

The SENIOR SENTINEL



CARSON CITY
SENIOR CENTER



● ● ● ● ●
● M A R C H ●
● F O R ●
● M E A L S ●
● ● ● ● ● WITH
MEALS  WHEELS™

Sneak Peeks

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DON'T FALL VICTIM! Avoid these
National Frauds Targeting Seniors

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Comedy Through The Ages Show
Auditions March 5 & March 10

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Get Fit for **FREE** with these great tips

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Dine-To-Donate Event for Meals on Wheels

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SPECIAL INSERT - Calendar of Events



911 Beverly Drive

Carson City, Nevada 89706

775-883-0703 • fax 775-883-2869

SeniorCenterNewsletter@carson.org

9 a.m. to 4 p.m.

Monday through Friday

www.carsoncityseniorcenter.org

f / carsonseniorcenter

From The Executive Director, Courtney Warner

Meals On Wheels Carson City joins in Month-Long March For Meals Celebration with Communities Nationwide

*Support will help to fight senior hunger
and isolation in Carson City*

Meals on Wheels Carson City will be participating in the 18th annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on the vital service to remain health and independent at home. Meals on Wheels Carson City's celebration will include various activities throughout the month of March, including a Dine to Donate Fundraiser at Applebee's on March 25 (all day) and Community Champions delivering meals throughout the month of March.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

For more information on how you can participate, contribute or speak out for our Carson City seniors this March, please visit www.carsoncity-seniorcenter.org



RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer Association.....	1-800-272-3900
Care Chest.....	829-2273
Carson City Health & Human Services	887-2190
Crisis Call.....	784-8090
Day Labor.....	684-0436
Elder Care Law.....	687-4680
Elder Protective Services.....	688-2964
Energy Assistance	684-0730
FISH.....	882-3474
Food Bank.....	331-3663
HUD (Nevada Rural Housing Authority).....	887-1795
JAC (Jump Around Carson).....	841-7433
Medication Management Program, University of Nevada, Reno	784-1612
Nevada Legal Services.....	883-0404
Nevada State Welfare.....	684-0800
Northern NV Center for Independent Living	353-3599
Retired & Senior Volunteer Program (RSVP)	687-4680
Ron Wood.....	884-2269
Sanford Center on Aging.....	784-4774
Senior Companion Program	358-2322
Senior RX.....	687-7200
SHIP (State Health Insurance Program)	1-877-385-2345
Social Security Administration.....	1-800-772-1213
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration.....	786-7200
VA Medical Benefits Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV)...	883-8278
Weatherization.....	887-1795, Ext. 124

ALZHEIMER'S SUPPORT GROUP (www.alz.org)

CARSON CITY

Meets the 2nd Wednesday of each month,
1 to 2:30 p.m. Carson Tahoe Cancer
Center Conference Room
1535 Medical Pkwy, Carson City

Meets 4th Wednesday of the month,
2:30 to 4 p.m. Carson City Senior Center
911 Beverly Dr., Carson City

ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with
Heidi Slater, Rural Outreach & Education
Associate, first Wednesday or with
AnaKaren Lamas, Latino Outreach
Associate, on the second Wednesday,
9 a.m. to 4 p.m. Call **1-800-272-3900**
to schedule an appointment.

MINDEN/GARDNERVILLE

Support Group 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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*Experience you can trust
Results you can count on*

Jason Overholser, PT

Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001
fax (775) 882-5015



FEBRUARY BIRTHDAYS

Queen

**JUDYAN
BOLDUC**

77 years young



King

**RICHARD
FREEMAN**

81 years young



Hearing Care of Carson City, LTD.

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



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.

SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

○ **\$3 Early Bird Pack** ○
with \$50 payouts

○ **\$6 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

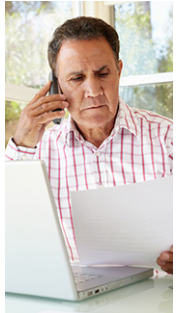
Carson City Senior Center
911 Beverly Drive, Carson City

All proceeds benefit Meals-on-Wheels.



DON'T FALL VICTIM!

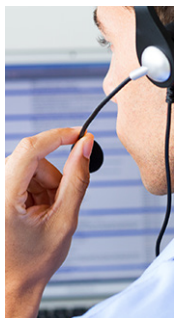
Below are top FRAUDS targeting seniors across the nation.
Hear directly from the Detectives working these types of cases
on Tuesday, March 3 at 1pm at the Carson City Senior Center.



Social Security Administration Impostor Scam

Social Security Administration imposters contact prospective victims by telephone and falsely claim that the victim's Social Security number has been suspended because of suspicious activity, or because it has been involved in a crime. They ask to confirm the victim's Social Security number, or they may say they need to withdraw money from the victim's bank and to store it on gift cards or in other unusual ways for "safekeeping." Victims may be told their accounts will be seized or frozen if they fail to act quickly.

