

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY ANNOUNCEMENTS

250

HAPPY INDEPENDENCE DAY

Friday, July 3

Fourth of July Observed
CLOSED

****Birthday Friday will be Celebrated
on Friday, July 10****

Save the Date

50th Anniversary Event
Saturday, August 15



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@carsoncity.gov

www.carsoncityseniorcenter.org

INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Volunteer Opportunities

Page 4

- Upcoming Events

Page 5

- Advertisements & Businesses

Page 6

- 5 Tips on How to Stay Hydrated
- Coming Soon
- Stroke Prevention Workshop
- Barry's Trivia

Page 7

- Save the date: 50th Anniversary

Page 8

- Upcoming Events

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

Welcome to July! As we celebrate the heart of summer, our center is packed with activities, social gatherings, and ways to stay active. Whether you are looking to beat the heat in our air-conditioned spaces or participate in community celebrations, this month offers a wonderful opportunity to connect with friends and make new memories.

As we commemorate America's 250th birthday, we celebrate our community's resilience and dedication, which are the very foundation of the freedoms we honor this season. Let us come together to reflect on our shared history, the triumphs we have witnessed, and the bright future ahead of us.

Whether you plan to watch fireworks or enjoy a quiet evening with loved ones, we wish you a safe and joyful holiday. Remember to stay hydrated in the summer sun, wear your red, white, and blue, and celebrate the spirit of community that binds us all.

THANK YOU!



Roper's Heating and Air Conditioning & Harrah's/Harveys Casino Employees for their fan donation

A24 | Saturday, June 20, 2026 | Nevada Appeal

Roper's senior fan donation a cool solution to hotter days

By Jessica Garcia | jgarcia@nevadapress.com

Northern Nevada is hitting extreme temperatures this month in the 90s, so Dink Roper, owner and CEO of Roper's Heating and Air Conditioning, made his fan delivery of box fans Friday during a summer fan drive to the Carson City Senior Center.

"You know, it's just something that correlates really nicely with my business, and so trying to help people be comfortable when they can't necessarily afford a fancy air conditioning system just works for me," Roper said. "We're hitting a hot streak right now and I'm feeling the heat myself!"

The fans help local seniors 60 and older without air conditioning systems to stay cool during the area's hot summers.

The latest pallets of fans now total approximately 600 fans, totaling nearly \$38,000 since 2020, to the senior center. Last year, he helped to distribute more than 400 through



June Birthdays



QUEEN

Alice Rowe
85



KING

Gary Nelson
91

VOLUNTEER *Spotlight*

KEVIN SNIGHT



In 2025 Kevin Came to the Carson City Senior Center to attend a bereavement class: he lost someone very special to him in his life. On that day he decided to become a

volunteer. He was very impressed with the center and the number of activities it offered. He also wanted to volunteer to socialize and bring happiness to others.

Kevin has a fascinating background; he was born in Manila, Philippines, and his father served as a foreign consul! Growing up in a diplomatic household meant moving between different countries and experiencing diverse cultures firsthand. Throughout his childhood, Kevin lived in Germany, Washington, DC, Mexico City, Southern California, and Lake Tahoe, and he currently resides in Carson City, NV.

Kevin is very proud of his 3 beautiful daughters and very attached to his cat, Remi.

When Kevin is not volunteering at the Carson City Senior Center, you will find him in Lake Tahoe, either volunteering as a Camp Host in the summer months or working at the former Harveys Lake Tahoe, now Caesars Palace. He enjoys playing his guitar, doing woodcraft painting with acrylic paint, engraving on wood, gardening, or riding his mountain bike.

We can always count on Kevin to bring a smile, a positive attitude, and a helping hand to the team here at the Carson City Senior Center.

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
- 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)

DEMENTIA CAREGIVER SUPPORT GROUP

Meets on the 4th Wednesday of each month
2:30 p.m. to 4:00 p.m.
Carson City Senior Center
911 Beverly Dr., Carson City
Joshua Room



www.alz.org

We offer a variety of no cost education, caregiver 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, Sunday Bingo

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

THANK YOU



Carson City Lions Club donation of \$500 to Meals on Wheels

DISCLAIMER

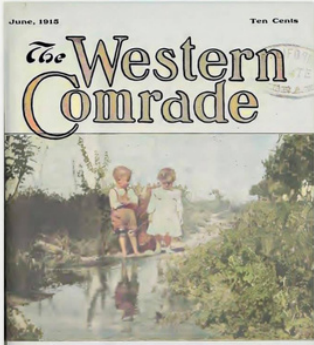
The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

UPCOMING *Events*

History PROGRAM

MIRAGES AND MAYHEM

Big Dreams and Land Schemes



When: Tuesday, July 14 at 1:30 p.m.

