

# PROCLAMATION

## *Older Americans Month - "Get into the Act"*

**WHEREAS**, Washoe County includes a thriving community of older Americans who deserve recognition for their contributions and sacrifices to ensure a better life for future generations; and

**WHEREAS**, Washoe County is committed to helping all individuals live longer, healthier lives in the communities of their choice for as long as possible; and

**WHEREAS**, Since 1965, the Older Americans Act has provided, through the Department of Senior Services, resources that help older adults remain healthy and independent by complementing existing medical and health care systems, helping prevent hospital readmissions, and supporting some of life's most basic functions, such as bathing or preparing meals; and

**WHEREAS**, These programs also support family caregivers, address issues of exploitation, neglect and abuse of older adults, and adapt services to the needs of Native American elders; and

**WHEREAS**, Our community can provide opportunities to enrich the lives of individuals of all ages by promoting and engaging in activity, wellness, and social inclusion; emphasizing home and community-based services that support independent living; and ensuring community members of all ages benefit from the contributions and experience of older adults; and

**WHEREAS**, The Washoe County Board of Commissioners' 2016-18 Strategic Objective "Safe, Secure and Healthy Communities" includes a goal to "Keep senior services on pace with the rising senior population" and the Commission recognizes the efforts of all Washoe County Departments and their community partners to address our rapidly aging community; now, therefore, be it

**PROCLAIMED**, By the Washoe County Board of Commissioners that May is Older Americans Month and the Board urges every resident to take time to celebrate older adults and the people who serve and support them as powerful and vital individuals who greatly contribute to the community.

**ADOPTED** this 21<sup>st</sup> day of April, 2015

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Marsha Berkbigler, Chair  
Washoe County Commission

A-4/21/15  
# 17a9

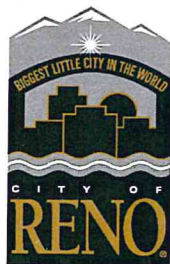
The attached document was submitted to the  
**Washoe County Board of Commissioners** during  
the meeting held on April 21, 2015.  
by Grady Tarbutton  
for Agenda Item No. 7A9  
and included here pursuant to NRS 241.020(7) as  
amended by AB65 of the 2013 Legislative Session.

# GET INTO THE ACT.

OLDER AMERICANS MONTH  
MAY 2015



- BCC 4-21-15  
Grady Tarbutton 7A9



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Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1965, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

Each May, Washoe County and the many community agencies that serve seniors come together to celebrate *Older Americans Month*. The program is exceptional this year and has choices for every interest.

The 2015 *Older Americans Month's* theme is "Get Into the Act." The theme focuses on how older adults can take charge of their health, become engaged in the community while learning how to stay safe in the process.

Please join us as we celebrate Older Americans Month! This brochure lists the many ways to participate in *Older Americans Month*, enjoy nutritious food, music and stage performances, classes, learning how to get involved or just to enjoy some good old fashioned fun!

The month of May is filled with activities and seminars that provide tips on how to stay active and safe in the process. To learn more about activities and events planned for *Older Americans Month* and how you can participate, or to find ongoing opportunities to celebrate and support older Americans, contact 775.328.2575

### Event Locations

EMNCC - Evelyn Mount Northeast Community Center, 1301 Valley Rd., 775.334.2262

IVGID - Incline Village Gen. Improvement District, 980 Incline Wy. 775.832.1310

NRRC - Neil Road Recreation Center, 3925 Neil Rd. 775.689.8484

TPPAC - Teglia's Paradise Park Activity Center, 2745 Elementary Dr., 775.356.3176

WCSSC Reno - Washoe County Senior Services Center, 1155 E. 9th St., 775.328.2575

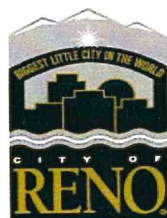
WCSSC Sparks - Washoe County Senior Services Center, 97 Richards Way, 775.353.3110

WCSSC Gerlach - 385 E. Sunset Blvd, Gerlach, 775.557.2206

CSCC-Cold Springs Community Center, 3355 White Lake Pkwy, 775.971.8542


SVNC-Sun Valley Neighborhood Center - 115 West 6th, Sun Valley, 775.673.9417

CSPR- City of Sparks Parks & Recreation, 98 Richards Way 775.353.2376



# GET INTO THE ACT.

OLDER AMERICANS MONTH  
MAY 2015



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### Icon Key

	Social		Legal		Fitness
	Movie		Museum		Nature Walk
	Food/Dining		Music/Dance		Bike Event
	Information		Health		Sports
	Show		Outdoors		Tour

\*Passport events will be highlighted in **GREEN**. Attending these events will earn you a signature on the passport and a chance to win prizes at the Closing Ceremonies.

## 2015 OLDER AMERICANS MONTH OPENING CEREMONIES

Washoe County Senior Services invites you to the Opening Ceremony celebrating *Older Americans Month 2015*. This year's theme is "Get into the Act" and Older Americans Month brochures will be on hand so you can see the complete schedule of activities and events that will help you stay connected and active within our local community! Beginning at 9:00 a.m. join emcee Amanda Sanchez, KOLO 8 morning news anchor, enjoy live entertainment, and a special lunch including a wonderful dessert table prepared by Valley Services.

**Date:** Friday, May 1  
**Time:** 9:00AM – 1:00PM  
**Location:** WCSSC Reno, 1155 E. 9th St.  
**Fee:** FREE  
**Contact:** 328.2575

### Older Americans Month Info Fair

As a part of the Opening Ceremonies, Washoe County Senior Services will be hosting an information fair. Get connected to the many services available to seniors in Washoe County at the Information Fair. With over 40 participating agencies you are sure to find a volunteer opportunity, connect to Veterans services, or find an activity to help you stay safe and active.

**Date:** Friday, May 1  
**Time:** 9:00AM-1:00PM  
**Location:** WCSSC Reno  
**Fee:** Free  
**Contact:** 328.2575

### Senior Lunch Program

Hot meals and fresh salads are offered as part of the Senior Lunch Program at multiple locations throughout the community. Meals must be ordered a day in advance at all locations except WCSSC Reno. Salads must reserved a day in advance at all location. Anyone under 60 is welcome to join us for lunch for \$4.00 per person.

**Dates:** Monday - Friday  
**Location:** WCSSC Reno - 328.2575                      NRRC - 689.8484  
                    WCSSC Sparks - 353.3110                      CSCC- 971.8542  
                    SVNC - 673.9417                                      WCSSC Gerlach - 557.2206  
**Fee:** 60+ yrs. \$2 suggested donation; under 60 \$4.00/person

### Mobile Information & Assistance from Washoe County Senior Services

Do you have questions or need assistance accessing services? Senior Services staff is available at various meal sites on a weekly basis. Pick up a Community Resource guide for a listing of services available including; a Medicaid or Food Stamp application, an application for energy assistance and general information about Senior Services. Year round service.

**Date:** NRCC - Mondays 9:30AM-11:30AM  
                    Cold Springs - Tuesdays 11:00AM-1:00PM  
                    WCSSC Sparks - Thursdays 9:30AM-11:30AM  
**Fee:** Free  
**Contact:** 328.2575

## Chair Yoga

This course is designed to help participants with yoga poses and postures, focusing on gentle movement from a chair or standing beside a chair. Building strength and flexibility are key components, along with balance, for better mobility. Poses will incorporate use of left and right brain and movement coordinated with slow breaths. Plan to dress comfortably with low heeled shoes. Need more information? Feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

**Date:** Wednesdays 1:30PM – 2:15PM,  
**Location:** Evelyn Mount Northeast Community Center  
**Date:** Thursdays 9:00AM – 9:45AM,  
**Location:** Teglia's Paradise Park Activity Center  
**Date:** 10:30AM – 11:15AM, Thursdays  
**Location:** Neil Road Recreation Center  
**Fee:** \$8.00 per month, per location  
**Contact:** **334.2262**

## Zumba Gold

Do you find the usual exercise routines blah and boring? Join us every Thursday for an exciting fit and healthy exercise routine. Zumba is known for its zesty Latin music, and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for Zumba Gold at Teglia's Paradise Park.

