

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURE

Friday, July 4

4th of July

SAVE THE DATE

Follies

For all seasons

August 15, 16, 17



**CARSON CITY
SENIOR CENTER**

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@carson.org

www.carsoncityseniorcenter.org

INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Alzheimer's Association
- Volunteers Needed

Page 4

- Upcoming Events

Page 5

- Hidden Treasures Gift Shop

Page 6

- Seasonal Meal Prep in the Summer
- Barry's Trivia
- Visit our Library

Page 7

- Upcoming Events

Page 8

- Volunteer Appreciation Photos

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

We're growing and experiencing growing pains! Many new people are joining the Senior Center every day! Welcome to those who are new and if you are a seasoned attendee, make sure you say "hello" to the new faces and welcome them to join you!

The lunch program is a social animal, with conversations galore, making our announcements and celebrations a challenge. Help us out and give us feedback on how we should change Birthday Friday to continue to celebrate and have fun while also accommodating your social needs. There is a way we can do both - we welcome your ideas!

Several activities are at or nearing maximum capacity. I'll be reaching out to all groups over the summer to review basic "housekeeping" plus checking in to see how things are going and how we can support your activity.

Make sure you keep us informed of needs, issues, or your ideas. If we don't know of an issue, we cannot help! Head's up, I'm on the Wi-Fi issue in Nevada room however if you notice a problem elsewhere with Wi-Fi signal strength, let me know!

If we need to make changes, let's work together on solutions! I'm excited to hear your ideas and how we can continue our partnership in working together for all to have equal shared use of the Senior Center.

VOLUNTEER *Spotlight*



NANCY TORRES- ALMIDA

Nancy Torres-Almida was a critical care nurse for over 40 years in the bay area. She enjoyed travel as a

small group tour guide to Europe and local day trips on the weekends. She and her husband relocated to Carson City in 2016. She discovered the Senior Center and decided to volunteer at the thrift store and organize the book section. As an avid reader, it was a great fit until the store closed. She resumed volunteer shifts in the library where she continues to sort through donations of books and puzzles. Nancy enjoys reading murder mysteries, books by European authors, watching mystery shows, and has made good friends traveling with the Carson City Chamber tour group. Always looking on the bright side, her New Year's resolution for decades has been to eat a piece of dark chocolate every day, and she does!



QUEEN

Alice Rowe

84

KING

Cecil Buckles

85



June Birthdays



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

Thanks to a generous donor, the
Queen & King win \$50 in cash!

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
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, Dining Room

Visit www.carsoncityseniorcenter.org to apply or
Call (775)883-0703, Ext 7980

alzheimer's association®

SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of each 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

EXPERIENCE CONNECTIONS!



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"I meet new
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Every Tuesday • 1:00 - 2:30

Carson City Senior Center, 911 Beverly Drive
Jobs Peak Room (east end of bldg)

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UPCOMING *Events*

Death Valley Scotty and His Benefactor Bessie Johnson

A Chautauqua
performance

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

Where: Carson City Senior Center Nevada Room (West End)

About the Event: No one is more closely tied to the mysterious lore of Death Valley than Walter Scott. His tales of fabulous gold mines, dangerous desperados and opulent desert castles placed him and Death Valley on the front pages of newspapers for over fifty years...and kept historians endlessly occupied trying to sort out the truth from his tall tales. Death Valley historians David and Gayle Woodruff, assume the characters of the inscrutable, "Death Valley Scotty" and the wife of his benefactor and the real owner of Scotty's Castle, prim and scrupulous Bessie Johnson. Free Event. RSVP not necessary.

SENIOR BUS PASS RENEWALS

When: Monday - Friday, 9 a.m. to 2 p.m.

Where: Carson City Senior Center Reception Desk (West End)

About the Event: Seniors age 60 and over who reside in Carson City are eligible for a free bus pass, valid from 7/1/25-6/30/26.

A Conversation with Mark Maynard Local Author & Filmmaker

When: Friday, July 25, 12:30 p.m.