Where: Nevada Room (West End)

About the Event: This lively, history program races through a few of the West's most colorful land schemes—from the pine scented promises of Tahoe Paradise and the grandiose dreams of California City to the quirky fallout of the Small Tracts Act and the idealistic, occasionally chaotic socialist commune in western Nevada. Blending promotional hype, archival oddities, and a wink at the eternal hope for “your own slice of paradise,” local historians David & Gayle Woodruff examine the bold, bizarre, and often implausible adventures that helped shape our region in a 55-minute...extensively researched and entertaining slide show. Free Event. RSVP not necessary.

A Talk with Chelsea Kincheloe, Trails & Dark Skies Nevada Division of Outdoor Recreation



When: Tuesday, July 21 at 12:30 p.m.

Where: Joshua Room (east end)

About the Event: Chelsea, a seasoned adventurer and advocate, has spent the past five years calling Nevada home, marking a settling point after a decade of traversing the globe. Beyond her professional endeavors, Chelsea thrives on exploring Nevada's diverse trails and contributing to various advocacy initiatives. For the past 5 years, she has served as president of a local advocacy group dedicated to cultivating sustainable trails in Carson City, NV, showcasing her commitment to community betterment. Chelsea is a Program Officer III with the Nevada Division of Outdoor Recreation and will be presenting on the Nevada Starry Skies Certification and the importance of preserving Nevada's dark skies and current advocate efforts in the state of Nevada. Free event. RSVP not necessary.



Music with Lunch

Lew & Friends

When: Thursday, July 2 at 11 am

Where: Sagebrush Dining Room (west end)

About the Event: Celebrate 250 years with music from Lew & Friends during our lunch program. RSVP not necessary. Free event.

ICE CREAM PARTY



When: Friday, July 24, 11 to 12:30 pm

Where: Sagebrush Dining Room (west end)

About the Event: Cool off with delicious ice cream sponsored by the Pay it Forward Project. RSVP not necessary. Free event.



Meals on Wheels will receive Rootbeer Floats

FORWARD PROJECT

GUIDE PROGRAM

FREE RESPITE CARE

INFORMATION TABLE

When: Wednesday, July 1 & August 5, 10:30 to 12:30 p.m.

Where: Main Lobby (west end)

About the Event: Comprehensive Home Health Solutions is proud to offer the GUIDE Program (Guiding an Improved Dementia Experience) — a comprehensive Medicare-sponsored program designed to support individuals living with dementia and the family members who care for them. Visit their table in the lobby to learn more. Free event. RSVP not necessary.

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



Medicare questions?

Call your local licensed health insurance agent



Brett Cooper

775-307-9995



Compassionate Healing With

KETAMINE-ASSISTED THERAPY TREATMENT

(Depression, Anxiety, PTSD & More)

**Commercial Insurances Accepted
Medicare and Medicaid Accepted
VA Approved for Veterans**



HIGHER DIMENSIONS OF HEALING LLC

1950 College Parkway, Suite 102
Carson City, NV 89706
775.347.9343 | higherdimensionsofhealing.com
info@higherdimensionsofhealing.com





OPTIMUM PHYSICAL THERAPY

*Experience you can trust
Results you can count on*

Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001
fax (775) 882-5015



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

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

408 North Rook Street • Carson City • Nevada
775.885.9888

5 TIPS ON HOW TO STAY HYDRATED

<https://localfood.ces.ncsu.edu/local-food-nutrition-health/recipes-library/>



Staying hydrated is a simple yet critical part of maintaining good health. But most people just aren't getting the fluids they need every day. To prevent dehydration, incorporate more water and water-rich foods into your diet.

Here are some tips:

1. Eight glasses a day is an easy rule to remember and a good general target. You can also use the body weight formula: take one-third of your body's weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day.
2. When you feel thirsty (if not before), drink. Make it a point to drink a big glass of water with every meal.
3. Focus your hydration strategy on water or low-calorie beverages like sparkling water, plain coffee or tea, or flavored water.
4. Carry a large, reusable water bottle with you throughout the day and refill it as needed with clean drinking water.
5. Certain situations will require you to drink more water to maintain good hydration. These include physical activity and exercise, hot and/or humid weather, and occasions when you are vomiting or have diarrhea.



