

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



**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 Desk Of The Executive Director

I am excited to announce new programs starting in April. First off, we are kicking off our new **Movie Matinee** program on April 12 at 1pm. (Please call the Senior Center for current showing - due to copyright, we cannot advertise the movies.) The matinees are free to attend, and we are hoping you'll help us select future films to watch. This can include new releases along with the classics. Movies will run the 2nd Tuesday of each month at 1pm. **Seniors Eating Well** starts in April for a free 10-week series on healthy eating, exercise, and ways to improve your quality of life. **You Can Draw** is a 4-week workshop for anyone interested to learn to draw or expand their skills. The course starts in early May however is contingent on grant funding to start. **Birthday Friday** with Congregate lunch will now serve fresh-scooped ice cream by our own Advisory Council members each month. Meals on Wheels will continue to receive ice cream like normal.

I know many of you enjoyed the to-go meals and we are sad to have the program end. This was always a temporary service due to the pandemic. Congregate lunch as it is originally designed was an opportunity to engage socially so taking a full meal as a to-go was never able to be a permanent option without a federal rule change. With the federal emergency declaration set to expire in mid-April and our funding to supply the to-go packaging running dry, we had to make the difficult decision to end the service in March. If this has caused a hardship, call me and we can explore solutions to make sure you get a meal.

Enjoy Spring!

Courtney Warner | Executive Director



Phone Pals



Sign up to receive a friendly phone call from a volunteer as part of our new "Phone Pals" program. The goal of this program is to connect seniors who would like to connect more with others but may be limited due to being homebound or staying home due to the pandemic. This new pilot program is a safe way to connect with others using the phone. Sign up by calling Courtney Warner at (775) 883-0703.

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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)

**4th Wednesday meetings are
on Zoom until further notice.**

**Contact the Alzheimer's
Association for details.**

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



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PING PONG



Did you know the Senior Center has a ping pong (aka table tennis) room?

The tables are lonely as they haven't had many to play lately so grab a partner and start playing! Need a partner – call Courtney Warner (775) 883-0703 to be paired with another player.



THANK YOU Kiwanis Club of the Sierra Nevada for their successful "Soups for Seniors" donating 150 cans of soup!



Movie Matinee

Tuesday, April 12 at 1pm
in the Nevada Room
 Call the Senior Center at
(775) 883-0703
 for current showing

Banana Berry Oatmeal

By Carrie Taylor

This delicious homemade oatmeal feels like a warm hug wrapped in layers of natural sweetness thanks to fresh fruit.

Ingredients

- 1 small banana, rinsed and peeled
- ½ cup Old Fashioned Oats
- 1 teaspoon ground cinnamon
- Sprinkle of ground nutmeg and/or clove
- 1 cup milk (cow's milk or soy milk preferred for protein content)
- 1-2 Tablespoons nuts (such as pecans, walnuts, slivered almonds, pistachios, hazelnuts or peanuts)
- ¼ cup fresh berries, whole or sliced (such as blueberries, blackberries, raspberries or strawberries)

Instructions

1. Mash banana in a medium-size, microwave-safe bowl.
2. Add oats, spices and milk. Mix well.
3. Fold in nuts.
4. Microwave 2 to 3 minutes, stirring half-way through. Time varies depending on microwave strength— keep a watchful eye on the oatmeal, so nothing boils out of the bowl.
5. Stir in berries and let sit for 1 to 2 minutes. Enjoy!



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RSVP
 CARING IS GIVING

COMMUNITY HEALTH FAIR

April 27, 2022 | 9 a.m. to 4 p.m.

Carson City Community Center
 851 E. William St.

The week of April 24 to April 30 is World Immunization Week.
 Come join RSVP, Nevada Health Centers, and many more organizations who will be providing resources for your health and wellness needs!

This program is sponsored by the Carson City CDBG Grant.

This Event is Free to the Public!