Perpetrators often use robocalls to reach victims. Victims may be told to "press 1" to speak to a government "support representative" for help reactivating their Social Security number. They also use caller ID spoofing to make it look like the Social Security Administration is calling. With such trickery, perpetrators convince victims to give up their Social Security numbers and other personal information. Social Security Administration imposters operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.



Tech Support Scam

Fraudsters make telephone calls and claim to be computer technicians associated with a well-known company or they may use internet pop-up messages to warn about non-existent computer problems. The scammers

claim they have detected viruses, other malware, or hacking attempts on the victim's computer. They pretend to be "tech support" and ask that the victim give them remote access to his or her computer. Eventually, they diagnose a non-existent problem and ask the victim to pay large sums of money for unnecessary – or

even harmful – services. Tech Support Scams operating from abroad often use U.S.-based money mules (including legitimate-seeming businesses registered in the U.S.) to receive victim payments and transmit proceeds to perpetrators.

Refund Scheme: After victims make payments, perpetrators often call back and offer refunds to victims, claiming their tech support services are no longer available. Perpetrators claim to send refund money to the victim's bank account but falsely claim that too much money was refunded. Perpetrators then induce victims to send payments (often through stored-value cards such as gift cards), purportedly to reimburse the tech support company for its "over-refund." Victims have lost hundreds or thousands of dollars to this refund scheme.



Lottery Scam

Fraudulent telemarketers based in Jamaica and other countries are calling people in the U.S., telling them that they have won a sweepstakes or foreign lottery. The fraudulent telemarketers typically identify themselves as lawyers, customs officials, or lottery representatives, and tell people they have won vacations, cars or thousands – even millions – of dollars. "Winners" need only pay fees for shipping, insurance, customs duties, or taxes before they can claim prizes.

Victims pay hundreds or thousands of dollars and receive nothing in return, and often are revictimized until they have no money left. Lottery Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

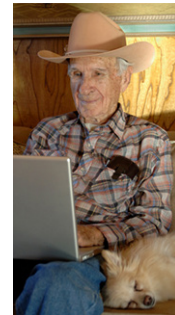
IRS Impostor Scam

IRS Impostor Scams are aggressive and sophisticated phone scam targeting taxpayers. Callers claim to be employees of the IRS, but are not. They use fake names and bogus IRS identification badge numbers.



Victims are told they owe money to the IRS and it must be paid promptly through a wire transfer or stored value card such as a gift card. Victims who refuse to cooperate are threatened with arrest, deportation, or suspension of a business or driver's license. IRS Impostor

Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.



Romance Scam

Millions of Americans use dating sites, social networking sites, and chat rooms to meet people. And many forge successful relationships. But scammers also use these sites to meet potential victims. They create fake

profiles to build online relationships, and eventually convince people to send money in the name of love. Some even make wedding plans before disappearing with the money. An online love interest who asks for money is almost certainly a scam artist. Romance Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators. Sometimes, perpetrators of Romance Scams convince victims to serve as money mules, receiving illegal proceeds of crime and forwarding those proceeds to perpetrators. For example, Romance Scam victims often are induced to receive payments and/or goods such as technology equipment procured through fraud and to forward those payments and goods directly or indirectly to perpetrators.

www.justice.gov/elderjustice/senior-scam-alert

Learn more at our Triad Seminar on Tuesday, March 3 at 1pm

HEALTHY LIVING FOR YOUR BRAIN AND BODY

FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

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.

**Tuesday, April 21
1 - 2 p.m.**

**Carson City Senior Citizen's Center,
Joshua Tree Room, 911 Beverly Dr.
Carson City, NV 89706**

**Registration requested by April 15, call
800.272.3900.**

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



Kiwanis of Carson City Pasta Feed

Saturday, April 4, 2020, 1:00 - 4:00pm
Carson City Senior Center

Tickets \$6.00 (Kids under 5 eat free)

Free BINGO with great prizes!

Pre-sale tickets sold at the Carson City Senior
Center; also available at the door.

CARSON CITY SENIOR CENTER
911 BEVERLY DRIVE, CARSON CITY
(775) 883-0703

*Carson Follies 2020
Presents*



Comedy thru the Ages

Show runs July 10, 11 & 12

AUDITION (ALL AGES)

Thursday, March 5, 6-8pm & Tuesday, March 10, 6-8pm

At the Carson City Senior Center, 911 Beverly Drive

Contact Toni VanCleave (775) 720-0205



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.healthy-living-services.org



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




SIZZLING SENIOR DAYS

**WIN YOUR SHARE OF CASH
AND GET A FREE MEAL!**

**Guests age 50 and up, get in
the game every Wednesday
from 8am - 8pm**

Enjoy a FREE Slot Tournament

**Earn 50 points on your
Gold Rewards Card and get a
FREE Meal at the Grille**



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Be Physically Active without Spending a Dime

You don't need to spend a fortune to be physically active. In fact, you can be active in many ways without spending any money. You don't need special exercise equipment other than comfortable walking shoes. Here are a few ideas to help get you moving for free!

