

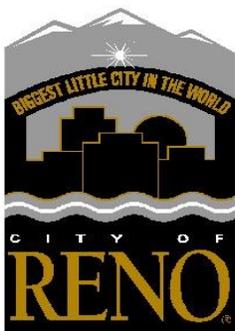
# OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018



# Engage at every Age



## Older Americans Month, 2018

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They are working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunities to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. The Reno Senior Advisory Committee and Washoe County Senior Advisory Board will use OAM 2018 to focus on how older adults in our area are engaging with friends and family through various community activities. Throughout the month, we've organized activities and events designed to highlight local programs and resources. For more information contact us at 775-328-2527 or 775-334-4636 or on the internet at [www.reno.gov/seniors](http://www.reno.gov/seniors) or [www.washoecounty.us/seniorsrvs](http://www.washoecounty.us/seniorsrvs).

### ACTIVITY LOCATION KEY

EVENT LOCATION	ADDRESS	PHONE #
Evelyn Mount Northeast Community Center	1301 Valley Road.	775.334.2262
Neil Road Recreation Center	3925 Neil Road.	775.689.8484
Teglia's Paradise Park Activity Center	2745 Elementary Drive.	775.356.3176
Washoe County Senior Services Center-Reno	1155 E. 9th Street.	775.328.2575
Washoe County Senior Services Center -Sparks	97 Richards Way.	775.353.3110
Washoe County Senior Services-Gerlach	385 E. Sunset Blvd.	775.557.2206
Cold Springs Community Center	3355 White Lake Pkwy.	775.971.8542
Sun Valley Neighborhood Center	115 West 6th Avenue.	775.673.9417
City of Sparks Parks & Recreation	98 Richards Way.	775.353.2376

# OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018

Health



Wellness



Music



Nature



Social



Information



Entertainment



Passport Program



## 2018 OLDER AMERICANS MONTH OPENING CEREMONIES



Tuesday, May 1st

**Kickoff Celebration and Information Faire**

**9:00AM-1:00PM**

Washoe County Senior Services hosts its annual Information Fair to let you engage with the many local service providers for seniors in our community. You are sure to find a volunteer opportunity, discover services you, your friends or family can use, and can connect to veterans services, social services or fun activities around our community. Entertainment throughout the morning will be provided by musician, Jeff Wayne. Stuff-A-Bus will be accepting donations of new items including jackets, sweatshirts and pants, bus passes, cleaning supplies, adult diapers, hygiene products, and gift cards.

At 10:00AM we will break to greet everyone with a personal welcome message from County Manager John Slaughter.



**Join us for a special lunch at the Senior Center  
Celebrating Older Americans Month**



*\*Meal is offered to seniors 60 and older for a suggested \$2.00 donation.  
Individuals under 60 may purchase a meal for \$4.00.*

## May 1

### **Advocating for Your Health as You Age**

**1:00PM-2:00PM**

Dr. Weiss will discuss the importance of advocating for your own health needs and ways to do this effectively. He will involve all the participants to illustrate how important health advocacy is for your own health, happiness, and well-being. Dr. Weiss will also discuss the Senior Health Advocate Volunteer program which is new to Northern NV.

Location: Northwest Reno Library, 2325 Robb Dr. Reno

Fee: Free

Contact: 775-787-4100



### **Sparks Heritage Museum & Cultural Center**

**11:00AM-4:00PM**

Visit the rich heritage and diversity of Sparks and the Truckee Meadows. FREE admittance every Tuesday during the month of May!

**Additional dates: Tuesdays ~ May 8th, 15th, 22nd and 29th**

Location: 814 Victorian Ave., Sparks

FEE: Free

Contact: 775-355-1144



## May 2

### **Nevada Museum of Art—Free Entry!**

**10:00AM-6:00PM**

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible every Wednesday!

**Additional dates: Wednesdays ~ May 9th, 16th, 23rd and 30th**

Location: 160 West Liberty Street

Fee: Free entry all day for Seniors every Wednesday

Contact: 775-329-3333



### **Fighting Fraud and Scams—by AARP**

**1:00PM-2:00PM**

Learn how to protect yourself against scams happening in the local area. With billions of dollars in fraudulent activity each year, get the information you need. FREE!

Location: Washoe County Senior Center, 1155 E. Ninth St., Reno

Fee: Free

Contact: 775-328-2575



## May 3



### **Age Friendly and Livable Communities**

**3:00PM-4:00PM**

Add your ideas to the discussion lead by AARP Nevada experts and Washoe County Senior Advisory Board members on how to make our local community a better place to live as we get older. FREE!

