

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURES



Tuesday, December 24 - Closing at 1pm
Wednesday, December 25 - Closed

2025

HAPPY NEW YEAR

Tuesday, December 31 - Closing at 1pm
Wednesday, January 1 - Closed

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Center Insert

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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

from the Director, Courtney Warner

Wishing you all a festive holiday and fantastic start to the New Year! Thank you for sharing yourself with us in the many ways all of you interact with us. We are honored to serve Carson City and honored you choose to share your time with us!

We've accomplished a lot in 2024 and I am excited to see what 2025 will bring. I hope you will continue to challenge us to do more, serve more, offer more, be even better, and do more for our community. Let's rise to the challenge and make 2025 amazing!

Celebrate safely, with others, and give loved ones a big embrace as we ring in the New Year!

VOLUNTEER *Spotlight*



RAFAEL
OTERO

Rafael is grateful for the opportunity to serve diners who enjoy socializing and having lunch at the Senior Center. He finds that the interaction with them is very motivating and inspirational. As a volunteer, he appreciates giving back by accomplishing something positive in his schedule and receiving an aging process perspective on life's journey. He moved to Douglas County after relocating from his home in Oregon of 20 years to be closer to family and to join his brother and sister to share caregiving responsibilities for their father. Rafael appreciates spending his time being in service with other like-minded individuals and expanding his social circle. His skillset includes working on vehicles as a mechanic at Toyota and a public transportation department, and then reinvented himself as a B&B innkeeper for 7 years. He delights in saltwater fishing, house projects and vehicle maintenance.



**IT'S THE
COOKIE LADY!**

**Vera Logie dressed
as an OREO to
hand out OREOs!**

**Love the Costume
& Love the Treats!**



QUEEN

Vera Logie, 93

KING

Richard Moore,
83



November 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)

ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets Wednesday, December 18,
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.**



What people are saying about CONNECTIONS.

"I leave inspired."

"It's fun and energizing."

"I meet new people."

Tuesday, December 3rd and 17th • 1:00 - 2:30

(Every 1st and 3rd Tuesday of the Month)

Senior Center, 911 Beverly Drive, Zephyr Rm



Sharing Stories. Making Connections. Enriching Lives.

www.connectionscentral.org

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

DISCLAIMER

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UPCOMING *Events*

Scandalous TALES

of Misdeeds, Misconduct and Transgressions

When: Tuesday, December 10 at 1:30 p.m.

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

About the Event: Using extensive research, firsthand accounts and historic photos, local authors and historians David & Gayle Woodruff, recount a few of Western Nevada and Eastern California's most contemptuous (and sometimes even droll) acts of lawlessness and villainy, and the improbable hooligans, sinners and victims involved. From the peaceful and pastoral Paradise Valley to the glitz and glamor of the great gambling dens...crime (sometimes) does not pay...and justice...can be fleeting. A 55-minutes slide show. Free Event. RSVP not necessary.

Christmas Show

When: Friday, December 6 at 1:00 p.m.

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

About the Event: Holiday Music, Performances, Skits, and Festive Fun! Raffle Tickets for Purchase. Free Event. RSVP not necessary.

A Conversation with Patty Cafferata

When: Tuesday, December 3 at 12:30 p.m.

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

About the Event: The delightful and touching stories in Christmas in Nevada tell how Nevadans have celebrated the holiday, from 1858 to the present day. Some are told by well-known Nevadans, such as Robert Laxalt, and former governors Bob List and Richard Bryan, but much more of the book shows ordinary Nevadans celebrating in diverse ways the wonders of the season. Free Event. RSVP not necessary.

Critical Thinking

2ND EDITION

When: December 9-13, 2024, a weeklong series, 10:00-11:30 a.m.

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

About the Event: Burke Pease returns with his highly acclaimed "Critical Thinking for Seniors" series. This exciting program helps seniors develop and maintain a healthy mind by sharpening their critical thinking skills. With lectures, discussions, exercises, and social interaction, each session will provide insight and skills for being a better thinker. Burke holds a Master's of Management degree and has been on the faculty of California State University Monterey Bay, Golden Gate University and the University of Phoenix. The event costs \$20.00 Materials Fee (collected at the first session). Register by emailing: SrCtrCriticalThinking@gmail.com or call Presenter Burke Pease at (831) 224-3771.



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What are Spatterdash Leggings?

Previous Month's Question & Answer

Q. What is the old name for Thailand?

A. Siam

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
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OPTIMUM *Experience you can trust*
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Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B (775) 882-5001
Carson City, NV 89703 fax (775) 882-5015

WINTER WEATHER INFORMATION

In the event of extreme winter conditions, we may close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered and all receiving Meals on Wheels will be notified by phone. To verify the Senior Center is open, call 775-883-0703 after 9 a.m.

