

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY ANNOUNCEMENTS



Sunday, March 8
Day Light Savings
Move Clocks Ahead



Thursday, March 12
Staff In-Service Day
CLOSED



Tuesday, March 17
St. Patrick's Day
Wear Green for Lunch

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CARSON CITY SENIOR CENTER

Hours of Operation

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

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

Hidden Treasures Gift Shop: 9 a.m. to 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carsoncity.gov

www.carsoncityseniorcenter.org

from the Director, Courtney Warner

New in March! We are hosting another traveling art exhibit, "Find Your Folklife," which will run from March 10 through May 6 in our dining room. Enjoy the curated collection and learn about the artwork. The exhibit is available to view each weekday; however, please avoid Wednesdays and Thursdays afternoons due to scheduled events in the dining room. This exhibit is brought to you by SB118 from the 84th Legislative Session.

Another reminder about your upcoming closure on Thursday, March 12, from 9 a.m. to 4 p.m. We will not serve lunch, and there will be no activities, programs, events, or Gift Shop during the closure. This is for staff training for our program areas. Thank you for your understanding.



..... Chair Yoga with Christine

Starting Thursday, March 19
11:45-12:45 p.m. in the Nevada Room

Come and join Christine Garner for a new Chair Yoga class, beginning Thursday, March 19. This gentle class will use the chair for seated stretches and for stability in standing poses. Accessible to almost anyone, it will be similar to Brooke's Friday class with Chris's personal touch. Free, donations welcome. Just show up to join the class.

VOLUNTEER *Spotlight*



LAURA JONES

Laura Jones aims to improve the quality of life for seniors experiencing arthritis and says that teaching Tai Chi brings her joy. Tai Chi is a low-impact, slow-moving practice focusing on gentle, flowing movements, making it accessible for all fitness levels. Laura welcomes participants in a supportive and calm environment where everyone feels comfortable. The movements are designed to improve balance and mobility, and many students tell her that they feel steadier on their feet, more relaxed and confident moving throughout their day. Laura's professional career included roles as an emergency medical technician (EMT) and a nurse, and her favorite workplace was the hospital's emergency department. She enjoys church activities, singing Karaoke, spending time with family, and fondly remembers teaching dance at an Arthur Murray dance studio. Laura invites you to attend a Tai Chi class and bring a friend!

February Birthdays



QUEEN

Mary Adams
90



KING

Marvin Castagna
86



To Jeanette Champagne from Rocking and Rolling and Nevada Rural Housing for the special Valentine's Day Goodies!



RESOURCE LIST

- Nevada 211 (Nevada Care Connection) 211
- Adult Protective Services 1-888-729-0571
- Aging & Disability/CHIP 775-687-4210
- Alzheimer Association 1-800-272-3900
- Care Chest 775-829-2273
- Carson City Health & Human Services 775-887-2190
- Crisis Support Services of Nevada 775-784-8090
- Day Labor 775-687-6899
- Energy Assistance Program 775-684-0730
- Food Bank of Northern Nevada 775-331-3663
- Jump Around Carson (JAC Transit) 775-841-7433
- Medicare Assistance Program (MAP)(SHIP).. 1-800-307-4444
- Medication Management Program 775-784-1808
(Sanford Center for Aging)
- Nevada Legal Services 775-284-3491
- Nevada Rural Housing Authority (HUD) 775- 887-1795
- Nevada State Welfare Office 775-684-0800
- Northern NV Center for Independent Living .. 775-353-3599
- Retired & Senior Volunteer Program (RSVP)... 775-687-4680
- Ron Wood Family Resource Center 775-884-2269
- Sanford Center on Aging 775-784-4774
- Senior Companion Program 775-358-2322
- Senior RX 1-866-303-6323
- Social Security Administration 1-800-772-1213
- Suicide Prevention Lifeline 1-800-273-8255
- Veterans Administration 775-786-7200
- VA Medical Benefits Information 1-800-827-1000
- VARN (Volunteer Attorneys for Rural NV) ... 775-883-8278
- Weatherization Program 775-887-1795, X124
(Nevada Rural Housing Authority)

DEMENTIA CAREGIVER SUPPORT GROUP

Meets on the 4th Wednesday of each month
2:30 p.m. to 4:00 p.m.
Carson City Senior Center
911 Beverly Dr., Carson City
Joshua Room



www.alz.org

We offer a variety of no cost education, caregiver support groups, early stage engagement activities, care consultations, respite funding, information and referrals.

