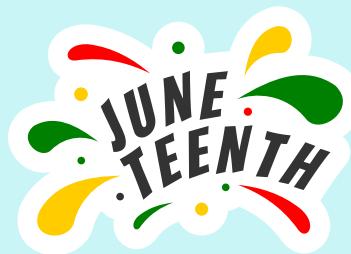


# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



## HOLIDAY ANNOUNCEMENTS



Friday, June 19  
Juneteenth  
CLOSED



Sunday, June 21  
Father's Day



### 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](mailto:seniorcenternewsletter@carsoncity.gov)

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

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- Activity Calendar & Menu

# from the Director, Courtney Warner

As we welcome the bright, warm days of June, it is a wonderful time to get out, explore new activities, and—most importantly—stay connected with one another. Summer brings beautiful weather, but it also brings the heat, making our center the perfect place to gather safely and comfortably.

I encourage you to take an active role in your well-being by joining our fitness programs, scheduling routine health screenings, and making time for camaraderie. We all know that regular social interaction is just as important as physical activity for healthy aging.

With the temperature rising, I want to remind everyone to use the center as your cooling place. Our doors are open for you to enjoy a hot, nutritious meal in the cool air, play a round of cards, or catch up with friends.

If you need a ride, don't hesitate to reach out to us for ride solutions, so you don't miss out on the fun.

Let's make this a season of shared experiences, good health, and joyful discovery. Stop by the front desk to pick up our latest calendar of events, and bring a friend along to join our growing family!

## VOLUNTEER *Spotlight*



# MIMI LAWSON

This month we are thrilled to recognize Mimi Lawson as a dedicated volunteer who brings both physical energy and a servant's heart to our center.

Mimi has been involved with the Carson City Senior Center since 2020, when she began leading the Resistance Training Exercise class, which is geared to provide balance, strength, endurance, and flexibility to seniors. She also began volunteering in the Dining Room in 2024, where she enjoys the camaraderie and friendships of individuals from our community. You will find Mimi all over the Senior Center, always busy helping others.

Mimi possesses a bachelor's degree in Human Services with a minor in Gerontology and has a passion for helping senior citizens at her church and in her neighborhood as well as providing them with assistance and resources in the community.

Her hobbies are volunteering and helping others, as she loves being around people and learning from them. Mimi also enjoys taking walks and enjoying nature.

## May Birthdays



# QUEEN

Joyce Lazzeri  
90



# KING

Bud Rieckhoff  
88



Loree, Patty, Jim (volunteers) & Sharon (kitchen staff) all celebrated birthdays in May



**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



**Jewelry Sale Volunteers who raised \$2,735 for Meals on Wheels**

**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](http://www.carsoncityseniorcenter.org) to apply or  
Call (775)883-0703, Ext 7980

**DISCLAIMER**

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# UPCOMING *Events*

## *History* PROGRAMS

### **GREETINGS FROM THE SALTON SEA... EXPECT THE UNEXPECTED**

**When:** Tuesday, June 9 at 1:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** The history of the Salton Sea may well be the most bizarre of any body of water on Earth. Born from an unbelievable “oops,” transformed into a glittering playground for the rich and famous, and later notorious as foul-smelling Lake Odorama, California’s largest lake has lived more lives than most towns. In this fast-paced program, David and Gayle Woodruff dive deep into the Sea’s many mysteries and wacky true tales, using vintage photos and extensive research to illuminate an inland sea that sits below sea level—and often below expectations. From outlandish schemes to stranger-than-fiction episodes, these stories prove that when it comes to the Salton Sea, truth is stranger than fiction! Free Event. RSVP not necessary.

### **JACKPOTS AND TRAILBLAZERS ...RENO’S CASINO LEGACY**

**When:** Tuesday, June 23 at 6:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Step into the glittering past of Nevada’s gaming frontier with a lively slide show tracing the legacies of two visionary titans: Harolds Club’s Pappy Smith and the Sparks Nugget’s John Ascuaga. From Pappy’s audacious billboard blitz that put Reno on the national map to John’s hands-on leadership and warm rapport with guests, this visual journey captures the spirit, grit, and showmanship that defined Northern Nevada’s casino boom. Using archival photos, extensive research, vintage ads, and behind-the-scenes anecdotes, local historians David & Gayle Woodruff reveal how these self-made men transformed dusty streets into neon-lit landmarks, shaping not just the gaming industry but the cultural identity of the Silver State. Free Event. RSVP not necessary.

## *A Talk with* NV Tami



**When:** Tuesday, June 16 at 12:30 p.m.

**Where:** Joshua Room (east end)

**About the Event:** Tami has explored Nevada and eastern Sierra ghost towns and mining camps for 25 years. Since 2000, she has shared her love of ghost towns through Nevada Ghost Towns & Beyond, Radio Goldfield, presentations, and various publications. Being well-known online as NVTami, her specialties are the little-known ghost towns and long-forgotten stories of life in the Old West. 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.

