

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



Happy  
New Year  
2019

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Learn About Our **NEW WEBSITE!**

## **SNEAK PEEK**

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**FREE** from the Tax Aide Foundation:  
Tax Return Preparation & Counseling

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**Meal Planning Made Easy:** How to Plan  
Meals for a Healthy Eating Style!

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Read a Wonderful **Submitted Story:**  
"Manzanar" by Betty Johnson

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## SPECIAL INSERT - Calendar of Events



**911 Beverly Drive**  
**Carson City, Nevada 89706**  
**775-883-0703 • fax 775-883-2869**

**TRoberts@carson.org**

**9 a.m. to 4 p.m.**  
**Monday through Friday**

**www.carsoncityseniorcenter.org**  
**f / carsonseniorcenter**

## FROM THE EXECUTIVE DIRECTOR Courtney Warner

Happy New Year! Have you visited our new website? Take a look and visit [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org). While we continue to upload more content, check out the many neat features the website has to offer.

Here's some helpful information to navigate the website:

- Activities: listing of regular activities with a description and information on class fees (if applicable)
- Services: supportive services available to help with your independence
- Menu: current menu
- What's Up!: Newsletter, Activities/Menu Calendar, Press Releases
- Shopping: Gift Shop and Thrift Store
- Volunteer Application
- Ways to Give: donate your time (volunteer), treasure (items to the Thrift Store) or funds

Along with the new site, we continue to make improvements to the Newsletter. We recognize an opportunity to improve when the Newsletter is available and to add more content to the Newsletter. We are working diligently to improve our timeliness to ensure the newsletter is ready before the next month begins. We are also actively soliciting writers to submit content to the Newsletter on senior-related articles, facts, travel and more to make the Newsletter more robust.

Join our email list to receive the Newsletter and Calendar directly to your email. Contact Tiffany Roberts at [troberts@carson.org](mailto:troberts@carson.org) to sign up!

If you need more information, have suggestions on how we can best communicate with you or want to write for the Newsletter, please contact me.

Cheers to a Happy New Year,

*Courtney Warner*

Courtney Warner  
Executive Director



**Thank You**  
**to our Christmas Decorators:**  
**The Sierra Nevada Kiwanis Club,**  
**Karen Lantz-Feith and Adriana for**  
**transforming the Senior Center**  
**into a Winter Wonderland!**



## RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	<b>211</b>
Aging & Disability/CHIP .....	<b>687-4210</b>
Alzheimer's Association .....	<b>1-800-272-3900</b>
Care Chest.....	<b>829-2273</b>
Carson City Health & Human Services .....	<b>887-2190</b>
Crisis Call.....	<b>784-8090</b>
Day Labor.....	<b>684-0436</b>
Elder Care Law.....	<b>687-4680</b>
Elder Protective Services.....	<b>688-2964</b>
Energy Assistance .....	<b>687-0730</b>
Food Bank .....	<b>331-3663</b>
HUD (Nevada Rural Housing Authority).....	<b>887-1795</b>
JAC (Jump Around Carson) .....	<b>841-7433</b>
Medication Management Program, University of Nevada, Reno .....	<b>784-1612</b>
Nevada Legal Services.....	<b>284-3491</b>
Nevada State Welfare.....	<b>684-0800</b>
Northern NV Center for Independent Living .....	<b>353-3599</b>
Retired & Senior Volunteer Program (RSVP) .....	<b>687-4680</b>
Ron Wood.....	<b>884-2269</b>
Sanford Center on Aging.....	<b>784-4774</b>
Senior Companion Program .....	<b>358-2322</b>
Senior RX.....	<b>687-7200</b>
SHIP (State Health Insurance Program) .....	<b>1-877-385-2345</b>
Social Security Administration .....	<b>1-888-808-5481</b>
Suicide Prevention Lifeline .....	<b>1-877-885-4673</b>
Veterans Administration.....	<b>786-7200</b>
VA Medical Benefits Information.....	<b>328-1293</b>
VARN (Volunteer Attorneys for Rural NV) .....	<b>883-8278</b>
Weatherization.....	<b>887-1795, X124</b>

### ALZHEIMER'S SUPPORT GROUP ([www.alz.org](http://www.alz.org))

#### CARSON CITY

**Barbara Singer, Facilitator**

Meets the 2nd Wednesday of each month  
1 to 2:30 p.m.

Carson Tahoe Cancer Center  
Conference Room  
1535 Medical Parkway, Carson City

**Heidi Slater, Facilitator**

Meets 4th Wednesday of the month  
2:30 to 4 p.m.

