

Senior Sentinel

www.carsoncityseniorcenter.org



2025 CARSON FOLLIES PRESENTS

SHOW TIMES	TICKETS	LOCATION
Friday, August 15 at 7pm	\$10	Bob Boldrick Theater
Saturday, August 16 at 2pm		851 East William St.
Sunday, August 17 at 2pm		Carson City



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

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Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

Can you help us revive Sunday Bingo? We are looking for hands to help run several areas: sales, snack bar, setup, cleanup, and Bingo callers. Training would be provided for all areas and our hope is to recruit plenty of hands for shorter shifts.

Sunday Bingo is a fundraiser for Meals on Wheels and raised about \$25,000 each year. It is vital we get the games going again. Meals on Wheels has a growing waitlist and these funds help offset the waitlist and our growing costs.

Could you help? Please reach out to me directly at (775) 283-7235. We hope to get games going again in October!

Thank you

ROPER'S HEATING & AIR



VOLUNTEER *Spotlight*



BRIAN OLTMAN

Brian Oltman is a staff attorney with Nevada Legal Services and enjoys volunteering at the Carson City Senior Center one day per month and visiting with clients by appointment. He provides legal resources and advice to seniors at no charge. He has a knack for listening intently to interesting stories and varied backgrounds to determine legal options that may result in peace of mind. In between working and volunteering, Brian likes to refresh with a dip into Lake Tahoe, enjoys thrift store treasure hunting and attending sports and estate sales to look for additions to his vinyl record collection, now over 1,500 albums!



QUEEN

Sarah Dietsch
92



KING

Chuck Anthony
85

July 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 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

**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

EXPERIENCE
CONNECTIONS!



What people are saying about CONNECTIONS.

"I leave inspired."

"It's fun and energizing."

"I meet new people."

Every Tuesday • 1:00 - 2:30

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



Sharing Stories. Making Connections. Enriching Lives.

www.connectionscentral.org

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UPCOMING *Events*

TALES FROM OUR NATIONAL PARKS

A Three-Part Series



When: Tuesday, August 12, 26 & September 9 at 1:30 p.m.

Where: Nevada Room (West End)

About the Event: A three-part series about our National Parks. Free Event. RSVP not necessary.

PART ONE - Tuesday, August 12: For the Benefit and Enjoyment of the People

Join David & Gayle Woodruff in a 55 minute slide show, as they look back at how this bold idea of setting aside public lands for everyone to enjoy became a cornerstone of American democracy.

PART TWO - Tuesday, August 26: Tales From Our National Parks

Using extensive research and seldom scene images, David & Gayle Woodruff take a closeup look at a few of these steadfast crusaders of our national treasures and their fascinating stories in a 55-minute slide show.

PART THREE - Tuesday, September 9: - Fountains of Life

Come join David & Gayle woodruff in a 55-minute slide show, as they recount a few of these curious and memorable experiments in land and wildlife management.

A Conversation with Eric Brooks

Arts & Culture Program Manager

When: Tuesday, August 19, 12:30 p.m.

Where: Joshua Tree (East End)

About the Event: Eric Brooks is the Arts & Culture Program Manager for the Carson City Tourism Authority. He is responsible for implementing, organizing, managing, and evaluating programs and initiatives that promote cultural tourism and the arts in Nevada's capital city, including special events, festivals, and public art projects. He has more than two decades of experience as an artist and promoter and has produced nine Murals & Music Festivals since 2017. Free Event. RSVP not necessary.

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

Where: 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.

Smiles from Heaven

Wire Wrapping Jewelry Making

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

Where: 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, August 2, 6 p.m. to 9 p.m. (1st Saturday of each month)

Where: 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



2025 CARSON FOLLIES PRESENTS

Follies for All Seasons

SHOW TIMES
Friday, August 15 at 7pm
Saturday, August 16 at 2pm
Sunday, August 17 at 2pm

TICKETS
\$10

LOCATION
Bob Boldrick Theater
851 East William St.
Carson City

A variety show raising money for Meals on Wheels
Singing, Dancing, Skits, & More

Raffle tickets sold during intermission
(775) 883-0703

OPTIMUM *Experience you can trust*
PHYSICAL THERAPY *Results you can count on*

Jason Overholser, PT
Physical Therapist / Owner

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

YOUR AD
HERE

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

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

Hidden Treasures

Gift Shop

NEW HOURS

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

SUMMER SUPERFOODS AND HYDRATION TIPS FOR SENIORS

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



As the temperatures rise, it's more important than ever for older adults to eat well and stay hydrated. Summer brings an abundance of fresh, seasonal foods that can help boost energy, support immunity, and keep the body cool and nourished. These "summer superfoods" are packed with vitamins, minerals, and hydration benefits that are especially valuable for seniors.

Fresh fruits like watermelon, berries, peaches, and cantaloupe are not only delicious but also rich in antioxidants and high in water content, making them perfect for hydration. **Tomatoes, cucumbers, zucchini, and leafy greens** provide fiber, vitamins, and essential nutrients while being light and easy to digest during warmer months.

Dehydration is a common concern for older adults in the summer, as the body's ability to conserve water decreases with age. Drinking plenty of water throughout the day is key. However, fluids can also come from food. Eating water-rich fruits and vegetables, sipping on herbal teas, and enjoying cold soups like gazpacho can all contribute to daily hydration.

