

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SAVE THE DATE! pg 8
**October 31 • Halloween Party
& Costume Contest**
*Start preparing your **BEST** costume!*

Sneak Peeks

pg 5

Sign up for Smart911 - It Saves Lives!

pg 8

Save The Dates, Thanks & Closure Alerts

pg 10

Meet Volunteer **Kathy Jones**

pg 11

Learn about **Chinooks in this fun article**

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Triad Events • Learn to Crochet • Tai Chi is Moving!
BEC Date Change • Medicare Open Enrollment
Special Events Crew Volunteers Needed • and more!

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

The Carson City Senior Center has been beyond fortunate to have talented and big-hearted staff work for us. Every quarter we try to honor one individual who has made their mark, doing more than what is expected of them. Time after time, it becomes equally more and more challenging to pick just one as all of our employees are doing amazing things every day.

This quarter we selected a team to honor ... our **Second Wind Thrift Store Team!** Besides the fact that they are an awesome team, they continue to shatter all sales records at the store, bringing in much needed revenue for Meals on Wheels and senior independence. They do this every day with a smile, providing exceptional customer service to our customers. They are busy juggling sale days, multiple customers, deliveries, pick-ups and drop-offs and you wouldn't know the volume on their plate. And let's not forget the rebranding of the Second Wind Thrift Store that this team helped put together and seamlessly kick off with a successful ribbon cutting event.

We are proud of each one of them and honored to celebrate their success as the Team of the Quarter.

SECOND WIND THRIFT STORE TEAM

Back Row (left to right):

Bob, Royleen, Alice, James, John, Willie (Volunteer)

Front Row (left to right): Kathy (Volunteer), Sergio



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 Call.....	784-8090
Day Labor.....	684-0436
Elder Care Law.....	687-4680
Elder Protective Services.....	688-2964
Energy Assistance	684-0730
FISH.....	882-3474
Food Bank.....	331-3663
HUD (Nevada Rural Housing Authority).....	887-1795
JAC (Jump Around Carson).....	841-7433
Medication Management Program, University of Nevada, Reno	784-1612
Nevada Legal Services.....	883-0404
Nevada State Welfare.....	684-0800
Northern NV Center for Independent Living	353-3599
Retired & Senior Volunteer Program (RSVP)	687-4680
Ron Wood.....	884-2269
Sanford Center on Aging.....	784-4774
Senior Companion Program	358-2322
Senior RX.....	687-7200
SHIP (State Health Insurance Program)	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 Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV)...	883-8278
Weatherization.....	887-1795, Ext. 124

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



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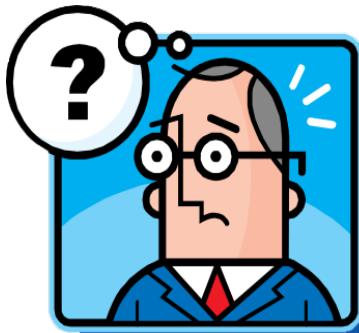
408 North Roop Street • Carson City • Nevada

775.885.9888

Artwork Donated by Carol Benson



Have you seen the new art displayed throughout the Senior Center? The canvas prints are bright, festive and bring new energy into the rooms of the Senior Center. As more prints are installed, you may wonder who painted them and where they came from. First of all, many think the signature resembles a “C♥”. Look closely and you’ll see “CB” for Carol Benson, a former Carson City resident. Carol donated her life’s work to the Senior Center as she prepared to move to Arizona. She wanted to share her art with the community and make people smile. Carol’s donation included several hundred canvases which are slowly taking over the walls of the Senior Center. Take a moment to enjoy Carol’s work. It’s bound to make you smile.



Barry's Trivia Question of the Month OCTOBER

Barry R. Bjorkman
Former Advisory Council Chairman

Q: The State of Michigan is bordered by which of the Great Lakes?

LAST MONTH'S QUESTION AND ANSWER

Q: What is the Capital of West Virginia?

