

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Sneak Peeks

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KEEP YOUR 2020 GOALS with these four "mental performance" tips

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How to maintain a **HEALTHY WEIGHT** for overall health & well-being

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Meet Volunteer **CHUCK ANTHONY**

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FREE 2020 Tax Return Prep & Advice



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*Recipe: Romantic Chicken Parmesan for Two,
Bible Study Schedule changes, Holiday Bingo,
Crocheting, Dancing, Bunco & Blood Pressure Clinic*

SPECIAL INSERT - Calendar of Events



911 Beverly Drive
Carson City, Nevada 89706
775-883-0703 • fax 775-883-2869
SeniorCenterNewsletter@carson.org
9 a.m. to 4 p.m.
Monday through Friday
www.carsoncityseniorcenter.org
f / carsonseniorcenter

From the Desk of the EXECUTIVE DIRECTOR

Till now, we've had a relatively mild winter (now that I say these words, watch winter show me who is boss). When we do have weather, make sure you take the right precautions to keep yourself safe.

ICY PARKING LOTS

- Drive slow!
- Consider arriving later than usual to give snow time to melt.
- Beware of black ice and shaded slippery spots. When exiting your car, go slow and test the ground to see if it is slippery before you get out.

ENTERING THE BUILDING

- Stomp off excess snow and water outside before entering the building.
- Use caution at entrances for melted snow or drips of water on the ground.

SPEAK UP

- If you see a hazardous area, inform staff right away.

At the Senior Center, the courtyard is very slippery during weather; please avoid this area and use the main entrances/exits. Keep the main Center phone number handy (775-883-0703); if we need to close, we will leave a recording on the voicemail letting you know. Stay safe and warm! Fingers crossed, warmer weather is near.



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Hearing Aids & Audiology

Brett M. Weeks, Aud
 Doctor of Audiology

Mark Weeks, MCD
 CCC Audiologist

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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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JANUARY BIRTHDAYS

Queen

**DONNA
SIMPSON**

85 years young



King

**JACK
COONEY**

74 years young



Tips for Online Dating Over 50

Life doesn't end at 50, so there's no reason you shouldn't put yourself back in the dating game. Sure, it can be daunting and doing it online can seem scary. But thousands of people over 50 have ventured into this arena, and you can too. If you can email or use Facebook, you can navigate online dating. Here are five tips to consider:

1. Choose the Right Dating Site

Start by deciding what you want. There are sites devoted to everything from hobby-specific meetups to casual dates. Look for what fits your needs. You may also consider a site geared specifically toward online dating over 50.

2. Start Off on an Honest Foot

Everyone wants to look their best in a dating profile, but be sure to use a current photo and be honest in your profile description.

3. Have Realistic Expectations

No matter what a person posts for public display, if he or she is in your age range, there is likely to be evidence of that age. Hair loss, graying and perhaps a few extra pounds may be in the mix. Don't expect perfection from yourself, or from your date.

4. Leave Your Baggage at the Door

Daters over 50 have a history of experiences that younger people don't. You may have lost a spouse through divorce or death. You may have health concerns. Don't let the less than shiny aspects of your life come out during your first contact with a new person. Try to stay positive and controlled, and keep conversation light.

5. Meet Safely and Simply

Take basic precautions for meeting someone new. Meet in a neutral place that is familiar. Tell a friend, relative or someone you trust the basics about the date. Coffee is great for a first date, as it allows space for comfortable conversation without the commitment of a full evening's activities. After your date, be sure to follow up with a "thank you" text or email.

If you would like to add a little fun and romance in your life, try embracing the process of online dating, and enjoy the journey!

For the full article and more online dating advice, visit www.after55.com/blog/online-dating-over-50-tips/

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.





Successful goals rely on mental performance

By Ryan Carr, the Performance Supervisor for Barton Health, and Certified Mental Performance Consultant through the Association for Applied Sport Psychology.

To learn more about performance training and services through Barton Health, visit: bartonperformance.com

Setting goals is crucial to creating the life you love, having a sense of fulfillment, and being happy.

With a new year and new decade upon us, now is a great time to chart a course to accomplish what is most important to you and set personal, professional and health-related goals.

There are different aspects of setting goals, all of which depend on mental performance and addressing the psychological components of what you want to accomplish, and why, to be successful.

Grab a piece of paper and get ready to break down those New Year resolutions into attainable goals that keep you accountable and mentally focused.

