

Senior Sentinel

www.carsoncityseniorcenter.org



Join With Us
In Celebrating The

Grand Opening

CARSON CITY SENIOR CITIZEN CENTER

Grand Opening Week
July 9 - 14

A Unique Advertising Opportunity!

We are publishing a grand opening/public information tabloid which will be inserted into The Nevada Appeal on Sunday, July 8th, and will also be used by the Carson City Senior Citizen's Center year round.

The Carson City Kiwanis Club established the original Senior Center in 1974, before officially handing operations over to the newly incorporated Carson City Senior Citizens Center, Inc. in August 1976.

"New" Carson City Senior Center Building, 1990



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

Celebrating half a century of community, the Carson City Senior Center marks 50 years of service by honoring its legacy as a vital community hub. Over the decades, the facility has grown into an essential resource dedicated to promoting independence, health, and social connection for older adults.

For 50 years, the center has been a cornerstone for local residents, providing nutritious meals, wellness programs, and social activities. What started as an idea became a gathering place thanks to the Carson City Kiwanis Club and has expanded into a vibrant resource where older adults can access educational workshops, fitness classes, resources, socialize, volunteer, and participate in hobbies and activities.

The golden anniversary is a tribute not only to the dedicated staff and volunteers who keep operations running, but also to the generations of members who have built a welcoming, family-like atmosphere. By continuously adapting to the ever-changing needs of the community, the center remains a cherished environment where seniors can find friendship, support, and purpose.

Join us at our celebration on Saturday, August 15, 11 to 2 pm. All are welcome to celebrate our milestone!



July Birthdays



QUEEN

Elena Cortez
85



KING

Joe Lopez
84

VOLUNTEER *Spotlight*



ANDI ROSE

Andi came to the Carson City Senior Center in March of 2024 for a bus pass. She was very impressed with the facility, the variety of events and the opportunities that the center offered.

Andi would come in 1 or 2 times a week to enjoy a great lunch, and to meet new people. When the Senior Sentinel came out Andi saw the ad that volunteers were needed, so she applied and was accepted as a receptionist.

Andi was born in Hawaii, and her father was an active-duty sailor and a specialized salvage diver on the USS Arizona Ship at the Pearl Harbor Naval Shipyard. She grew up in the San Francisco bay area, lived in South Lake Tahoe for over 30 years and has resided in Carson City for 12 years.

Andi has been dedicating her time to the Carson City Senior Center for 2 years now, and she volunteers over 20 hours a week. She volunteers in various roles such as the front receptionist, bingo attendant, bible study leader, and a library page in our library. Volunteering and helping people bring Andi great joy.

Andi worked very hard for her Masters in "Comparative Religions", while working full time at a local bank in South Lake Tahoe as a Floor Supervisor. She also was a Costumer, where she did actor fitting and dress rehearsals.

In her spare time Andi writes, she is a published author. She enjoys relaxing at home, and taking care of her beloved Cat named Zoey.

SAVE THE DATE

ESTATE PLANNING

Wednesdays, September 9, 16, 23, & 30
10-11:30 a.m.

Tahoe Room (east end)
A Free 4-week Estate Planning
Workshop
RSVP at Reception.

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)	

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

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

alzheimer's 
association®

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

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UPCOMING *Events*

History PROGRAM

Mystery, Money & Maelstrom The Bizarre Story of Reno's LaVere Redfield



When: Tuesday, August 11 at 1:30 p.m.

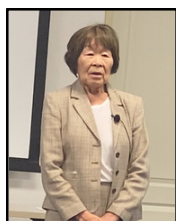
Where: Nevada Room (West End)

About the Event: Laverne Redfield was one of Reno's most peculiar millionaires — a shrewd stock and real-estate investor who distrusted banks, battled the IRS, gambled big, hoarded bigger, and lived a life wrapped in secrecy. He was a ruthless dealmaker, a notorious philanderer, a man who dodged cameras, and the victim of multiple headline-making robberies. In this 55-minute program, local historians David & Gayle Woodruff draw on extensive research to unravel the quirky, contradictory, and often bizarre story of one of Reno's least-known yet most eccentric "public" figures, revealing the strange legacy Redfield left behind. Free Event. RSVP not necessary.

A Talk with

Maude Frazier & Mitsuye Endo

Silver State Chautauqua: Bringing History to Life



When: Tuesday, August 18 at 12:30 p.m.

Where: Joshua Room (east end)

About the Event: Silver State Chautauqua, a Northern Nevada nonprofit is dedicated to bringing history to life through first-person historical interpretation. Chautauquan, Nancy Cummings-Schmidt, will be portraying Maude Frazier, Nevada educator and former member of the Nevada State Legislature, and Chautauquan, Betty Rose, will be portraying Mitsuye Endo, an American woman of Japanese descent who was unjustly incarcerated during World War II. Free event. RSVP not necessary.

SAVE THE DATE!