Barry's Trivia Question of the Month

by Barry R. Bjorkman

Q. Who were the members of the Committee of Five?

Previous Month's Question & Answer

Q. Who said: "We are on the line 157/337?"
A. Amelia Earhart's final confirmed in-flight radio transmission.



- 50th Anniversary Celebration**
Saturday, August 15
- Follies Show & Fundraiser for Meals on Wheels**
September 11, 12, & 13
- Love Heals FREE Health Clinic**
Saturday, September 19
- Flu Shots at the Senior Center**
Monday, October 12
- Estate Planning Workshop**
Dates TBD
- Writing Class**
Dates TBD

EDUCATION A MED TALK SERIES

with Shawn Binn M.S., CCC-SLP, Speech Language Pathologist

STROKE PREVENTION AND RECOVERY



Friday, July 24 at 10:30AM
 Carson City Senior Center
 911 Beverly Drive, Carson City

Free Community Event

EDUCATIONAL TALK INCLUDES:

- Learn the signs of a stroke
- Learn lifestyle changes that may decrease the risk of a stroke
- Learn about recovery after a stroke

STROKE SUPPORT GROUP:

- Stroke Support Group meets the second Monday of each month, 4:30-5:30PM at Carson Tahoe Hospital. Contact Shawn.Binn@carsontahoe.org for more information.



CARSON CITY SENIOR CENTER



CARSON CITY SENIOR CENTER

50th



MEALS ON WHEELS
CARSON CITY

ANNIVERSARY

Save the Date!



AUGUST 15, 2026
11 a.m. to 2 p.m.



Carson City Senior Center
911 Beverly Drive

★ **MORE DETAILS COMING SOON!** ★



EST. **50** YEARS 1974

UPCOMING *Events*

Music with Lunch

UKULELE

When: Monday, July 13, 11:15 to 12:15 p.m.

Where: Sagebrush Dining Room (west end)

About the Event: Enjoy the delightful music of our Ukulele Group who will perform during our lunch program. Free Event. RSVP not required.



BUS PASS RENEWALS

When: Monday through Friday, 9 to 3 p.m.

Where: Reception (west end)

About the Event: Seniors aged 60 and over who reside in Carson City are eligible for a free bus pass, valid from 7/1/26 to 6/30/27. Please bring your ID and proof of residency if ID does not have your current Carson City address.

Backgammon Players



When: TBD, Afternoons

Where: TBD

About the Event: We are seeking players of all levels to join a new Backgammon group. Call Reception to have your name added to the list and get in touch with the activity organizer. Free Event.

FREE TECH HELP

When: See Activity Calendar for hours.

Where: Workroom (east end)

About the Event: Free one on one instruction tech help for members of the community to expand your skills. Help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available.



When: Sunday, July 12 & July 26; Doors open at 11 a.m.; Play starts at 1 p.m.

Where: Sagebrush Dining Room (west end)

About the Event: A fundraiser for Meals on Wheels, \$3 Early Bird pack with \$50 Payouts. \$6 Regular Game Pack with \$100 Payouts, optional Cashball \$1. \$1 Double Action and Bonanza specials. \$1 Starburst, Letter X and Fun Tab progressive games. \$2 (3 for \$5) Blackout Progressive paying \$500 or \$120. Other \$1 games: Fun Tab, Free Speed Bingo, Food Drive (each item donated receives a free card). Snack bar serving hot dogs, beverages, chips, cookies, and candy. Cash only. Just show up to play. 21 and over only.

Get your OWN copy of the Senior Sentinel!

- Email (free) - Send an email to seniorcenternewsletter@carsoncity.gov
- Online (free) - Visit carsoncityseniorcenter.org to view the latest edition.
- Mail (\$25.00/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: Melissa Connors

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Nanci Linares

Accounting: Rachael Spafford

Program Coordinator: Barbarann Smith

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

MOW Drivers: Amanda, Coco, Doug, John, Julie, Matt

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Mike Pavlakis - Treasurer

Lindsay Dale, Director

Kim Fleming, Director

Carolyn Kellogg, Director

David Oren, Director

Emily Spalding, Director

Corry Steiner, Director

Cynthia Thacker, Director

Lisa Williams, Director

Pam Couch, Dir. Emeritus

ADVISORY COUNCIL

Harvey Cohen, Vice-Chair

John Wilson, Vice-Chair

Roxie Atkins

Jim Donato

Lisa Drews

Nancy Howard

Becca Krach

Julie Linstrom

Pepper Lowe

Lew Schuerkamp

Loree Smith

Cindy Somers