Location: Washoe County Senior Center, 1155 Ninth St. Reno

Fee: Free

Contact: 775-328-2575

### **Silver Tai Chi**

**4:00PM-5:00PM**



Feel great by increasing your energy, range of motion and flexibility through the gentle movements of tai chi. Practice fluid, low-impact exercises that improve your balance, coordination and stamina.

**Dates: Tuesdays & Thursdays ~ 5/1-6/14, 4:00-5:00PM**

**Mondays & Wednesdays ~ 5/2-6/20, 10:30AM—11:30AM or 5:15P—6:15PM**

Location: TMCC Meadowood Center, 5270 Neil Road, Reno

Fee: \$89.00

Contact: 775-468-5747



### **National Automobile Museum**

**9:30AM-5:30PM**

Seniors are FREE each Thursday during Older American's month!

**Additional dates: Thursdays ~ May 10th, 17th, 24th, and 31st**

Location: National Automobile Museum, 10 South Lake St., Reno

Fee: Free entry all day for Seniors every Thursday

Contact: 775-333-9300

## May 4



### **Senior Coalition, State Legislatures Candidates Forum**

**8:30AM-10:00AM**

Get to know the candidates at this informal question and answer forum.

Location: Renown, 10315 Professional Circle

Fee: Free

Contact: 775-982-3232



### **Senior Day at the Wilbur D. May Museum**

**10:00AM-4:00PM**

Seniors will have the opportunity to visit the historic museum to explore the life and legacy of philanthropist Wilbur D. May. Seniors can get in for a discounted price of \$2.50.

Location: Rancho San Rafael 1595 N. Sierra St.

Fee: \$2.50

Contact: 775-785-4153

## May 4

### **Cinco de Mayo Potluck**

**1:00PM-3:00PM**

Ponchos, sombreros, maracas and your favorite spicy foods along with our fun and games, are what you need to enjoy this colorful spicy party.

Location: Teglias Paradise Park Activity Center, 2745 Elementary Dr.

Fee: Drop-In Fee

Contact: RSVP to 775-356-3176



### **Misfits Beanbag Baseball Open House**

**2:00PM-4:00PM**

Laugh along with other seniors as you learn the basics of tossing beanbags to make home runs. The team welcomes new members.

Location: Washoe County Senior Center, 1155 E. Ninth St.

Fee: Free, Refreshments will be served.

Contact: 775-328-2575



## May 5

### **Cruisin' Memory Lane Car Show**

**1:00PM-2:00PM**

MorningStar Senior Living and ManorCare Health present our annual car show with raffles, free food & cars of all years, makes & models.

Location: MorningStar & ManorCare Parking Lot, 2360 Wingfield Hills Rd.

Fee: Free for Spectators

Contact: 775-737-0200



## May 6

### **Oxbow Nature Study Nature Walk**

**10:00AM**

Led by Tricia Dutcher, Nevada Department of Wildlife, this nature walk will give you insight into the river systems and in particular the Truckee River. Approximately a one mile loop.

Location: Oxbow Nature Study, 3100 Dickerson Rd. at the Truckee River

Fee: Free

Contact: 775-583-7624



### **Reno Aces Baseball Game**

**1:00PM-4:00PM**

Come on out to the Reno Aces vs Tacoma Rainiers baseball game. Enjoy this afternoon game which includes a cap and food voucher.

Location: Greater Nevada Field (Aces Ball Park)

Fee: \$10.00 (includes ticket, food voucher and baseball cap)

Contact: 775-334-2260



***Pick-up Times and Locations: Shuttles begin at 11:00AM from:***

***Evelyn Mount Northeast Community Center (1301 Valley Rd.)***

***Teglia's Paradise Park Activity Center (2745 Elementary Dr.)***

***Neil Road Recreation Center (3925 Neil Rd.)***

## May 7



### **Pickleball Lessons**

**11:30AM-1:00PM**

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.

Location: Neil Road Recreation Center, 3925 Neil Road

Fee: \$10.00

Contact: 775-689-8484

### **Caregiver Stress & Ways to Avoid Burnout**

**1:00PM-2:00PM**



Training on managing difficult behavior with dementia, Family Caregiver Emotional Stress and discussion and tools to engage all members of the family or Care team to contribute in some way to the care of their loved ones.