OUTCOME GOALS

How was this past year for you in regards to your personal and professional life, as well as your health? Write down one thing in each category you did well, one thing you have an opportunity to improve upon, and one thing you were grateful for.

Now that you have your positive energy going, let's set Outcome Goals for the year ahead. Outcome Goals are something you want to achieve this year.

Go ahead and reach for something that will challenge you, but not something that is not totally

unrealistic. Outcome Goals can be for your personal life, professional life, and your overall health.

A critical part of determining successful Outcome Goals is identifying why they are important to you. Make sure the reason speaks to you and is something worth working towards.

PROCESS GOALS

Next, write down what needs to happen for each Outcome Goal to be successful. These aspects are called Process Goals, and are things you have control over. For example, if your Outcome Goal is to lose 10 pounds, your Process Goals would help you get there.

Committing to exercising outdoors two times per week for at least 60 minutes is a Process Goal. Try to have at least two Process Goals for each Outcome Goal. In this case, planning to eat at least five servings of fruits and vegetables per day, or going to the gym twice each week for strength and cardio workouts are other Process Goals to help arrive at the desired outcome.

Process Goals are where the fun lives. In the example above, if you are only focusing on losing 10 pounds, you won't be happy until you get there. However, focusing on the journey allows you to celebrate all the small victories along the way such as getting your workouts in and eating healthy.

OVERCOMING BARRIERS

The next part of successful goal setting is identifying the challenges that you may encounter along the way such as time, money, other people's priorities, and so on. By identifying hurdles, you won't be surprised when they come up and you can formulate a game plan to work around them.

Equally important is creating a support system who will help you achieve goals. Think about who can assist you along the way. Select people for your support team who will give you a pat on the back when needed but also help you if you happen to get off-track.

KEEP YOUR MENTAL FOCUS

Stay on-track and measure these goals by reflecting daily, weekly and monthly on your progress. Set a time in your day, week and month that you look back at your goals and check in with yourself.

Put your Outcome and Process goals somewhere that you can see them often such as your bathroom mirror, on your desk, next to your bed, or on the refrigerator.

Most importantly, make sure you enjoy the process of working towards your goals and have fun along the journey.

<https://www.tahoedailytribune.com/south-shore/healthy-tahoe-successful-goals-rely-on-mental-performance/>

Maintaining a Healthy Weight

Maintaining a healthy weight is important for overall health and well-being.

As you grow older, if you continue eating the same types and amounts of food but do not become more active, you will probably gain weight. That's because your metabolism (how your body gets energy from food) can slow with age, and your body composition (amount of fat and muscle) may be different from when you were younger.

The energy your body gets from the nutrients in the food you eat is measured as calories. As a rule of thumb, the more calories you eat, the more active you have to be to maintain your weight. Likewise, the reverse is also true—the more active you are, the more calories you need. As you age, your body might need less food for energy, but it still needs the same amount of nutrients.

How Can I Keep a Healthy Weight?

Many things can affect your weight, including genetics, age, gender, lifestyle, family habits and culture, sleep, and even where you live and work. Some of these factors can make it hard to lose weight or keep weight off.

But being active and choosing healthy foods has health benefits for everyone—no matter your age or weight. It's important to choose nutrient-dense foods and be active at least 150 minutes per week. As a rule of thumb:

- To keep your weight the same, you need to burn the same number of calories as you eat and drink.
- To lose weight, burn more calories than you eat and drink.

- To gain weight, burn fewer calories than you eat and drink.

Tips for Maintaining a Healthy Weight

- Limit portion size to control calorie intake.
- Add healthy snacks during the day if you want to gain weight.
- Be as physically active as you can be.
- Talk to your doctor about your weight if you think that you weigh too much or too little.

What Should I Eat to Maintain a Healthy Weight?

Choose foods that have a lot of nutrients but not a lot of calories. NIA has information to help you make healthy food choices and shop for food that's good for you.

How Much Physical Activity Do I Need?

Aim for at least 150 minutes of moderate-intensity aerobic activity each week. You don't have to do that all at once - break it up over the whole week, however you like. If you can't



do this much activity right away, try to be as physically active as you can. Doing something is better than doing nothing at all.

The benefits of exercise aren't just about weight. Regular exercise can make it easier for you to do daily activities, participate in outings, drive, keep up with grandchildren, avoid falls, and stay independent.

