

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Thank You!

Thanks to the community for supporting the 22nd annual Senior Follies, Under the Big Top! **Page 9**

August is National Immunization Awareness Month!

Vaccines aren't just for kids – adults need them for protection from serious illnesses like the flu, measles and pneumonia. Stay up to date on your shots! **Page 5**

SNEAK PEEK

pg 2

Write for Us! Calling all Writers, Poets, Bloggers ... we need your stories!

pg 8

Don't be a victim of **FRAUD!** Educate yourself and stay safe.

pg 12

Meet **Pam Ray**, our New Activity and Volunteer Coordinator!

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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



That's correct – write for us! I know there are folks who are gifted writers, poets or bloggers that have stories to tell, recipes to hand down, and travel adventures, unique careers and interesting hobbies to share. I want your submission!

I've received lots of feedback about wanting more articles to read in the newsletter and what better way to do that than to have YOUR story featured. It doesn't take much and space is limited so don't overthink it ... just write it down! As a good rule of thumb, please keep the content family friendly and remember that it is best to avoid sensitive subjects.

Submissions can be sent electronically (preferred) but we will work with hand-written submissions too! Contact me to sign up at (775) 883-0703 or just start sending in your submissions to SeniorCenterNewsletter@carson.org.

**national
IMMUNIZATION
awareness month**

Adults need
vaccines, too!

VACCINES
are not just for kids.

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 Support Services of NV	784-8090
Elder Care Law.....	687-4680
Elder Protective Services.....	1-888-729-0571
Energy Assistance	684-0730
Food Bank of Northern Nevada	331-3663
HUD (Nevada Rural Housing Authority).....	887-1795
JAC (Jump Around Carson)	841-7433
Medication Management Program, Universty of Nevada, Reno	784-1612
Nevada Legal Services.....	883-0404
Nevada State Welfare.....	684-0800
Northern NV Center for Independent Living	353-3599
RSVP	687-4680
Ron Wood Family Resource Center	884-2269
Sanford Center for Aging	784-4774
Senior RX.....	1-866-303-6323
SHIP (State Health Insurance)	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 Info	1-800-827-1000
VARN (Volunteer Attorneys for Rural NV).....	883-8278
Weatherization.....	887-2227

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 Drive

ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with
Alzheimer's Rural Outreach and Family
Care Associate, **Heidi Slater**
Every Wednesday from 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



Thank you to our Harrah's HEROs!
HERO, Harrah's Employees Reaching Out, recently
donated 36 fans to the Carson City Senior Center.



Roper's Heating and Air Conditioning is helping Carson
City seniors beat the heat this year with a donation of 20
brand new box fans through the KOLO 8 TV Fan Drive.

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

NRAB

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11

PCNROPO

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10

NRBOW ICER

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13

12

LEISUM

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14

EKAWTBHCU

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HOEWL TEWAH ABDER

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8

TEAMALO

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LEWOH NIAGR YABELR

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1 2 3

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4 5 6 7 8

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9 10 11 12 13 14

EAT WHOLE GRAINS

Barley, bran, popcorn, brown rice, buckwheat, millet, oatmeal, whole grain barley, whole wheat bread, whole wheat flour, whole wheat pasta, whole wheat rice, whole wheat tortillas, whole wheat wraps, whole wheat yeast, whole wheat

Answer key:



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

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Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

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fax (775) 882-5015

Flu Shot Clinic

Fight Flu this Season! Get Vaccinated!



Carson Senior Center
911 Beverly Drive

September 20, 2019
9:00 AM- 11:30 AM

Bring your insurance card.
If you do not have insurance, you will
not be turned away.

For uninsured or underinsured, the
flu shot is \$20.

For more information, contact us at: (775) 283-7905 or crioux@carson.org

All insured patients are responsible for confirming their flu vaccination
coverage with their insurance company.



Twitter: @CCHHealthEd | Facebook: CCHHS | gethealthycarsoncity.org



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We are Carson City's Retirement Community for Independent Seniors 62 and older.

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Community Amenities

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Licensed & Certified by the
Center for Medicare & Medicaid

The Community Foundation of Western Nevada offers a *FREE* public seminar

Estate Planning Basics Wills and Trusts

Monday, September 23 from 9:30 A.M. to 11:30 A.M.

