

Senior Sentinel

www.carsoncityseniorcenter.org



UPCOMING HOLIDAYS & CLOSURES

Staff
In-Service
Training

Monday, October 19
Staff In-Service Training
CLOSED



Friday, October 30
Nevada Day (Observed)
CLOSED



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
- Thank you - 2026 Carson Follies

Page 4

- Upcoming Events

Page 5

- Advertisements & Businesses

Page 6

- 7 Tips for Healthy Halloween Treats
- Sunday Bingo
- Barry's Trivia

Page 7

- Upcoming Events

Page 8

- Upcoming Events

Center Insert

- Activity Calendar & Menu

From the Director, Courtney Warner

Happy October! As the crisp autumn air settles into our community, I am thrilled to welcome a month filled with vibrant colors, cooler days, and wonderful reasons to gather. October is always a remarkable time at our senior center, but this month holds an extra special place in our hearts as we prepare to celebrate Nevada Day. Our beautiful Silver State has a rich history, and there is no better place to honor that legacy than right here, surrounded by the incredible stories and wisdom each of you brings to our center every single day.

Beyond our state holiday, October is packed with activities, from a new **Memoir Writing Workshop** to **Healing with Nutrition** and **A Talk with Alan Gubanich** and our popular monthly **History Program**. October also marks the start of our new grant year with annual registration form renewals and our biannual survey for our lunch program. Please be patient, as lunch check-in may take a few extra minutes during this while we process all the extra paperwork.

Our center thrives because of your energy and companionship, and I am deeply grateful for the warmth you bring into the senior center every day. Please stop by the reception desk to grab a copy of our full October activity calendar, register for classes, and, as always, my door is open if you want to say hello.

VOLUNTEER *Spotlight*



LOREE
SMITH

Loree is from Santa Monica, CA. She has lived in Bishop, CA, and Pahrump, NV. In 2022, they chose Carson City, NV, as their permanent home. Loree is retired from the Healthcare Industry. She has 2 children and 3 grandchildren whom she absolutely adores. When Loree and her family settled in Carson City, she wanted to meet new people and find opportunities to get involved and give back to her new community.

After settling into her new home, Loree came to the Carson City Senior Center to ask about volunteering, and she immediately started working in various positions. Loree is deeply dedicated and always brings great ideas to our team. She joined the Advisory Board and helps guide our center's future growth in many ways. She describes the camaraderie between volunteers and diners at the senior center as a warm, intergenerational bond of mutual respect and shared joy.

Loree is a valued and respected member of our team and exceeds expectations in her role here at the Carson City Senior Center, demonstrating exceptional dedication. Loree also provides daily living support and companionship for two elderly adults, assisting with errands and household tasks. She balances her busy volunteer schedule with the boundless love and care she gives to her family and her precious dogs, Kaylee and Dottie.

Inspired by her late mother's 20-year legacy of service in Orange County, CA, she is honored to continue the family tradition of volunteering. She speaks of how delighted and fulfilled her mother felt as a volunteer, and how much she enjoyed giving back to her community.

Loree is an outdoor lover at heart, she spends her free time riding her bicycle and exploring the great outdoors on foot.

September Birthdays



QUEEN

Susan Secoy
84



KING

Ronald Roberts
81

THANK YOU
FAN DONORS

262
Fans Given
Away

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

alzheimer's 
association®

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

Thank You

**The 2026 Carson Follies raised over \$12,000 for
Meals on Wheels. Thank you to the cast, crew
and the following champions for their support!**

Arby's, Astrid Buskirk, Benson's Feed & Tack, Big Brand Tire & Service, Bodine's Casino, Bub's Bookstore, Butler Gourmet Meats, Capital City Cloggers, Carson City Democrats, Carson City Florist, Carson City Republican Party, Carson City Toyota, Carson Nails, Carson Tahoe Jewelers, Casino Fandango, Cedric Williams, Chili's, China East, China Jade Horse, Cipriani's Downtown Barbershop, Comma Coffee, Costco, Cozy Nail Spa, Cracker Box, Crumbl, Dairy Queen, Dirty Dough, El Centro Market, El Charro Avitia, Empire Ranch Golf Course, Eve's Eatery, Firehouse Subs, Galaxy Theatre, Ganbaru Sushi, Gene Munnings, Get Nailed, Gold Dust West, Golden Nugget Automotive, Great Basin, Greenhouse Garden Center, Grocery Outlet, Hamtak Chiropractic Health Center, Hannon's Estate Diggins, Highlights, HomeGrown Bowling Center, It's A Girl Thang, John M. Amantea, Juan's Mexican Grill & Cantina, Kaleidoscope, Karen Kacsmayk, Kei Sushi, LA Bakery, La Pasada Real, La Salsa Grill, La Tapatia Ice Cream Shop, Latina's Beauty Salon, Les Schwab, Lifestream Health Foods, Little Ceasars, Magical Moments Photography, Melanie & Mike Crossley, Mercedes Leist, Ming's Restaurant, Mom and Pop's Diner, Nashville Social Club, National's Café, Pink Zebra, Pinnacle Medical Group, Poke Doke, Red's Old 395 Grill, Rocking and Rolling, Round Table Pizza, San Marcos Grill, Scoops, Serenite Salon, Silver State Salon & Spa, Spirit Halloween, Squeeze In, Starbucks, Sumi Sushi, Summit Strength & Fitness, Sunridge Golf and Recreations, Sunrise Auto, Taqueria la Salsa, Tee Jay's Corner Café, The Fox Restaurant & Brewery, The Purple Avocado, Tires Plus, Trader Joe's