A: Charleston.



SEPTEMBER BIRTHDAYS

Queen

ELSIE SAAK
100 years young



King

TOM NOBLE
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, Bonanza, Orange Special,
Fun Tab, Starburst Progressive,
Letter X Progressive

○ **\$2 Blackout** ○
\$120 payout or \$500 Progressive

Doors open at 11 am

Games start at 1 pm

Must be 21 to play

Carson City Senior Center
911 Beverly Drive, Carson City

All proceeds benefit Meals-on-Wheels.



Smart911™

SAVES TIME AND SAVES LIVES

Enroll today:
<https://smart911.com/>



People living in your household



**Phone numbers associated
with your family**



Pets, service animals and livestock



Medical conditions and allergies



Medications & medical equipment



**Property details, layout and
utility information**



Vehicle descriptions



Emergency contacts

September's TRIAD presentation introduced a new technology, Smart911, an online tool for you to provide additional information to 911 so they can help you faster in an emergency. In case you missed the presentation, below is more information on Smart911 and how to enroll. If you need assistance, please contact the Senior Center for help.

With Smart911, you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency.

When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like.

Smart911 is a national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide.

SMART911 - Frequently Asked Questions

Question: Is Smart 911 free? **Answer:** Smart911 service is free to all citizens. Services are paid for by public agencies ensuring free and equal access to all citizens of the community.

Question: How does Smart911 work? **Answer:** Smart911 allows citizens to provide the additional details that 9-1-1 call takers may need in order to assist them during an emergency. When you dial 9-1-1 today the information received by the 9-1-1 call center can be limited based on the type of phone you are calling on. With Smart911, anytime you make an emergency call from a phone registered with your Safety Profile, the 9-1-1 systems recognizes your phone number and automatically displays your profile on the screen of the call taker who receives your call. At a time when you may be panicked, or unable to communicate, or it could be unsafe to communicate, Smart911 ensures that the details you would need to tell 9-1-1 are immediately available in the event you cannot verbally provide them. Smart911 is free, private and secure. Please review our Privacy Policy for further information.

Question: Is my information secure? **Answer:** Smart911 utilizes the highest standards in physical and computer security technologies and conducts regular audits to ensure all information held in Smart911 is kept secure, and only made available to 9-1-1 and emergency responders who are responding to or planning for emergencies. It's our business to protect your information and ensure it gets to the people that need it, when they need it. Smart911's lifesaving service has been recognized by thousands of trusted sources across the county, is accredited by the Better Business Bureau, and secured by SSL and Norton.



AT YOUR SERVICE

At Healthy Living, we stand united in providing quality care for our patients. We are dedicated to create a healthy, safe, and independent living environment in your home. Wherever you are on your healthcare journey, we are "At Your Service."

What is Home Health Care?

Home Health is skilled nursing care and certain other health care services, such as physical therapy, occupational therapy, or speech language pathology, which you receive in your home for the treatment of an illness or injury. In many cases these services are covered by health insurance.

We take pride in being a Home Health Agency operated by experienced professionals with extensive clinical, healthcare and hospitality backgrounds.

Healthy Living at Home has the following healthcare professionals who will assist you in the next phase of your healing process:

- Licensed Nurses (RN, LPN)
- Physical Therapists
- Occupational Therapists
- Speech Language Pathologists
- Medical Social Workers
- Home Health Aides

For more information call us today: 775-515-4203
or visit www.healthylivingservices.org



We are State and Medicare Certified and Accredited by the Joint Commission




SIZZLING SENIOR DAYS

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AND GET A FREE MEAL!**

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the game every Wednesday
from 8am - 8pm**

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Your Home Full of Friends



Activities for All Seasons: Fun Ideas for Being Active All Year

Being creative about your physical activity plans and trying new forms of exercise can keep you motivated by preventing boredom. A change in seasons is an excellent time to be creative about your exercise routine and try something new. There are many ways to be active throughout the year.