**Day:** Every Thursday  
**Time:** 10:00AM - 11:00AM  
**Location:** Teglia's Paradise Park Activity Center  
**Fee:** \$10.00 Monthly  
**Contact:** **334.2262**

## Stretch and Tone

Get in shape with low impact aerobics

**Date:** Mon., Wed. and Fri., ongoing  
**Time:** 9:00AM - 10:00AM  
**Location:** WCSSC Reno, 1155 E. 9th St., Multi-Purpose Room  
**Fee:** \$10.00 per month (City of Reno Scholarships available)  
**Contact:** **328.2575**

**Date:** Mon., Wed. and Friday ongoing  
**Time:** 1:00 - 2:00 p.m.  
**Location:** WCSSC Sparks, 97 Richards Way  
**Fee:** Free  
**Contact:** **353.3110**

## Ballroom Dancing

Bring your partner and learn how to Ballroom dance, and get a little exercise too!

**Date:** Tuesdays 2:00PM - 3:45PM  
Fridays 6:00PM - 7:45PM  
**Location:** Evelyn Mount Northeast Community Center  
**Fee:** \$.50 drop-in  
**Contact:** **334.2262**





### **RAEYC Walk for Children and Family Fun Day**

The Reno Association for the Education of Young Children Walk for Children and Family Fun Day at the Sparks Marina. Walk begins at 9:00AM with children activities, information booths and entertainment after.

**Date:** Saturday, May 2  
**Time:** Walk begins at 9:00AM  
**Location:** Sparks Marina, 1345 Scheels Dr. Sparks 89434  
**Fee:** Free  
**Contact:** [www.nevaeyc.com](http://www.nevaeyc.com) or 682.5939



### **Historic Reno Preservation Society Walking Tour—"Newlands Neighborhood"**

Enjoy and architectural walk through one of Reno's oldest and most prestigious neighborhoods. Meet at the Lander Street side of My Favorite Muffin. The tour will be guided by Scott Gibson.

**Date:** Saturday, May 2  
**Time:** 10:00AM  
**Location:** 340 California Ave. Lander Street side of My Favorite Muffin  
**Fee:** Free  
**Contact:** 784.7506



### **Victorian Plaza Cinco de Mayo**

The 3rd annual Cinco de Mayo fiesta of Sparks. Hispanic heritage celebration showcasing local musicians, artists, folklorico dress/dancers, ethnic cuisine, and horse show.

**Date:** Saturday and Sunday, May 2 and 3  
**Time:** 10:00AM-10:00PM  
**Location:** Victorian Square Sparks  
**Contact:** 379.3185



### **Senior Law Project Wills/ Estate Planning Presentation**

Seniors can learn the basics about wills, probate, and Deeds Upon Death. Time will be provided for general questions and answers. Attendees will also be provided with information about SLP and receive referrals for assistance with estate planning.

**Date:** Monday, May 4  
**Time:** 11:00AM-12:00PM  
**Location:** WCSSC Reno  
**Fee:** Free  
**Contact:** 334.3050



## Up With Voices and Volume!

Voices can change as we age and it can be a stressful experience. Does your voice sound thin, quiet, or weak? You may be able to improve your voice quality with a few simple techniques. Bonnie Beach, M.S., CCC, has been a speech pathologist for over 23 years and will present.

**Date:** Monday, May 4  
**Time:** 8:00AM-8:45AM  
**Location:** The Continuum, 3700 Grant Drive, Reno 89509  
**Cost:** Free  
**Contact:** **The Continuum 829.4700**

## Friends of Washoe County Library (Passport Event)

At a time when downloads are replacing books, what does your Washoe County Public Library have for seniors? On May 5th, Dan Erwine, president of the Friends of W.C. Library leads a discussion about Lifescapes, the Senior Memoir Writing Program, the Friends' bi-monthly book sales, and funding to help seniors enjoy a variety of programs at their local branch.

**Date:** Tuesday, May 5  
**Time:** 10:30AM-11:30AM  
**Location:** WCSSC Reno  
**Fee:** Free  
**Contact:** **328.2575**

## Paradise Park Dancing with the Stars (Passport Event)

Come on over to Paradise Park and join active fun-loving seniors and dance. You don't need to be a dancer, just have a desire to learn and have fun doing it, enjoying good music and making new friends. Dance instruction will be under the guidance of City of Reno volunteers Rodolfo & Carminia Banares (Rudy & Meny).

**Dates:** 1st & 3rd Tuesdays, May 5 and 19  
**Time:** 1:30PM – 2:30PM  
**Location:** Teglia's Paradise Park Activity Center  
**Fee:** \$.50 drop-in  
**Contact:** **356.3176**

## Crochet Circle

Join this stress-free group to learn a variety of stitches and create afghans, lap blankets and much, much more. Projects require time spent as "homework" for completion. All skill levels welcome.

**Date:** Every Monday  
**Location:** Evelyn Mount Northeast Community Center  
**Time:** 10:00AM - 12:00PM  
**Fee:** \$20 per month  
**Contact:** **334.2262 to register for this event**





## **Bucket List – Genoa Hot Springs (Passport Event)**

For May's Bucket List, we want all seniors to take a day off and relax. We will transport you to and from Genoa Hot Springs where you will spend your afternoon enjoying the warm waters. They are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals!

**(The City of Reno will provide a shuttle at the listed locations)**

**Date:** Monday, May 5  
**Time:** Arrive @ 10:00AM, Depart @ 2:00PM  
**Fee:** \$20  
**Contact:** 334.2262

### **Pick-up Times and Locations:**

**EMNCC :** 8:30AM  
**TPPAC:** 8:45AM  
**NRCC:** 9:00AM



## **Senior Aquacise**

Enjoy a slower paced workout that increases fitness level and strength. The class includes stretching, warm up, workout, and cool down. Please mention at check-in you are attending for OAM. Fees will be covered by the City of Sparks Parks and Recreation Department.

**Date:** Tuesdays, May 5th  
**Time:** 10:00AM--11:00AM  
**Location:** Alf Sorensen Community Center, 1400 Baring Blvd., Sparks 89434  
**Cost:** Mention OAM for Discount  
**Contact:** 353.2385



## **Grumpy Old Men - Live Music and Dancing**

Enjoy local musicians "The Grumpy Old Men."

**Date:** Every Wednesday, ongoing  
**Time:** 10:30AM - 11:30AM  
**Location:** WCSSC Reno, 1155 E. 9th St., Multi-Purpose Room  
**Fee:** Free  
**Contact:** 328.2575



## **Senior Health and Information Fair at Baldini's (Passport Event)**

Live mariachi bands, over 25 vendors, free Mexican food buffet for seniors 55 and older. Piñatas, great raffle prizes including an outdoor stainless steel BBQ grille.

**Date:** Tuesday, May 5  
**Time:** 9:00AM-1:00PM  
**Location:** Baldini's Casino, 865 S Rock Blvd., Sparks 89431  
**Fee:** Free  
**Contact:** Chris at Senior Spectrum 348.0717 or Randy at Baldini's 348.0116



## **Reno Aces' Game (Passport Event)**

Come out and root for the home team. Wednesday May 6<sup>th</sup> we will attend the Reno Aces' Game. \$10 gets you your ticket and a food voucher worth \$6! This deal is a home-run so do not be a poor sport and come support our local Aces for Older American's Month. City of Reno and City of Sparks Scholarships available.