## **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.

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WITH  
MATTERS



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# SEASONAL RECIPES TO TRY

<https://localfood.ces.ncsu.edu/local-food-nutrition-health/recipes-library/>

## Vegetarian Stuffed Peppers

*Adapted from University of Nebraska Lincoln Nutrition Education Program*

### Ingredients

- 4 red or green bell peppers
- 2 cups cherry tomatoes
- 1 small onion or 1/2 large onion
- 1 cup basil leaves or 1 tablespoon dried basil
- 3 garlic cloves
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Directions

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan and set aside.
2. Cut peppers in half lengthwise and remove seeds.
3. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
4. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
5. In a bowl, toss tomatoes, onion, basil, garlic, oil, salt, and pepper to taste.
6. Divide mixture into peppers and roast in oven until tender, about 20 minutes.



## APPLE & BEET SALAD

- 2 thinly sliced apples
- 4 thinly sliced celery stalks
- 1 minced shallot
- Juice of 1 lemon
- 1 beet
- 1 tbsp sugar
- 3 tbsp chopped walnuts
- 3 tbsp olive oil
- salt & pepper to taste.
- sliced endive

### DIRECTIONS

Toss sliced apples, sliced celery stalks (with leaves) and minced shallot in a bowl with lemon juice. Peel beet, then slice into matchsticks and add to the bowl. Toss in sugar, chopped walnuts, olive oil, and salt and pepper. Let stand 10 minutes, then serve on a bed of sliced endive.



## Apple-Glazed Stir Fry

- 4 cups sliced **mixed vegetables**
- 1 **apple**, sliced thinly
- 1/2 cup **unsweetened applesauce**
- 1/2 cup **water**
- 1 tsp **ginger** (optional)
- 1 tsp **cajun seasoning** (or favorite seasoning blend)
- 2 Tbl **vinegar**
- 1 Tbl **low-sodium soy sauce**

1. Place a skillet over high heat and add your vegetables. Cook for 5 minutes, stirring frequently.
2. While vegetables are cooking, stir together the remaining ingredients in a bowl.
3. Once vegetables are slightly browned, pour mixture over the vegetables and stir well. Reduce heat to medium-low and cook for another 5-10 minutes.
4. Serve vegetables as a side dish or over rice.

*Makes 5 servings*



# Carson City Senior Center's Volunteer, Jim Donato, was awarded third place (tie) for his winning photo "Sand Harbor"



Third Place (tie): "Sand Harbor" Jim Donato



## Barry's Trivia

### Question of the Month

by Barry R. Bjorkman

**Q.** Who said: "We are on the line 157/337?"

### Previous Month's Question & Answer

**Q.** Who was George Putnam?  
**A.** Amelia Earhart's husband.

With "rocks" as the theme for May for the Carson City Photo Club competition, there were six winning photos this month, including a tie for third place.

# UPCOMING *Events*

## Are you **READY?**

**When:** Friday, June 26 at 10:30 a.m.  
**Where:** Joshua Room (east end)  
**About the Event:** Join Carson City Public Health Preparedness to learn more about preparing for emergencies at home. Free Event. RSVP not required.



## COURTYARD FLOWER GARDEN

**When:** Wednesday, June 3 at 12:00 p.m.  
**Where:** Courtyard by the Library (east end)  
**About the Event:** We'll be planting flowers and deciding future projects for our "Courtyard Garden". Bring hat, gloves, sunscreen and anything that you need for a day in the sun. Just show up! Free Event.



## BOOK & POETRY TALK

GLADE A. Myler

**When:** Friday, June, 26 at 12:30 p.m.  
**Where:** Joshua Room (East End)  
**About the Event:** Glade A. Myler will present a lecture on his poetry and writings. The theme of many of his poems is personal experiences and well-known musical, historical characters, as well as poetic and musical characters. Just show up! RSVP is not necessary.

## GUIDE PROGRAM

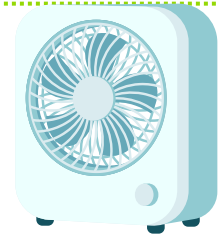
FREE RESPITE CARE INFORMATION TABLE

**When:** Wednesday, June 3, 10:30-12:30 p.m.  
**Where:** Main Lobby (west end)  
**About the Event:** Comprehensive Home Health Solutions is proud to offer the GUIDE Program (Guiding an Improved Dementia Experience) — a comprehensive Medicare-sponsored program designed to support individuals living with dementia and the family members who care for them. Visit their table in the lobby to learn more. Free event. RSVP not necessary.

## KOLO Cares Fan Drive

Look out for Kolo 8's announcement of the 2026 KoloCares Fan Drive! We will be collecting donations for new fans to hand out. First-come, first-served.

Donate a fan to the drive - drop off at Reception!



## Critical Thinking Session

### Bias: The Mind's Blind Spots

**When:** Monday, June 15, 10:00 to 11:30 a.m.  
**Where:** Tahoe Room (east end)  
**About the Event:** This FREE 90-minute Critical Thinking session will explore biases. Our own and those we encounter in others. We'll see that critical thinking can help us recognize and deal with them in the real world. No advanced reservation required. Just walk in. 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 TECH HELP

**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



**Sunday, June 14 & June 28**

Doors open at 11 a.m.

Play starts at 1 p.m.

At the Carson City Senior Center  
Dining Room (West End)

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.

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#### A Listening Ear

Someone who cares and is happy to listen.



#### Lift Your Day

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Contact **Melissa Connors**

at **775-283-7963** to learn more.



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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, Matt

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