Carson City Senior Center  
911 Beverly Drive

**Christine Casinelli, Facilitator**

Meets every Monday of the month  
6:30 to 7:30 p.m.

Carson Tahoe Cancer Center  
Resource Room  
1535 Medical Parkway

#### 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**



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Results you can count on*

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**(775) 882-5001**

fax (775) 882-5015



**DECEMBER  
BIRTHDAYS**

*Queen*

**EVIE HAHN**

**87 years young**

*King*

**DON MORSE**

**79 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, Starburst, Bonanza,  
Bingo-Bingo-Bingo, Letter X Progressive

○ **\$2 Blackout** ○

\$120 payout or \$500 Progressive

**Doors open at Noon**

**Games start at 1pm**

**Must be 21 to play**

**Carson City Senior Center  
911 Beverly Drive, Carson City**

***All proceeds benefit  
the Meals-on-Wheels program.***



**Autumn**

**Funerals & Cremations**

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Not all Funeral Homes are alike come see the difference

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Hearing Aids & Audiology

**Brett M. Weeks, Aud**  
Doctor of Audiology

**Mark Weeks, MCD**  
CCC Audiologist

408 North Roop Street • Carson City • Nevada

**775.885.9888**



# Free Tax Return Preparation

In 2019, the AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center at no fee to the taxpayer. Trained and certified volunteer tax preparers will conduct this FREE service on Mondays and Wednesdays beginning Monday, February 4, 2019 through Wednesday, April 10, 2019. The hours of service will be from noon to 4 p.m. and will be available to all seniors and taxpayers with low to middle income. Special attention is given to individuals 60 years of age and older. Note, if the taxpayer or any member of the taxpayer's household purchased health insurance through the Nevada Health Link or the federal HealthCare.gov site, the taxpayer must bring all forms 1095-A to his/her appointment. Taxpayers are also required to present valid government photo IDs and Social Security cards.

Appointments are required and can be made beginning Monday, January 14 by calling the receptionist at 775-883-0703 from 9 a.m. to 2 p.m.

We look forward to serving you! Patricia Eckman, AARP Tax Aide, Local Coordinator



## SKYLINE ESTATES

### Senior Living

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[www.SkylineEstatesSL.net](http://www.SkylineEstatesSL.net)

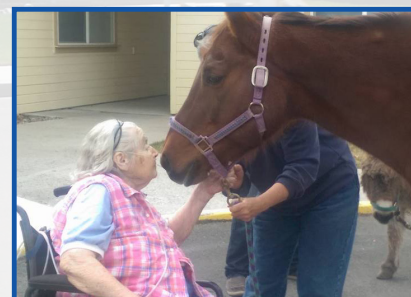
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Prices starting at \$1,895





## *Eagle Valley Care Center*

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We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms    • Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship  
both Christian Bible Reading (weekly) and Catholic masses (once a month)

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Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

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We will pay top dollar for your items.

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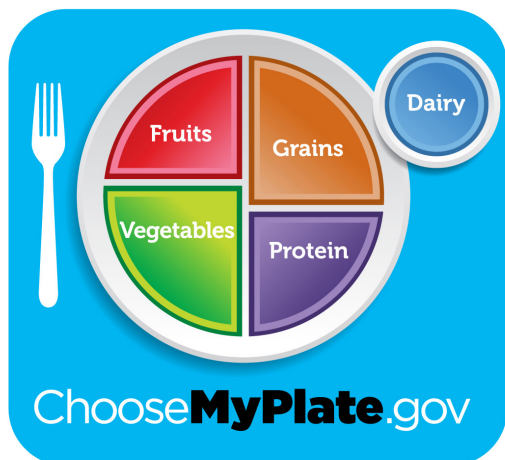
We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

## **CAPITOL CITY LOANS**

**5951 Hwy 50 East • Carson City**

**Call 775.882.8882 Today! Ask for Teresa or Charlotte.**





## MyPlate, MyWins Tips:

# MEAL PLANNING MADE EASY

Planning healthy meals ahead of time can help you stick to a healthy eating style. If you're new to meal planning, start small and work up to more.



### MAP OUT YOUR MEALS

Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks too!



### FIND BALANCE

If you have veggies, dairy, and protein at one meal, include fruit and grains in the next to cover all 5 food groups.



### MAKE A GROCERY LIST

Start by listing ingredients for meals you plan to make. Cross off items you already have on hand.