Where: Carson City Senior Center Joshua Tree (East End)

About the Event: Mark Maynard teaches at Truckee Meadows Community College, and is currently enrolled in the Masters in Journalism program at the University of Nevada, Reno. His work has appeared in magazines and anthologies, including Baobab Press's This Side of the Divide, Tahoe Blues (Bona Fide Books), and The Films of Clint Eastwood (University of New Mexico Press). Mark will share his award-winning documentary film Piconland, a film celebrating the iconic cocktail ritual invented by American West immigrants. Free Event. RSVP not necessary.

Smiles from Heaven

When: First and Third Wednesday of each month, 1:00 p.m. - 3:00 p.m.

Where: Carson City Senior Center Tahoe Room (East End)

About the Event: Smiles from Heaven is a support group for those who have experienced a loss in their lives. This group leads through the stages of grief and helps people to navigate through the hardest times in life. If you need a little help, stop in and meet the group. All are welcome. You may also attend this group via video meeting. Call Saint Mary's Hospice of Northern Nevada at 775-525-6700 for more information.

Wire Wrapping Jewelry Making

When: Thursdays, 1 p.m. to 4 p.m.

Where: Carson City Senior Center Job's Peak Room (East End)

About the Event: Learn how to make jewelry with instructor, Irene Comstock. This workshop is held every Thursday. RSVP is necessary as the class size is limited. There is a \$15 class fee each week and all supplies and tools are included. Attend every week or just once. Make sure to sign up for each week you want to attend at Reception.

DANCE PARTY

When: Saturday, July 5, 6 p.m. to 9 p.m. (1st Saturday of each month)

Where: Carson City Senior Center Dining Room (West End)

About the Event: 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.

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



Friends for the Aged

There is a place to go for fellowship
and food

It is called the Senior Center
It is a place of friendship and
conversation

Where all is sincerely shared.
Where years of experience is
appreciated

Where genuine discussion with friends
of age occurs

And like a family for those who would
otherwise be alone

It is like a home for the midday, a
place for activities

A place to be known.

Author: J.K. Wheeler, M.D.



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Hidden Treasures

Gift Shop



Unique hand-crafted items
made by talented seniors such
as quilts, baby blankets, bird
houses, jewelry, placemats and
many other one-of-a-kind,
wonderful gifts.



Monday - Friday
9AM - 3PM

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

SEASONAL MEAL PREP IN THE SUMMER

By Laura Deverse, MS, RD, LD, CNSC, CDCES, Nutrition & Diabetes Education, Carson Tahoe Health

Summer is the perfect season for making the most of all the wonderful choices we have for fresh produce. By planning, we can take advantage of those weekly trips to the farmers' market and grocery store specials when fruits and vegetables are plentiful, fresh and taste great. We can limit the need to heat up the kitchen and spend time cooking over a hot stove. Try a few of the strategies that follow to incorporate ease into your day while enjoying the fact that you are making great food choices and staying cool while you do it.

Tips for Summer Meal Prep

- Choose seasonal ingredients. Check out this web site for foods in season!
<https://www.farmersalmanac.com/calendar/fruits-vegetables-season>
- Batch cook with minimal heat. Use slow cookers, instant pots, or prepare salads with fresh vegetables and greens for easy meals.
- Add fresh herbs. Basil, mint, parsley, and thyme can add fresh flavor without extra calories or much effort.
- Prep ingredients when you get home from the market. Wash, chop, store fresh vegetables in meal-based portions for the coming week.

Recipe ideas for Easy Summer Meal Prep

- Mason Jar Salads: Layer seasonal vegetables, beans, cooked grains in jars for grab-and-go meals.
- Cold Pasta Salads: Try whole-grain or legume-based pasta, tossed with fresh vegetables and light vinaigrette. Add chickpeas, hardboiled eggs, or tuna on top for protein.
- Chilled Soups: Prepare gazpacho or a chilled cucumber soup for a refreshing and light meal. Add a few whole grain crackers for crunch on the side.
- Marinated Protein Choices: Marinate chicken, tofu, or shrimp in a light vinaigrette, grill and refrigerate for future dishes.



- Overnight oats with Summer Fruit: Layer oats, unsweetened almond milk, nuts, and fresh fruit in a jar. Add a little plain Greek yogurt and a drizzle of honey for protein and taste.
- Smoothie Freezer Packs: Freeze extra fruit in individual servings and add to refreshing and hydrating smoothies.

Storage Tips

- Keep dressings and crunchy toppings separate until ready to eat.
- Store prepped veggies in airtight bags with a damp paper towel to maintain crispness.