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UPCOMING *Events*

History PROGRAM Soiled Doves of the Silver State

Don't call me madam,
unless you want trouble



When: Tuesday, October 13 at 1:30 p.m.

Where: Nevada Room (West End)

About the Event: This engaging slideshow program explores the complex and often controversial history of legalized prostitution in Nevada—a subject woven deeply into the state's social and economic fabric. Through detailed research and rare historical images, local historians David & Gayle Woodruff trace the evolution of Nevada's brothel laws and the communities that shaped them, introducing some of the more colorful figures who left their mark on this unique chapter of Western history. Balancing humanity, and historical insight, the program offers a thoughtful look at how Nevada's pragmatic approach to vice became a fascinating study in moral and legal compromise. Free event. RSVP not necessary.

A Talk with

Alan Gubanich of the Northwest Nevada Bird Alliance



When: Tuesday, October 20 at 1:30 p.m. **Note: Special Start Time**

Where: Nevada Room (west end)

About the Event: Nevada may be the driest state in the union, and covered mostly by desert, but we do have wetlands, rivers, ponds and lakes, and birds that utilize them. Join Alan Gubanich, long time member of the Lahontan Audubon Society, as he describes the many birds that can be found in Nevada's wetlands and other aquatic habitats. As far as these birds are concerned, Nevada is not a desert at all! Alan Gubanich is a retired Emeritus faculty member from the University of Nevada, Reno, where he taught in the Biology Department for 35 years (1970-2005). In addition to being the director of General Biology, Alan also taught the Ornithology and Field Ornithology courses during his last 15 years at UNR. He has been an active member of the Northwest Nevada Bird Alliance (formerly Lahontan Audubon Society) since the 1980s. Free event. RSVP not necessary.

HEALING WITH NUTRITION

6-WEEK SERIES

When: Wednesdays, October 6, 13, 20, 27, November 3, & 10,
10:00-11:30 a.m.

Where: Tahoe Room (east end)

About the Event: Brought to you by UNR Cooperative Extension, living with chronic conditions can be challenging, but you don't have to do it alone. Join the free Healing with Nutrition, workshop series to learn practical, healthy food choices. Free event. RSVP at Reception.



University of Nevada
Cooperative Extension

Flu VACCINE CLINIC

When: Monday, October 12, 10:30-12:30 p.m.

Where: Lobby (west end)

About the Event: Carson City Health & Human Services offers flu vaccinations for seniors in our main lobby. Please bring your insurance card. Uninsured or underinsured individuals can get a flu shot for \$20; however, no one will be turned away if they are unable to pay! High Dose vaccine for those 65 and older is available in limited quantities. Free event. RSVP not necessary.



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OUT'S OF
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insurance agent



Brett Cooper
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7 TIPS FOR HEALTHY HALLOWEEN TREATS

www.nutritionnews.abbott/lifestyle-nutrition/diet-wellness/7-tips-for-healthy-halloween-treats/

Halloween is a time for treats, but staying healthy during this spooky season doesn't have to be a trick. "Healthy" and "Halloween" aren't words you usually find in the same sentence. But Halloween doesn't have to be all about candy and chocolate. The real seasonal trick is balance. By swapping in nourishing Halloween treats for some of the typical goodies, you can join in on the fun and nourish your body at the same time.

Healthy Eating Tips for Halloween

Candy and chocolate aren't the only tasty treats available during the spooky season, however. If you're wondering how to stay healthy on Halloween, these ideas can help.

1. **Try a new shopping strategy.** Many people buy their Halloween candy well in advance of the holiday. To help yourself avoid these goodies, consider waiting until a day or two before the holiday. After all, the less time candy sits in your house, the less likely you are to be tempted.
2. **Rethink the candy bowl.** If you find it hard to resist the family Halloween candy bowl, fill it with your least favorite kind of candy. Or skip the candy entirely and hand out other treats like glow sticks, temporary tattoos, sidewalk chalk or spooky stickers.
3. **Downsize your gear.** Did you know that according to one report the average Halloween haul contains 3,500 to 7,000 calories? Help your family enjoy the fun, without all the calories, by outfitting them with smaller trick-or-treat bags. Chances are they'll never notice the difference.
4. **Fuel up first.** Fill up with a healthy Halloween-themed dinner before you head out the door for trick-or-treating, and you'll be less likely to nibble on your spoils while you walk the neighborhood.



