

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Sneak Peeks

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FREE HELP for Tax Return Preparation

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How **WINTER** Affects Eating Habits

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Did You Know? **Clean Hands** Save Lives

pg 10

Join us for **Holiday Bingo** January 20

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Free Radon Class, CBD Instruction, Bible Study, Dances & More!

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



Bunco 2019 Christmas Luncheon

VOLUNTEER NEEDED TO ASSIST AT THE SENIOR CENTER 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 Wednesdays from February 3 through April 13**. 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 11:30am to 3:30pm. We will provide training and support. Our volunteers learn new skills while joyfully helping others.

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



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Brett M. Weeks, Aud
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Mark Weeks, MCD
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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

ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with **Heidi Slater**, Rural Outreach and Education Associate, first Wednesday or with **AnaKaren Lamas**, Latino Outreach Associate, on the second Wednesday, 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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fax (775) 882-5015

FROM THE EXECUTIVE DIRECTOR - Courtney Warner

As we start a New Year, we want to thank all who support the Carson City Senior Center. Pictures speak louder than words and better express our appreciation, admiration and gratitude to those who are our rocks – those volunteering time, sharing their talents, making charitable gifts and contributions are our champions, cheerleading us on to success! It takes an army to accomplish

our mission and we are incredibly honored and thankful you are on this journey with us. These photos are from recent events and show just some of the individuals and groups helping the Carson City Senior Center be an amazing place. We were unable to capture every event and volunteer, so thank you to those not pictured here who help us year-round; we appreciate all of you!



Thank you to our dedicated donors who gifted over 500 individually wrapped items (even a few mattresses) to our Carson City homebound and low-income seniors.



Carson Victory Rollers donated cash and over 175 pounds of goods to our food pantry at their recent scrimmage.



Volunteers from the Sierra Nevada Kiwanis Club beautifully wrapped their gifts that are donated to homebound seniors in need.



Our Meals on Wheels Drivers were gifted decorative pumpkins from a senior who knows how challenging and essential their job is. In the rain, snow, ice, cold and heat – they will deliver!



Renate Daniels presenting before Medicare open enrollment. Our SHIP Volunteers tirelessly helped many enroll in the best Medicare plan.



DECEMBER BIRTHDAYS

Queen

**DONNA
M'CLELLAND**
81 years young



King

**NORMAN
ANGELL**
82 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.

\$99
+\$5 for Carson City Pick-Up

JAN 27: FOR THE LOVE OF CHOCOLATE
Do you like chocolate? Then you will love Chocolate Infusion! Held in our favorite little town of Nevada City, the town comes alive with Jazz, Wine and Chocolate.

\$499
Double Occupancy

FEB 21: SNOW TRAIN ADVENTURE
It's time for our annual snow train trip. there is no better way to experience a beautiful landscape than from your own comfortable seat on a train.

\$89
+\$5 for Carson City Pick-Up

FEB 29: TEDDY BEAR & DOLL SHOW
Do you collect dolls, teddy bears and all things associated with it? Even if you don't, let's go check it out together on this fun day tour to Roseville, CA.

\$1999
\$300 Deposit

MAY 10: SAN JUAN ISLANDS
Enjoy pristine waters, view Orca Whales and experience two nights in the lovely town of Friday Harbor on our four-day Explorer Cruise.



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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:

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- 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



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the game every Wednesday
from 8am - 8pm**

Enjoy a FREE Slot Tournament

**Earn 50 points on your
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FREE Meal at the Grille**



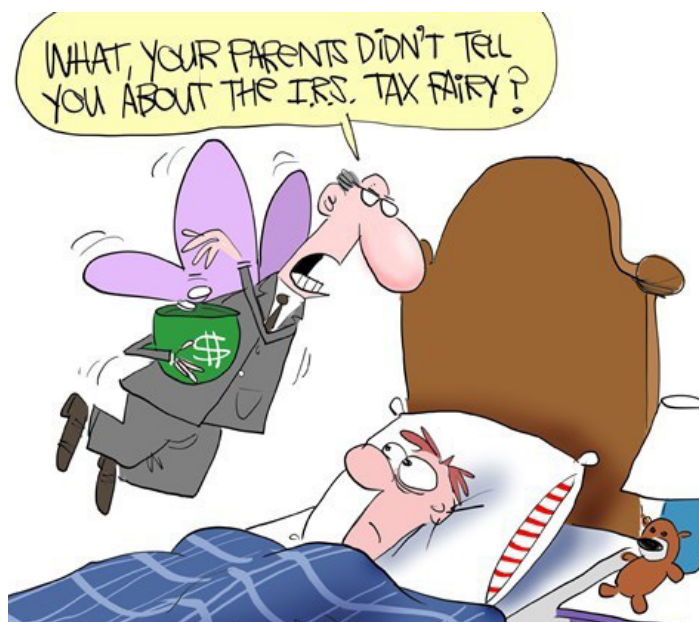
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FREE TAX RETURN PREPARATION

