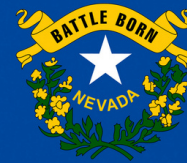


Senior Sentinel

www.carsoncityseniorcenter.org



UPCOMING HOLIDAYS



HAPPY NEVADA DAY

Friday, October 27 - CLOSED

INSIDE THIS EDITION

Page 2

- From the Director
- Jewelry Sale
- Birthday Queen & King

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- Medicare Open House
- Nevada Poetry Project
- Connections
- Halloween Party
- Barry's Trivia

Page 5

- Mah Jong Lessons

Page 6

- Gift Shop Holiday Craft Sale
- Christmas Show

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



**CARSON CITY
SENIOR CENTER**

Hours of Operation

Monday through Friday, 9 a.m. to 4 p.m.

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

From the Executive Director, Courtney Warner

This month we celebrated our AMAZING volunteers!
We appreciate all of you more than you know and thank
you for joining us in our luau celebration!



We are adding a choice entrée: "BUILD YOUR OWN SALAD". This option is available for on-site lunch only and not available on Birthday Fridays. Let us know what you think about this option.

Would you like to help plan our menu and give us feedback before we plan for the month? Join us on the 2nd Tuesday of each month at 10:00am to give us feedback and plan for the next month. Samples will be served at most meetings testing new products and ideas.



JEWELRY Sale

A selection of earrings, necklaces,
belt buckles, pocket watches,
holiday jewelry, pins & more!



Thursday, November 2
Friday, November 3
9am to 2pm

At the Carson City Senior
Center, 911 Beverly Drive
in the Lobby

A Fundraiser for:



MEALS on WHEELS
CARSON CITY

Jewelry Donations accepted year-round



QUEEN

Susan Secoy

81

KING

Tom Maguire

89



September Birthdays



Celebrate your birthday with us -
1st Friday of each month!

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
Elder Care Law (RSVP)	775-687-4680
Energy Assistance Program	775-684-0730
Food Bank of Northern Nevada	775-331-3663
Jump Around Carson (JAC Transit)	775-841-7433
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
State Health Insurance Program (SHIP) ...	1-800-307-4444
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration	775-786-7200
VA Medical Benefits Information	1-800-827-1000
VARN	775-883-8278
(Volunteer Attorneys for Rural NV)	
Weatherization Program	775-887-1795, X124
(Nevada Rural Housing Authority)	

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.

ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of the
month, 2:30 p.m. to 4:00 p.m.
Carson City Senior Center
911 Beverly Dr., Carson City

We offer a variety of no cost education,
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



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

Brett M. Weeks, Aud
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City • Nevada

775.885.9888



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

UPCOMING *Events*

Medicare Workshop & Open House

When: Tuesday, October 3, Medicare 101 Workshop: 10:00–11:00am, Vendor Fair: 12:00–2:00pm

Where: Tahoe Room (Workshop) & Nevada Room (Fair)

About the Event: Know what is covered under Medicare and meet local representatives who can talk details about their coverage. Medicare Open Enrollment is October 15 – December 7. Free.

NEVADA POETRY PROJECT

Nevadan to Nevadan: what I need to tell you

When: Wednesday, October 25, 12:30–1:30pm

Where: Tahoe Room

About the Event: A Conversation for Nevada Poet Laureate, Gailmarie Pahmeier. Learn About the Nevada Poetry Project. Free to attend.



CONNECTIONS

When: Tuesday, October 17, 1:00–2:30pm

Where: Nevada Room

About the Event: A social event sharing stories and connections. Food served. Free to attend.



When: Tuesday, October 31, 11–12:30pm, contest at 11:45am

Where: Dining Room

About the Event: Dress up and enjoy a spooky time celebrating Halloween. Lunch, games, drinks and festivities!

BEST COSTUME WINS \$100 TO KANSAS CITY STEAKS

Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Guadalcanal is located in what island chain?

