

Senior Sentinel

www.carsoncityseniorcenter.org



Photo courtesy <https://visitlaketahoe.com/event/nevada-day-parade/>



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 2 p.m., M-F

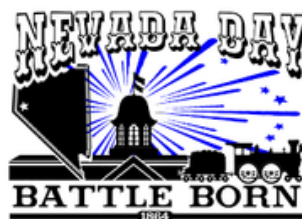
911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

HOLIDAY CLOSURE



Friday,
October 25
CLOSED

2024 Carson
Follies presents

Ocean COMMOTION

See Page 6

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- More Events!

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

It's October and time for on-site lunch form renewals! This is a requirement for our funding and we appreciate your cooperation to get nearly 1,000 forms completed in a short amount of time.

Also, we are excited to partner with the Welfare and Supportive Services to provide easy access to their services! Stop by the Outreach Office (west end by reception) on Fridays between 9-4pm to get assistance with Supplemental Nutrition Assistance (SNAP), Medicaid - Medical Assistance, Energy Assistance (EAP) and more. You do not need an appointment - just walk in. You can also call their offices at (775) 684-7200. Let's make sure everyone is receiving helpful benefits to age well!

Election Forums in October

The League of Women Voters of Northern Nevada, Sierra Nevada Forums, and AAUW Capital (NV) will present four election forums. The forums will take place at 6pm on October 7, 9, 14, 16 at the Brewery Arts Center Performance Hall, 511 W. King St.

For more information:
<http://www.sierranevadaforums.com/calendar.html>

VOLUNTEER *Spotlight*



MICHELLE
MONTO

Questions about your cell phone or iPad? Michelle Monto would be very happy to be of service. She is one of the Tech Help specialists who enjoys assisting the senior community a few times a week at the Senior Center. She encourages seniors to ask for help because technology changes quickly and it can be hard to keep up. She's very easy to talk to and offers suggestions to make life easier using electronic devices. Michelle's inspiration in volunteering is her desire to be of help in the community and to honor her mother. She relocated from the east coast to northern Nevada in 2017 to be closer to family and enjoys walking the local trails with her two dogs, building construction projects and gardening. She also participates with the Carson City Citizens Emergency Response Team (CERT) which is made up of volunteers who help prepare local communities for critical events and support first responders.



QUEEN
 Sylvia Christensen,
 91



KING
 Marv Richardville,
 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
- 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)

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

**VOLUNTEERS
NEEDED**

Are you retired and have checked all the boxes on your bucket list? Are you new to the area and looking to connect with your new home town? Do you enjoy customer service and have professional office experience?

You're invited to learn about volunteer opportunities by contacting Drew.

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

EXPERIENCE
CONNECTIONS.



What people are saying about CONNECTIONS.

"I leave inspired."

"It's fun and energizing."

"I meet new people."

October 1st and 15th • 1:00 - 2:30

(Now, every 1st and 3rd Tuesday of the Month)

Senior Center, 911 Beverly Drive, Zephyr Room



www.connectionscentral.org

DISCLAIMER

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UPCOMING *Events*

Memories of **BONANZA**

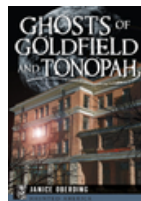
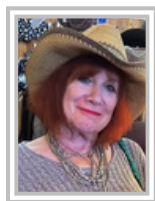
When: Tuesday, October 8 at 1:30pm
Where: Carson City Senior Center Nevada Room (West End)
About the Event: Ride with us back to those golden days of yester-year,...when Ben, Adam, Hoss and Little Joe stood for honesty, decency...and owned about 1/3 of the Lake Tahoe Basin. Using seldom seen images and extensive research, local authors and historians David and Gayle Woodruff bring the Cartwrights and their socially edge cutting ways back to life in an informative, amusing and entertaining 55-minute slide show presentation...plus...a surprise ending! Free event. RSVP not necessary.

PAPER CRAFTING CLASS



When: 1st and 3rd Tuesdays, 9:30-11am (full), 11:15-12:45pm (open)
Where: Carson City Senior Center Job's Peak (East End)
About the Event: Make one of a kind creations such as cards, small journals, lined paper notebooks and gift ornaments with Sandi Scheer, instructor and demonstrator for Stampin Up! All levels welcome and all supplies provided. Meet, create, socialize! Supply fee of \$5/session (cash). RSVP by calling Sandi at (775) 309-8571.