Location: Washoe County Senior Center, 1155 E. Ninth

Fee: Free

Contact: 775-328-2575

## May 8



### **Discussion on Affordable Senior Housing**

**11:00AM-12:00PM**

Please join George Graham, Housing Specialist for the City of Sparks, for a discussion on how the current housing market situation of accelerating and escalating costs have made terms such as "**Affordability**", "**Home Sweet Home**" and "**The American Dream**" difficult to attain. Challenges for prospective buyers of our housing community is accessing the resources and tools necessary to make homeownership a reality.

Location: Sparks Library, 1125 12th Street, Sparks

Fee: Free

Contact: 775-352-3200

### **Healing HeARTS Classes**

**1:30PM-3:30PM**



Express emotions and relax through painting. Find solace and enjoy the company of other caregivers, family members and loved ones with memory loss. No artistic skills required and all supplies provided. \*Ages 12 and up.

***Additional date: Tuesday, May 22nd***

Location: South Valleys Library, 15650-A Wedge Pkwy.

Fee: Free

Contact: 775-851-5190

## **May 8**

### **Kickboxing & Self Defense for Retirees**

**1:00PM-2:00PM**

Enhance your coordination and flexibility by learning a safe, fun approach to kickboxing and basic self-defense. Begin with stretching and warm-up exercises, then practice martial arts movements using targets held by other participants. No contact is involved and workout gloves will be provided.

**Dates: Tuesdays & Thursdays ~ 5/8—5/24**

Location: TMCC Meadowood Center, 5270 Neil Road, Reno

Fee: \$59.00 plus \$5.00 materials fee

Contact: 775-486-5747



### **Focus on Our Future**

**3:00PM-5:00PM**

Join the Reno Senior Citizen Advisory Committee and other seniors to talk with planners from Truckee Meadows Regional Planning Agency about how to improve the quality of life for everyone in our area as we age. Participate in a new survey and voice your priorities.

Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.

Fee: Free

Contact: 775-356-3176



### **Meet Mayor Schieve**

**5:00PM**

Reno Mayor Hillary Schieve will be joining us at the Neil Road Recreation Center. Please be sure to stop by and say hello.

Location: Neil Road Recreation Center, 3925 Neil Rd.

Fee: Free

Contact: 775-689-8484



### **Senior Transportation Options**

**5:30PM-6:30PM**

Please come and listen as RTC Staff presents different transportation options available to seniors, including RTC RIDE and RTC ACCESS as well as the Washoe Senior Ride (WSR) discount "Taxi Bucks" vouchers program that can be used to pay a portion of the taxi fare; the Access to Health Care for transportation to medical appointments, and "Lyft Bucks" available through the Sierra Nevada Transportation Coalition, among other programs.

Location: Spanish Springs Library, 7100 Pyramid Way

Fee: Free

Contact: 775-424-1800



## May 9

### **Meet Your Commissioners**

**11:30AM**



Washoe County Commissioners Kitty Jung and Marsha Berkgigler will be at the Washoe County Senior Center for a lunchtime meet and greet.

Location: Washoe County Senior Center, 1155 E. Ninth St.

Cost: Free

Contact: 775-328-2575

### **Reno's 150th Biggest Little Birthday Party**

**4:00PM-8:00PM**



Visit the senior advisory boards' booth to add your special memory of Reno to our memory book. Check out booths showcasing historical and cultural organizations, enjoy music, dancing and birthday cupcakes. Sign up for tickets to attend a free Reno Aces baseball game at [www.reno.gov/reno150](http://www.reno.gov/reno150) or call 775-334-4636.

Location: Aces Ballpark—Greater Nevada Field, 250 Evans Ave.

Fee: Free

Contact: 775-328-2575

### **Caregiving 101**

**1:00PM-2:00PM**



Caregiving can be challenging! Join us in learning about being an effective caregiver while making sure to take care of yourself as well. AARP will be giving you tips and tricks to keep you healthy.

Location: Washoe County Senior Center, 1155 E. Ninth St.

Fee: Free

Contact: 775-328-2575

### **Nevada Museum of Art—Free Entry!**

**10:00AM-6:00PM**



**More information on Pg 4. Additional dates: ~ May 2nd, 16th, 23rd, 30th**

Location: 160 West Liberty Street

Fee: Free entry all day for Seniors

Contact: 775-329-3333

### **Healthy Habits for a Healthier You**

**3:30PM-5:00PM**



Please join Denise Hund of the Alzheimer's Association to learn how science is now able to provide insights into how to optimize our physical and cognitive health as we age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools create a plan for healthy aging.