SPRING

- As the temperatures start to get warm, get your garden ready for spring and summer. The lifting and bending you do when gardening are great for strength and flexibility.
- A bike ride is a great way to enjoy the warmer temperatures.
- Anything can be fun with upbeat music, including spring cleaning!
- Build your endurance and strength with a bike ride during National Bike Month (May). Remember your helmet.

SUMMER

- Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy.
- Walking inside in an air conditioned mall is a cool way to beat the heat while exercising.
- Now that the grandchildren are out of school for the summer, ask them to teach you their favorite sport or physical activity.
- Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

FALL

- If you've heard about the benefits of yoga but haven't tried it yet, National Yoga Awareness Month in September is a great time to find special events and trial classes for beginners.
- As the weather cools, join an indoor sports league, such as basketball, handball, or bowling.
- Fall provides great opportunities for physical activity. You can take long walks to see the beautiful fall colors. Once the leaves have fallen, raking is good exercise.
- If you have holiday shopping to do, walk the entire mall each time you're there.

WINTER

- When your grandchildren visit, head outside to build a snowman together or go ice skating.
- Cold outdoor temperatures are an excellent reason to join a mall-walking group.
- Start the new year by trying out a fitness center—many offer New Year's Resolution specials.
- Give your heart a Valentine's Day gift with dance lessons, such as salsa, tango, or even belly dancing.

Quick Tip

Dress appropriately for the outdoor temperatures, and exercise indoors on especially hot or cold days.

<https://go4life.nia.nih.gov/activities-for-all-seasons-fun-ideas-for-being-active-all-year/>



SAVE THE DATE

VETERANS DAY PROGRAM

November 8, 2019 • 11am

Sagebrush Dining Room

Honoring our Veterans!

The Senior Center will be
CLOSED
 Friday, October 25
 in observance of Nevada Day!



HALLOWEEN PARTY & COSTUME CONTEST

Stay tuned for more
 details but while you
 wait, start preparing
 your **BEST** costume!

OCTOBER 31
 During lunch



Thank You!

Another Jewelry Sale SUCCESS, thanks to Dee and the amazing Jewelry Sale volunteers! Every purchase feeds homebound seniors and we couldn't be more thankful for the year-long effort of our wonderful Jewelry Sale volunteers and those who donated jewelry for the sale. All involved spend hours sorting, organizing and pricing jewelry for the sale then volunteering their time during the actual sale. *Thank you! Thank you!*



Winter Weather Ahead

Plan ahead as cold weather may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lots. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on our voicemail announcing the closure. If the Senior Center is closed, Meals on Wheels will not be delivered. All seniors receiving Meals on Wheels will be notified by phone of the closure and be instructed to consume the provided shelf-stable meal. For more information or to verify the Senior Center is open, call 775-883-0703.



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incredible india

by Er. Labh Singh Gill

There is a Hindu temple in India dedicated to Kari Mata at village Deshnok in west India, it is also known as the temple of rats.

The temple is famous for the approximately 25,000 black and few white rats that live, and are revered in, the temple.

These holy rats are called Kabas, and many people travel great distances to pay their respects. The temple draws visitors from across the country for blessings, as well as the curious tourists from around the world.

Legends have it that Laxman, son of Karni Mata, drowned in a pond while he was attempting to drink from it. Karni Mata implored Yama, the god of death, to revive him. First, refusing Yama eventually relented, permitting Laxman and all of Karni Mata male children to be reincarnated as rats.

If one of the holy rats is killed or crushed under feet, it must be replaced with another one made of solid silver or gold.

Out of all of the thousands of rats in the temple, there are a few white rats, which are considered to be especially holy. These are believed to be the manifestations of Karni Mata herself and her four sons. Sighting them is a special blessing. Visitors put in extensive efforts to bring them forth, offering Prasad, a secret holy food.