**(The City of Reno will provide a shuttle at the listed locations)**

**Date:** Wednesday, May 6  
**Time:** 1:00PM - 5:00PM  
**Fee:** \$10 per person, Scholarships apply  
**Contact:** 334.2262

### **Pick -up Times and Locations:**

**EMNCC:** 11:30AM-12:30PM  
**TPPAC:** 11:30AM-12:30PM  
**NRCC:** 11:30AM-12:30PM

## **Brunch and a Movie (Passport Event)**

Join our Senior's Club as we venture out for brunch at the Eldorado Casino Buffet followed by a movie of your choice at Century Riverside 12 movie theater. Register for this popular event in advance to reserve your transportation and pick-up from various sites.

**Date:** Thursday, May 7  
**Location:** Eldorado Casino  
**Fee:** \$20.00/ Scholarships apply  
**Contact:** 334.2262 to register for this event

### **Pick-Up Times and Locations**

**EMNCC:** 8:30AM  
**TPPAC:** 8:45AM  
**NRCC:** 9:00AM

## **Nevada Museum of Art**

For Older American's Month, the Nevada Museum of Art will have free admission for seniors every Wednesday in May. The Nevada Museum of Art is featuring an array of collections during the month of May, which include: Dave Eggers: Insufferable Throne of God, Tamara Kostianovsky: After Goya, Robert Adams: A Road Through Shoe Pine, smudge studio, Erika Harsch: The Monarch Paradigm-Migration as Metaphor, and many other amazing artists. This is the only accredited art museum in Nevada and they build upon the founding collections, values, and strive to offer meaningful art and cultural experiences, while fostering a new knowledge for visual arts. **(Individuals are responsible for their own transportation to the event)**

**Date:** Every Wednesday in May  
**Time:** All Day  
**Location:** 160 West Liberty Street, Reno  
**Fee:** Free for Senior Citizens  
**Contact:** 329.3333





### **Truckee Meadows Parks Foundation Nature Walk-Virginia Lake**

Enjoy a 1 mile saunter around this interesting urban lake. Learn how the lake came to be and identify a surprisingly rich assortment of plants and animals that live in the heart of Reno. We will also discuss the improvements being made to the lake and nearby dog park. (ADA accessible)

**Date:** Thursday, May 7

**Time:** 10:00AM

**Locations:** Virginia Lake Park, 2400 Lakeside Dr. Meet at the playground at the southwest corner of the lake or meet at EMNCC at 9:15AM for transport

**Fee:** Free

**Contact:** **334.2262 to register for this event if transportation is needed from EMNCC**



### **Caregiving 101-Prepare Early for Life's Changes**

Learn about community resources to help seniors and family prepare for aging. Topics such as what to watch for, when to get involved, starting the conversation, advanced directives and powers of attorney, in home care, and the role of the caregiver will be discussed . Presenter will be WCSS Director, Grady Tarbutton.

**Date:** Thursday, May 7

**Time:** 1:00PM-3:00PM

**Location:** Northwest Reno Library, 2325 Robb Drive, Reno 89523

**Fee:** Free

**Contact:** **328.2575**



### **A Cozy Chat with RGJ Columnist Anne Pershing**

Pull up a chair at the kitchen table and have a friendly conversation with "Grandma With Attitude" newspaper columnist Anne Pershing of the Reno Gazette Journal. She's an award-winning journalist with a great sense of humor. She would love to meet you for a cup of coffee and swap some stories about what it's like to be a Nevada senior in these interesting times.

**Date:** Friday, May 8

**Time:** 10:00AM

**Location:** EMNCC (Evelyn Mount)

**Fee:** Free

**Contact:** **689.8484**



### **Historic Reno Preservation Society Walking Tour-Cultural Crossroads, East Side**

Some call Lake Street "Paradise Lost" but we will recreate the vibrant neighborhoods of Chinatown, Little Italy, and Basque life. Meet at the National Automobile Museum Parking lot area. The tour will be guided by Sharon Honig-Bear.

**Date:** Saturday, May 9

**Time:** 10:00AM

**Location:** Meet at the National Automobile Museum, 10 Lake Street

**Cost:** Free

**Contact:** **784.7506**

## SHIP, Medicare 101, Medigap, Part D & Senior Medical Patrol

Join Robert Johnson from Access to Health Care for an overview of Medicare, the State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP). What do the different parts of Medicare cover? Do you need a Part D plan? Does the Affordable Care Act affect your Medicare? Are you being scammed? Find the answers to these questions and more, plus one-on-one counseling.

Locations and Times:

Friday, May 8 -	WCSSC Reno, Game Room,	1:00PM-2:00PM
Friday, May 15 -	WCSSC Sparks, MP Room,	9:30AM-10:30AM
Friday, May 22 -	SVNC, Outreach Room,	9:30AM-10:30AM
Friday, May 29,	CSCC, MP Room,	10:30AM-11:30AM

**Fee:** Free

**Contact:** Robert Johnson 284.8989

## March of Dimes "March for Babies"

This promises to be a fun day out with people who share our passion for improving the health of babies. There will be family teams, company teams and people walking with friends - it's a great feeling knowing we're all helping real families. Join our event and walk with us to raise money for babies right here in our community!

**Date:** Saturday, May 9

**Time:** 7:30AM - 12:00PM

Registration 8:30AM

Walk 9:00AM

**Location:** Sparks Marina, 300 Howard Drive, Sparks

**Fee:** No fee for registration, but donations happily accepted!

**Contact:** 826.2166

## Reno Senior Dance Club

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is provided at 1:15PM. 2nd & 4th Sundays.

In honor of Mother's Day, the fee has been reduced.

**Dates:** Sunday, May 10

**Location:** Neil Road Recreation Center

**Time:** 2:00PM - 5:00PM

**Fee:** Ladies are free, \$2.00 for the gentlemen

**Contact:** 689.8484





### **Read My Lips! (Passport Event)**

Are you finding it more and more difficult to participate in a conversation because of your hearing loss? Does your wife/husband complain that you have "selective hearing?" Are you avoiding going out with friends because you can no longer be a part of the conversation? The Continuum may be able to help. Speech Reading (Lip Reading) is a technique you can learn that can help improve your communication skills. Bonnie Beach, M.S., CCC, has been a speech pathologist for over 23 years and will be presenting.

**Date:** Monday, May 11  
**Time:** 8:00AM-8:45AM  
**Location:** The Continuum, 3700 Grant Drive, Reno 89509  
**Cost:** Free  
**Contact:** 829.4700



### **Senior Law Project of NLS Will and Estate Education Presentation (Passport Event)**

Together with the Nevada Legal Services Pro Bono Program, SLP will present a clinic on wills and estate planning. A pro bono attorney will present wills and estate planning and answer questions. Attendees will also be provided with information about SLP and receive referrals for assistance with estate planning.

**Date:** Monday, May 11  
**Time:** 2:30PM-4:30PM  
**Location:** WCSSC Reno  
**Fee:** Free  
**Contact:** 334.3050



### **Beanbag Baseball**

Though "America's pastime" is traditionally played on a diamond with bases 90 feet apart, there are variations of the game played on dartboards and in carnival games throughout the country. One version is beanbag baseball, a game that utilizes a stationary playing board and beanbags. The City of Reno has a league and is looking for players to participate. Are you interested in learning this fun sport? If so, you will have the opportunity to participate on a City of Reno sponsored team as you join in on an afternoon of fun and lunch, courtesy of City of Reno and provided by Washoe County Senior Services. Must reserve a lunch one day prior to the event.