TIP: PHYSICAL ACTIVITY

Most older people can be moderately active. But, you might want to talk to your doctor if you aren't used to energetic activity and you want to start a vigorous exercise program or significantly increase your physical activity. You should also check with your doctor if you have health concerns like the following:

- Dizziness
- Shortness of breath
- Chest pain or pressure
- An irregular heartbeat
- Blood clots
- Joint swelling
- A hernia
- Recent hip or back surgery

Your doctor might have some safety tips or suggest certain types of exercise for you.

You don't have to spend a lot of money joining a gym or hiring a personal trainer. Think about the kinds of physical activities that you enjoy, such as walking, running, bicycling, gardening, housecleaning, swimming, or dancing. Try to make time to do what you enjoy on most days of the week. And then increase how long you do it, or add in another fun activity.

www.nia.nih.gov/health/maintaining-healthy-weight

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.





AT YOUR SERVICE

At Healthy Living, we stand united in providing quality care for our patients. We are dedicated to create a healthy, safe, and independent living environment in your home. Wherever you are on your healthcare journey, we are "At Your Service."

What is Home Health Care?

Home Health is skilled nursing care and certain other health care services, such as physical therapy, occupational therapy, or speech language pathology, which you receive in your home for the treatment of an illness or injury. In many cases these services are covered by health insurance.

We take pride in being a Home Health Agency operated by experienced professionals with extensive clinical, healthcare and hospitality backgrounds.

Healthy Living at Home has the following healthcare professionals who will assist you in the next phase of your healing process:

- Licensed Nurses (RN, LPN)
- Physical Therapists
- Occupational Therapists
- Speech Language Pathologists
- Medical Social Workers
- Home Health Aides

For more information call us today: 775-515-4203
or visit www.healthylivingservices.org



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The Costa Rican Incident

Submitted by Darline Harper

Without a doubt, Costa Rica is a perfect spot to vacation. Sit in a beautiful hot mineral spa and watch the volcano Arenal erupt before you, or drift down the Rio Nigra and watch for monkeys, bats, exotic birds and that little creature that walks on water called the Jesus Lizard.. Or maybe snorkel in the morning and plaster yourself and others with warm volcanic mud in the afternoon. There's so much to do and enjoy in this peaceful Central American country. My friends and I, on a small bus tour with a total of 12 tourists, guide and driver, set out from San Jose, the Capital, to do it all. It soon became apparent our guide had planned our days so that it would be hard to add "drama" while in this bit of Eden, but I managed.

In an effort to give us a taste of local life, we were invited to a ranch for a typical Costa Rican lunch. Each one of us was served one half of a chicken dripping in goodness. It was the most delicious chicken I had ever tasted. Encased in calorie-laden goodness, that little chicken seduced me, and my stomach linings were so happy.

We were no more than settled back on the bus, however, when I began to get messages that I should not have eaten so much of that good stuff. Things started rumbling and I suggested to the guide that he stop when it was convenient. "Can you wait thirty minutes?" "Yes." And the bus rolled on. "I really have to stop." "Can you wait fifteen minutes?" "Yes." We continued on with me in my

uncomfortable condition, praying I would not have an embarrassing incident.

Earlier I had asked to have help in purchasing meds that were less expensive here than at home and when we were back on the bus the guide said he would stop at the next town and order them so we could pick them up in a few days on our way back.

"It was only about sixty kilometers ahead. Could I wait?" "Yes". I settled back in my seat, but could not keep from craning my neck around the seat in front of me to glance through the bus windshield, hoping for a sign of a town ahead. Finally the bus stopped in front of a little building with a Farmacia sign attached. The guide stood up, took a step toward the door and said to me "this isn't the place, it is just ahead. I will only be a minute while I give them your prescriptions" and he jumped off the bus. The door of la Farmacia shut behind him about the time I realized I had gone as far as I could and I leapt from the bus. One leap and a couple of bounds and I was inside la Farmacia declaring in a desperate shrill that the need was NOW. Without a word the nice couple behind the counter gestured toward a little door behind their counter and I was so glad to be in that little closet.

Relief. As I attempted to stand I leaned a little too heavily on the wash bowl and detached it from the wall. Water shot to the ceiling from a two inch pipe and no shut off taps anywhere. With no way to stop the flow and now soaked to the skin I straightened myself and faced the pharmacist, his wife, our guide and a couple of customers. They were very gracious and assured me to just leave and they would fix it.

It dawned on me as the guide held the door for me to exit that now I was going to board a bus full of quizzical people so I just stood tall, threw my head back, and from the front of the bus related the whole episode to one and all. I also renamed the little Bano to little Water Closet.