Location: Sierra View Library, Reno Town Mall, 4001 S. Virginia St.

Fee: Free

Contact: 775-827-3232

## May 10

### **Get to Know Your Commissioners**

**10:00AM-12:00PM**

Meet and Greet with District 2 Commissioner Bob Lucey. Get to know Mr. Lucey; bring your questions!

Location: Washoe County Senior Center, 1155 E. Ninth St., Reno

Fee: Free

Contact: 775-328-2575

### **ABC's of RTC RIDE**

**1:00PM-3:30PM**

Travel with RTC experts aboard an RTC RIDE bus to visit RTC 4TH STREET STATION and the Mobility Center at RTC CENTENNIAL PLAZA to learn about fares, routes and special programs for seniors and individuals with disabilities. Ask the experts your questions and discover how easy it is to use transit! Bus departs and returns to Washoe County Senior Center,

Location: 1155 E. 9th St., Reno

Fee: Free

Contact: 775-332-2173

### **Line Dancing Class**

**1:00PM-3:30PM**

It's time to get your boot-scootin' boogie on! Learn the basic steps of country western line dancing in a fun and informal setting.

Location: Washoe County Senior Center, 1155 E. Ninth St.

Fee: Free

Contact: 775-328-2575

## May 11

### **Stuff-A-Bus Drive By Donation Drive**

**4:00PM-7:00PM**

The RTC is proud to be partnering with the City of Reno, City of Sparks, Washoe County Human Services Agency and the Reno Aces Baseball Club for Stuff-A-Bus for Seniors. Together, the partners are collecting needed donations for seniors in our community. Everyone can help by dropping off new, unused items at Greater Nevada Field from 4 pm to 7 pm on Friday, May 11. \*Everyone who donates at the event will receive a buy-one, get-one ticket deal for the Reno Aces or Reno 1868 FC! The Aces have a home game that evening and it's the perfect opportunity to help out a senior in need while enjoying baseball. **Only NEW, unused items are being accepted. Needed items include: jackets, fans, coats, sweatpants, toiletries, adult diapers, grocery store or pet store gift cards and transit passes.**

Location: Greater Nevada Field, 250 Evans Ave.

Contact: 775-328-2575



## May 12

### **Print Linens and Totes**

**9:00AM-1:00PM**



Brighten your home by hand printing your original designs onto table linens, tea towels and a tote bag. Choose a color scheme and composition, mix custom colors and turn your imagination into beautiful unique creations for the house or as gifts. All materials are provided.

Location: TMCC Meadowood Center, 5270 Neil Road

Fee: \$49.00

Contact: 775-468-5747

### **Senior Day at the Museum**

**10:00AM**



Celebrate "Senior Day at the Museum" and learn about the history of downtown Sparks. This one-hour walking tour includes 18 buildings and spots that have played an important role in the history and development of Sparks and Nevada. Your guide, Scott Carey, grew up in Sparks and since working on the Sparks Centennial Commission has been actively working on projects to preserve and enhance the history of this great community. Following his tour, the Sparks Heritage Museum will be open at 1pm providing self-guided tours of the museum and guided tours of the train across the street from the museum.

Location: In front of the Sparks Heritage Museum, 814 Victorian Ave.

Fee: \$10.00 or Free for Historic Reno Preservation Society members

Contact: 775-355-1144

### **Davis Creek Regional Park**

**10:00AM**



Take a walk on the wild side as you explore this .7 mile nature loop trail and find the ecotypes: pine forest to the high desert.

Location: Davis Creek Regional Park

Fee: Free

Contact: 775-583-7624

## May 14

### **Sun Valley Ice Cream Social**

**10:00AM-11:15AM**



Come enjoy some good ice cream, conversation and celebrate moms the day after Mother's Day at the Sun Valley Senior Center. Sponsored by Catholic Charities.

Location: Sun Valley Senior Center, 115 W. 6th Ave.

Fee: Free

Contact: 775-673-9417



## May 14

### **Sparks City Council Meeting**

**2:00PM**

This is your chance to learn more about your community and let your voice be heard at the Sparks City Council meeting. The reading of the Older Americans Month Proclamation is on the agenda.

Location: Legislative Building in Council Chambers, 745 Fourth St., Sparks

Fee: Free

Contact: 775-353-2311



## May 15

### **Affordable Senior Housing Discussion**

**11:00AM-12:00PM**

Please come and hear a discussion on the need for affordable senior housing options in our community. Our guest speakers will include Amy Jones, Executive Director, Reno Housing Authority; Tony Ramirez, Reno Field Office Director, Housing and Urban Development (HUD); and Bill Thomas, Assistant City Manager - City of Reno.