*by Patricia Eckman, AARP Tax Aide
Local Coordinator*

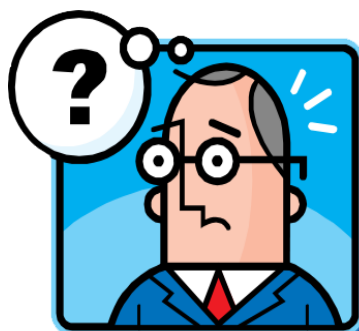
In 2020, the AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center at NO FEE to the taxpayer. Trained and certified volunteer tax preparers will conduct this FREE service on **Mondays and Wednesdays beginning Monday, February 3 through Monday, April 13**. The hours of service will be from **Noon to 4:00 PM** 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 13 by calling the receptionist at 775-883-0703 between 9am - 2pm.

Computer Lab Schedule

The computer lab will be closed to the public on Mondays and Wednesdays from 11:30am through 4:00pm starting Monday, February 3 and continuing through Monday, April 13. 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 by calling the receptionist at 775-883-0703 to make an appointment beginning Monday, January 13. For more information, please see the article to the right of this one entitled "Free Tax Return Preparation".



Barry's Trivia Question of the Month JANUARY

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Who is Dick Grayson?

LAST MONTH'S QUESTION AND ANSWER

Q: What is The Lone Ranger's name?

A: John Reid. Britt Reid, who is the Green Hornet, is the Great Grand Nephew of the Lone Ranger.

How Winter Affects Our Eating

Why You Are Hungrier & What to Eat

by Annie Hauser

Cooler temps, fewer daylight hours, and more time spent inside can all have a significant effect on when, how much, and even what we're hungry for. It may be part of our biology thanks to the winter months triggering biological changes that make us more inclined to eat more, and more energy-dense (read: higher-calorie) food.

Food-focused holidays and spending more hours at home can contribute to different eating patterns, too.

But just because we're more likely to get cravings for mugs of hot chocolate and bottomless bowls of chili or cheesy pasta from late fall to spring doesn't mean we necessarily need all those extra calories.

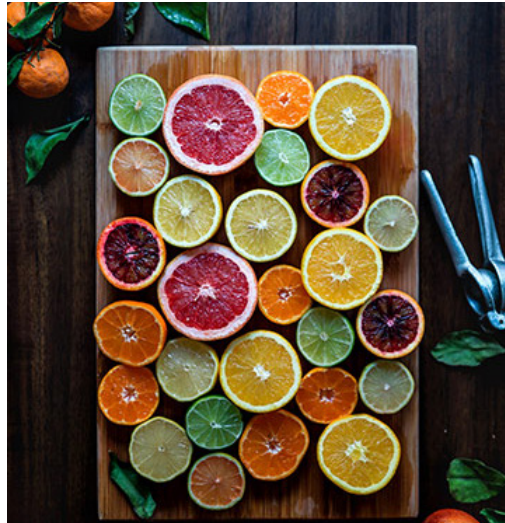
Here's what Laura Cipullo, RD, author of *The Body Clock Diet*, says we should know about how winter affects cravings and how to satisfy them with winter foods we actually should eat, so you can feel your best all winter long.

Winter Makes You Hungrier

Some researchers suspect cool weather may trigger us to want to fatten up to survive tough conditions the way some animals do. One study found that participants consumed an average of 86 more calories per day in fall compared with spring, and they ate more fatty foods in winter months.

One review found seasonal changes affected hormones related to hunger and appetite (glucocorticoids, ghrelin, and leptin) in animals and people.