 **Hearing Care of Carson City, LTD.**
Hearing Aids & Audiology

Brett M. Weeks, Aud **Mark Weeks, MCD**
Doctor of Audiology CCC Audiologist

408 North Roop Street • Carson City • Nevada
775.885.9888

Critical Thinking
2ND EDITION

Dates: December 9-13, 2024, a weeklong series

Time: 10:00-11:30am

Location: Carson City Senior Center, Tahoe Room, 911 Beverly Drive

Cost: \$20.00 Materials Fee (collected at the first session)

Register: Register by emailing: SrCtrCriticalThinking@gmail.com or call Presenter Burke Pease at (831) 224-3771

ENROLLMENT LIMITED TO THE FIRST 24 TO REGISTER

Monday, December 9 10:00-11:30 am	Gray Matters: Introduction to Critical Thinking for Seniors
Tuesday, December 10 10:00-11:30 am	Critical Thinking Toolkit: Literacy and Strategies
Wednesday, December 11 10:00-11:30 am	Silver Logic: Navigating the Maze of Fallacies
Thursday, December 12 10:00-11:30 am	Biase Busters: Unraveling our Perceptions
Friday, December 13 10:00-11:30 am	Silver Lining: Making Good Decisions

Burke Pease returns with his highly acclaimed "Critical Thinking for Seniors" series condensed into a single week. Burke holds a Master's of Management degree and has been on the faculty of California State University Monterey Bay, Golden Gate University and the University of Phoenix.



911 Beverly Drive, Carson City, NV 89706
(775) 883-0703
carsoncityseniorcenter.org

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

HEALTHFUL EATING DURING THE HOLIDAYS

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



Eating healthy during the holidays can be fun and delicious! The holiday season is filled with special foods, but that does not mean we have to eat unhealthy things. One terrific way to start is by planning ahead. If you are hosting a holiday meal, think about including more fruit and vegetables. You can make colorful salads or roasted veggies that everyone will enjoy. Instead of heavy desserts, consider serving fresh fruit or baked apples with a sprinkle of cinnamon.

While planning, take into consideration eating a healthy balanced meal before your larger holiday meal, in other words don't skip meals or "save up" for your main meal. A fed person can make better choices than a hungry person.

When it comes to drinks, water is the best choice. It keeps you hydrated and helps you feel full. If you want something festive, try making fruit-infused water with slices of oranges or berries. This way, you can still enjoy something special without all the sugar. If you do find yourself with an alcoholic or sugary beverage-moderation is key.

Another important tip is to watch your portion sizes. It is wonderful to try different foods, but taking smaller portions can help you enjoy everything without overeating. You can also choose to fill your plate with healthier options first, like salads or whole grains, before moving on to the richer dishes.

Be mindful of your stomach and how full you are, check in with your fullness and avoid overeating. This will help you stay on track with your health goals and avoid the discomfort that can follow when we have eaten just a bit too much.

Staying active is also key during the holidays. You can suggest a family walk after dinner or play games to get everyone moving. This not only helps with digestion and lowers blood sugars but also creates great memories.

Finally, remember to enjoy your time with family and friends. The holidays are about making connections, so focus on having fun together rather than just the food. By following these tips, you can have a happy and healthy holiday season filled with delicious foods and joyful moments!

2024

Christmas Show

Friday,
December 6
1:00pm
(after lunch)

Carson City
Senior Center
911 Beverly
Drive
Sagebrush
Dining Room

Holiday Music, Performances,
Skits, and Festive Fun!

Free
Event

Raffle Tickets for Purchase

RSVP Not
Required

HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, DECEMBER 5
FRI, DECEMBER 6
9-4 PM

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

NOTICE BOARD

DANCE PARTY with Potluck

Saturday, December 7
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Feedback Wanted

Share your comments
in the Suggestion Box
found at both main
and east entrances.

Tai Chi

Thursday's 1-2 p.m.

Show up to the 1st Thursday
of each month to enroll.

\$5/class

BINGO

Sunday, December 8
Sunday, December 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
1-2 p.m.

Hosted by Carson
Tahoe Health

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.

Vaccine Clinic

Monday, December 2
1-4pm

NEW & ONGOING *Classes & Events*

SCAMS & SENIORS

When: Wednesday, December 4, 11:00-12:00 p.m.

Where: Tahoe Room (East End)

About the Event: How to Avoid Scams! Learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams. Presented by the Better Business Bureau. Free Event. RSVP not necessary.

Beginning SQUARE DANCE

When: Monday's, 1-3 p.m.

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.

Rumba LESSONS

When: Monday's, 3-4 p.m.

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, December 10 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.

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: Nick, Pops, Rhonda, Scott, Sharon

MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Anne Knowles, Director

Lisa Williams, Director

ADVISORY COUNCIL

Corry Steiner, Chair

Harvey Cohen, Vice-Chair

Roxie Atkins

Lisa Drews

Robert Drews

Becca Krach

Julie Linstrom

Cindy Somers

John Wilson