2026 CARSON FOLLIES PRESENTS

The TIME MACHINE

A VARIETY SHOW RAISING MONEY FOR MEALS ON WHEELS

SINGING, DANCING, SKITS, & MORE

SEPTEMBER 11, 12 & 13, 2026
BOB BOLDRICK THEATER • CARSON CITY



**CARSON CITY
SENIOR CENTER**
(775) 883-0703



MEALS ON WHEELS
CARSON CITY

More details coming soon!
www.carsoncityseniorcenter.org

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CLASSIC RECIPE OF 1976: WATERGATE SALAD

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



Watergate salad, or Pistachio Delight, is a dessert salad or side dish made with pistachio pudding, canned fruit, whipped topping, and other ingredients. The original recipe was originally published by General Foods under the title "Pistachio Pineapple Delight."

Ingredients:

- 1 (3.4 ounce) package instant pistachio pudding mix
- 1 (8 ounce) can crushed pineapple, with juice
- 1 cup miniature marshmallows
- ½ cup chopped walnuts
- 4 ounces frozen whipped topping, thawed

Directions:

1. Gather all ingredients.
2. Combine crushed pineapple with juice, instant pudding mix, mini marshmallows, and walnuts in a large serving bowl. Mix until well combined.
3. Fold in whipped topping, then chill for 1 to 2 hours before serving.
4. When ready to serve, garnish with crushed pistachios and maraschino cherries.

A classic recipe in honor of the 50th Anniversary of the Carson City Senior Center!

Watergate salad is an American classic. This delightful side dish salad or dessert is made with pistachio-flavored instant pudding mix, canned pineapple, mini marshmallows, nuts, and whipped topping. It comes together in minutes and after one to two hours in the refrigerator, this chilly treat will impress your dinner guests with its light and fluffy texture and colorful appeal. Garnish with crushed pistachios and maraschino cherries.



Helen, Corry, & Carolyn
Sunday Bingo Volunteers



Q. What is the capital of Romania?

Previous Month's Question & Answer

Q. Who were the members of the Committee of Five?

A. Thomas Jefferson, John Adams, Benjamin Franklin, Roger Sherman, Robert Livingston

FUNDRAISER FOR MEALS ON WHEELS

2nd & 4th Sundays **Doors open at 11am**
Games start at 1pm

Carson City Senior Center
 911 Beverly Drive
 (775) 883-0703

\$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 games: \$1 Fun Tab, Free Speed Bingo, \$1 Food Drive (free card for each item donated). Snack bar serving hot dogs, chili, nachos, sodas, chips, cookies, and candy. Outside food is welcome. Cash only. Must be 21+ to attend and play.

CARSON CITY SENIOR CENTER

50th ANNIVERSARY

Community Open House



**SATURDAY,
AUGUST 15**

11:00 AM - 2:00 PM



**CARSON CITY
SENIOR CENTER**

911 Beverly Drive

**BRING YOUR FAMILY, FRIENDS, AND NEIGHBORS AS WE
CELEBRATE 50 WONDERFUL YEARS TOGETHER.**

SCHEDULE OF SPECIAL EVENTS



11:00 - 11:15 AM
Celebratory Toast
with Sparkling Cider



11:15 - 12:15 PM
Ukulele Performance by
Capital City Strummers



11:15 - 1:30 PM
Play Bingo



12:30 - 2:00 PM
Local Historians David &
Gayle Woodruff present,
A Journey Down Memory
Lane...Carson City in
Photographs (every 15 min)

ENJOY!

Until we run out



PIZZA



**SODA &
WATER**



ICE CREAM



**SWAG BAGS &
FAVORS**

PLUS...



**RAFFLE PRIZES TO
WIN**



**VISIT OUR GIFT
SHOP**



**MEALS on WHEELS
TOURS**



**ACTIVITY
INTERACTIONS &
PREVIEWS
THROUGHOUT THE
ENTIRE EVENT**

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Silver



Food



Swag Bags

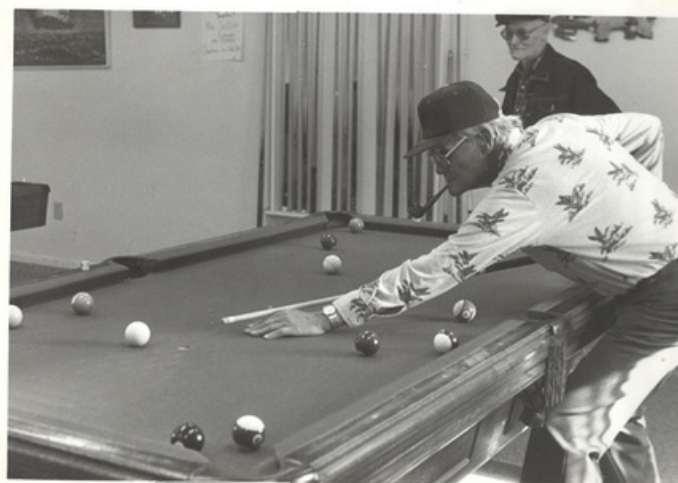


Special Thanks





Dec. 1987 Meryle Morgan; Hannah Spanamaker; Dora Berrson; Earl Richardson



Richard Hutchinson, Meals-On-Wheels driver



Lunch, 1987
Ruth Blake; Mary Stoddard; Bob Kalkwarf;
Hanna Spongamacher



Emma Jones



Pat and Elsie Wayland



Theresa, kitchen aide

**View more
historical photos
on Saturday,
August 15**

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- **Online (free)** - Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail (\$25.00/year)** - Mail or drop off cash or check to our Finance Office with your mailing address.

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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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