### VARY PROTEIN FOODS

Choose a variety of protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat, or eggs other days.



### LOVE YOUR LEFTOVERS

Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.



**3620 North Carson St. • Carson City, NV**  
**775-841-4402 • Call or Come In Today!**

## NOW HIRING Mature Adults

The Service Specialist is an excellent store position for those who love to serve others, with many opportunities for growth and learning within our Save Mart family of businesses in the grocery industry. Our Service Specialists play an important role in the efficient operations of the front-end, by providing friendly, fast and effective customer service. Your goal as a Service Specialist is to create a friendly, welcoming, and helpful store atmosphere, establishing loyal repeat customers.

- No experience required
- This position is Part-Time
- Ability to lift 40 pounds. Continuous walking, standing, reaching, and bending.
- Environment includes indoor and outdoor with exposure to widely varying temperatures.
- Ability to read, write, and speak English proficiently. (Bi-lingual appreciated)
- Ability to provide excellent customer service.
- Strong team player with a willingness and desire to learn, work hard, and have fun with it!
- Availability to work a variety of shifts, including evenings, weekends, and holidays.
- Must be at least 16 years old
- We gladly work around school schedules

**CENTURY 21**

Jim Wilson Realty

RELENTLESS MOVES

## THINKING OF SELLING? CENTURY 21 JIM WILSON REALTY A TRUSTED NAME FOR 34 YEARS!

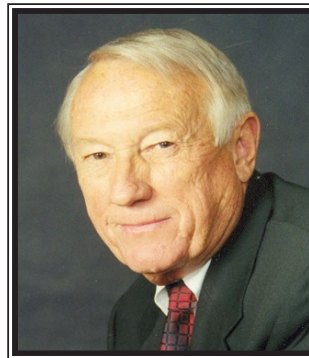
At Century 21 Jim Wilson Realty, our clients are guided through the entire sales process from "Start To Finish!" **Jim enjoys lunch at the Senior Center on most Mondays & Tuesdays. Stop by and say Hello!**

### WORD SEARCH

ASSISTANCE • CARSONSTREET • CELEBRATE • EXPERIENCE  
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N P T R S J H S Y Y A E H L O C B E  
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Name

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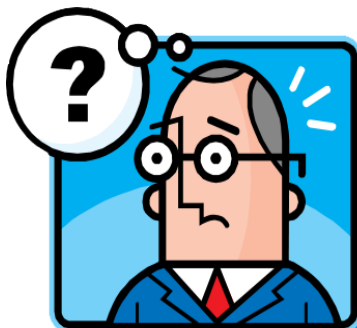
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## Barry's Trivia Question of the Month JANUARY

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

**Q: What was Santa Claus's name before he changed it to Santa Claus?**

LAST MONTH'S QUESTION AND ANSWER

Q: How many countries are on the continent of North America?

A: Ten - Canada, America, México, Belize, Guatemala, Honduras, San Salvador, Nicaragua, Costa Rica and Panama.



# Walton's Funerals & Cremations

## Every Life Has A Story... Remember

• We offer a 10% discount to seniors who mention this ad

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## *Manzanar* submitted by Betty Johnson

**1929 was not the best of years.** The whole country was in a deep depression and the poor souls who lived on the dust bowl prairies packed up and headed for the far west. All of southern California was growing rapidly. Mr. Mulholland had been buying up water rights wherever he found them and the Owens Valley was his Eureka. Los Angeles was thirsty. My dad found employment with Los Angeles county and was sent to Manzanar. We were there 4 years. I was 5 when we arrived and remember those years among the happiest of my childhood.

The town was small and getting smaller. There had once been two schools but when we arrived there was only one school for grades kindergarten to twelve. The schoolhouse actually had two rooms but one was empty and we would play games or roller skate there. My mother was our teacher. My classes ended before her day was done, so I would amble home enjoying the scenery and play with friends. One day a man stopped me to ask where someone lived and I knew just what to do. Having been taught the stranger danger lesson, I started screaming, "a man's trying to steal me, a man's trying to steal me!" as my little legs churned toward the school house. Of course, the man was a friend of my dad's, but I was traumatized, so mom put her class on the honor system and drove me home. It would be interesting to know how that worked out.

In the spring, my friends and I would watch as the horse drawn wagons went up and down the rows spraying the orchards. There were cherries, apricots, pears peaches, nectarines and many famous varieties of apples. Our home was surrounded by the orchards and at blossom time the perfume was intoxicating.