Carson City Senior Center

911 Beverly Drive, Carson City, 89706

Presented by Steve Tackes

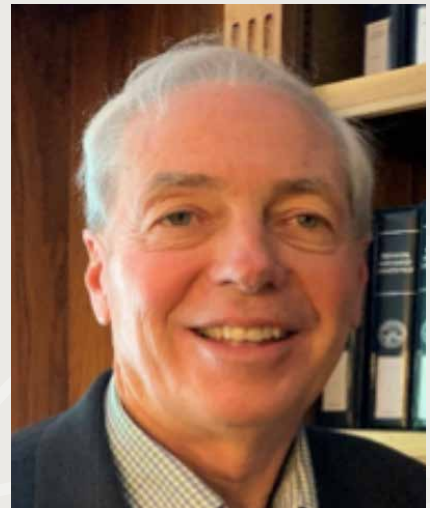
Partner, Kaempfer Crowell

Learn about the differences and benefits of Wills and Trusts. What are the alternatives for very small estates? How do you choose a trustee? What is the role of probate? When someone dies do you know what to do?

Learn about health care directives, POLST, DNR, and digital asset management.

Brought to you as a service by the Community Foundation of Western Nevada.

CALL TO RESERVE YOUR SPOT for the free Estate Planning Basics Seminar at 775-333-5499



**COMMUNITY
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of Western Nevada

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50 Washington Street, Suite 300 | Reno, NV 89503
Phone: 775-333-5499 | Fax: 775-333-5487 | nevadafund.org

The Community Foundation of Western Nevada was established in 1998 as a public charity, the Community Foundation of Western Nevada has distributed more than \$125 million in grants and scholarships from 252 charitable funds to strengthen our Nevada home. The Community Foundation serves as a community leader, permanent charitable resource, and a philanthropic advisor in charitable giving.



FRAUD

*By Carson City Sheriff's Office
Captain Brian Humphrey*

The Carson City Sheriff's Office has continued to see an increased amount of phone scams. We want the public to remain vigilant and educated in these issues. Scammers are routinely calling people saying they have missed a court date, missed a jury summons, they have a warrant, or they owe fines.

The caller identifies themselves as a member of the Sheriff's Office or member of the court. They will even use real names of the Sheriff's Office or Judges, names that they think the public will recognize.

The caller will at times provide a phone number to call back with a recording saying it's the Sheriff's Office. No government agency will call you in this fashion and then ask you to send them money over the phone to handle a situation like that. Any legitimate issues you would have involving a missed court date or jury summons will require you to show up in person. No law enforcement agency will collect money over the phone for any issue.

No legitimate business or government agency will have you pay off a debt or fine by asking you to purchase a gift card, I-tunes card, money gram, or wiring money in some way. Simply hang up and do not respond to them.

The scams we see in Carson City are no different than what is occurring all over the nation. The majority of the criminals masterminding these scams can be anywhere in the world.

They can disguise their phone numbers and e-mails making it seem as if they are contacting you from within the area you live. When in reality they might be in another state or even another country. The scammers are "spoofing" their phone numbers and e-mail addresses.

"Spoofing" allows the suspect to masquerade as someone else by falsifying the number that appears on the victim's caller ID display or making it appear that a message came from any e-mail address the sender chooses. It may appear as if you are talking to someone locally when in reality they are in a different country. The scammers will provide any lie to further what they are trying to accomplish.

Some of the most common scams we see on a regular basis within this area are:

Telephone Scams: The telephone scam stories are endless, they range from "you have won a prize" such as money, a new vehicle, lottery winnings, and cheap travel packages. Alternatively, they can be credit reduction, loans, charitable causes, fake

business and investment opportunities.

Utility Company Scams:

Scammers will call you by phone stating you are past due on a power bill, gas bill, or cable bill. They will tell you if you do not pay immediately the utility service will be discontinued and to avoid any other charges they will ask for your credit card number. Utility companies do not function this way and you will normally receive a termination notice in the mail with several days advanced warning.