To make hydration easier, keep a water bottle within reach, set reminders to sip water regularly, and flavor your drinks with lemon, mint, or cucumber if plain water isn't appealing. Avoid sugary sodas and caffeine-heavy beverages, which can dehydrate the body.

If you'd like to learn more or have questions about how to incorporate summer super foods and hydration 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.

No-Cook Meal Idea

Summer Berry Yogurt Parfait

- 1 cup plain or vanilla Greek yogurt
- ½ cup fresh mixed berries (blueberries, strawberries, raspberries)
- 2 tablespoons granola
- 1 teaspoon honey (optional)

Layer the ingredients in a glass or bowl. Enjoy cold for a refreshing, protein-packed breakfast or snack.

HOLIDAY CLOSURE

Monday, September 1

★ **LABOR** ★
★★★ **DAY** ★★★

Barry's Trivia Question of the Month

by Barry R. Bjorkman

What was the name of the town on the television series *Gunslinger*?

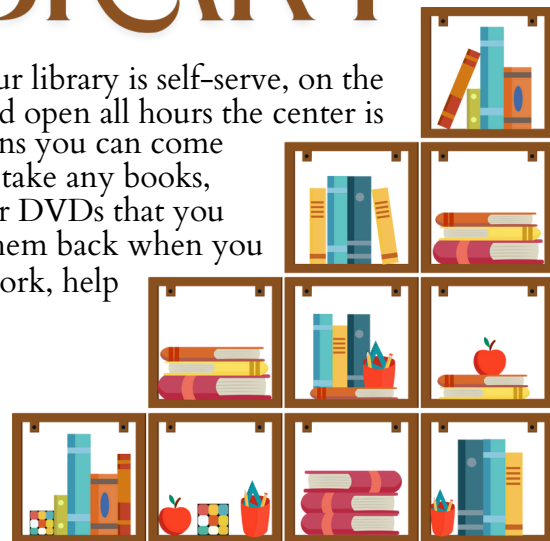
Previous Month's Question & Answer

- Q. Where and when was the world's largest invasion armada?
- A. The invasion of Fortress Europe - D-Day - 6 June 1944.

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*

LIFE & LEGACY PLANNING

A 4-week Series

When: Thursdays, August 7, 14, 21, 28, 4-5:30 p.m.

Where: Joshua Tree Room (East end)

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. Sign up in Reception



Driver Safety

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

Where: 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.

HAZARD

Mitigation

Public Workshop

When: Tuesday, August 5, 1:30-3 p.m. & Wednesday, August 6, 10:30-12 p.m.

Where: Carson City Senior Center (East End)

About the Event: Your voice matters! This meeting is a valuable opportunity to learn, ask questions, and contribute ideas that protect the future of our community to ensure the community is prepared for natural hazards such as wildfires, floods, earthquakes, and severe storms. Free event. RSVP is not necessary.



Committee

When: Tuesday, August 12 at 10 a.m. (2nd Tuesday of each month)

Where: 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!

EMERGENCY Preparedness

When: Friday, August 29 at 1 p.m.

Where: Joshua Tree Room (East End)

About the Event: Learn how to create emergency kits, medication plans, and communication strategies for events like heatwaves, blackouts, or snowstorms. Hosted by Comprehensive Home Health Solutions. Free event. RSVP not required

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: 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

COMING SOON IN SEPTEMBER

VOICE TO STORY WORKSHOP

When: Wednesdays, September 10, 17, 24, October 1, time TBD

Where: TBD

About the Event: Your Stories Matter — Let's Capture Them. Whether you're looking to preserve your memories, reflect on the past, or simply try something new, this voice-to-storytelling workshop offers a creative way to tell your story — without needing to write a word using Chat GPT. Bring your smartphone, laptop, or tablet. Free event. Sign-up in reception.

HANDS ONLY



When: Tuesday, September 2, time TBD

Where: Nevada Room (West End)

About the Event: Hands-only CPR, or compression-only CPR, is simple and easy to learn and perform on adults. Many people who survive a cardiac emergency are helped by a bystander. Learn how you can respond safely and effectively. Class will be catered to seniors - you won't need to get on the ground. Free event. Sign-up in reception.

Meet the AUTHOR

When: Friday, September 26, 12:30-1:30 p.m.

Where: Lobby (West End)

About the Event: Visit with Robert Drews, author of Look for Something Good. Robert Drews is an author in northern Nevada. He hopes to inspire and entertain readers with his writing. Free event. RSVP not necessary.

Paper Crafting

When: 2nd & 4th Tuesdays starting in September, 9:30-11:30 a.m.

Where: 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. All levels welcome and all supplies provided. Meet, create, socialize! Fee: \$5/class. Call Sandi at 775-309-8571 to enroll in the class.



When: Tuesday, September 9, arrive by 4:45pm; return home approx. 10 p.m.

Where: Meet in the Lobby (west end)

About the Event: Ride on a charter bus to go to Reno to watch the Reno Aces vs. Las Vegas Aviators. Admission and transportation provided at no charge - bring money for food. Limited seats available. Sign up at Reception.

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

Manager: Dave Sullins

Resource Advocate: Warren Bottino

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Drew Simmons

Accounting: Rachael Spafford

Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon

MOW Drivers: Amanda, Doug, Julie, Laurie,
Matt, Tom

GOVERNING BOARD

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Tom Baker, Secretary

Anne Knowles, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Lisa Williams, Director

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Robert Drews

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