

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY ANNOUNCEMENTS



Sunday, May 12
Mothers Day

MEMORIAL DAY



Monday, May 25
Memorial Day
CLOSED



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

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Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

This May, we celebrate Older Americans Month by honoring the invaluable wisdom, experience, and strength that older adults bring to our communities. Whether it's sharing wisdom, volunteering, or simply being a friend, their impact is profound. With the 2026 theme "Champion Your Health," the focus is on proactive wellness, personal empowerment, and community engagement to help older adults maintain their independence and quality of life. Let us challenge outdated stereotypes and celebrate the diverse perspectives that make our society stronger! Thank you for enriching our lives!

The Senior Center continues to be bursting at the seams with many programs and events at or near full capacity. We are working diligently to find solutions to move groups to larger rooms, find additional instructions, and add more to our programming. As always, if there is something you've been yearning for that we don't offer, please let us know. The best ideas come from you!

Let's welcome Nanci Linares as our new Volunteer Coordinator! We are excited to have Nanci join our team and support our incredible volunteers. Introduce yourself and get to know Nanci!

Save the Date - our 50th Anniversary is coming soon, Saturday, August 15, with a showcase event, festivities, special guests, raffle prizes, and more! We hope you will bring a friend, neighbor, or family member to share in our 50 years of success!

VOLUNTEER *Spotlight*



JULIE LINSTROM

Two years ago, Julie Linstrom agreed to take on the manager role and brought a fresh perspective to merchandising crafts

and supervising the volunteers who work there. She began making greeting cards over 20 years ago and has sold them at the gift shop and volunteered for 5 years. She enjoys cheering people with her beautifully designed cards and accepts custom requests. When not managing the shop, Julie enjoys making greeting cards, gardening, traveling with her husband, and spending time with her two Shi-tzu dogs. She is a member of the Advisory Council, enjoys singing and participates at church, Christmas programs and as a Carson Chamber singer. Everyone at the Gift Shop is proud to support Meals on Wheels by donating sales proceeds, which included \$421 a week for a total of \$5021 in 2025. Julie invites you to visit our gift shop to find your treasure and support Meals on Wheels!

April Birthdays



QUEEN

Helma Rosendahl
89



KING

Stanley Brokl
85

THANK YOU!



Hidden Treasures Gift Shop for their \$3,000 gift to Meals on Wheels!

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

**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



When: Thursday, May 14, 8 to 12 p.m.
Where: Casino Fandango, 3800 Carson St.
Grand Ballroom
Cost: Free to attend

Community members, seniors, and caregivers are encouraged to attend and take advantage of this valuable one-stop resource event.



DISCLAIMER

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UPCOMING *Events*

History PROGRAM - EVENING ONLY FOR MAY

Unexpected
Turns...
Unforgettable
Memories,
a Recollection of
Family Roadtrips

When: Tuesday, May 26 at 6:30 p.m.

Where: Nevada Room (West End)

About the Event: In this first-person living history program, local historians David & Gayle Woodruff recount their so-called “cherished” family vacations, sharing vivid memories of monuments of mystery, culinary curiosities, cross country chain smoking...and the many small mishaps (and triumphs) that shaped each journey. Through stories drawn from their own childhood vacations and family lore, the program blends humor, reflection, and regional color to illuminate how everyday people experienced the open road—turning personal anecdotes into a window of a shared American past. Free Event. RSVP not necessary.

Backgammon Players



When: TBD, Afternoons

Where: TBD

About the Event: We are seeking players of all levels to join a new Backgammon group. Call Reception to have your name added to the list and get in touch with the activity organizer. Free Event.

Critical Thinking Session

Smoke, Mirrors, and Bad Logic How Fallacies Hijack Your Thinking

When: Monday, May 18, 10:00 to 11:30 a.m.

Where: Tahoe Room (east end)

About the Event: This Critical Thinking session will explore how identifying fallacious thinking can be used for better decision making. Free Event. Just show up - RSVP not required.

A Talk with Sydney Martinez



When: Tuesday, May 12 at 12:30 p.m.