Fewer daylight hours affect food cravings, too. Sunlight triggers the release of the hormone serotonin, a neurotransmitter that has been shown



Just because it's winter doesn't mean you can't eat fresh, nutrient-rich foods.

to boost your mood significantly. Carbohydrate intake (thanks to the insulin that gets released as a result) increases serotonin levels, so some may crave carbohydrates to improve mood, particularly those with seasonal depression who have lower serotonin levels from less exposure to sunlight.

Craving Comfort Food in Winter

Just because we're more likely to crave chocolate cake, croissants, and cheese in winter months doesn't mean we should indulge those cravings with reckless abandon. Those cravings are "hedonistic hunger," says Cipullo. And while you can indulge in moderation she adds, "choose to satisfy your appetite in healthier ways, too."

A lot of wintertime overeating may be a result of opportunity and mindset more than pure physiology. Cool weather ushers in food-centric occasions, from Halloween to Thanksgiving to the Super Bowl, each packed with opportunities to overindulge.

Also, we're more likely to eat more while spending more time at home. "When it gets dark earlier, you tend to stay home more. And early evening is a vulnerable time for a lot of people," says Ellie Krieger, RD. "People tend to mindlessly snack then. That window is bigger in the winter."

You're also less likely to eat fresh veggies simply because there are fewer options in colder months. And what is available tends to be heavier fare, like starchy root veggies.

We tend to be less active and less hydrated in winter. Dehydration can mistaken for hunger, says Lisa R. Young, PhD, RD. She recommends hot beverages, like tea or even just water with lemon, which will warm you up and keep you feeling full. Plus, researchers at Yale discovered things that are physically warm, such as a hot shower or a warm drink, help people feel happier and less lonely.

Winter Foods You Should Eat

"To satisfy both your body and mind, seek out comfort foods that fill and warm you up, make you feel good, but are also good for you," says Krieger. There are actually a lot of them:

SOUP It's a great way to get more fibrous vegetables into your winter diet, since you can toss anything into a soup pot — greens, beans, lentils, whole grains, and veggies that might otherwise rot away in your crisper drawer. Add a lean protein, like chicken or shrimp, and you're set. It's dinner in a pinch, or it can even be a snack. Just to be sure to choose a broth-based soup over a cream-based one to save on unhealthy fats and calories.

CITRUS FRUIT While most fresh fruit is in short supply, winter is the time for citrus to shine. Keep some mandarin oranges to snack on, and make a great salad with some citrus and winter greens, like Swiss chard, chicory or kale.

BROCCOLI, BRUSSELS SPROUTS, & CAULIFLOWER: A fresh find in winter is cruciferous vegetables, like broccoli, cauliflower, and Brussels sprouts. “They are incredibly good for you, and great for roasting,” says Krieger. “Toss them with a olive oil, salt and pepper and stick them in the oven until they start to get brown.”

SALMON A nutrient experts agree is vital in winter is vitamin D. The limited daylight hours and less time spent outdoors means most of us aren’t absorbing as much from the sun as we do in warmer weather, and vitamin D has been shown to play a crucial role in maintaining mood. Your top dietary sources are fatty fish, like salmon — which also happen to be rich in omega-3 fatty acids, another mood booster — and fortified dairy products.

If you’re going to give in to a craving — and most experts agree you occasionally should give in — watch your portions and, whenever you can, make healthful swaps. If you’re dying for a bowl of pasta and cheese, for instance, switch out regular enriched pasta for a whole-grain option and add lean protein to the mix, along with a few vegetables for vitamins and fiber.

If it’s dessert you want, go for a steaming mug of hot dark chocolate, which has been shown to help reduce risk of heart disease, raise levels of healthy cholesterol, and be a mood booster. As Krieger puts it, “Now that’s good for you feel-good food.”

<https://www.everydayhealth.com/diet-nutrition/why-do-we-eat-more-in-winter.aspx>



Clean Hands Save Lives

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

Use Hand Sanitizer When You Can’t Use Soap and Water

Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How To Use Hand Sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

THE SENIOR CENTER WILL BE
CLOSED
WEDNESDAY, JANUARY 1
AND
MONDAY, JANUARY 20

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.

In the mood to curl up with a good book?

Our lending library has an overabundance of books by some popular authors.