Previous Month's Question & Answer

Q. What is the Capital of Chile?

A. Santiago.



SRES

SENIOR
REAL ESTATE
SPECIALISTUNDERSTANDING
THE IN'S AND
OUT'S OF
DOWNSIZING IN
TODAY'S WORLDWHO YOU
WORK
WITH
MATTERSLISA WILLIAMS
775-434-8145
S.0188952**YOUR AD HERE**Contact Courtney
(775) 883-0703Would you like to learn to play American Mah Jong?
We need new players and would love to teach you!**MAH JONG
LESSONS**

Lessons will be on Thursdays in October (October 5, 12, 19, 26) in the Comstock room at 12:30-2:30. Please join us at our first lesson, so you can learn the basics.

**LOOK
FOR
Something
GOOD**

ROBERT DREWS

ON SALE NOW

Novel by Carson City author.

Available on Amazon
and at the Purple
Avocado Gift Shop**EXPERIENCE
CONNECTIONS.**A new community social event where you can
have fun, socialize and spread happiness.Inspiring
StoriesTasty
FoodGreat
Conversation**WHEN:** October 17th • 1:00pm – 2:30pm**WHERE:** Senior Center, 911 Beverly Drive, Nevada Room**connections
central**

Sharing Stories. Making Connections. Changing Lives.

www.connectionscentral.org**Autumn
Funerals & Cremations**

1575 N. Lompa Lane, Carson City, NV 89701

775-888-6800Low cost Cremation & Burial Services
Prearrangements available**"The Right Choice"**

Not all Funeral Homes are alike come see the difference

**Owned & Operated By:
John & Debbie Lawrence**

HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, NOVEMBER 30
FRI, DECEMBER 1
SAT, DECEMBER 2
9-5PM

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



2023 CHRISTMAS SHOW

2ND DEC **SATURDAY 2:00PM** **CARSON CITY SENIOR CENTER**

HOLIDAY MUSIC, PERFORMANCES, SKITS, AND FESTIVE FUN!
RAFFLE TICKETS FOR PURCHASE

FREE ADMISISON

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

Our Memory Care Philosophy

SEE THE PERSON AND FIND THE STORY!



SUMMERSET

SENIOR LIVING

Independent | Assisted Living | Memory Care

6205 SHARLANDS AVE
RENO NV, 89523

MEMORY CARE OPENING SOON!

BOOK YOUR TOUR TODAY!
(775) 260-4432

SUMMERSETSENIORLIVING.COM



NOTICE BOARD

AARP Driver's Safety Class

October 9
9:30 a.m. to 2:30 p.m.
Tahoe Room
\$20 AARP Member, \$25 non-
member payable day of class
(cash or check)
Register at Reception

FOUND!!

Volunteer Pins and a
Cell Phone

Contact Courtney to identify
(775) 883-0703

DANCE PARTY

with Potluck
Saturday, October 7
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

BINGO

Sunday, October 8
Sunday, October 22

Doors open at 11 a.m.
Games start at 1 p.m.

Must be 21 to play
All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Jazzercise

Every Friday

9-10am

\$5/class

Joshua Tree room

Senior Trouper Theatre Program

Starts November 6th



911 Beverly Drive Carson City, Nevada 89706

SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:30 p.m., Monday - Friday

Suggestion donation: 60 & older \$2.25

HIDDEN TREASURES GIFT SHOP

10 a.m. to 3 p.m., Monday - Friday

Newsletter Submissions (due by the 10th):
seniorcenternewsletter@carson.org

I want to subscribe to the Senior Sentinel!

- **Email** (free) - Send an email to seniorcenternewsletter@carson.org
- **Online** (free) - Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail** (\$20.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Anne Knowles, Director

ADIVSORY COUNCIL

Corry Steiner, Chair
Harvey Cohen, Vice-Chair
Lisa Drews
Robert Drews
Becca Krach
Julie Linstrom
Lucy Murphy
Cindy Somers
Lisa Williams
John Wilson

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

BUSINESS MANAGER

Michael Salogga