Where: Joshua Room (east end)

About the Event: Sydney Martinez has professionally written about and photographed Nevada for nearly 20 years, devoting her life to discovering everything there is to know about the state. She earned journalism and photography degrees at the University of Nevada and now focuses on developing her own brand, Finding Nevada Wild, while pursuing turquoise silversmithing under Song Dog Silver. She lives in Reno, Nevada. Free event. RSVP not necessary.

JAC BUS PASS RENEWALS

When: Tuesday, June 16, 11:00-1:00 p.m., and Wednesday, June 17, 9:00-11:00 a.m.

Where: Main Lobby (west end)

About the Event: Seniors age 60 and over who reside in Carson City are eligible for a free bus pass, valid from 7/1/26-6/30/27. If you cannot attend this event, bus passes will be available at Reception following the event.

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. 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.

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THE IN'S AND
OUT'S OF
DOWNSIZING IN
TODAY'S WORLD



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WITH
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NOURISH YOUR HEART & MIND THROUGH SMART FOOD CHOICES

By, Laura Deverse, MS, RD, LD, CDCES, Carson Tahoe Diabetes and Nutrition



May is National Stroke Awareness Month and a good time to review the importance of stroke prevention. It has been reported that up to 80% of the strokes that occur are preventable through lifestyle changes and management of risk factors such as smoking, blood pressure, and cholesterol levels.

Our diet can be a powerful tool to support our heart and our mind. The DASH diet, "Dietary Approaches to Stop Hypertension," was developed in the 1990's and is based on strong evidence that supports a diet rich in fruits and vegetables to reinforce healthier blood pressure levels. The DASH diet includes 7-9 servings of fruits and vegetables per day and includes a variety of all types of produce. Another unique factor about the diet is its emphasis on including foods high in calcium, such as dairy, leafy greens, soy, and fortified foods. We know that calcium is important for bones, but did you know, it's essential for blood pressure support? The diet also recommends whole grains and legumes for fiber and in the case of legumes, a wonderful source of plant-based protein, easy on the heart. Studies continue to provide evidence that the DASH diet lowers the risk of stroke.

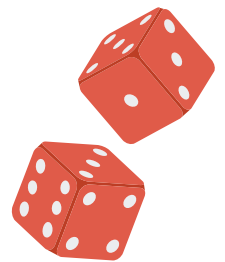
Reducing salt intake (sodium) is crucial. Too much salt can cause the body to hold onto water, which increases blood pressure. Many processed foods, such as packaged foods, snack foods, and frozen meals contain high amounts of sodium. Choosing fresh foods and reading labels can help reduce salt intake.

Healthy fats are another key part of the DASH diet. Foods like oily fish, nuts, seeds, and olive oil contain beneficial fats that support heart and brain health. At the same time, it is best to limit saturated and trans fats found in fried foods, fast food, and fatty meats, as these can increase the risk of stroke.

Small daily choices can make a big difference in long-term health. If you would like to know more, please contact one of the Registered Dietitians through Carson Tahoe Diabetes and Nutrition Outpatient to learn more. We can be reached at 775-445-8607 or at diabetes.nutrition@carsontahoe.org.

THANK YOU

Friday Bunco
Players for their
\$1,000 gift to Meals
on Wheels!



Barry's Trivia

Question of the Month

by Barry R. Bjorkman

Q. Who was George Putnam?

Previous Month's Question & Answer

Q. What does the P in P-51 Mustang stand for?
A. Pursuit.

JEWELRY Sale

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!

Thursday, April 30 & Friday, May 1
9am to 2pm

SPECIAL SALE
Selected Items Friday, 9-2pm

At the Carson City Senior Center, 911 Beverly Drive in the Lobby

A Fundraiser for:

Meals on Wheels
CARSON CITY

Jewelry Donations accepted year-round

(775) 883-0703 carsoncitiyseniorcenter.org

UPCOMING *Events*

FIND YOUR FOLKLIFE

we are the folk, all of us

When: Weekdays, now through 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. Brought to you by SB118 from the 84th Legislative Session. Enjoy at your leisure and avoid Wednesday & Thursday afternoons. Free Event.

An Art Experience

PILATES MAT CLASS

When: Tuesdays & Thursdays, 9 to 9:45 a.m.

Where: Joshua Room (east end)

About the Event: Increase your flexibility, strength and balance with instructor, Debbie Klee. \$5/class, paid to instructor. Bring a mat. Just show up to join the class.