The temple is opened to the public early in the morning for worship. Devotees make offerings to the rats, which roam about the temple in large numbers and are considered auspicious.

The temple building was completed in the current form in the early 20th century in the Mogul style architecture by prince Ganga Singh of Bikaner. In the front of the temple is a beautiful marble façade, which has solid doors. Across the doorway are more silver doors. The image of the goddess is enshrined in the inner sanctum. Tons of silver and precious stones and marbles was used.

Karni Mata Fair is held twice a year during Navratras, [holy festival of Hindus] thousands of people travel hundreds of miles to the Temple by foot.

So many books are written and documentaries featured on the history and mythology of the temple. Even American reality television and Discovery channel has shown it.



A rare sighting of an especially holy white rat

Did you know? Eating food that has been nibbled on by the rats at the Karni Mata Temple is considered a high honor!



Rats drinking milk



Karni Mata Temple



Volunteer taking care of the rats



FIRST DIBS

Shopping with a friend for the first time at our Second Wind Thrift Store led **Kathy Jones** to become a volunteer. She really liked what she saw. She was so impressed that she asked James, the Second Wind manager, if he was hiring. Although there were no open positions, James told her he could always use volunteers. Kathy, who had thought about volunteering for a while, was excited that she could select both a department and a schedule that suited her life. She was ready to get going and started the next day.

Two to three days a week, you can find Kathy hard at work in the clothing department. On a typical day, she goes through

donation bags, hangs up clothes, and straightens the department. She and other volunteers talk through pricing for boutique items. Most donations are in good shape, but the volunteers weed out dirty or damaged items. "If I wouldn't buy it, I don't expect anyone else to," she told me while we were discussing quality control.

Thrift store volunteers understandably get first dibs on merchandise to purchase. Kathy hasn't figured out if this perk is a benefit or a liability. "Don't bring anything else home," her daughter begged her recently. Kathy has 10 grandchildren, who range in age from 15 months to 21 years old. It's no surprise that she spends most of her free time with them, and

they all seem to love her thrift store surprises!

Kathy's most rewarding job was working as a leasing agent/assistant manager at a 55+ apartment complex in Las Vegas. She especially enjoyed helping seniors get into housing they could afford. She is equally excited about her new role as a volunteer. When asked what she would say to someone considering volunteering at Second Wind, she replied, "The people here are wonderful." She views her team members like family.

Are you interested in joining our volunteer corps? Please contact Pam Ray, Activities and Volunteer Coordinator, at 883-0703 or PRay@carson.org.



Wed Nov 6th 8:00am - Thu
7th 6:00pm
Murphy's Queen of the
Sierra



Wed Nov 20th 9:00am -
5:00pm
What a Poinsettia



Fri Nov 29th 6:00am -
6:00pm
Black Friday Shopping
Arden Fair



Fri Dec 6th 4:00pm - 11:00pm
Grass Valley - Cornish
Christmas



Sun Dec 29th 9:00am - Thu
Jan 2nd 2020 6:00pm

Pasadena Rose Parade

\$2499 per passenger
Experience the Rose Bowl Parade as it makes its way down Colorado Boulevard in grand style. See the giant floral floats. Smell the aroma of the millions of roses and other flowers and listen to the marching bands fill the air with music.

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A SHORT REPRIEVE

By Darline Harper

The weather man said that Saskatchewan would experience a Chinook today. Why can't modern science give me a few days notice so I might hop a flight to Moose Jaw and delight one more time in a Chinook? Perhaps it is just as well, because times have changed and I have changed and maybe neither one of us is up to it any more.

I remember after weeks and weeks of bitter cold, with temperatures way below that little freezing line on our mercury thermometer, waking to the sound of melting snow, drip, drip, drip, off the eaves and forming iridescent stalagmites along the garden side of the house. No doubt it was a Chinook. The phenomenon you always hoped for but could never count on. Two or three years might pass before one arrived; sometimes two or three in one year came blowing through. That only made it more wonderful.