5. **Sneak in produce.** Between the parties, zombie tag and trick-or-treating, getting enough (or any!) produce can be a challenge.
6. **Think outside the candy box.** Candy corn, gummy worms and chocolate may be the most obvious sources of sugar, but they're not the only ones. Cider, punch and spiced lattes can also pack a surprising amount of the sweet stuff.

Halloween is the perfect time to indulge. But indulgence doesn't have to come at the expense of eating healthy. With these tips, you'll get all the treats with none of the tricks.



Barry's Trivia

Question of the Month

by Barry R. Bjorkman

Q. Who was the first group to apply for Nevada Day as an official holiday?

Previous Month's Question & Answer

Q. What is the traditional birthstone for the month of September?

A. Sapphire.



FUNDRAISER FOR MEALS ON WHEELS

2nd & 4th Sundays
Doors open at 11am
Games start at 1pm

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

UPCOMING *Events*

Breast **CANCER**

SPECIAL FUNDRAISER IN
THE GIFT SHOP

When: October 1-31, 9 a.m. to 3 p.m.

Where: Gift Shop (west end)

About the Event: Visit the Gift Shop for special items that raise awareness and funds to support Breast Cancer Awareness Month.



HALLOWEEN TRICK OR TREAT

When: Thursday, October 29, 11 a.m. to 12:30 p.m.

Where: Dining Room (west end)

About the Event: Wear your best Halloween costume during lunch for a few laughs, candy, and a few tricks!

Memoir Writing Class

When: Thursdays, Oct. 15 -Nov. 19 (six weeks), 2 to 3:30 p.m.

Where: Carson Room (west end)

About the Event: Robert Falk, who has a long history of writing parodies, skits, true stories, and memoirs, will teach the class and share his enthusiasm for writing with you. Sign up to discover how to write a memoir and share stories of the "old days." \$5 supply fee for all six weeks. RSVP at Reception.

AFRICAN *Elephants*

When: Wednesday, October 21 at 11:00 a.m.

Where: Joshua Room (east end)

About the Event: Join us for an inspiring and heartwarming presentation on African elephants and the urgent need for conservation. Learn how the Sheldrick Wildlife Trust is making a difference in Kenya - and how WE can all help! Free event. RSVP not necessary.



Music with Lunch

UKULELE & HULA

When: Monday, October 5, 11:15 a.m. to 12:30 p.m.

Where: Dining Room (west end)

About the Event: The Capital City Strummers, Carson City's ukulele group, will bring a vibrant taste of the islands to the community. Audiences can look forward to an energetic performance featuring a blend of strummed favorites and live hula dancers. Bring your family and friends for an unforgettable, uplifting musical experience. Lunch served for age 60+ during the event (optional). Free event. RSVP not necessary.

MEDICARE 101

PRESENTATION

Nevada Medicare Assistance Program



When: Wednesday, October 28 at 1:30 p.m.

Where: Nevada Room (west 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. Keep up with upcoming changes that may impact your coverage! Presented by Access to Healthcare, a Medicare Assistance Program that has unbiased staff and volunteers to help you understand and enroll in Medicare coverage. Free event. RSVP not necessary.

LET'S CHAT HOLIDAYS

7 Tips for a
Stress-Free Season

When: Friday, October 16 at 1:30 p.m.

Where: Joshua Room (east end)

About the Event: An upbeat, engaging talk designed to help people navigate the holiday season with less stress, more intention, and a greater focus on what truly matters. Hosted by Wanda La Russa, a Positivity Speaker dedicated to helping individuals and organizations reduce stress, build resilience, and create lasting positive change. Free event. RSVP not necessary.

UPCOMING *Events*

Sue's Creative Quilting & Sewing

When: Held twice a month \$25.00/ Session, starting October 12th

Where: Job's Peak Room (east end)

About the Event: Sew, learn, and share ideas with other quilters and sewers; Make a quilt, handbag, wearable art, or other sewing project; Get help with patterns, cutting, and sewing. Fee: \$25/session.

Instructor: Sue Wilburn. RSVP to Sue to reserve your spot: (775) 240-8382.



911 Beverly Dr., Carson City, NV



JEWELRY SALE

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

Lots of treasures!

THURSDAY & FRIDAY, NOV 5TH & 6TH, 2026
9:00 AM to 2:00 PM

Carson City Senior Center Lobby



SURPRISE

-Special Sale Day-
SATURDAY, NOV. 7TH
9:00 AM to NOON!

A Fundraiser for:



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Jewelry Donations
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FREE CHRISTMAS SHOW

Singing
Dancing
Skits
Performances



Saturday, December 5 at 1:00 PM



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



One free raffle ticket per person
Additional raffle tickets for sale



Benefiting Meals on Wheels

Join us and support a great cause!

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- **Online (free)** – Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail (\$50.00/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: Vacant

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

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

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