A Conversation with Janice Oberding



When: Tuesday, October 15 at 12:30pm
Where: Carson City Senior Center Joshua Tree (East End)
About the Event: Janice Oberding is a historian, true crime buff, paranormal enthusiast and investigator. She is also the author of more than 50 books on topics ranging from ghosts to true crime to history, the strange and unusual, and mystery. She writes both non-fiction and fiction. Raised in California and Nevada, much of her work is focused on the two states. Free event. RSVP not necessary.

MEDICARE 101



When: Friday, October 18, 10:30-11:30am
Where: Carson City Senior Center Joshua Tree (East End)
About the Event: Do you know what is covered under Medicare? Learn about coverage for Part A, B, C, & D and Supplemental Medicare coverage. Presented by Access to Healthcare who runs our Medicare Assistance Program & Volunteers. Free event. RSVP not necessary.

2025 MEDICARE CHANGES

When: Friday, October 18, 12:30-1:30pm
Where: Carson City Senior Center Zephyr Room (West End)
About the Event: A presentation with Brett Cooper, Alignment Health, to review changes that may impact Medicare plans. Free event. RSVP not necessary.

The Carson City Senior Center neither endorses nor sponsors the organization or activity.



Barry's Trivia Question of the Month

by Barry R. Bjorkman
 Former Advisory Council Chairman

Q: What is the title of an American Admiral with five stars?

Previous Month's Question & Answer

Q. Where is the Sea of Cortez?
 A. Between mainland México and Baja California.

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S.0188952





JEWELRY Sale

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

Thursday, October 3
Friday, October 4
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
(775) 883-0703 carsoncityseniorcenter.org

YOUR AD
HERE

Contact Courtney Warner for Advertising Opportunities (775) 883-0703

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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 - 2PM

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

SAY HELLO TO TASTY FALL FLAVORS

By Chelsea Minifie, RD, LD, Nutrition & Diabetes Education, Carson Tahoe Health

Adding fall flavors to your meals can make your food taste extra special and help you enjoy the season even more. One great way to start is by using fruits that are in season, like apples and pears. Apples can be added to salads for a sweet crunch or baked into muffins and pies for a delicious treat. You can also make a simple apple sauce or serve sliced apples with cheese for a healthy snack. Pears are also perfect for fall; you can poach them in honey and cinnamon for a sweet dessert or add them to salads and yogurt for a tasty twist. Pomegranates, with their bright red seeds, can be sprinkled over salads or added to smoothies for a burst of flavor and color.

Another fantastic fall flavor is pumpkin. You can use pumpkin in many different dishes, not just pies. Try making a creamy pumpkin soup by blending cooked pumpkin with broth and spices. Pumpkin can also be mixed into muffin batter to make pumpkin muffins or added to pancake mix for a seasonal twist. Sweet potatoes are another fall favorite. You can roast sweet potato cubes with olive oil and a sprinkle of cinnamon for a simple, flavorful side dish. Sweet potato fries are also a great snack, and you can make a comforting sweet potato soup by blending cooked sweet potatoes with broth, ginger, and garlic.

Spices and herbs are key to capturing the essence of fall in your meals. Cinnamon is a wonderful fall spice that you can sprinkle on oatmeal, yogurt, or in baked goods like muffins and cakes. Nutmeg is another great spice that works well in pumpkin soup or apple pie, giving a warm, comforting flavor. Cloves can be added to apple cider or pumpkin pie for a deeper, spicy taste, and ginger is perfect for adding a bit of heat and zest to both baked goods and soups.

Fall vegetables like butternut squash and Brussels sprouts are also delicious. Roasting butternut squash cubes with olive oil and your favorite spices makes for a tasty and healthy side dish. You can also blend butternut squash into soups or use it in a risotto. Brussels sprouts, when roasted with a little olive oil and garlic, make a great side dish. They're also tasty sautéed with nuts for added flavor.

2024 Carson Follies presents

Ocean COMMOTION



SHOW TIMES:

- ⚓ Friday, October 4 at 7pm
- ⚓ Saturday, October 5 at 2pm

LOCATION:

Bob Boldrick Theater
851 East William St
Carson City, Nevada

An Entertaining Show of Mermaids,
Sailors, Clogging, Singing, & More!