Overpayment and Fake

Check Scams: This scam is commonly seen when someone has an item for sale on a third party website such as Craigslist or EBay. The scammer will contact you usually by e-mail or text, indicating they want to purchase the item you have for sale.

They will send you a check for a much larger amount than what the item is listed for. The scammer will ask you to deposit the large check into your bank account and wire them the difference. A deposited check can take several days or more to clear. When the original check turns out to be fraudulent and bounces, the victim is responsible for the amount to the bank. The scammer will often have explanations for why the check is so large and sometimes will tell the victim to keep some of the extra money.

Sales and Rental Scams: This is common with purchasing or renting property, homes, or businesses. The scammer

advertises online even with pictures telling potential victims to go by and look at the location. The scammer will never meet with you in person stating they are not able to.

Then they will tell you to wire money to cover an application fee and security deposit. Once they have received your money, you will never hear from them again, and the property was never actually available or owned by them. If they won't meet with you in person or have a representative meet with you in person to show you the property then it is most likely a scam.

Law Enforcement, Court

Scams: These scams involve someone contacting you stating they work for local law enforcement and you have a warrant, a fine to pay off, or you missed a jury summons. They will tell you if you don't pay a fine by phone you will be arrested. The telephone number provided by the scammer often will have a recording stating that you have contacted either the Sheriff's Office or a fines, fees location with the courts.

<https://www.carsonnow.org/story/07/15/2019/carson-city-sheriffs-office-warns-increase-phone-scams-and-fraud-schemes>



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Your House Full of Friends®

Thank You!

The Carson City Senior Center, a fundraiser for Meals on Wheels, offers our sincerest gratitude and **thanks to the community for supporting the 22nd annual Senior Follies, Under the Big Top.** Special thanks to our cast, crew and volunteers who put in many hours perfecting the show: Toni VanCleave, Carol Schirlls, Ray Finnegan, Jeff Basa, Laney Montgomery, Dana Lynn Blane, Carol Bruch, Carol Bauer, Judy Smith, Sue Genzler, Mark Meszaros, Craig Devecchi, Tom Tomashek, Luca Tomashek, Nadine Klestinski, Bob Lambert, Diane Maguire, Alyce Dickson, Angelina Eggers, Yolanda Garcia, Marco Gentile, Barb Halvorsen-Magee, David Hoblitt, Pat Johnson, Teri Karlsson, Don Klestinski, Nadine Klestinski, Vernon Moss, Gene Munnings, Delores Rathbun, Jaylynn Clyde, Henry Wagner, Claire Wagner, Lexi Martin, Christian Rucklos-Brennan, Chris Kay, Vera Logie, Dusty Glaser, Marva Hellstrom, Pam Ray, Raie Shurts, Marie Borgo, Cindy Somers, Kaleb Heflin, Amanda Toro, Bob Drews, Lisa Drews, Chuck Anthony, Corry Steiner, Jane Wong, Tom Maguire, Michael Salogga, Warren Bottino, Desiree Avila, Christiane Carpaux, Chris Hutton and Pat Whitley.

The following businesses and individuals have our appreciation and thanks for their support of the Follies: America's Automotive Center, Antiques Plus, Artisan Café, Bella Fiore, Benson's Feed, Bill Sandell, Capitol City Auto Parts (NAPA Auto Parts), Carson City Toyota, Carson Jewelry & Loan, City of Carson City, Diane Maguire, Eternally Yours Salon, Evergreen Gene's Inc., Fitness for Life Gym, Gold Dust West, Grandma's Fabric & Crafts, Greenhouse Garden Center & Gift Shop, Intimate Designs, It's a Girl Thang, Jane Wong, Jennell Peck at Finance of America Mortgage, Juan's Mexican Grill, KLC Construction, Les Schwab Tire Center, Mary Geisler, Mom and Pop's Diner, Nails by Iris, Nails Done My Way, NV Energy, Papa Murphy's Pizza, Paradise Salon Spa Wellness, Pat Johnson, Prestige Car Wash & Detail Center, Red's Old 395 Grill, San Marcos Grill, Sheri Cook at NV Mortgage Corner, Sign Pro, The Fox, The Lodge, The Purple Avocado, The Union, Theresa Preston at Coldwell Banker, Toni Van Cleave, Touched by Angels, Trader Joe's, US Sub Base, Wyndham Garden Max Casino. Please support the businesses that support us!