Close to home

- Get your garden or yard in shape, and you'll shape up, too. Yard work such as mowing, raking and digging can keep you active at home.
- Make your own weights from household items —soup cans, or bottles of water.
- Rather than driving, walk when doing errands.

In your community

- Try out free demonstration exercise classes at your local senior center or fitness center.
- Participate in community-sponsored fun runs or walks.
- Join a basketball or baseball league that plays at your community center.
- Ask if your local mall currently has a mall walking program.

In the great outdoors

- Go for a hike in a park.
- Learn about trees and plants while exploring a local arboretum.

<https://go4life.nia.nih.gov/be-physically-active-without-spending-a-dime/>

GET FIT FOR FREE

Exercise is key to healthy aging.

Physical activity can make your muscles stronger, increase your heart rate, improve your balance, and stretch your muscles, just to name a few benefits.

Try all 4 types of exercise for the most benefits: **endurance, strength, balance, and flexibility**. Not sure how to get moving?

Here are some ideas that don't cost a dime.

Go for a hike in a park or up and down some stairs.



Make your own weights with water bottles or other household items.



Participate in a community-sponsored cleanup or fun run/walk.



Join a local recreational sports league.



Walk or roll with friends or family at the mall or around your neighborhood.





Welcome Wednesday Lunch

A special table is reserved for new residents, friends looking for new friends and those curious about the Senior Center. No cost to participate.

WEDNESDAY
MAR 18 2020 | Carson City Senior Center
911 BEVERLY DR | 10:30AM

RSVP (775) 883-0703

The American Tea Mistresses International

We will be hosting teas on the 3rd Thursday of every month.

Doors open at 3:30pm
Tea from 4 - 5pm

\$10 admission with tea and sandwiches.

Hear about the history of Nevada women and do small crafts.

Raffles • \$1 a ticket

At the Carson City Senior Center
911 Beverly Drive • Carson City

Limited seating
Please call Diane to reserve yours
775-315-0056



Nevada matters. Be counted.

WHEN	March 12 th to April 30 th
HOW	Go to census.nv.gov to fill out your form OR to your local public library

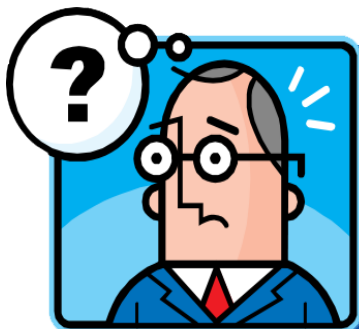
- 1. Money Back To Your Community.** Nevada could receive more than \$20,000 over ten years for every man, woman and child who is counted in the 2020 Census. This funding helps pay for education, affordable housing, healthcare and infrastructure in YOUR city and county.
- 2. Easy To Fill Out.** There are three ways you can ensure you get counted: online, over the phone, or on a paper mail-in form.
- 3. Don't Give Our Fair Share Away.** Every Nevadan not counted means we lose our share of federal funding to other states.
- 4. We've Always Done It This Way.** The Census is part of U.S. history. We've been doing it since 1790.
- 5. One-Person-One-Vote.** The Census ensures fair and equitable representation through elected officials.
- 6. It's Our Civic Duty.** The Census is mandated by the U.S. Constitution to count EVERYONE living in the United States.
- 7. It's Our Future.** The results of the 2020 census will help shape Nevada's future for the next ten years – we cannot afford to miss the opportunity to be counted.
- 8. Nevada Matters. Be Counted. Help Your Community.** You are important and being counted means helping maintain and improve roads, education, health care, and public safety where you live.

Provided by the 2020 Nevada Statewide Census Complete Count Committee

Follow Us



census.nv.gov



Barry's Trivia Question of the Month MARCH

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Whose advertising slogan was: "The most expensive television in America, and darn well worth it"??

LAST MONTH'S QUESTION AND ANSWER

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

A: Massachusetts, Virginia and Pennsylvania.



DINING TO DONATE

Enjoy a meal that's filling and fulfilling!

Meals on Wheels Carson City

Needs your support!

**Applebee's will donate
15% of your check when you dine at**

Carson City Applebee's

3300 S. Carson St.

(775) 882-0222

Present this to your server

Wednesday, March 25, all day

Donation percentage excludes tax and gratuity. Valid only at the above specified location during specified hours.

Must present flyer in order for organization to receive credit for purchase.

Flyers are not to be distributed in the restaurant or within the perimeter of the parking lot.