Swing on by and grab a book.

Mary Higgins Clark (19)
 Tom Clancy (29)
 Ralph Compton (8)
 Catherine Coulter (13)
 Heather Graham (11)
 John Grisham (12)
 William Johnstone (15)
 Debbie McComber (17)
 Fern Michaels (11)
 James Patterson (17)
 Nora Roberts (16)



HOLIDAY BINGO
Monday
January 20, 2020

\$10 - 10 Games • \$1 Bonanza
\$1 Double Action • \$1 Fun Tab
All plays are 50/50 split

Doors open at 10am
Bingo Starts at Noon

\$2 - Pulled Pork Sandwiches

The Carson City Senior Center
911 Beverly Drive
Carson City, NV 89706



Thank you
to the Sierra
Nevada
Kiwanis Club
for decorating
the Senior
Center for
Christmas.
Wreaths were
hung, many
trees were
adorned and
the building
has never
looked so
festive!



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Christie Wilde
Location Manager

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**THRIFT STORE SALES
SPECIALS FOR JANUARY**

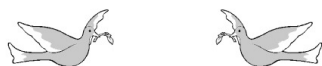
Tuesday | Crafts 50% OFF
Wednesday | Senior Day 50% OFF
Thursday | Kitchen Items 50% OFF
Friday | Boutique 50% OFF
Saturday | 50% OFF entire store

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!



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Now Leasing 1 & 2 Bedrooms

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- Private Locking Storage
- Vinyl/Carpet
- Window Coverings
- Water/Trash Service Included

Community Amenities

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



We are a Somerset Pacific LLC Managed Property



THE CAT HERDER

Do you have a talent you dream of sharing with an audience? Toni VanCleave, Senior Follies Director, nicknamed The Cat Herder by an enthusiastic cast and crew, will be the first to encourage you to transform your dreams into reality through the 2020 Senior Follies.

Even though the performance weekend is in July, continuing players have already met to discuss next year's theme, which will be "Comedy Through the Ages." Look for open auditions in late February or early March.

If you are not interested in performing or filling a crew opening, you can still participate by volunteering for a front-of-the-house role or by purchasing tickets. An added bonus is that Follies proceeds benefit Meals on Wheels.



Even though her ancestors were in America 300 years, Toni was the first born west of the Mississippi River. She grew up in Dayton, and at that time, there were only about 150 people living in the valley.

With minimal television signals and spotty radio reception, Toni and her five brothers relied on their active imaginations, creating elaborate scenarios to stay occupied. Comprising much of a team in the same household, they also played a lot of sports!

With several generations of performers in her family tree, Toni comes by her love of the stage naturally. She has loved dancing since grade school, took drama classes in high school and sang with her brothers' bands growing up.

*Are you interested
in joining our
volunteer corps?
Please contact
Pam Ray, Activities and
Volunteer Coordinator,
at 883-0703 or
PRay@carson.org.*

Toni is also a living historian and Vice Commander of the Nevada Civil War Volunteers.

Toni was one of the creators and organizers of Let's Dance Carson City 2007 & 2008, a local version of Dancing with the Stars. It was dancing that led Toni to the Senior Follies when in 2009 director Norma Conway, a Let's Dance celebrity contestant, recruited her to dance and to perform as part of a singing group. Later she sang solos in the Follies, but her big move was into the assistant director role under Carla Wilson. 2014 was Toni's first year as Follies director when Carla retired. Toni moved away briefly in 2015, and when she returned the next year, the Follies drew her right back in, first as a performer, then again as director in 2018, 2019 and soon in 2020.

SIGNS OF THE TIMES

By Darline Harper

I once said as a kid every June I brought home a communicable disease from school but that's not exactly a true statement. Fact is, in the second grade I brought home the measles in October.

I felt ill and my mum called the doctor, who arrived with his black bag, took a quick look at me and my chest, shook his head and left.

Before long, a man came to the front door carrying a hammer and a big sign. He tacked the sign on the house and left. The sign said "Quarantine - Measles". We were going to stay quarantined for two weeks and Halloween was in one week. Mum had already bought me a really ugly mask and I had my sack and was SO ready to go out in the cold and holler "Halloween Apples" with the other kids. Some neighbors had started to give out candy which we thought was a jip but we were a couple of years into the depression and people couldn't afford the usual apples.