JULY BIRTHDAYS

Queen

**JULIE
KNIFFEN**

77 years young



King

DON SIMPSON

94 years young



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, Starburst, Bonanza,
Bingo-Bingo-Bingo, Letter X Progressive

○ **\$2 Blackout** ○

\$120 payout or \$500 Progressive

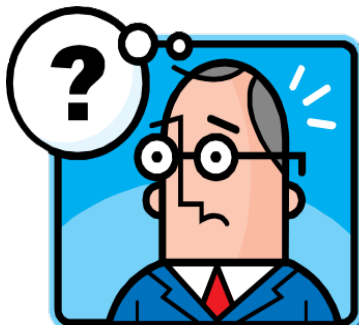
Doors open at Noon

Games start at 1pm

Must be 21 to play

Carson City Senior Center
911 Beverly Drive, Carson City

*All proceeds benefit
the Meals-on-Wheels program.*



Barry's Trivia Question of the Month AUGUST

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Of the time zones in the United States,
which is the widest?

LAST MONTH'S QUESTION AND ANSWER

Q: Of the first 13 colonies to become American states,
which later became Confederate states?

A: Virginia, North Carolina, South Carolina and Georgia.



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Sat Aug 24th 9:00am - 4:00pm
 Feelin' Fruity - Fallon
 Cantaloupe Festival
 \$59 per passenger What's more fun



Fri Sep 6th 8:00am - 6:00pm
 Lassen Volcanic National
 Park
 \$179 per passenger Today we're off



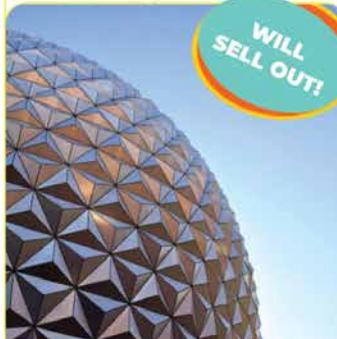
Sat Sep 28th 7:00am - 3:00pm
 Candy Dance - Red Carpet
 Style
 \$89 per passenger The annual Candy



Fri Oct 11th 8:00am - 6:00pm
 Apple Hill Tour
 \$89 per passenger One of our most
 requested tours of the year; register



Sun Oct 13th - Sun 20th
 New England and Cape
 Cod Autumn Foliage
 \$3149 per passenger Day 1 - Arrive in



Sat Feb 22nd - Sun Mar 1st
 2020
 Florida Adventure
 \$3999 per passenger Come explore



Check out the
 Travel Shows:
 Friday, September 20
 @ 1pm in Carson City

Saturday, September 21
 @ 10am in Reno

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All tours use CPCN registered vehicles



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VOLUNTEER CORNER



Hello from Pam Ray, Our New Activity and Volunteer Coordinator!

If you have walked through the Senior Center's main entrance recently, you may have noticed that there's a new Volunteer Lady in town. Let me introduce myself, Pam Ray, the Senior Center's new Activity and Volunteer Coordinator.

In 2013, I retired from a South Carolina community college and moved to Sequim, Washington, with my husband and our five pets. While living in Sequim, I gained experience with volunteer programs through volunteering to manage the City of Sequim's volunteer program and working as a volunteer coordinator for RSVP. I also worked at a community theatre and a free health clinic, organizations that could not have survived without their dedicated volunteers. Last year, we moved here to Carson City, and I started the process of fitting into a community again. I am very excited to put my experience to work at the Senior Center.

I credit volunteering with helping me transition from a very busy career to post retirement life. Within a few weeks of retiring, I was hungry for WORK – some place to go and something specific and challenging to do. I filled this need through volunteering.

As I interviewed potential volunteers for the City, I found many recent retirees had stories similar to mine. When we started a monthly newspaper column featuring City volunteers, several readers referred their spouses to our volunteer program!

Do you know someone who would like to volunteer at the Senior Center? Prospective volunteers can apply online or stop in to see me.