Doing so will result in a voided event.



Maggie Means Business

Maggie Marin seems to be everywhere at the Senior Center: in the dining room, in the library, and even, years ago, at people's homes as a Meals on Wheels driver. Currently, she singlehandedly manages our library, and she helps at the dining room check-in counter. Keeping the library collection organized and fresh comes naturally to Maggie – when she sets her mind to do something, she follows through.

As a child, Maggie foretold her future, telling her mother, “When I grow up, I’m going to work for the state, retire, and then help the elderly.” As an adult, she started her State career when a temporary position in Special Projects opened up, staying on as a permanent employee with the Carson Welfare Office. In 1969, she was promoted to Clerical Supervisor and moved to Reno. Maggie spent 33 years working for the state and retired at the young age of fifty-two. “When computers came in, Maggie went out,” she is quick to say.



Having accomplished both working for the state and retiring, Maggie tackled her third goal by volunteering at the Senior Center. She volunteered for just about everything in the dining room, including serving as a hostess. Then Maggie set a new goal: work for another eight years, contributing enough to Social Security so her Medicare premiums would be paid. When an opening came up for a Meals on Wheels driver, Maggie got the job! She drove all the routes and filled in any time she was needed. As she had told her supervisor when she took the job, she worked the time it took for her premiums to be paid. She stayed with the Senior Center, volunteering to help older folks just as she predicted years ago.

Maggie, who is of Mexican and Indian descent, was born and raised in Carson City along with

five siblings. Her living family consists of her son and her sister in Carson and her brother in Oakland. It wasn't until she started working that she travelled out of the area. Once she started travelling, she just kept going. At first she travelled for work and to state and national bowling tournaments. Later she joined the Silver Sierra Adventures travel club and visited Hawaii, Alaska, Mexico, Canada, Puerto Rico, the Caribbean and even the Panama Canal. She especially likes cruising, but she is quick to take shorter land-based trips that appeal to her. One of her regular house and pet sitting jobs resulted in a trip to Poland.

In addition to travelling, Maggie still enjoys bowling, and she swims every day, getting up at 6:30 so she can make it to the pool for an 8:00 class. We are thrilled she has time to fit volunteering at the Senior Center into her busy schedule.

*Are you interested
in joining our
volunteer corps?*

Please contact

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

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.

**FITZHENRY'S
FUNERAL HOME AND
CREMATORY**

**3945 Fairview Drive
Carson City, Nevada 89701**
www.fitzhenrysfuneralhome.net
775-882-2644

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

*Christie Wilde
Location Manager*

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**THRIFT STORE SALES
SPECIALS FOR MARCH**

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

MANAGER - JAMES PAINTER
(775) 301-6676

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

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

FREE PICKUP of donated items!



**Autumn
Funerals & Cremations**

1575 N. Lompa Lane, Carson City, NV 89701

775-888-6800

Low cost Cremation & Burial Services
Prearrangements available

"The Right Choice"

Not all Funeral Homes are alike come see the difference

**Owned & Operated By:
John & Debbie Lawrence**



**Health
Benefits
of CBD**

**Thursday,
March 12**

11:30am

**presented by RISE
Zephyr Room**

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

The Notice Board

Dance with Live Music with the Grumpy Old Men!

March 6, 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, 7-9, \$10 admission

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

Social Dancing Classes

Thursdays at 1-2pm

Joshua Tree Room

\$5.00 per week

Instructor: Earl Case

TRIAD PRESENTATION

Common scams, exploitations and elder abuse
from the eyes of the Sheriff's Office Fraud Unit

Tuesday, March 3, 2020 • 1pm

Presented by Carson City Sheriff's Office
Detective Josh Chaney

SAVE THE DATES:

Healthy Habits for your Brain and Body
by the Alzheimer's Association
on **April 21 • 1-2:30pm**

Carson City Volunteer Fair
April 29 • 4-7pm

Frauds & Scams by Nevada Law Attorney
Lora Myles on **May 5 • 1-2pm**

BIBLE STUDY

Two Sessions

Wednesdays 10am-11am

Fridays 1pm-2pm

Dance with Live Music with Don & Nadine!

March 13, 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, 7-9pm, \$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.

Name _____

Phone _____

Mailing Address _____

Join our email newsletter subscriber list. Send an email to SeniorCenterNewsletter@carson.org to be added to the list.

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
SeniorCenterNewsletter@carson.org

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Chris Gray, Director

ADVISORY COUNCIL MEMBERS

Diane Maguire, Chairman

Corry Steiner, Vice Chairman

Lisa Drews, Council Member

Robert Drews, Council Member

Teri Krebs, Council Member

Cindy A. Somers, Council Member

John C. Wilson, Council Member

Jane Wong, Council Member

Vacant Position

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga