

Senior Sentinel

www.carsoncityseniorcenter.org



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

UPCOMING HOLIDAYS & CLOSURES



Monday, September 7
Labor Day
CLOSED



Monday, October 19
Staff In-Service Training
CLOSED

INSIDE THIS EDITION

Page 2

- From the Director
- Volunteer Spotlight
- Birthday Queen & King

Page 3

- Resource Page
- Volunteer Opportunities

Page 4

- Upcoming Events

Page 5

- Advertisements & Businesses

Page 6

- Fiber and the Benefits of Autumn Fruits and Vegetables
- Sunday Bingo
- Barry's Trivia

Page 7

- Follies Show

Page 8

- Upcoming Events

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

September brings cooler mornings and a fresh start as we welcome the beauty of the autumn season together. Our Senior Center is ready with exciting new programs and warm coffee waiting for you every morning. This month is a wonderful time to reconnect with friends and try out a new class.

We have many fun activities planned for you over the next four weeks. You can join our morning exercise groups, engage in great dialogue in Connections, play a new game, or come up with a new idea to meet others!

Please visit the Reception desk for our updated calendar and menu (also available online at carsoncityseniorcenter.org).

Your health and happiness remain our top priority as the weather begins to change. Remember to stay active and talk to our staff if you need any support or community resources. We look forward to seeing your smiling faces at the center this month.

We hope you had fun at our 50th Anniversary Celebration. View our event photos on our website. Big thanks to Jim Donato for being our event photographer and taking great photos!

August Birthdays



QUEEN

Shirley Lang
92



KING

James Bosch
93

VOLUNTEER *Spotlight*



CORRY STEINER

Corry was born in a city in the Netherlands. As a child, she has memories of World War II and remembers her family opening their home as

a safe house to protect Jewish adults, and children from the Germans from cruel injustice.

After leaving Europe, Corry lived in Brookings, Oregon where she was an avid golfer. She moved to Paradise, California, and located to Carson City in 2015.

She volunteered with Autumn Village for years, publishing the monthly newsletter, planning events like birthdays and luncheons. She came into the Carson City Senior Center in 2015 to attend a class that was being offered and she quickly got involved in volunteering.

Corry was a member of the advisory council, and is a current Director of the Governing Board of the Senior Center. She acts as an advocate for local seniors, helps build new community opportunities, and supports Meals on Wheels. She also volunteers with the Sunday Bingo and the crafting groups.

She was inspired to volunteer because she enjoys interacting with people. Corry is personable and people-oriented, which makes her an outstanding volunteer.

She carries on her family's tradition of giving back through her daily work with us. When Corry is not volunteering, she is busy with friends and family, and enjoys working on her computer.

THANK YOU FAN DONORS



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, Dining Room, 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

DANCE PARTY

**1st Saturday
6 p.m. to 9 p.m.**

Dining Room

Dance the night away with live music with Don and Nadine.
Admission is \$10 per person and guests are asked to bring a dish to
share. Dances are held the 1st Saturday of each month and are open
to all ages.

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.

UPCOMING *Events*

History PROGRAM

All Aboard! Steel Rails of the Silver State



When: Tuesday, September 8 at 1:30 p.m.

Where: Nevada Room (West End)

About the Event: Join local historians David & Gayle Woodruff for a fast-moving journey through the high desert and mountain passes in this 55-minute history slide show exploring the colorful network of railroads that once stitched Nevada and the Eastern Sierra together—lines that hauled ore, timber, tourists, and dreams across some of the West's most dramatic landscapes. Free event. RSVP not necessary.

A Talk with The Power of Zero: A Guide to Zero-Waste Living



When: Tuesday, September 15 at 12:30 p.m.

Where: Joshua Room (east end)

About the Event: Join Keep Truckee Meadows Beautiful (KTMB) for an interactive session where we'll explore practical tips and strategies to help you make eco-friendly choices at home. From learning about the waste crisis, to discovering sustainable swaps for everyday household products, you'll discover simple yet effective ways to minimize waste and lower your environmental footprint. Whether you're just starting out on your sustainability journey or looking for new ways to improve, this session will empower you to live more consciously. Free event. RSVP not necessary.