If you'd like to learn more or have questions about how to incorporate seasonal produce into your diet, please contact the Registered Dietitians at Carson Tahoe Health for help! Call 775-445-8607 or email at diabetes.nutrition@carsontahoe.org for answers to all questions regarding nutrition.



Where and when was the world's largest invasion armada?

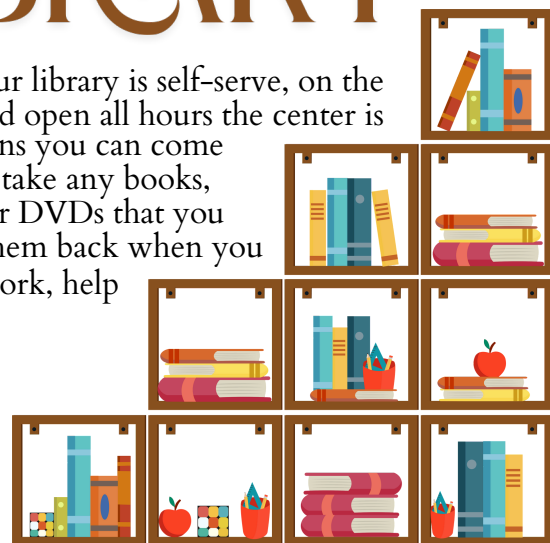
Previous Month's Question & Answer

- Q. Which four President's are on Mount Rushmore?
- A. George Washington, Thomas Jefferson, Teddy Roosevelt and Abraham Lincoln.

LIBRARY

Do you know our library is self-serve, on the honor system and open all hours the center is open? That means you can come and browse and take any books, jigsaw puzzles or DVDs that you like and bring them back when you like. No paperwork, help yourself.

OPEN
M-F
9-4 p.m.



UPCOMING Events



ICE CREAM Party

When: Wednesday, July 23, 11-12:30 p.m. (during lunch)

Where: Carson City Senior Center Dining Room (West End)

About the Event: Sponsored by the Pay It Forward Project, cool down on a hot July day with ice cream sundaes served during lunch. Meals on Wheels will receive Root Beer Floats!

LIFE & LEGACY PLANNING

A 4-week Series

When: Coming soon in August - check back for more information

Where: Carson City Senior Center

About the Event: Learn all about estate planning - who, what, why, and how! Brought to you by attorney, Caren Jenkins, who will cover all topics related to estate planning of the course of a four-week series. Free event.

A Conversation with Wild Nevada's Chris Orr

When: Tuesday, July 15, 12:30pm

Where: Carson City Senior Center Joshua Tree (East End)

About the Event: Chris Orr is PBS Reno's Senior Producer and host of the travel-adventure series Wild Nevada which has been broadcast for more than 20 years. The award-earning Wild Nevada series features Orr taking road trips and having outdoor adventures all around the Silver State. Wild Nevada is featured on more than 200 PBS members station across the country. Free event. RSVP is not necessary.



Driver Safety

When: 2025 Classes: July 7, November 3, 9:30 a.m. to 2:30 p.m.

Where: Carson City Senior Center Tahoe Room (East End)

About the Event: AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.



When: Tuesday, July 8 at 10 a.m. (2nd Tuesday of each month)

Where: Carson City Senior Center Zephyr Room (West End)

About the Event: Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!

FREE TECH HELP

When: See the Activity Calendar for the current schedule

Where: Tech Help Office (east end)

About the Event: Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary.



When: Every Monday at 12:15 p.m.

Where: Carson City Senior Center Nevada Room (West End)

About the Event: The Karaoke Party where you can sing, dance, and enjoy a fun and rocking time! Free (donations accepted) - Just show up! RSVP is not necessary.

Exercise WITH US

Chair Yoga: Thursdays, 2:30 p.m. and Fridays, 10:45 a.m.

Mix-it-Up: Monday, Tuesday & Thursday, 10:00 a.m.

Resistance Exercise: Monday, Wednesday and Friday 9:30 a.m.

Tai Chi: Thursdays, 1:00 p.m.

Yoga, Ashtanga: Tuesdays, 11:30 a.m.

Visit carsoncityseniorcenter.org for class descriptions and more details

