eve Party

Sponsored by Subaru of America

During Lunch • Dec 31 • 11-12:30pm

Enjoy a festive meal, music and a noon
countdown to ring in 2020. Dress in your festive best!



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 to be added to the list.

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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

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