National Alzheimer's Helpline

1-800-272-3900

Available to you 24/7



**THURSDAY,
MARCH 12**

Plan Ahead! We will be closed for staff training and apologize for any inconvenience.

**VOLUNTEERS
NEEDED**

Why Volunteer?

Meet New People, Make New Friends, Camaraderie, Purposeful Service, and Have Fun!

Positions Available:

Tech Help, Reception, Sunday Bingo

Visit www.carsoncityseniorcenter.org to apply or
Call (775)883-0703, Ext 7980



**WINTER WEATHER
INFORMATION**

In the event of extreme winter conditions, we may close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered and all receiving Meals on Wheels will be notified by phone. To verify the Senior Center is open, call 775-883-0703 after 9 a.m.

DISCLAIMER

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UPCOMING *Events*

ESTATE PLANNING

When: Thursday, March 5, 12, 19, 26, 4 to 5:30 p.m.

Where: Joshua Room (east end)

About the Event: A 4-week Estate Planning Workshop covering an overview of Estate Planning, One Approach to Funding Your Trust, and Tackling Estate and Trust Administration. The workshop is offered by Caren Jenkins, a trusted attorney in Carson City with a broad reach in national estate and wealth planning. Free event. RSVP at Reception.

History PROGRAM

Lights...Camera...
Sierras!

When: Tuesday, March 10 at 1:30 p.m.

Where: Nevada Room (West End)

About the Event: The Eastern Sierra and Lone Pine region has long served as Hollywood's rugged double for the American West—and far beyond. This history slideshow explores over a century of cinematic legacy, from early silent Westerns to blockbuster hits like Iron Man and cult classics like Tremors. With more than 400 productions filmed in the iconic Alabama Hills, the slideshow reveals how this dramatic landscape has stood in for India in Gunga Din (1939), frontier towns in countless cowboy epics, and even alien worlds. Using archival photos, behind-the-scenes stories, and vintage posters, local historians David & Gayle Woodruff bring to life the area's transformation into a living backlot, while honoring the local people who helped shape its film heritage. Whether you're a film buff or a lover of desert drama, this visual journey captures the magic of a place where the West was—and still is won! Free Event. RSVP not necessary.

A Talk with Chandler and Kendall Brown Custom K9 dog training

When: Tuesday, March 17 at 12:30 p.m.

Where: Joshua Room (east end)

About the Event: Kendall and Chandler Brown are the founders and CEOs of Custom K-9 Service Dogs, a company shaped as much by lived experience as by professional expertise. Kendall is an award-winning author of 10 Secrets of a Lazy Dog Trainer and Let's Get a Dog!, with two additional books scheduled for release in 2026. Chandler ("Chan") is a Major in the United States Marine Corps and specializes in behavioral rehabilitation for fear and reactivity. Both Kendall and Chan lead seminars on mountain survival, teach authors how to write and publish books, and travel throughout the United States hosting workshops focused on the dog-human bond. Free event. RSVP not necessary.

Combatting Loneliness in Aging



When: Friday, March 6 at 10:30 a.m.

Where: Joshua Room (east end)

About the Event: Understand the health impact of isolation and find ways to foster meaningful social connections. Brought to you by the clinicians of Comprehensive Home Health Solutions. Free event. RSVP not necessary.

Poetry with Teresa Breeden & Melanie Perish

When: Tuesday, March 10 at 12:30 p.m.

Where: Joshua Room (east end)

About the Event: An engaging conversation with poets Melanie Perish and Teresa Breeden. Free event. RSVP not necessary.

FREE TECH HELP

When: See the Activity Calendar for the current schedule

Where: Tech Help Office (east end)

About the Event: Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary.

Eyeglass CLEANING

When: Thursdays, 10:30 to 11:00 a.m. & 12:15 to 12:30 p.m.

Where: Lobby Room (west end)

About the Event: Join Angela Navarez for free eyeglass cleaning. No repairs or adjusting. Free Event. RSVP not necessary.

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THE IN'S AND
OUT'S OF
DOWNSIZING IN
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WITH
MATTERS



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NATIONAL NUTRITION MONTH: DISCOVER THE POWER OF NUTRITION

By, Chelsea Minifie RD, LD, CDCES, Carson Tahoe Health



March is National Nutrition Month, and this year's theme, "Discover the Power of Nutrition," reminds us that the foods we choose each day have a powerful impact on our health, energy, and independence. Good nutrition is not about strict rules or giving up favorite foods—it's about learning how food can work for us as we age.