Genealogy Workshop



When: Thursday, May 7 at 2 p.m.

Where: Tahoe Room (East End)

About the Event: Are You Interested in finding your family's history and the ancestors that came before you? Join us for a fun and fact-filled event that will help you begin the process of uncovering your family legacies! Where possible, bring any birth, death, and locations you may have for your parents, grandparents, etc. Suggested donation of \$25.00, a fund-raising event for the American Association of University Women (AAUW) Capital NV Branch of Carson City. Register at Reception (775) 883-0703.

FARMERS MARKET NUTRITION PROGRAM

When: May 27, 28, & 29, 10-12 p.m.

Where: Main Lobby (west end)

About the Event: Seniors age 60 or older may be eligible for \$40 in coupons to buy fresh fruits and vegetables at the local farmer's market. Eligibility: Age 60 or older at time of application, ID required; Nevada Resident, proof of residency required; Household incomes at or below: 1 person: \$2,461 or less, 2 people: \$3,337 or less. Limit ONE booklet per person; Limited quantities available. Free event. RSVP not necessary.

Chair Yoga with Christine

When: Thursdays, 11:45 to 12:45 p.m.

Where: Nevada Room (west end)

About the Event: Come and join Christine Garner for a new Chair Yoga class. 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.

Critical Thinking Session

When: Monday, May 4, 10:00 to 11:30 a.m.

Where: Tahoe Room (east end)

About the Event: This Critical Thinking session will explore how big tech's algorithms manipulate us and what we can do to combat it. Retired university professor and tourism marketing executive, Burke Pease has taught undergraduate and graduate technology courses at California State University, Monterey Bay. He previously presented a five-part series on Critical Thinking at the Senior Center. Free Event. Just show up - RSVP not required.

What They Know About You and How to Push Back

FREE TECH HELP

**Appointment
Required**

When: See Activity Calendar for hours.

Where: Workroom (east end)

About the Event: Free one on one instruction tech help for members of the community to expand your skills. Help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available.

UPCOMING *Events*

Medicare 101 Educational Series

When: Tuesday, May 19 at 5:30–6:30 p.m., Tuesday, June 9 at 5:30–6:30 p.m., Tuesday, July 14 at 5:30–6:30 p.m., Tuesday, August 11 at 5:30–6:30 p.m.

Where: Tahoe Room (east end)

About the Event: Are you confused about how to get started with Medicare? Join the Medicare 101 Educational Seminar Series brought to you by Craig Wilcox, Licensed Insurance Agent. Learn about the different parts of Medicare and how to avoid mistakes with coverage before you turn 65. Call (775) 400-2223 to RSVP.



When: 2nd & 4th Sundays, doors open at 11 a.m., play starts at 1 p.m.

Where: Dining Room (West End)

About the Event: A fundraiser for Meals on Wheels, \$3 Early Bird pack with \$50 Payouts. \$6 Regular Game Pack with \$100 Payouts, optional Cashball \$1. \$1 Double Action and Bonanza specials. \$1 Starburst, Letter X and Fun Tab progressive games. \$2 (3 for \$5) Blackout Progressive paying \$500 or \$120. Other \$1 games: Fun Tab, Free Speed Bingo, Food Drive (each item donated receives a free card). Snack bar serving hot dogs, beverages, chips, cookies, and candy. Cash only. Just show up to play. 21 and over only.

Scrapbooking

When: Thursdays, 9 a.m. to 12 p.m.

Where: Jobs Peak Room (East End)

About the Event: Do you have photos in a shoebox under the bed that you would like to organize and place in an archival-quality scrapbook? Learn how to scrapbook with optional instruction on how to crochet amigurumi animals and make individual gift cards. \$3 fee for use of tools and supplies. For more information, contact Sandy Ehresman, 775-225-0635.



THANK YOU!

AARP TaxAide for a successful tax season and for raising \$4,069 in donations for Meals on Wheels!

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SENIOR CENTER STAFF

Director: Courtney Warner

Manager: Dave Sullins

Resource Advocate: Melissa Connors

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Nanci Linares

Accounting: Rachael Spafford

Program Coordinator: Barbarann Smith

Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon

MOW Drivers: Amanda, Coco, Doug, John, Julie, Laurie, Matt

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