By the 31st I was up and Dad had me put on my mask and stick my head out the door to scare the kids as he opened the door and pointed to that big sign and watch them scramble down the front steps. I was not anywhere near as scary as that sign.

There were three types of measles, the red, black and German. They all have fancy names now and have lost their signs. I don't know in what order I brought them home but we had the man with the signs hammer a "Measles" sign three times onto our house.

The year I brought home the chicken pox it was in June. Again the doctor came with his black bag, took a look at me, said a few words to my mum and left. the Sign Man with his hammer tacked a Chicken Pox Quarantine sign in place and left.

When one of us was sick, Dad put a Winnipeg couch up in the dining room so Mum wouldn't have to run up and down stairs to care for us. Three days later my brother came down with the Mumps. Doctor called, man with hammer came, and Mumps sign next to Measles on house.

Now mum had to run up and down with my little sister at her heels. To keep me occupied she suggested I knit a new hot water bottle cover and I would have it finished just in time to use it when I got the Mumps. Two days later Vera's throat was sore and all three of us were sick. They moved me into Dad's easy chair and Jack and Vera lay end-to-end on the Winnipeg couch. I got the

Mumps as Mum predicted. Jack and Vera never got the chicken pox that year but Vera got them later without any help from me. The front porch was beginning to look like a well-used dart board.

Except for Whooping Cough, I had experienced most of the common school sicknesses so we didn't see the Sign Man walk up our path again until I was twelve. That June I got sick and the doctor with his black bag came to see me and this time he opened it. After poking and prodding me all over he asked mum to bring Vera in and gave her a shot. He said I had Scarlet Fever and left.

I had never felt warm relations toward the Sign Man, but now my feelings were icy indeed. As he tacked this sign I saw it was not a quarantine sign, it was an Isolation sign! So there I was in the middle of summer with a Scarlet Fever Isolation Sign that meant neither I nor anyone could leave the house for four weeks.

I didn't suffer greatly from the Scarlet Fever but I sure suffered from that sign as I watched my friends pass my house on their way to summer fun. Eventually the sign was taken down and I think the man and his hammer must have retired because I never saw another sign again.

The Notice Board

HEALTH BENEFITS OF CBD

Thursday, January 9

11:30 am

Zephyr Room

**Learn about the different
health benefits of CBD**

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

FREE RADON EDUCATION PROGRAM

**Tuesday, January 14
at 6:30pm**

**Carson City Senior Center
Dining Room**

The Nevada Radon Education Program (NREP), supported by the EPA and Nevada Division of Public and Behavioral Health, was instituted in 2007 to educate the citizens of Nevada about the radon health risk. University of Nevada Cooperative Extension (UNCE) offers literature, educational programs and radon test kits in many county Extension offices.

BIBLE STUDY

Starts Thursday, January 9

1pm -2pm

Carson Room



***Want to learn
to crochet?***

Need help with a crochet project?

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

Every Tuesday

10-11am

\$1.00 per class

*Instructor: Pat Wright
patandbobwright@yahoo.com*

**Do you love to go over the top
for parties and celebrations?**

WE NEED YOU!

Calling all decorators, party planners and people that like to plan events. Sign up to volunteer for our special events crew.

You'll be helping plan events, holiday parties, decorations and more to bring festive flair to the Senior Center. See Pam Ray, Volunteer Coordinator to sign up! 883-0703 or pray@carson.org

The Notice Board

Dance with Live Music with the Grumpy Old Men!

January 3, 2020 • 7:00pm-9:00pm • Tickets \$10

Participants encouraged to bring a store-purchased snack to share.

NEW 2020 SCHEDULE – MORE DANCES!

1st Friday of each month, Grumpy Old Men, 6:30-9pm, \$10 admission

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

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

BLOOD PRESSURE CLINIC

Every Wednesday

11-12pm

Carson Room

**Sponsored by Eden
Home Health & Hospice**



Dance with Live Music with Don & Nadine!

January 10, 2020 • 6:00pm-9:00pm • Tickets \$5

Participants encouraged to bring a store-purchased snack to share.

NEW 2020 SCHEDULE ::: MORE DANCES

1st Friday of each month, Grumpy Old Men, 6:30-9pm, \$10 admission

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



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.

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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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