**Date:** Monday, May 11  
**Time:** 11:00AM-3:00PM  
**Location:** NRCC  
**Fee:** Free  
**Contact:** 689.8484

## Protect Yourself From Scams

Scams targeting seniors are widespread and disguised to make you think they are legitimate. Join a representative from the Sparks Police Department to learn how to recognize a scam and protect yourself from being taken advantage of.

**Date:** Monday, May 11

**Time:** 11:30AM

**Location:** WCSSC Sparks, 97 Richards Way, MultiPurpose Room

**Fee:** Free

**Contact:** 353.3110



## Ageless Repertory Theater (Passport Event)

Ageless Repertory Theatre is a readers' theater production company in which the actors interpret roles and perform reading from the script, creating roles mainly through voice. Reno's ART has a troupe of about 20 actors with highly diverse experience in community theater. The May production is "Tich" by Alice Chadwicke.

**Date:** Tuesday, May 12 and Friday, May 15

**Time:** 1:00PM

**Location:** Reno Little Theater, 147 E Pueblo St (Pueblo at Wells)

**Fee:** Free (donations accepted)

**Contact:** [lrmt@charter.net](mailto:lrmt@charter.net) or 345.7323



## Sanford Center for Aging Medication Therapy Management (Passport Event)

**"Are your medications making you sicker?"**

Did you know that depression can be a preventable side effect of potentially inappropriate medications taken by older adults? Over the counter medications and even some foods may also interact with prescription drugs. Please join Greta Engelbrecht from the UNR Sanford Center for Aging Medication Therapy Management to learn about geriatric specific medication reviews that identify medications that may cause adverse drug reactions. If you are 60 or older or taking 5+ prescription medications and interested in a prescription review (FREE for low income elders), please bring a list of all your prescriptions and over the counter medications, and any dietary supplements with you to the workshop.

**Date:** Tuesday, May 12

**Time:** 10:30AM-11:30AM

**Location:** WCSSC Reno

**Fee:** Free

**Contact:** Greta at 775.784.1612 or email [gengelbrecht@unr.edu](mailto:gengelbrecht@unr.edu)





### **Senior Community Meeting: City of Reno Councilmember Jenny Brekhus**

Please join Ward 1 Councilmember Jenny Brekhus for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

**Date:** Monday, May 12  
**Time:** 11:30AM  
**Place:** Neil Road Recreation Center  
**Fee:** Free  
**Contact :** 689.8484



### **Senior Advocacy Workshop**

Learn about bills and budget items relating to senior issues, caregivers and elder abuse protection that are being considered by our elected officials today. Learn how to make your voice heard in Congress, at the Nevada Legislature, Washoe County Commission, Reno and Sparks City Councils. No experience necessary. Join us for a lively learning session!

**Date:** Wednesday, May 13  
**Time:** 10:00AM-11:00AM  
**Location:** NRCC  
**Fee:** Free  
**Contact:** 334.2262 or 657.4602



### **“The Basics of the Mediterranean Diet” (Passport Event)**

Valley Food Services' Director Kim Vandenhazel will give a presentation on the basics of the Mediterranean diet, particularly the use of whole grains, fresh fruit and vegetables, olive oil and minimal animal protein.

**Date:** Wednesday, May 13  
**Time:** 1:30PM-2:30PM  
**Location:** WCSSC Reno  
**Fee:** Free  
**Contact:** 328.2575



### **Use it or Lose it!**

To enjoy an independent and healthy lifestyle as we age, the proof is clear! We need to keep moving and grooving. No matter your age or ability, you can learn some simple tips and movements to increase your strength and balance and overall health.



**Date:** Wednesday, May 13  
**Date:** 11:00AM-Noon  
**Location:** The Continuum, 3700 Grant Drive, Reno 89509  
**Fee:** Free  
**Contact:** The Continuum 829.4700



## Senior Bowling

Come bowl with your friends or meet new ones! Not a league, no handicapping or prizes! Just bowling for fun, exercise and a way to beat the weather. In honor of Older Americans Month, Bowling will be \$5.00.

**Date:** Wednesdays 13, 20 and 27

**Time:** 1:00PM-4:00PM

**Location:** High Sierra Lanes, 3390 S. Virginia St. Reno 89502

**Fee:** \$5.00 for 3 games (regular \$7.50), shoes are free (scholarships apply)

**Contact:** **334.2262 to register for event**

### Pick-up locations and times:

**EMNCC:12:15PM**

**TPPAC:13:30PM**

**NRCC:12:45PM**

## Community Resources Presented by Consumer Direct

Program Manager, Laura Coger, will cover how to access the variety of supports available for seniors in the community. She will discuss accessing everything from food, transportation, medical, personal care, legal resources, support groups, social activities and more.

**Date:** Thursday, May 14

**Time:** 10:30AM-11:00AM

**Location:** CSCC

**Fee:** Free

**Contact:** **328.2575**

## Truckee Meadows Parks Foundation Nature Walk-Idlewild Park

Learn a bit about one of the oldest and most storied parks in Reno. We'll also be identifying a selection of trees and shrubs that grace the park.-and with a little luck-will sight a nice assortment of birds along the Truckee River. (ADA accessible)

**Date:** Thursday, May 14

**Time:** 10:00AM

**Location:** Idlewild Park, 50 Cowan Dr. Reno Meet at Foundation Office Or meet at EMNCC at 9:15AM for transport

**Fee:** Free

**Contact:** **334.2262 to register for this event if transportation is needed from EMNCC**

## Washoe County Sheriff's Office Crime Prevention & Situational Awareness

Teresa Aquila has been with the Washoe County Sheriff's Office for over 38 years, and will speak on crime prevention and situational awareness.

**Date:** Thursday, May 14

**Time:** 10:30AM-11:30AM

**Location:** WCSSC Reno

**Contact:** **328.2575**





### Incline Village Conversation Café

Meet us at Aspen Grove, 960 Lakeshore Blvd for the next Conversation Café. Lively discussion, interesting people & good food make this the most talked about senior activity in the Village! A nutritious continental breakfast is served for \$2.00 per person.

**Date:** Thursday, May 14

**Time:** 10:00AM

**Location:** Aspen Grove, 960 Lakeshore Blvd., Incline Village, NV 89451

**Fee:** \$2.00 drop in fee includes a healthy, delicious continental breakfast

**Contact:** 832.3100



### Bike Week Mayoral Challenge Ride Reno City Hall to Sparks City Hall

Officials from Reno, Sparks, and Washoe County will pedal in celebration of National Bike Week. The challenge starts at Reno's City Hall and end at Sparks City Hall. Shortly after a nutrition and hydration break at Sparks City Hall, participate in the Ride for Reading sponsored by the Washoe County School District.

**Date:** Thursday, May 14

**Time:** 9:00AM

**Location:** 1 E. 1st Street, Reno

**Fee:** Free

**Contact:** 784.7210

### Sparks Ice Cream Social

Join us at the Sparks Senior Center for an old fashioned Ice Cream Social furnished by Sparks Parks and Rec.

**Date:** Thursday, May 15

**Time:** 11:20AM

**Location:** WCSSC Sparks, 97 Richards Way

**Fee:** Free

**Contact:** 353.3110



### Paradise Park goes BANANAS (Passport Event)

They are going BANANAS at Paradise Park. Come enjoy a beautiful day at the park with music and banana splits! We will have music all afternoon while you soak up the sun and enjoy a frozen treat.

**Date:** Friday, May 15

**Location:** TPPAC

**Time:** 2:00PM - 4:00PM

**Fee:** Free

**Contact:** 356.3176



## Historic Reno Preservation Society Walking Tour - Bricks and Stones

A walk through the Humboldt and Lander Streets Neighborhood. Discover the architectural treasures of this area, a mix of bungalows, Tudor and mission revivals and cottage styles. Meet at the Lander Street side of My Favorite Muffin. The tour will be guided by Bill Isaëff.