ESTATE PLANNING

4-WEEK SERIES

When: Wednesdays, September 9, 16, 23, & 30, 10:00-11:30 a.m.

Where: Tahoe Room (east end)

About the Event: A 4-week Estate Planning Workshop covering an overview of Estate Planning, Powers of Attorney (POAs) & Incapacity Planning, Real Estate & Funding Your Trust to Stay Out of Probate and Irrevocable Trusts, Taxes & Public Benefits. 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.

NAVIGATING THE HEALTHCARE SYSTEM

When: Friday, September 11 at 11:00 a.m.

Where: Joshua Room (east end)

About the Event: Learn practical information that empowers seniors to make informed decisions and access the care they need. Free event. RSVP not necessary.



CARSON CITY PREPAREDNESS FAIR



September 30, 2026
From 2:00 - 5:00pm



Community Center
851 E. Williams Street,
Carson City, NV 89701

The first 100 families through the door win a head start on safety by collecting free essentials to build their ultimate emergency Go-Kit.

SRES

SENIOR
REAL ESTATE
SPECIALIST



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



WHO YOU
WORK
WITH
MATTERS



LISA WILLIAMS
775-434-8145
S.0188952



Medicare questions?

Call your local
licensed health
insurance agent



Brett Cooper
775-307-9995



Compassionate Healing With **KETAMINE-ASSISTED THERAPY TREATMENT**

(Depression, Anxiety,
PTSD & More)

Commercial Insurances Accepted
Medicare and Medicaid Accepted
VA Approved for Veterans



**HIGHER DIMENSIONS
OF HEALING LLC**

1950 College Parkway, Suite 102
Carson City, NV 89706

775.347.9343 | higherdimensionsofhealing.com
info@higherdimensionsofhealing.com



OPTIMUM
PHYSICAL THERAPY

*Experience you can trust
Results you can count on*

Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001
fax (775) 882-5015



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

Brett M. Weeks, Aud
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Rook Street • Carson City • Nevada

775.885.9888

FIBER AND THE BENEFITS OF AUTUMN FRUITS AND VEGETABLES

By, Laura Deverse, MS, RD, LD, CDCES, Carson Tahoe Health



Fiber is an essential nutrient that supports good health at every stage of life. It promotes healthy digestion, helps prevent constipation, supports heart health by lowering cholesterol, and helps regulate blood sugar levels. Fiber also increases feelings of fullness, making it easier to maintain a healthy weight. Adults should aim to consume about 25–38 grams of fiber each day, yet many people fall short of this recommendation.

Autumn is the perfect season to enjoy a variety of delicious, fiber-rich fruits and vegetables. Apples are one of the best sources of dietary fiber, especially when eaten with the skin. They also provide vitamin C and antioxidants that support the immune system. Other excellent fall vegetables include butternut squash, pumpkin, sweet potatoes, Brussels sprouts, carrots, and beets. These colorful foods are rich in fiber, vitamins, minerals, and plant compounds that contribute to overall health. Adding seasonal produce to meals is an easy and flavorful way to increase fiber intake while enjoying fresh, affordable foods.

Even making small changes, such as choosing an apple for a snack or adding roasted vegetables to dinner, can make a meaningful difference in health and wellness. The goal is to make those small changes into daily habits. So many of the diets that are linked to longevity include multiple servings of vegetables, fruits, and whole grains. Fiber is a cornerstone in the Mediterranean diet, the DASH diet, and the MIND diet.

If you would like to learn more or have questions, please contact the Registered Dietitians at Carson Tahoe Health, we can be reached at 775-445-8607 or at diabetes.nutrition@carsontahoe.org.

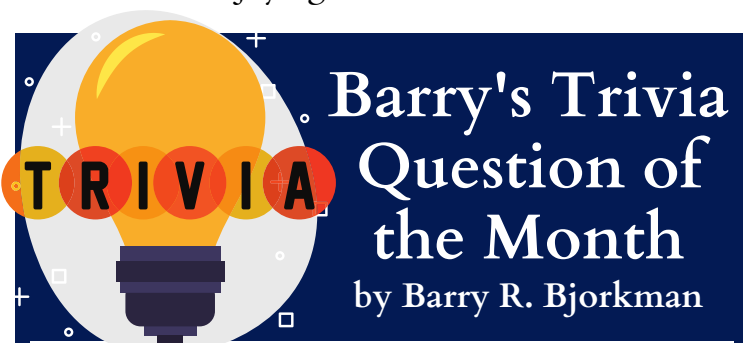
Simple Baked Cinnamon Apples

Ingredients:

- 2 apples, sliced.
- 1 teaspoon cinnamon
- 1 tablespoon maple syrup or honey (optional)
- 1 tablespoon chopped walnuts or pecans (optional)

Directions:

Preheat the oven to 375°F (190°C). Arrange the apple slices in a small baking dish. Sprinkle with cinnamon and drizzle lightly with maple syrup or honey if desired. Bake for 20–25 minutes until the apples are tender. Top with chopped walnuts or pecans before serving extra fiber, healthy fats, and a satisfying crunch.



Q. Which is the traditional birthstone for the month of September?

Previous Month's Question & Answer

Q. What is the capital of Romania?

A. Bucharest.

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

2026 CARSON FOLLIES PRESENTS

The TIME MACHINE

A VARIETY SHOW RAISING MONEY FOR
MEALS ON WHEELS

SINGING, DANCING, SKITS, & MORE



SHOW TIMES

Friday, September 11 at 7pm
Saturday, September 12 at 2pm
Sunday, September 13 at 2pm

LOCATION

Bob Boldrick Theater
851 East William St.
Carson City

TICKETS

\$10

Sold at the door or online
www.carsoncityseniorcenter.org

Raffle tickets sold during intermission



CARSON CITY
SENIOR CENTER

(775) 883-0703



MEALS ON WHEELS
CARSON CITY



TRAVEL THROUGH TIME FOR AN UNFORGETTABLE NIGHT
OF ENTERTAINMENT AND COMMUNITY!

UPCOMING *Events*

Backgammon



When: Tuesdays from 2:00 to 4:00 p.m.

Where: Senior Center Library

About the Event: Join the new backgammon group. Just show up to join.

Brain Health - Strategies to Keep You Sharp



When: Thursday, September 17 at 10:00 a.m.

Where: Tahoe Room (east end)

About the Event: Discover how simple, enjoyable daily habits can help keep your mind strong, flexible, and resilient. This uplifting, science-based presentation explores the powerful impact of socializing, reading, memory practice, meditation, playing games, exercising, learning something new, getting restorative sleep, and journaling. You'll walk away with practical, easy-to-use strategies that support long-term cognitive vitality and make brain health a natural part of your everyday life. Free event. RSVP not necessary.

Med Talk - Nutrition in the News



When: Tuesday, September 15 at 2:00 p.m.

Where: Nevada Room (west end)

About the Event: Beyond the headlines, you'll learn how to separate fact from fiction and understand why nutrition advice changes as new research emerges. You'll learn how to identify red flags that can mislead you and learn what questions you should ask. Presented by Laure Deverse, Carson Tahoe Health Diabetes Education. Free event. RSVP not necessary.



CARSON TAHOE
HEALTH

SAVE THE DATE COMING SOON

- Sewing Class - TBD (October)
- Healing with Nutrition – October 6 - November 10
- Flu Shots in the Lobby - October 12, 10:30-12:30 p.m.
- African Elephants – October 21
- Medicare Open Enrollment Workshop - TBD (October)
- Jewelry Sale – November 5-7

Get your OWN copy of the Senior Sentinel!

- **Email (free)** – Send an email to seniorcenternewsletter@carsoncity.gov
- **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.

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: Currently Recruiting

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

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

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Mike Pavlakis - Treasurer

Lindsay Dale, Director

Kim Fleming, Director

Carolyn Kellogg, Director

David Oren, Director

Emily Spalding, Director

Corry Steiner, Director

Cynthia Thacker, Director

Lisa Williams, Director

Pam Couch, Dir. Emeritus

ADVISORY COUNCIL

Harvey Cohen, Vice-Chair

John Wilson, Vice-Chair

Roxie Atkins

Jim Donato

Lisa Drews

Nancy Howard

Becca Krach

Julie Linstrom

Pepper Lowe

Bev Redman

Lew Schuerkamp

Loree Smith

Cindy Somers