For more information, call (775) 687-4680 Ext 6
 or visit www.nevadaruralrsvp.org/health-fair

NOTICE BOARD

Dance with Live Music

at the Carson City Senior Center

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, Friday, April 1, 6-9pm. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

Seniors Eating Well

April 1 – June 3 (10 weeks)

10am – 11am

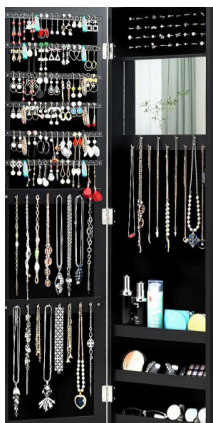
Tahoe Room | FREE

Join UNR Cooperative Extension for an engaging 10-week FREE series to help you take better control of your health. Learn to cook with a variety of healthy ingredients, pick healthy snack options that are higher in nutrition and lower in calories, and enjoy a tasty snack sample. **RSVP at the Reception desk to save your seat!**

Follies Rehearsals

Every Tuesday | 5:30-7:30pm | Nevada Room

Seeking performers, stagehands, dancers, vocalists, and those with talents that want to share on the big stage! The Carson is preparing for the 24th annual Follies production titled Storytellers! *Show up to join the show!*



Save the Date

SPRING JEWELRY SALE

Thursday & Friday

May 5 & 6

9am to 2pm

Senior Center Lobby

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

CRIBBAGE

Thursdays | 10-12pm | Sierra Room

TAI JI QUAN

Mondays & Wednesdays: January 24 - April 20

Time: 3-4pm (4-5pm 4th Wednesday)

Room: Joshua Tree

Seeking Donated Jewelry

Donate your gently used jewelry for our bi-annual jewelry sale, a fundraiser for Meals on Wheels. Drop off at Reception today!

You Can Draw

A step by step workshop*

May 3 – 24 (4 weeks)

10am – 11:30am | Job's Peak Room

Supply fee of \$1-2 for all 4 weeks

Join Teaching Artist, Ann O'Lear, for a 4-week drawing course open for all levels in partnership with the Nevada Arts Council Creative Aging Initiative. Build creative skills and make connections! RSVP at the Reception desk to save your seat!

*Course is contingent on pending grant funding



SUNDAY BINGO

April 10 & 24

\$3 Early Bird pack \$50 Payouts

\$6 First Buy-In Pack, \$5 each additional Pack

\$100 Payouts

\$1 Specials: * Double Action, Starburst, Progressive, Bonanza, Letter X Progressive

\$2 Blackout:

* \$120 Payout or \$500 Progressive

Doors open at 11am | Games start at 1pm

Must be 21 to Play

All proceeds benefit the "Meals on Wheels" program

Fake Fudge

Submitted by Corry Steiner

For easy homemade fudge, heat a can of ready-made frosting and a bag of chocolate or peanut butter chips in a saucepan on low and heat until melted. The microwave would work quicker, just make sure you don't cook it too long or it will burn. Remove from the heat and add nuts if desired and pour into an 8x8 pan and let cool in the fridge for two hours before serving.



Thank you to our Sponsors for our 50th Anniversary of Senior Nutrition Programs Celebration!

Birthday Friday Ice Cream Sponsor:
Autumn Funerals & Cremations

Birthday Friday Cake Sponsor:
Vineburg Machining, Inc.

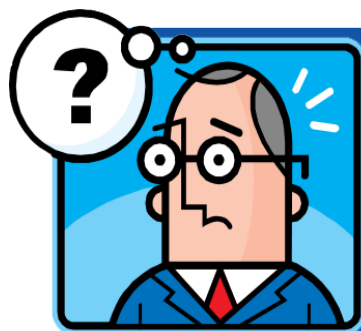
Pi Day Pie Sponsor: **Benson's Feed & Pet Food**

St. Patrick's Day Ice Cream Sponsor: **Alpine Insurance**

Root Beer Float Ice Cream Sponsor: **Crystal Creamery**

Thank you to our musicians for the live music!

Don & Nadine, School of Rock – Senior Years!, Jim LeSage



Barry's Trivia Question of the Month

APRIL

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the fourth largest state in America?

PREVIOUS MONTH'S QUESTION & ANSWER

- Q.** What are the names of the Seven Dwarfs?
A. Bashful, Doc, Dopey, Grumpy, Happy, Sleepy and Sneezy.

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Christie Wilde
Location Manager

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THRIFT STORE SALES
THIS MONTH'S SPECIALS:

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!



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BIRTHDAYS**

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JANE CRUMP

85 Years Young



King

FRANK GOMEZ

90 Years Young





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The Senior Sentinel

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SENIOR CENTER

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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

Second Wind Thrift Store

10 a.m. to 5:30 p.m. Tues-Sat

Newsletter Submissions:

Send by the 10th of each month to
SeniorCenterNewsletter@carson.org

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