\$10 ADMISSION / CASH
Sold at the door starting
1 hour before show

Raffle Prizes

A Fundraiser for



MEALS ON WHEELS
CARSON CITY

(775) 883-0703
carsoncityseniorcenter.org

Comfort foods are a big part of fall, and there are many ways to make them even more seasonal. You can make a hearty chili with beans, ground meat, and lots of spices, and even add pumpkin or sweet potatoes to make it extra special. Casseroles are another fall favorite; try layering vegetables, cheese, and some turkey or chicken with fall spices to make a comforting meal.

Finally, don't forget about fall beverages. Warm apple cider with cinnamon sticks is a cozy drink perfect for chilly days. If you love coffee, you can make a pumpkin spice latte at home by adding pumpkin puree and pumpkin pie spices to your coffee.

By incorporating these fall flavors and ingredients into your meals, you can enjoy the tastes of the season and make your meals fun and seasonal. Have fun experimenting with new recipes and savor the delicious flavors of fall!

If you have questions about your diet or how to implement diet changes and would like to speak to a dietitian, you can contact Carson Tahoe Diabetes and Nutrition Department at 775-445-8607 or email diabetes.nutrition@carsontahoe.org.

NOTICE BOARD

AARP Driver's Safety Class

2024 Classes: Oct. 7
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

DANCE PARTY

with Potluck

Saturday, October 12
6 p.m. to 9 p.m.

(Note of the date change)

Admission \$10 per person

Live music with
Don & Nadine

Meet the Candidates

We're inviting candidates running for local positions for you to meet and talk with during lunch. Located in the lobby. All candidates will be invited.

BINGO

Sunday, October 13

Sunday, October 27

Doors open at 11 a.m.

Games start at 1 p.m.

Must be 21 to play

All proceeds benefit
Meals on Wheels!

Tai Chi Thursday's 1-2 p.m.

Show up to the 1st
Thursday of each
month to enroll.
\$5/class

JAC Bus Passes

Monday - Friday
9-2 p.m.

See Reception for a new bus pass. Seniors who live in Carson City are eligible for a FREE bus pass.

Save the Date

Gift Shop
Holiday
Craft Fair
Dec 5 & 6

NEW & ONGOING *Classes & Events*

MEDICARE Open Enrollment

October 15 through December 7 is Medicare Open Enrollment: Find out which plans are available in your area; Compare plans in your area – Find out what they cost and services they provide. Enter prescription drugs you take to get an estimate cost for each plan; Use your “Medicare & You” handbook to find plans; Talk to a trusted agent or broker; Contact your local Medicare Assistance Program (MAP) to get free personalized health insurance counseling.

When: Mondays, 1-3pm

Where: Nevada Room (West End)

About the Event: Weekly lessons that start from the very beginning and teach you new moves each week! Come make new friends while getting some exercise. Singles and couples welcome. Wear casual attire. Sponsored by the Capitol Cutups Square Dance Club. Lessons are \$8.00/class. RSVP not necessary. For more information contact Tim at 909-253-6590.

Beginning SQUARE DANCE

Rumba LESSONS

When: Mondays, 3-4pm

Where: Nevada Room (West End)

About the Event: Weekly lessons for choreographed ballroom dancing. No dance experience required. Leather sole shoes recommended. Sponsored by the Capitol Cutups Square Dance Club. Lessons are \$8.00/class. RSVP not necessary. For more information contact Bev at 951-264-7320.

Menu Committee

When: Tuesday, Oct. 8 at 10 a.m.

Where: Zephyr Room (West End)

About the Event: Engage with Kitchen Manager, Kaleb, to preview next month’s menu, give input and enjoy a tasting! New menu ideas start here! Free Event. RSVP not necessary.

FREE TECH HELP

When: See Activity Calendar.

Where: Case Mgr’s 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.

UKULELE

When: Mondays, 11-12:00 p.m.

Where: Carson Room (West End)

About the Event: All ages and levels are welcome to join a weekly group, learning and playing together. Bring your Ukulele and music to share. Free Event. RSVP not necessary.

CHAIR YOGA

When: Fridays, 10:45-11:45am

Where: Nevada Room (West End)

About the Event: Improve flexibility, strength, balance, and reduce stress with a gentle yoga class in a chair. Beginner to intermediate level. Free Event.

Get your OWN copy of 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.

SENIOR CENTER STAFF

Director: Courtney Warner
Elder Resource Advocate: Warren Bottino
Business Manager: Michael Salogga
Kitchen Manager: Kaleb Heflin
MOW Coordinator: Ashley Howell
Volunteer Coordinator: Drew Simmons
Office Coordinator: Rachael Spafford
Kitchen Crew: Juan, Nick, Pops, Scott, Sharon
MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

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