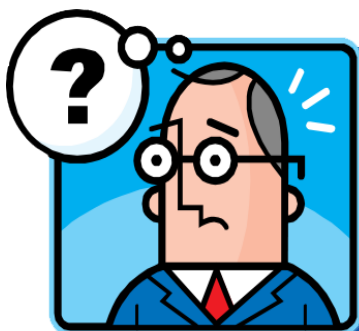
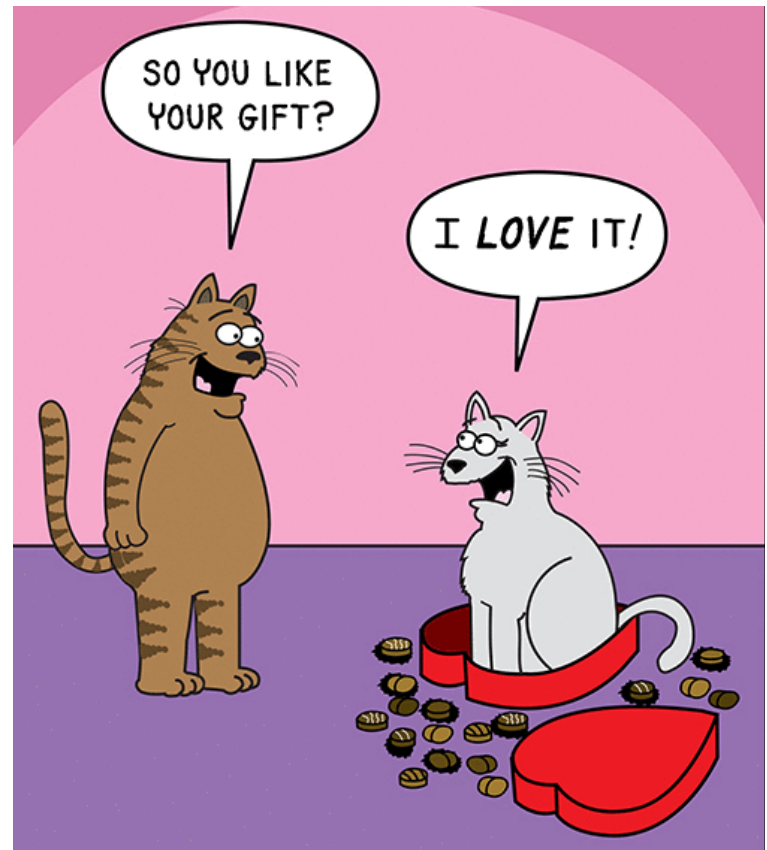


**THE SENIOR CENTER WILL BE
CLOSED
MONDAY
FEBRUARY 17**



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.



Barry's Trivia Question of the Month FEBRUARY

Barry R. Bjorkman
Former Advisory Council Chairman

Q: When the United States of America was formed, which of the thirteen United Colonies chose to become Commonwealths instead of States?

LAST MONTH'S QUESTION AND ANSWER

Q: Who is Dick Grayson?

A: Robin, sidekick of Batman.

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Christie Wilde
Location Manager

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**THRIFT STORE SALES
SPECIALS FOR FEBRUARY**

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

MANAGER - JAMES PAINTER
(775) 301-6676

HOURS: 10 a.m. to 5:30 p.m. • Tues-Sat

Donations needed: small appliances, dish ware, pots, pans and furniture. Please tell friends and family that we are in need of donations and would be happy to pick up the items! All proceeds help to feed our homebound seniors.

FREE PICKUP of donated items!



Autumn
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Community Amenities

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



We are a Somerset Pacific LLC Managed Property



TRAVELING MAN

If you frequent our Center on a Thursday, you most likely have met **Chuck Anthony**, one of our Receptionist volunteers. His life, work, and volunteer experiences come together to make him an exceptional Senior Center volunteer. Even when he is not on duty, he is quick to step up to answer questions and guide folks in the right direction.

Chuck moved to the West from Detroit, Michigan, but he and his four siblings were raised in both the North and the South. His father, who was from New Orleans, was one of 17 children, giving Chuck a lot of material for interesting

family stories. His pride in his family history shines through his many stories. Chuck was always a hard worker. At 12, he carried two paper routes to help his parents with expenses. He worked for GM as a welding fabricator, and his welding experience eventually led him to the military and from the military to security and law enforcement. Through his sharpshooter training, he became a licensed security marksman/sharpshooter, a certification he held in addition to several others.

While Chuck was working as a stevedore on a Detroit Harbor dock, he happened to meet some Hungarians who had jumped ship. They changed the direction of his life by convincing him to travel with them by bus to California, the land of opportunity. Chuck's first job in California was at a Whittier dairy and came by way of the Hungarian Embassy. When his apartment manager introduced him to her three daughters, the youngest of whom he later married, he became anchored to California.

Chuck was married to Shirley for 35 years. Together they raised seven children, including his wife's five

children from a previous marriage. His wife's son Rick was born in 1962. Ten years later on the same date and in the same hospital, Chuck and Shirley's son Brian was born. At one point Chuck worked for HUD, which had its own Federal Police Department. Traveling to where the work was, he found himself living part-time in Las Vegas while his wife stayed in Redondo Beach.

In 1991, when Shirley passed away from cancer, Chuck's life began to fall apart. For eight years he traveled throughout the West in an old Ford van. During this period of homelessness, he volunteered for intake at the Salvation Army in Montebello, California. It was through the Salvation Army in 2001 that he became a certified dog trainer through the Mathew Margolis Enterprises, Inc. course, *The Business of Dog Training*. Eventually, Chuck owned and managed a dog training business.

Among Chuck's many stories is how he came to settle here in Carson City. He avoided moving to both Reno and Vegas because of smog inspections that would most likely have cost him his treasured van!

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. For more information, please see the article to the right of this one entitled "Free Tax Return Preparation".

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.



FREE TAX RETURN PREPARATION

*by Patricia Eckman, AARP Tax Aide
Local Coordinator*

The AARP Tax Aide Foundation will offer **FREE** Tax Return preparation and counseling at the Carson City Senior Center.

Trained and certified volunteer tax preparers will conduct this **NO FEE 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 now by calling the receptionist at 775-883-0703 between 9am - 2pm.

The Notice Board

On Valentine's Day (or any special occasion), it's nice to spend quality time with the love of your life or a great friend. You could go out for dinner and a movie, but sometimes it's much nicer to stay in and cook a fun meal together. Grab an apron and your special someone and give this easy and delicious recipe a try.

Easy Chicken Parmesan for Two

INGREDIENTS

Quick tomato sauce:

1 28-oz. can whole peeled tomatoes, drained
2 tablespoons olive oil • 2 garlic cloves, minced
2 tablespoons chopped fresh basil
1/4 teaspoon sugar • salt and pepper to taste

For the chicken and spaghetti:

1/4 cup all-purpose flour
1 large egg
3/4 cup panko bread crumbs
1/4 cup grated Parmesan cheese
2 8-ounce boneless, skinless chicken breasts, trimmed
salt and pepper, to taste
6 tablespoons vegetable oil
2 ounces whole-milk fresh mozzarella cheese, thinly sliced
1 tablespoon fresh basil leaves
4 ounces uncooked spaghetti



INSTRUCTIONS

First, make the sauce: pulse the tomatoes in a food processor until coarsely ground, 6-8 pulses. Sauté the garlic in the 2 tablespoons of oil in a medium skillet until fragrant but not burned, about 2 minutes over medium heat. Stir in tomatoes, bring to a simmer. Simmer for 10-15 minutes. Off heat, stir in the basil, sugar, salt and pepper to taste. Cover to keep warm.

For the chicken and spaghetti: adjust an oven rack to be 4 inches from the broiling element. Turn the broiler to high.

Spread the flour in a shallow dish. Beat the egg in a second shallow dish. Combine the bread crumbs and Parmesan in a third shallow dish. Pat the chicken dry with paper towels, then season with salt and pepper. Dredge each chicken breast in the flour, then egg, then bread crumbs.

Heat the oil in a 10" large skillet over medium-high heat until the oil shimmers. Gently lay the chicken in the oil, and cook until golden brown on each side and the chicken registers 160 degrees (about 4-6 minutes per side). Place the chicken on a baking sheet. Divide the cheese over the chicken, and broil until the cheese melts. Cook the pasta in ample boiling and salted water; drain and toss in the tomato sauce. Divide on two plates; top each portion with a chicken breast. Garnish with extra basil or some parsley and additional Parmesan if desired.



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

BIBLE STUDY

Now Fridays at 1pm -2pm

1st Friday: Zephyr Room

Remaining Fridays:

Carson Room



HOLIDAY BINGO

Monday, February 17, 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 – Sloppy Joes with Chips

At The Carson City Senior Center

911 Beverly Dr, Carson City, NV 89706

The Notice Board

Dance with Live Music with the Grumpy Old Men!

February 7, 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!

February 14, 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

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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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