Volunteers are urgently needed in several key areas, particularly at the Reception Desk and in the Dining Room both as servers and bussing tables.

I look forward to meeting our new volunteers!

CALLING ALL VOLUNTEERS MARK YOUR CALENDARS!

Our annual Volunteer Appreciation Brunch, an honorary brunch to say THANKS for your dedication, support and hard work, will be held on **Saturday, September 28 from 10-12pm** in the Carson City Senior Center Dining Room.
Invitations to follow!

CARSON CITY TOYOTA PROUDLY SUPPORTS MEALS ON WHEELS!

*Dick Campagni and Carson City Toyota
donated \$5,000 to Meals on Wheels*



Good nutrition is a major factor in keeping seniors healthy and independent. The Meals on Wheels program has been a part of Carson City Senior Center's services for many years.

Meals on Wheels is available on both a short-term (for people recovering from surgery and other temporary problems) and continuing basis (for those with chronic, disabling, and medical conditions). Delivery of meals can begin once an assessment has been completed. No one is ever put on a waiting list.

Please call the Carson City Senior Center at (775) 883-0703 for more information regarding qualifications for Meals on Wheels.



WWW.CARSONCITYTOYOTA.COM 775-882-8211

If you would like to make a donation, please contact Courtney Warner at 775-883-0703, cwarner@carson.org.

OUR "MOST WANTED"

All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers

We will pay top dollar for your items.

You could have cash in your pocket today, so don't delay.

CAN'T COME TO US? WE WILL COME TO YOU!

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

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Call 775.882.8882 Today! Ask for Teresa or Charlotte.



Eagle Valley Care Center

(775) 883-4449 • fax (775) 883-4403

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We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms
- Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

We accept Medicaid Group Waivers

Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

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Christie Wilde
Location Manager

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**THRIFT STORE SALES
SPECIALS FOR AUGUST**

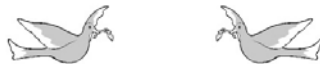
Tuesday | Crafts 50% OFF
Wednesday | Senior Day 50% OFF
Thursday | Kitchen Items 50% OFF
Friday | Boutique 50% OFF
Saturday | 50% OFF entire store

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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Low cost Cremation & Burial Services
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Not all Funeral Homes are alike come see the difference

Owned & Operated By:
John & Debbie Lawrence

SAVE THE DATE

Fall Jewelry Sale

Thursday & Friday
September 26 & 27

9am to 2pm

Senior Center Lobby

***A sale of gently used
jewelry to raise money
for Meals on Wheels!***

The Notice Board

Memoir Writers Seminars starts in September!

This informal seminar is designed for senior citizens who wish to write their memories. Charlie McGranaghan, a retired college writing instructor and memoir author, serves as the seminar guide. **FREE TO PARTICIPATE.**

Meets Wednesdays, starting September 4, from 9:30-11:00am in the Tahoe Room. Please sign up with Reception.

Dance with Live Music with DON & NADINE! August 9 • 6-9pm Tickets \$5!

Participants encouraged to bring a store-purchased snack to share.

SAVE THE DATE September 13, 6:30-9pm with The Grumpy Old Men. Tickets Only \$10.00.

Dances are MONTHLY (2nd Friday of each month). Odd months featuring the Grumpy Old Men (6:30-9:00pm) for \$10.00/ticket; Even months featuring Don & Nadine (6-9pm) for \$5.00/ticket; tickets available at the door!

BLOOD PRESSURE CLINIC

Every Wednesday

NEW 11-12pm • Carson Room

**Sponsored by Eden
Home Health & Hospice**



TRIAD 2019 SCHEDULE

**TRIAD presentations are held from Noon to 1pm
on the 3rd Tuesdays of each odd month
in the Nevada Room. Refreshments will be served.**

NEXT EVENTS ARE:

September 17, 2019

Gangs, Drugs, Dogs: presented by
the Carson City Sheriff's Office

October 8, 2019

Medicare 101: presented by SHIP

November 19, 2019

Don't Go Up in Smoke: presented by
the Carson City Sheriff's Office



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

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911 Beverly Drive Carson City, Nevada 89706