For older adults, nutrition plays a key role in maintaining strong muscles and bones, supporting heart and brain health, and boosting the immune system. Eating a variety of nutrient-dense foods helps the body get what it needs to function at its best. Fruits and vegetables provide vitamins, minerals, and antioxidants, while whole grains offer fiber for digestion and heart health. Lean proteins such as fish, beans, eggs, poultry, and dairy help maintain muscle strength and support daily activities.

Discovering the power of nutrition also means paying attention to hydration. Drinking enough fluids throughout the day helps prevent fatigue, dizziness, and constipation. Water is best, but milk, soups, herbal teas, and water-rich fruits and vegetables can also help keep the body hydrated.

Another important part of nutrition is enjoyment and connection. Sharing meals with friends, trying new flavors, and enjoying familiar comfort foods can improve both physical and emotional well-being. Eating well doesn't have to be complicated—small, simple changes can make a big difference.

During National Nutrition Month, challenge yourself to discover one new healthy habit. Try a new vegetable, add protein to your meal, or choose whole grains more often. Every positive choice adds up.

By discovering the power of nutrition, we empower ourselves to live healthier, more active lives. Let this month inspire us to nourish our bodies, enjoy our meals, and celebrate the important role food plays in our overall well-being.

If you or someone you know has questions about adopting a healthier diet, feel free to contact Carson Tahoe Health's Nutrition and Diabetes Education Department by email or phone at diabetes.nutrition@carsontahoe.org or 775-445-8820.

APPLY FOR FUNDS TO PAY FOR VEHICLE REPAIRS, INSURANCE, DMV FEES

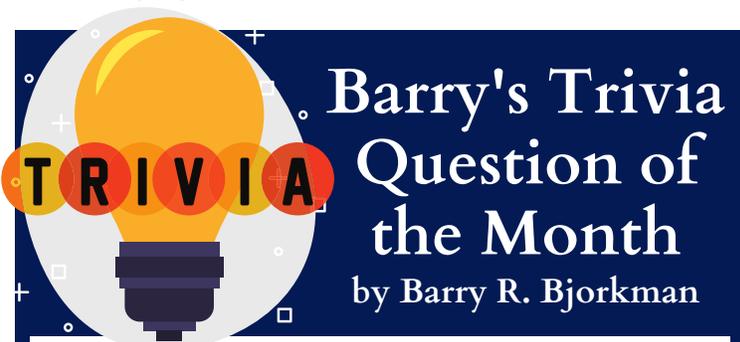
Eligibility: Disabled Adults and Senior Citizens (>60 years old) who are Carson City Residents and who are very-low and low-income persons. Must have a valid driver's license and vehicle registration.

Time Frame: January 1 through June 30, 2026 (or until funding runs out)

To help pay for:

- Vehicle parts and repairs (\$500 limit). Must have a repair estimate in writing from the business.
- Vehicle insurance premiums required to comply with Nevada laws.
- Title or monthly loan payments to avoid repossession of vehicles.
- DMV annual registration payments and other one-time DMV fees. We will not pay any DMV fines, court costs or driving tickets.

Contact: Society of St. Vincent de Paul
at 775-882-1968 ext. 119



Q. What was the HAL-9000?

Previous Month's Question & Answer

Q. Who is on the obverse of the 2025 Fifty-Cent piece?
A. John F. Kennedy.

UPCOMING *Events*



TAX Preparation Services

Call for Appointment (775) 883-0703

When: Mon. & Weds., Feb. 2 - Apr. 13, 2026, 12:00 to 4:00 p.m.

Where: Check in near the Library (east end)

About the Event: AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center.

CARSON CITY ROADRUNNERS RV CLUB

When: Club Meetings: Thursdays, Mar. 26, Apr. 23, at 10:30 a.m.

Where: Tahoe Room (east end)

About the Event: An RV Club invites you to check them out. The group camps from May to October and has potlucks on Tuesday evenings while we camp. Join great fellowship - singles & couples welcome. Show up to the next meeting for more information.

FIND YOUR FOLKLIFE

we are the folk. all of us

When: Weekdays, March 10 to May 6, 2026, 9 a.m. to 4 p.m.