In the fall the pickers arrived, then the packers who graded, boxed and shipped. It was exciting

to have so many new people around. They came from everywhere, most were desperate for a job, but they left again before we knew them well.

Behind us, reaching over 14 thousand feet, was the second tallest mountain in the Sierras. Mt. Williams let us dream of heights to reach and we hiked and rode our horses toward her in a futile effort to scale her. She had streams rolling down toward us where we could float little pieces of wood and pretend they were boats and see whose got entangled beyond retrieval first. The elk and the deer called her home in the summer and came down in the fall to overwinter and eat as much fruit as they could hold.

Shepherds came through with their flocks. We could hear the tinkle of bells as they slowly ate their way past. One day while playing, my friend Lamoine and I heard the sound of the bells, like enticing sirens calling, and we followed the sheep, their herder, and the dogs on their way. We followed for about a mile before our parents found us. We were in deep trouble! Mom said I had walked so far, she supposed I must be very tired, so maybe I should go right up to bed without dinner. Gazing out of my bed room window, feeling sorry for myself, I could see Lamoine playing. "What happened"? "I got a spanking". "Mom," I called, "can I have a spanking so I can go out and play"?

Los Angeles grew more and more thirsty and started using the water rights from the ranchers. It was a move that boarded on criminal and is very well chronicled. The result was the water was increasingly sent south. Owens Lake went dry and as the trees died of thirst, the ranchers lost everything. The desert had reclaimed itself and there it sat until 1942 when it was used, infamously, by the Federal Government as a Japanese interment camp. Today there is a museum in Manzanar you may visit for their history.



## VOLUNTEER TO MAKE A DIFFERENCE!

### Senior Center Volunteers Needed For:

- **GALLEY** - Prepare drinks, aid other volunteers throughout lunch service. Positions available on Mondays, Tuesdays and Thursdays from 9 a.m. to 1 p.m.
  - **COFFEE CART** - Serve drinks to our seniors during lunch. Positions available Mon-Fri from 10:45 a.m. to 12:30 p.m.
  - **BUSSER** - Clean up during and after lunchtime. Positions available Monday-Friday from 10:45 a.m. to 1 p.m.
- See Tiffany Roberts, Activity & Volunteer Coordinator for Scheduling  
(775) 883-0703 or TRoberts@carson.org

### FITZHENRY'S FUNERAL HOME AND CREMATORY

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Carson City, Nevada 89701  
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Location Manager

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*Your House Full of Friends™*



**THANK YOU** to all of the donors of the 7 gift baskets which raised \$548 for Meals on Wheels!

Gift baskets were generously donated from the Friday Bunco, Thursday Bingo, Hidden Treasures Gift Shop and two private donors. Special thank you to Advisory Council members Marie Borgo and Diane Maguire for organizing and running the fundraiser!



**Ormsby**

**Post-Acute Rehab**

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Carson City, NV 89703

775.841.4646

**[www.ormsbyrehab.com](http://www.ormsbyrehab.com)**

*Our Mission ...* The mission of Ormsby Post-Acute Rehab is to assist each resident in reaching his or her desired potential. That's our *Commitment to Caring*

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## THRIFT STORE SALES

### SPECIALS FOR JANUARY

Tuesday | Crafts 50% OFF

Wednesday | Senior Day 50% OFF

Thursday | Kitchen items 50% OFF

Friday | Boutique 50% OFF

Saturday | Everything in store 50% OFF  
incl. Boutique & furniture (*Books not included*)

Paperback Book Sale - \$5.00/bag

**NEW MANAGER! JAMES PAINTER**  
**(775) 301-6676**

**NEW 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!***



**New Year ...  
New Dates...  
LONGER  
PROGRAM!**

TRIAD will be on the **3rd Tuesdays** of **each odd month** starting at **Noon** in the Nevada Room. Presentations will be 45-60 minutes long and provide more depth on each topic. Refreshments will be served too!

## 2019 SCHEDULE

**January 15, 2019 • Noon to 1 p.m.**

Myths & Facts of Hospice  
presented by Infinity Hospice

**March 19, 2019 • Noon to 1 p.m.**

Wildland Fire presented by the  
Carson City Fire Department

**May 21, 2019 • Noon to 1 p.m.**

Ducks in a Row  
presented by Lora Myles, RSVP

**July 16, 2019 • Noon to 1 p.m.**

Grab & Go Emergency Preparedness  
presented by the Red Cross

**September 17, 2019**

To be scheduled

**November 19, 2019**

To be scheduled

## VOLUNTEER NEEDED TO ASSIST DURING TAX SEASON

Do you love meeting new people? AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesday from February 4 through April 10 in 2019. We need a Client Facilitator to assist by welcoming taxpayers, help organize their paperwork and manage the overall flow of service. Client Facilitators normally work from 11:30 a.m. to 3:30 p.m. We provide training and support. Our volunteers learn new skills, and get a great feeling from helping others.

If you're interested or have questions, please call **Pat Eckman at (775)782-3176**, or send an email to: **pateckman@aol.com** with your contact information.

## The Notice Board

The Senior Center will be **CLOSED** on Monday, January 21, 2019 in observance of Martin Luther King Jr. Day

### **WINTER WEATHER AHEAD**

Cold weather is near 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 lot. 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 voice mail 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.**



**Dance with Live Music**  
at the Carson City Senior Center

Kick up your dancing shoes  
and enjoy the live music of

***Don & Nadine***

**Friday, January 4, 6 to 9 p.m.**

**Doors open at 5:45 p.m.**

**Admission is \$5.00/person**

*Open to all ages*

Light refreshments served  
included with admission.

**Dances occur the 1st Friday  
of January, April, July &  
September!**

**(775) 883-0703**

## **COMPUTER LAB SCHEDULE**

**Patricia Eckman, AARP Foundation, Tax Aide Local Coordinator**

The computer lab will be closed to the public Mondays & Wednesdays from 11:30 a.m. to 4 p.m., beginning Monday, February 4 and continuing through Wednesday, April 10, 2019. During this period, AARP Foundation Tax-Aide Volunteers will use the lab to conduct free tax preparation and counseling to the public.

All Seniors and taxpayers with low to middle income may use these services. Please make an appointment beginning January 14, 2019 at 775-883-0703.

For more information, see the article "Free Tax Return Preparation" on page 5 of this issue.



# BUNCO

## Come One Come All

If you're wanting to have some laughs, make new friends, and play a great dice game... Come join us!

**Fridays at 1 p.m.**

**Nevada Room**

**Only \$3!**

If you've never played Bunco, we'd love to have you come at 12:45 and we'll show you what an easy game it is!

**See you soon!**

-Darlene Mann, Joanne Avery,  
and Our Special Bunco Friends

## NEED SOMETHING NOTARIZED?

Come visit our notary, Joy Masepoli!

**When: Tuesdays 9 a.m. to 12 p.m.**

**Where: The Zephyr Room  
inside The Carson Senior Center**

## *Memoir Writers Seminar* **Spring Session 2019**

**Wednesdays**

**February 6 to May 15**

**9:30 to 11 a.m.**

**in the Tahoe Room**

***Sign up with the  
Senior Center Receptionist***

This informal seminar is designed for senior citizens who wish to write their memoirs. Writers use a first person narrative format in drafting episodes [personal experience stories] arranged in chronological order. Using black ink, they double-space episodes in spiral-bound college-ruled writing journals. The process leaves space for editing, and it makes drafted episodes easy to read.

The working draft audience is limited to seminar writers; the final draft audience is limited to relatives & friends. Charlie McGranaghan, a retired writing instructor, is the seminar guide. He provides materials including black pens and writing journals.

★ **NO FEE** ★

## *Dance Classes*

***Aprender a bailar***

**Join us every  
Monday at 1:30 p.m.  
in the Nevada Room**

***Learn to dance  
like the Stars!***

Rumba, Cha Cha, Swing,  
Tango, Waltz, Night Club  
Two Step, Salsa, Merengue,  
Cumbia and many other  
Ballroom and Latin Dances

**only \$5.00 per class**

We have lots dance space!  
Come out and have  
a lot of fun while you learn.

I would like to subscribe to the "Senior Sentinel" for one year.  
My check in the amount of \$15.00 is enclosed.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

**Our Facts: Congregate Dining (on-site): 41,413 meals served  
Meals on Wheels: 83,272 meals delivered \*10.01.17 – 8.31.18**

### **DISCLAIMER**

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

### **SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869

9 a.m. to 4 p.m., Mon-Fri

Lunch is served between  
11 a.m. to 12:30 p.m. Mon-Fri  
Suggested donation:  
60 & older - \$2.25

### **Hidden Treasures Gift Shop**

10 a.m. to 3 p.m., Mon-Fri

### **Thrift Store**

10 a.m. - 5:30 p.m., Tues-Sat

*Newsletter Submissions:*

Send by the 10th to troberts@carson.org

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