Spring eventually came every year; it was anew beginning and we loved it but a Chinook was not the beginning of anything or an end to anything. It was an event, an experience, a happening gone long before you had had enough.

As a child in Canada I loved winters, the crisp cold, the clear skies with stars so close you could gather them, the northern lights that the camera has never duplicated, and the tingling, burning and almost painful thawing of frost bitten cheeks and noses. But winters were long and you wore lots of clothing and the snow was deep and you plodded to and from school and it was hard to run and jump and feel free.

Then just when you were getting tired of it all, along came a Chinook. Magically the snow melted forming little rivers along the roadways heading for the creek. You grab a twig from a nearby bush and floated your canoe all the way to school, giving it a little nudge with your overshoe toe every time it hung up on an ice floe. By the time you arrived at school your shoes underneath your overshoes were soaking wet and the teacher would let you sit in class in your stocking feet.

Boots were not the only clothing apparel that got wet. Mittens were permanently attached to jackets sleeves by pieces of string and safety pin and dangled six inches below your hand when not in use. Every

time your ocean liner hit an ice berg and you helped it along, the mittens got a Baptist baptism. Scarves, most often muffed around your cheeks and forehead, during a Chinook hung loosely around our necks and if we stooped for long to make a dam so our battleship could get ahead of the flotilla, they somehow managed to get a little damp too.

By recess the play yard was an ocean of slush, mud and water everywhere, so back on went our boots and Jackets and out we went for fifteen minutes of slipping, sliding and splashing. No one ever thought to keep us indoors at recess, it was just too great a day.

At three p.m. the sun went down and our Chinook gone. At four p.m. when school let out we put on our almost dry cloths and headed for home, slipping, sliding, and skating on the paper thin ice that was quickly forming on the puddles. Maybe it would not hold you yet and you fell through. Oh Well. It was over. Our Chinook was gone and with it the snow, because that is what a Chinook is. Ask any indigenous Canadian from the prairie and he will tell you a Chinook is a wind that steals the snow away.



To those who don't live in Alberta, Canada, they tend to think of the province as a land of deep-freezing winter, at least from October to May. But actually, southern Albertans get regular reprieves from winter's grip, thanks to the warm chinook winds that blow over the Rockies. **What causes parts of the province to get four seasons in one day?** Wet winds blow in from the Pacific coast, lose their moisture as they climb the Rockies, then warm as they blow down the other side of the mountain. Chinooks happen most often in a stretch from Pincher Creek and Crowsnest Pass to Lethbridge—although Calgary's also famous for its warm winter winds. **How dramatic are chinooks?** Well, Pincher Creek had a record temperature rise of 41 degrees in one day: from -19 to 22 in an hour.

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Christie Wilde
Location Manager

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**THRIFT STORE SALES
SPECIALS FOR OCTOBER**

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
Funerals & Cremations**

1575 N. Lompa Lane, Carson City, NV 89701

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Low cost Cremation & Burial Services
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Now Leasing 1 & 2 Bedrooms

Apartment Amenities

- Well Designed Floor Plans
- Easy Accessibility
- Fully Equipped Kitchens
- Central AC & Heating
- Balconies/Patios
- Private Locking Storage
- Vinyl/Carpet
- Window Coverings
- Water/Trash Service Included

Community Amenities

- Accessible Building
- Elevators
- Secured Entrance
- Interior Mailboxes
- Community Room
- Fitness Facility
- Laundry Facility
- Playground
- Professionally Managed



We are a Somerset Pacific LLC Managed Property



In Loving Memory of
Shirley Ann Keller

Born

March 29, 1935 • Rock Port, Missouri

Passed Away

August 8, 2019 • Carson City, Nevada

Memorial Service

Friday, October 18, 2019, at 2:00p,
 First Christian Church • Carson City, NV

Officiating

Pastor Ken Haskins

Interment

Greenhill Cemetery • Rock Port, Missouri

Directors: Autumn Funerals & Cremations

Pumpkin Bread Recipe

Ingredients

- 1-1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 2 large eggs, room temperature
- 1 cup canned pumpkin
- 1/2 cup canola oil
- 1/2 cup water
- 1/2 cup chopped walnuts
- 1/2 cup raisins, optional