Where: Dining Room (west end)

About the Event: Enjoy a temporary art exhibit in our dining Room. The show is titled "Find Your Folklife." Folklife, folk arts, and folklore all spring from cultural identity, which comes from belonging to a social group. It's our folklife: our common values and beliefs, the creative ways we express identity in a group, the knowledge we share, the objects that hold significance and meaning, the activities we engage in as a community. Brought to you by SB118 from the 84th Legislative Session. Enjoy at your leisure and avoid Wednesday & Thursday afternoons. Free Event.

An Art Experience

Preventative Care Ways to Stay on Top of Your Health

When: Friday, March 13 at 10:30 a.m.

Where: Joshua Room (east end)

About the Event: Learn from 1Care Hospice about ways to live a healthy lifestyle by keeping on top of your preventative care. RSVP not necessary. Free event.

Music with Lunch



When: Monday, March 2 at 11 a.m.

Where: Dining Room (west end)

About the Event: Enjoy the songs performed by the Carson City Strummers, an informal ukulele practice group. The performance will occur during lunch. Free Event.

The Power of Nutrition, Nourishing Your Body for the Years Ahead

Nutrition **TALK**



When: Tuesday, March 17 at 2 p.m.

Where: Nevada Room (west end)

About the Event: Learn why nutrition and diet matter for a lifetime; Identify key nutrients important to support strength and independence; Identify and address common eating challenges; Plan healthy meals and snacks to fit your needs; Feel confident in your food choices. Presented by the Nutrition Educators of Carson Tahoe Health. RSVP not necessary. Free event.

AARP Driver Safety

When: 2026 Classes: Apr. 6, June 1., Sept. 14, Nov. 2, 9:30-2:30 p.m.

Where: Tahoe Room (East End)

About the Event: AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.

Menu Committee

When: Tuesday, March 10 at 10 a.m.

Where: Zephyr Room (west end)

About the Event: Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!

UPCOMING *Events*

In Tune Tales Goes to the Movies



When: Tuesday, May 5 at 2 p.m.

Where: Nevada Room (West End)

About the Event: "In-Tune Tales Goes to the Movies" with a deep dive into the grand tradition of cinema soundtracks and famous theme songs from beloved films of the last 100 years. Music is the emotional glue that provides story-forwarding impact, creating a connection with the film's characters and environment by illustrating excitement, suspense, joy, sadness, mirth, loss, terror and a sense of wonder! In-Tune Tales combines violin, keyboards, acoustic and electric basses, and vocals to create a nostalgic live performance. Funding for this program is brought to you by SB 118 from the 84th Legislative Session. RSVP not necessary. Free event.

Build a Woven Bowl Clay Workshop

When: Friday, April 3, 1 to 4 p.m. & Friday, April 17, 1 to 4 p.m.
(you must attend both to complete your project)

Where: Workshop takes place at Ogres-Holm Pottery Studio at 1215 S. Carson St. (Carson Mall). Transportation not provided

About the Event: Experience clay working and create your very own woven bowl in a two-part creation workshop at our local pottery studio, Ogres-Holm Pottery at the Carson Mall. Funding for this program is brought to you by SB 118 from the 84th Legislative Session. Free workshop. Register at Reception - space is limited.



When: Sunday, May 31, meet at 11:00 a.m.

Where: Meet in the Lobby (west end)

About the Event: Free Ticket & Transportation (Gametime: 1:05 p.m.); Bring money for concessions & driver tip (optional); Clear Bag Policy; Return to Carson at 4:00 p.m. (estimate/end of the game); ADA accessible seating and transportation; Funding for this program is brought to you by SB 118 from the 84th Legislative Session. Free Event. Register at Reception - space is limited.

Educational Talk Stroke Prevention and Recovery

When: Friday, April 10 at 10:30 a.m.

Where: Joshua Room (east end)

About the Event: The presentation would cover the Signs of Stroke and the actions to take, lifestyle choices that can reduce the risk of stroke, and the recovery process and support provided for both the Stroke survivor and their caregiver. Presented by Shawn Binn, M.S., a Speech-Language Pathologist at Carson Tahoe Hospital for 25 years.

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Resource Advocate: Warren Bottino

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Drew Simmons

Accounting: Rachael Spafford

Program Coordinator: Barbarann Smith

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