**Date:** Saturday, May 16  
**Time:** 10:00AM  
**Location:** Lander Street side of My Favorite Muffin, 340 California Ave  
**Fee:** Free  
**Contact:** 784.7506

## "The Road Less Traveled in Africa" (Passport Event)

Come join Retired WCSD teacher Karin McCollum, "professional tourist", for her 1 ½ hour slide presentation "The Road Less Traveled in Africa." as Karin travels through 16 different countries in Africa. She would love to share her passion for travel with you.

<b>WCSSC Sparks, 97 Richards Way</b>	<b>WCSSC Reno, 1155 E. 9th Street</b>
<b>Date:</b> Friday, May 16	<b>Date:</b> Thursday, May 21
<b>Time:</b> 9:30AM	<b>Time:</b> 12:00PM
<b>Fee:</b> Free	<b>Fee:</b> Free
<b>Contact:</b> 353.3110	<b>Contact:</b> 328.2575

## "Know the 10 Signs of Alzheimer's" (Passport Event)

### **Early Detection Matters.**

Attend this interactive workshop to learn the 10 warning signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have this disease and find out how to recognize the signs in yourself and others. The presentation will be both in English and Spanish simultaneously.

**Date:** Monday, May 18  
**Time:** 12:30PM - 1:00PM  
**Place:** 1301 Cordone Ave, Reno 89502  
**Fee:** Free  
**Contact:** 356-3176

## Drive-In and Picnic

Yes we are going to the drive-in to watch a movie and enjoy some popcorn. Pack yourself a picnic and join us at Taglia's Paradise Park. We will caravan around the corner to the El Rancho Drive-In, and enjoy the movie.

**Date:** Monday, May 18 (3rd Monday every month starting May 2015)  
**Time:** Picnic starts at 7:00PM  
**Location:** TPPAC  
**Fee:** \$5.00  
**Contact:** 356.3176





### **Senior Community Meeting: City of Reno Councilmember Neoma Jardon**

Please join Ward 1 Councilmember Neoma Jardon for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

**Date:** Monday, May 18

**Time:** 11:30AM

**Place:** EMNCC

**Fee:** Free

**Contact :** **689.8484**



### **CPR & First Aid Skills (Not a certification course)**

Eva Medina, Northern Nevada Regional Coordinator will talk about recognizing and alleviating airway obstructions, the signs, symptoms and corrective action for a stroke or heart attack. She will also discuss the fundamental skills to recognize and treat medical emergencies. This includes scene safety, the signs and symptoms of diabetes, stroke, seizures and how to best treat these emergencies. Participants will also learn about controlling bleeding, treat for shock and burns, and minimize spinal damage due to head and spine injuries.

**Date:** Monday, May 18

**Time:** 12:00PM

**Location:** WCSSC Sparks

**Fee:** Free

**Contact:** **353.3110**



### **Lake Tahoe -Sand Harbor Picnic (Passport Event)**

In conjunction with other Washoe County Activities, IVGID Senior Programs will recognize Older Americans Month by hosting a picnic at Sand Harbor. Visitors from around the county are welcome to join us for an educational presentation about the park, a picnic lunch, and beach fun in the sun. Fee includes lunch and shuttling from the Incline village Recreation Center, 980 Incline Way.

**Date:** Tuesday, May 19

**Time:** 11:00AM - 2:00PM

**Location:** Sand Harbor

**Fee:** \$8.00

**Contact:** **832.1380 Reservations required for transportation. If you wish to drive yourself, there is an admission fee of \$10.00 per vehicle to enter the park.**

## Senior Advocacy Workshop

Learn about bills and budget items relating to senior issues, caregivers and elder abuse protection that are being considered by our elected officials. Learn how to make your voice heard in Congress, at the Nevada Legislature, Washoe County Commission, Reno and Sparks City Councils. No experience necessary. Join us for a lively learning session!

**Date:** Friday, May 22  
**Time:** 10:00AM-11:00AM  
**Location:** TPPAC  
**Fee:** Free  
**Contact:** 356.3176

## Caregiver Forum/The Music of Colin Ross

Are you a caregiver/partner needing advice or support? Join The Continuum for a panel discussion that will address your concerns and provide you with information and tips to help you on your caregiving journey. The panel will include; Carolyn Vegera, MSW Geriatric Care Manager, Creative Elder Solutions; Gina Stutchman, owner of Arbors Memory Care Assisted Living; Denise Hund, LSW ReGenerations Adult Day Club Director; Nancy Pieretti, Assistant Director, Activity Coordinator, ReGenerations Adult Day Club. Bring your Partner to join ReGenerations Day Club for the music of Colin Ross. Colin's concerts for senior emphasize the great songs of the 30's and 40's. Your partner will be supervised safely while the panel is in session.

**Date:** Wednesday, May 20  
**Time:** 1:30PM-3:00PM  
**Location:** Continuum, 3700 Grant Drive, Reno 89509  
**Fee:** Free  
**Contact:** RSVP by May 18, 829.4700

## Senior Morning at the Nevada Legislature (Passport Event)

Join other seniors in Carson City to learn about bills and state budget items relating to senior issues. Learn who your representatives are and find out how you can voice your opinions at our workshop. You may attend hearings, meet with your legislators in their offices, and watch a floor session of the Nevada Assembly or Senate. Light breakfast included. The City of Reno will provide a shuttle at listed locations and carpools are also encouraged. Must RSVP by Friday, May 15 by 5PM.

**Date:** Wednesday, May 20  
**Time:** Arrive 10:30AM, Depart 3:30PM, noon  
**Location:** Nevada Legislature, 401 S. Carson St. Carson City, Room 310  
**Fee:** Free  
**Contact:** 334.2262 or 657.4602

### Pick-up Locations and times:

**EMNCC:** 9:30AM  
**TPPAC:** 9:45AM  
**NRCC:** 9:45AM





### **Dinner and A Show: Tap Factory**

A fun, rhythm based theater show, showcasing urban tap dance and percussions, hip-hop music, comedy and acrobatics.

- Date:** Thursday, May 21
- Time:** 5:00PM - 9:00PM
- Location:** Eldorado Reno
- Fee:** \$52/Scholarships apply
- Contact:** **334.2262 to register for event**



### **Big Brothers/Big Sisters of Northern Nevada**

#### **ONE HOUR A WEEK CAN CHANGE A CHILD'S LIFE FOR THE BETTER FOREVER!**

By volunteering as a Big Brother or Big Sister you have the power to change a child's life for the better, forever through one-on-one mentoring. You have the opportunity to help shape a child's future by empowering them to achieve. Plus, it is a fun way to connect with your community and discover the kid in you once again!

The children enrolled in the program see a direct and measurable impact. How? Simply from having a friend and role model (like you!) consistently showing up in their lives and it only takes 1 hour a week!

Come learn about this fun and meaningful volunteer opportunity, the youth served and how you can make a direct impact!

- Date:** Thursday, May 21
- Time:** 12:30-1:30
- Location:** TPPAC
- Cost:** Free
- Contact:** **356.3176**



### **Smart Senior-Smart Home (Passport Event)**

As we age, our ability to see, hear, smell, and touch may be altered as well as how we move in space. Smart seniors adapt their dwellings to adjust for these changes. These adaptations not only make day to day activities and spaces more convenient, they help create a safer environment.

Jerry Cruitt, Mod Squad Director, licensed architect and contractor who has been providing home modifications for more than 20 years, will be sharing 21 tips on home modifications that are mostly inexpensive but priceless if they prevent falls and accidents.

- Date:** Thursday, May 21
- Time:** 2:00PM-3:00PM
- Location:** The Continuum, 3700 Grant Drive Reno 89509
- Fee:** Free
- Contact:** **The Continuum 829.4700**

## Truckee Meadows Parks Foundation Nature Walk-Paradise Parks

Paradise Park is located in northeast Reno right on the border of Sparks. At 1 mile long, the paved flat trail winds around 4 ponds that are habitat for interesting plant and animal species.

**Date:** Thursday, May 21

**Time:** 10:00AM

**Location:** Teglia's Paradise Park, 2745 Elementary Dr, Reno Meet in the Activity Center Parking lot on the left or meet at EMNCC at 9:15AM for transport

**Fee:** Free

**Contact:** **334.2262 to register for this event if transportation is needed from EMNCC**

## Spotlight - Senior Line Dancing Class (Passport Event)

Come join our friendly group of senior line dancers. Enjoy old favorite dances and learn some new ones. Beginners welcome at 1:00PM for a Step Class to learn the basics of the dances.

**Date:** Thursday, May 21 Ongoing every Thursday

**Time:** 1:30PM - 4:00 PM, Beginners Step Class at 1:00PM

**Location:** WCSSC Reno, 1155 E. 9th St., Multi-purpose Room

**Fee:** Free

**Contact:** **328.2575**

## Senior Community Meeting: City of Reno Councilmember Naomi Duerr

Please join Ward 1 Councilmember Naomi Duerr for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

**Date:** Thursday, May 21

**Time:** 5:00PM

**Place:** Swill Coffee & Wine, 3366 Laskeside Ct., Reno 89509

**Fee:** Free

**Contact :** **689.8484**

## National Automobile Museum

On May 22 the National Automobile Museum invites you to not just marvel at their collection of more than 200 cars, but to relive their stories for just a dollar. Along with their permanent collection of cars, during the month of May, they will also be featuring celebrity autos, arts and collectibles, 1908 New York to Paris Auto Race, World War II Hits Home, and Redfield Legacy collections. At the end of your experience there, you will understand why the National Automobile Museum is "One of America's Five Greatest Automobile Museums."

**(Individuals are responsible for their own transportation to the event)**

**Date:** Friday, May 22

**Location:** 10 South Lake Street, Reno, NV 89501

**Fee:** \$1.00 per Senior Citizen Ages 60+

**Contact:** **333.9300**





## **Alzheimer's Association Presents: Healthy Habits for a Healthier You**

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Date: Thursday, May 21

**Time:** 11:00AM-12:00PM

**Location:** EMNCC

**Fee:** Free

**Contact:** 334.2262



## **SPOTLIGHT - Senior Dance**

All ages are welcome to enjoy our live "9th Street Band" and dance from 8:00PM till 10:30PM. The Senior Dance Club will furnish non-alcoholic beverages during the dance and our great desserts (desserts are served at 1st Band break). Cash admission is payable at the door starting at 7:15PM.

**Date:** Friday, May 22. Ongoing every Friday evening

**Time:** 8:00PM - 10:30PM

**Location:** WCSSC Reno, 1155 E. 9th St., Multi-Purpose Room

**Fee:** \$5.00 per person (regular admission is \$9.00). Cash only, please.

**Contact:** 328-2575



## **Historic Reno Preservation Society Walking Tour-Movie Footprints in Reno**

Walk in the footsteps of Marilyn Monroe, Kirk Douglas, Kevin Costner, Clint Eastwood, Helen Mirren and more. The tour covers movie downtown Reno's rich filming history inspired by divorce, gamblind and the city's distinct look in such movies as "The Misfits," "Cobb," "Sister Act," and "Love Ranch." Meet in the lobby of the National Automobile Museum. The tour will be guided by Robin Holabird.

**Date:** Saturday, May 23

**Time:** 10:00AM

**Location:** Meeting at the National Automobile Museum. 10 Lake St.

**Cost:** Free

**Contact:** 784.7506



## **Reno Senior Dance Club**

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is provided at 1:15PM. 2nd & 4th Sundays.

**In honor of Older Americans Month, the fee has been reduced.**

**Dates:** Sunday, May 24

**Location:** Neil Road Recreation Center

**Time:** 2:00PM - 5:00PM

**Fee:** \$2.00 per person, pay at the door

**Contact:** 689.8484





## Veterans Services Outreach & Presentation

The Veteran's Resource Center will be presenting the different benefits and resources available to veterans in need and homeless veterans. Find out how to start a benefits claim, find community resources specifically for veterans, and get general questions answered. After the presentation there will be a chance for a private counseling session with Michael Kukulski.

**Date:** Wednesday, May 27  
**Time:** 10:30AM-11:30AM, Counseling 11:30AM-1:30PM  
**Location:** WCSSC Reno  
**Fee:** Free  
**Contact:** **240.5949**

## Senior Law Project Power of Attorney Clinic

Together with the Nevada Legal Services Pro Bono Program, SLP will present a clinic on Power of Attorneys, both healthcare and financial, and Advanced Healthcare Directives. Attendees can ask questions, fill out power of attorney forms, and have them notarized if appropriate.

**Date:** Wednesday, May 27  
**Time:** 3:00PM-5:00PM  
**Location:** TPPAC  
**Fee:** Free  
**Contact:** **334.3050**

## Osteoporosis Lecture and Screening

Feeling aches and pains in your bones is an inevitable part of aging. However, avoiding unpleasant conditions like early signs of bones loss is important for men and women. Osteoporosis currently affects more than 10 million people in the United States, and 18 million more are at risk of developing the disease.

Join Katie McCarthy, BNS, RN, Total Joint Coordinator at Renown Health for her lectures on what causes or progresses Osteoporosis and what you can do to slow down or reverse the disease. Hometown Health will also be providing Heel Bone Scan Screenings for women to determine risk for the disease.

In the past, osteoporosis could be detected only after you broke a bone. With the Heel Bone Scan women can be screened for potential for osteoporosis. This screening does not provide diagnosis, but estimates the bone density and risk for osteoporosis. This screening is FDA approved for women only and recommend for ages 60-65, with risk factors for osteoporosis and for all women over the age of 65. Please wear shoes and socks that can easily be removed and no nylons.

**Date:** Thursday, May 28  
**Time:** Lecture 12PM-1PM: Heel Bone Screening—11AM-12, 1PM-2PM  
**Location:** NRRC  
**Fee:** Free Lecture, \$25 for scan (payable only by cash or check)  
**Contact:** **RSVP 982.5400**





### **Truckee Meadows Parks Foundation Nature Walk-Oxbow Trail**

Oxbow is a hidden gem of a park, right in the heart of Reno. The park is an important bird area, but many other animals find it to be a comfortable place to live as well. Possible wildlife sightings could include deer, beavers, hawks, snakes, and muskrats among other critters. Dogs are prohibited. Trail is flat, but unpaved. (ADA accessible)

**Date:** Thursday, May 28

**Time:** 10:00AM

**Location:** Oxbow Nature Study area, 3100 Dickerson Rd. Meet around backside of nature center in grassy area or meet at EMNCC at 9:15AM for transport

**Fee:** Free

**Contact:** **334.2262 to register for this event if transportation is needed from EMNCC**



### **Senior Law Project Landlord/Tenant Presentation**

An attorney with the Senior Law Project will present on landlord/tenant law in Nevada, with an emphasis on the laws impacting seniors, including discharge from nursing homes. The presentation will be given in English and again in Spanish.

**Date:** Friday, May 29

**Time:** 1:00PM-2:00PM (English), 2:00PM-3:00PM (Spanish)

**Location:** NRCC

**Fee:** Free

**Contact:** **334.3050**



### **Incline Village / Crystal Bay Veterans Club**

Operating under the auspices of IVGID's Senior Programs, the Incline Village/Crystal Bay Veteran's Club is open to all veterans and friends and families of veterans who are residents of Incline Village/Crystal Bay and the surrounding area. Local vets, as well as visitors are welcome, regardless of rank or branch of military service. The mission of the club is to support and promote the welfare of all veterans and those currently in service by visiting the VA Hospital in Reno, providing the most current veterans news and information, by promoting participation in veteran and patriotic events in Northern Nevada and foremost encouraging camaraderie among the vets of Incline Village/Crystal Bay. Join us to learn about and become involved in the club's current projects.

**Date:** The last Thursday of every month – May 29

**Time:** 12:00PM - 2:00PM

**Location:** Aspen Grove, 960 Lakeshore Blvd., Incline Village

**Fee:** Meetings are free, \$25.00 annual membership dues

**Contact:** **832.1310**

## "For the Love of Music" (Passport Event)

Sanford Center for Aging Senior Outreach Services (SOS) presents a one hour concert. Come and be delighted by talented musicians! Musical performers include Kenn Pettiford, world class Jazz entertainer and Master of Ceremonies extraordinaire with the Note-Ables, musicians from a special education music program in Reno that have been spreading their passion for music in the Reno/Sparks area for over 15 years. No refreshments will be served at this event.

**Date:** Friday, May 29  
**Time:** 10:00AM - 11:00AM  
**Location:** Laxalt Auditorium, Nelson Building, 401 W. 2nd St., Reno  
**Fee:** Free  
**Contact:** Please RSVP by Friday May 25 to Sina Ward ,784-7506 or email [sinaw@unr.edu](mailto:sinaw@unr.edu)

## Historic Reno Preservation Society Walking Tour-Beyond the Arches

Witness downtown Reno as it has renovated itself for 150 years. This tour links the downtown Reno arches with stories of the forces that shaped the town: railroad and mining, immigrants, as a notorious divorce and gambling mecca—and now as a livable cultural hub. Walk in the footsteps of Bill Harrah, Myron Lake, Baby Face Nelson, Frederic DeLongchamps and others. Meet at the National Automobile Museum parking lot area.

**Date:** Saturday, May 30  
**Time:** 10:00AM  
**Location:** Meet at the National Automobile Museum, 10 Lake Street  
**Fee:** Free  
**Contact:** 784-7506

## Meet Your Commissioners

"Meet and Greet" with your district's commissioner. Get a chance to ask questions and learn more about what is happening in your community. Share your concerns and get to know your Commissioner better. To find out what district you are in visit [http://www.washoecounty.us/bcc/files/Commission\\_District\\_Map\\_2015.pdf](http://www.washoecounty.us/bcc/files/Commission_District_Map_2015.pdf)

<b>Marsha Berkbigler, District 1</b>	WCSSC Reno	Monday, May 4 1:00PM-2:00PM
<b>Kitty Jung, District 3</b>	WCSSC Reno,	Thursday, May 14 1:00PM-2:00PM
<b>Vaughn Hartung, District 4</b>	WCSSC Sparks,	Thursday May 22 9:00AM-10:00AM
<b>Jeanne Herman, District 5</b>	CSCC	Wednesday, May 13 10:00AM-11:00AM

**Fee:** Free  
**Contact:** 328.2575



## CLOSING CEREMONIES

Join us as we celebrate the last day of Older Americans Month 2015. There will be a picnic in the park at 12:00PM and lots of raffle prizes. Beanbag Baseball starts at 1:00PM. Other games and sports offered at the Summer 2015 Reno/Tahoe Senior Games will be available for you to try. Come join the fun and recognize and thank the many volunteers, sponsors and seniors who helped make these events a success. Be sure to complete at least 7 of the activities on the Passport below and bring it with you for entry in the raffle drawings.

**Date:** Saturday, May 30  
**Time:** 10:00AM-1:00PM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact:** 657.4602

### SENIOR PASSPORT

Attend at least 7 of the events below, get them stamped or initialed by the staff at the activity, and bring the passport with you to the closing ceremonies (that can count as one of your activities). You must be present to win. But don't limit yourself - get out and have fun!

NAME \_\_\_\_\_

<b>SPOTLIGHT Senior Dance</b> Friday, May 22 Page ____	<b>Senior Morning at the Nevada Legislature</b> Wednesday, May 20 Page ____	<b>Brunch and a Movie</b> Thursday, May 7 Page ____	<b>Sanford Center Medication Management</b> Tuesday, May 12 Page ____	<b>For the Love of Music</b> Friday, May 29 Page ____
<b>Opening Ceremonies Washoe County Senior Center</b> Friday, May 1 Page ____	<b>Senior Health Fair at Baldini's</b> Tuesday, May 5 Page ____	<b>Paradise Dancing with the Stars</b> May 5 and 19 Page ____	<b>Ageless Repertory Theater</b> Either performance Page ____	<b>Sand Harbor Picnic</b> Tuesday, May 19 Page ____
<b>Reno Aces Game</b> Wednesday, May 6 Page ____	<b>Nevada Museum of Art (any Wed.) or Automobile Museum</b> (Friday, May 22) Page ____	<b>Friends of Washoe County Library</b> Tuesday, May 5 Page ____	<b>Any WCSS, NRRC or Paradise Park Exercise Activity</b> Dates Vary Page ____	<b>Any Truckee Meadows Nature Walk</b> Page ____
<b>Smart Senior, Smart Home</b> Thursday, May 21 Page ____	<b>Road Less Traveled in Africa</b> Either Day Page ____	<b>Bucket List-Genoa Hot Springs</b> Monday, May 5 Page ____	<b>Paradise Park goes Bananas</b> Friday, May 15 Page ____	<b>Know the 10 Signs of Alzheimer's</b> Monday, May 18 Page ____
<b>Nutrition Workshop</b> Wednesday, May 13 Page ____	<b>Will/Estate Education</b> Monday, May 11 Page ____	<b>Read My Lip</b> Monday, May 11 Page ____	<b>Closing Ceremonies at NRRC</b> Saturday, May 31 Page ____	<b>FREE</b> Your choice of Event



May 2015  
Washoe County Senior Center  
OLDER AMERICANS MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 8:30 Texas Hold-Em 9:00 OLDER AMERICANS MONTH OPENING CEREMONIES 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 8:00pm Senior Dance Club of Nevada
<b>4</b> 9:00 AARP Drivers Safety Program 9:00 AARP Information 9:00 Stretch & Tone –Exercise 10:00 AA Meeting 11:00 WILLS & ESTATE PLANNING PRESENTATION 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker	<b>5</b> 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 9:30 Vision Support Group 10:00 Medicare/SHIP Counseling 10:30 FRIENDS OF WASHOE COUNTY LIBRARY DISCUSSION 11:15 Senior Lunch Program 2:00 Tole Painting	<b>6</b> 8:30 Texas Hold-Em 9:00 Stretch & Tone–Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 “Grumpy Old Men “ Music & Dancing 10:15 Veteran Services Outreach 11:15 Senior Nutrition Program 6:00pm Grief Support Group	<b>7</b> 8:30 Texas Hold-Em 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Nutrition Program 1:00 Free Line Dancing Lesson 1:30 Free Line Dancing	<b>8</b> 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone–Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 1:00 SHIP MEDICARE 101 /MEDIGAP PRESENTATION 8:00pm Senior Dance Club of Nevada
<b>11</b> 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone –Exercise 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker 2:30 WILL & ESTATE EDUCATION PRESENTATION	<b>12</b> 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:30 AGING MEDICATION THERAPY MANAGEMENT 11:00 Hawaiian Music by KANAKA 11:15 Senior Lunch Program 2:00 Tole Painting	<b>13</b> 8:30 Texas Hold-Em 9:00 Stretch & Tone–Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 “Grumpy Old Men “ Music & Dancing 10:15 Veteran Services Outreach 11:15 Senior Nutrition Program 12:00 Mah Jongg 1:30 “THE BASICS OF THE MEDITERRANEAN DIET”	<b>14</b> 9:00 Food Bank of Northern Nevada Distribution 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 10:30 WASHOE COUNTY SHERIFF’S OFFICE–CRIME PREVENTION AND SITUATIONAL AWARENESS WORKSHOP 11:15 Senior Nutrition Program 1:00 Free Line Dancing Lesson 1:30 Free Line Dancing	<b>15</b> 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone–Exercise 9:30 SHIP MEDICARE 101 /MEDIGAP (SPARKS SR.CENTER) 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 8:00pm Senior Dance Club of Nevada
<b>18</b> 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone –Exercise 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 CPR & FIRST AID SKILLS–(SPARKS SR. CENTER) 12:00 Bingo 12:00 Poker	<b>19</b> 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Assistance League Food Pantry Distribution 10:00 Medicare/SHIP Counseling 11:00 Hawaiian Music by KANAKA 11:15 Senior Lunch Program 2:00 Tole Painting 6:30pm Ostomy Support Group	<b>20</b> 8:30 Texas Hold-Em 9:00 Stretch & Tone–Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 “Grumpy Old Men “ Music & Dancing 10:15 Veteran Services Outreach 11:15 Senior Nutrition Program 12:00 “THE ROAD LESS TRAVELED IN AFRICA” SLIDE SHOW PRESENTATION 6:00pm Grief Support Group	<b>21</b> 8:30 Texas Hold-Em 9:00 Food Bank of Northern Nevada Distribution 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Nutrition Program 1:00 SPOTLIGHT Free Line Dancing Lesson 1:30 SPOTLIGHT Free Line Dancing	<b>22</b> 9:00 AARP Information 9:00 Stretch & Tone–Exercise 9:00 Nevada Legal Services–Serving Seniors 9:30 SHIP MEDICARE 101/MEDIGAP(SUN VALLEY SR.CENTER) 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 8:00pm SPOTLIGHT Senior Dance Club of Nevada LIVE MUSIC, DANCING AND REFRESHMENTS \$5.00 CASH ENTRY FEE
<b>25</b> 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone –Exercise 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker	<b>26</b> 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 9:30 Vision Support Group 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 2:00 Tole Painting	<b>27</b> 8:30 Texas Hold-Em 9:00 Stretch & Tone–Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 “Grumpy Old Men “ Music & Dancing 11:15 Senior Nutrition Program 11:30 VETERANS SERVICES OUTREACH INFORMATION WORKSHOP AND PRIVATE COUNSELING SESSION 12:00 Mah Jongg	<b>28</b> 8:30 Texas Hold-Em 9:00 Food Bank of Northern Nevada Distribution 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Nutrition Program 1:00 Free Line Dancing Lesson 1:30 Free Line Dancing	<b>29</b> 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone–Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 10:30 SHIP MEDICARE 101 /MEDIGAP (COLD SPRINGS C.C.) 11:15 Senior Nutrition Program 12:00 Bingo 1:00 LANDLORD/TENANT PRESENTATION–(NEIL ROAD) 8:00pm Senior Dance Club of Nevada

# May 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>RAEYC Walk for Children and Family Fun Day 9:00</i>
3 <i>Cinco de Mayo Victorian Plaza – 10 a.m. to 10 p.m.</i>	4	5 <i>Sr. Aquacise 10am-11am Alf Sorensen</i>	6	7	8	9
10	11 <i>Senior Scam Presentation 10:30</i>	12	13	14 <i>2015 Bike Week Mayoral Challenge 9am</i>	15 <i>Riding on the River Family Festival 4pm-9pm</i>	16
17	18	19	20	21	22	23
24	25	26	27	28	29 <i>Sparks Ice Cream Social 11:20am</i>	30
31						

2015

May

**Incline Village Parks & Recreation Senior Programs Calendar of Events**

*Sun Mon Tue Wed Thu Fri Sat*



For additional program information, please call the Incline Village Recreation Center at 775-832-1310

1

2

3rd Annual Lincoln Wine Fest  
11am-6pm

3

4

5

Transportation-Reno  
55+ Hike 9:00am

6

Transportation-IV/CB/KB

7

Conversation Café 10am  
Moonlight Hike—  
5:30-9pm

8

9

10

11

12

Transportation—  
Carson City  
  
55+ Hike 9am

13

Transportation-IV/CB/KB

14

Conversation Café 10am  
Digital Photo Club 6pm

15

Old Town  
Sacramento &  
Railroad Museum  
9:30am-5pm

16

17

18

19

Transportation-Reno  
55+ Hike 9am  
Sand Harbor Picnic  
11am-2pm

20

Transportation-Truckee  
Bowling 4-6pm

21

Conversation Café 10am

22

Veterans Club  
Memorial Day  
Tribute-4-6pm

23

24  
31

25

26

Transportation—  
Carson City  
55+ Hike 9am

27

Transportation-IV/CB/KB

28

Conversation Café 10am  
Digital Photo Club 6pm

29

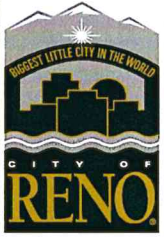
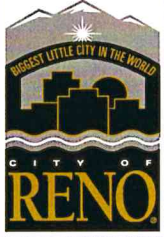
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Contact Information: Jennifer Moore: 775-832-1302

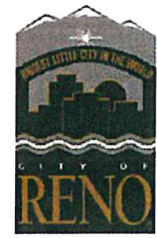
Ashley Lastrico: 775-832-1325

Recreation Counter: 775-832-1310

# May 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			City of Reno			
3	4 Creative Crafts/Quilts	5 Colin Ross Music Health, Wellness & You Brain Games Conversation Cafe	6 This n that Crafts Board Game Day	7 Zumba Gold Chair Yoga	8	9
10 Reno Senior Dance Club	11 Creative Crafts/Quilts	12 Colin Ross Music Vices of Paradise Gee Club Conversation Café Current Event Corner	13 This n that Crafts Board Game Day Senior Bowling	14 Zumba Gold Chair Yoga	15	16
17	18 Creative Crafts/Quilts Drive-in and Picnic	19 Colin Ross Music Brain Games Conversation Cafe	20 This n that Crafts Board Game Day Happy Birthday Party Senior Bowling	21 Zumba Gold Chair Yoga	22	23
24	25 Memorial Day	26 Colin Ross Music Vices of Paradise Gee Club Conversation Café Current Event Corner	27 This n that Crafts Board Game Day Senior Bowling	28 Zumba Gold Chair Yoga	29	30





# 2015 RENO/TAHOE SENIOR SUMMER GAMES

Saturday, August 15, 2015 ~ Sunday, August 30, 2015

## List of Games!

Archery ~ Badminton ~ Baggo  
Basketball Skills ~ Beanbag Baseball  
Billiards ~ Blackjack ~ Croquet  
Go Karts ~ Horseshoes ~ Mini Golf  
Pickleball ~ Swimming ~ Table Tennis  
Track & Field ~ Walk Race

**NEW for 2015! Bowling ~ Golf Tournament ~ Fly Casting ~ Phase 10**



Senior Games is an event dedicated to promoting and implementing fitness programs and activities. People 50 years and better compete in their favorite sports within age groups for **gold, silver and bronze medals!**

For more information contact Senior Services at 775-657-4602 or email [SeniorServices@reno.gov](mailto:SeniorServices@reno.gov).

Check out [www.reno.gov/seniorgames!](http://www.reno.gov/seniorgames!)



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