Directions

- Preheat oven to 350°. Combine first 8 ingredients. Whisk together eggs, pumpkin, oil and water; stir into dry ingredients just until moistened. Fold in walnuts and, if desired, raisins.
- Pour into a greased 9x5-in. loaf pan. Bake until a toothpick inserted in center comes out clean, 65-70 minutes. Cool in pan 10 minutes before removing to a wire rack.

Nutrition Facts

1 slice: 221 calories, 10g fat (1g saturated fat), 23mg cholesterol, 212mg sodium, 31g carbohydrate (20g sugars, 1g fiber), 3g protein.



The Notice Board



NEXT EVENTS ARE:

October 10, 2019 • 12-1pm
Medicare 101: presented by SHIP

November 19, 2019 • 12-1pm
Don't Go Up in Smoke: Home Fire Prevention
presented by the Carson City Sheriff's Office



Want to learn to crochet?

Need help with a crochet project?

Come join us to learn a new hobby in a group setting to get help with those hard-to-understand patterns.

Every Tuesday starting

October 1, 2019 • 10-11am

\$1.00 per class

*Instructor: Pat Wright
(patandbobwright@yahoo.com)*

TAI CHI is moving to EVENING classes

Starting 10/1/19

Every Tuesday, 6-7pm

Joshua Tree Room Class

Fee: by donation

Lead by Kevin Milburn, a Tai Chi practitioner for over 25 years

☆☆ **DATE CHANGE** ☆☆

Benefits Enrollment Center

1st Wednesday of the month

9-11am • East Entrance Lobby

(by the Joshua Tree Room)

Medicare Open Enrollment October 15 through December 7

SHIP counselors want to remind everyone to be sure to check which of the new prescription plans will best fit your current needs at the most affordable price. **We will begin taking appointments for the open enrollment period on October 1.** Call **883 0703** or stop at the front desk to schedule your appointment. Be sure to bring all of your prescriptions with you so counselors can contact the pharmacy if there is a question.

The Notice Board

MEMOIR WRITERS SEMINARS HAVE BEGUN! Come Join Us!

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 9/4,
from 9:30-11:00am in the Tahoe Room.**
Please sign up with Reception.

Dance with Live Music with Don & Nadine • Tickets \$5 October 11 • 6pm - 9pm

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

SAVE THE DATE

**November 8, 6:30pm-9pm
with the Grumpy Old Men
Tickets Only \$10**

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
11-12pm • Carson Room
Sponsored by Eden
Home Health & Hospice**



BUNCO

Come One Come All

If you're wanting to have some laughs, make new friends, and play a great dice game... Come join us!

Fridays at 1 p.m.

Nevada Room

Only \$3!

If you've never played Bunco, we'd love to have you come at 12:45 and we'll show you what an easy game it is!

See you soon!

-Darlene Mann, Joanne Avery,
and Our Special Bunco Friends

Who loves to go over the top
for parties and celebrations?

We need YOU!

Calling all decorators, holiday planners and people that like to plan events. Sign up to volunteer for our special events crew.

You'll be helping plan events, holiday parties, decorations and more to bring festive flare to the Senior Center. See Pam Ray, Volunteer Coordinator (883-0703 or pray@carson.org) to sign up!



911 Beverly Drive Carson City, Nevada 89706

I would like to subscribe to the "Senior Sentinel" for one year.

My check in the amount of \$15.00 is enclosed.

Name _____

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Join our email newsletter subscriber list. Send an email to SeniorCenterNewsletter@carson.org to be added to the list.

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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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