Location: North Valleys Library, 1075 North Hills Blvd.

Fee: Free

Contact: 775-972-0281



### **Meet your City of Sparks Councilmembers**

**11:30AM**

Sparks Councilmember Charlene Bybee and Donald Abbott will be at the Sparks Senior Center and available to chat and answer any questions.

Location: Sparks Senior Center, 97 Richards Way

Fee: Free

Contact: 775-353-2311



### **Ageless Repertory Theater presents "The Liar"**

**1:00PM**

The Ageless Repertory Theatre is a readers' theater production company in which the actors interpret roles and perform reading from the script, creating roles mainly through voice. Many of the actors are seniors themselves! "THE LIAR" by David Ives, adapted from *Le Menteur* by Pierre Corneille Dorante is a charming tale about a young man who arrives in Paris in 1643. He has but a single flaw - he cannot tell the truth!

**Additional date: Friday, May 18th at 1:00PM**

Location: Reno Little Theater, 147 E. Pueblo St.

Fee: Free, but donations are accepted

Contact: 775-329-0661



## May 15

### **Author Reading and Book Signing with**

**6:30PM**



### **Pamela Everett presenting her new book, "Little Shoes"**

A "whodunit" for the age of yore. In the summer of 1937, with the Depression deep and World War II looming, a California crime stunned an already grim nation. Three little girls were lured away from a neighborhood park to unthinkable deaths.

Location: Sundance Books, 121 California Ave., Reno

Fee: Free

Contact: 775-786-1188

## May 16

### **Fire Prevention Safety**

**10:30AM-11:30AM**



Please join us for a fire prevention safety talk with James Recob, Fire Inspector, City of Sparks Fire Department.

Location: Sparks Senior Center, 97 Richards Way

Fee: Free

Contact: 775-353-3110

### **Historic Reno Presentation Society Series,**

**5:30PM**

### **The Hot August Nights Story**



David Hansen, Emeritus Director of Hot August Nights, presents "The Hot August Nights Story." During an evening night on August 1, 1986, the Reno-Sparks Convention Center was bursting at the seams with hundreds of revelers who were partying, cheering and pushing to be let in to a first-time event of a magnitude yet to be realized. Inside, 10,000 spectators were massed together in anticipation of seeing and hearing a live event of the Righteous Brothers, Wolfman Jack, and Jan & Dean! It was that night when nostalgia was unleashed among an audience who excitedly relived their childhood years of the 50's and 60's- a time of innocence, prosperity, cars and the birth of Rock and Roll. The weather was HOT, the month of AUGUST was right, therefore, HOT AUGUST NIGHTS was born!

Location: Northwest Reno Library, 2325 Robb Dr.

Fee: Free

Contact: 775-787-4100



## May 17

### **Know the 10 Signs & The Basics of Alzheimer's 4:00PM-5:30PM**

Please join Anakaren Lamas of the Alzheimer's Association at this interactive workshop to learn the 10 warning signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have this disease and find out how to recognize the signs in yourself and others

**The Basics:** Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

The presentations will be available in both English and Spanish

Location: Sierra View Library, Reno Town Mall—4001 S. Virginia St.

Fee: Free

Contact: 775-827-3232



### **Picnic in the Park**

**11:00AM-1:00PM**

Catholic Charities of Northern Nevada and the Retired and Senior Volunteer Program (RSVP) of Washoe County invite you to a picnic at Rancho San Rafael Regional Park. A picnic lunch will be provided, and students from the Ecology, Evolution and Conservation Biology Program at the University of Nevada, Reno will offer guided nature walks in collaboration with Washoe County Parks Department. Come share in the fun and games! Registration is required and space is limited. Transportation assistance may be available.

**\*Please register by May 5, 2018 [rsvp@unr.edu](mailto:rsvp@unr.edu) or (775) 784-1807**

Location: Rancho San Rafael Regional Park, Peavine Pavilion

Fee: Free

Contact: 775-784-1807



## May 18

### **Know Your Legal Rights: Self Advocacy**

**10:00AM-11:30AM**

Attorneys from Nevada's Aging and Disability Services Division and Washoe Legal Services will explain legal rights and discuss what questions to ask and how to get what you need as you navigate the social services, health care and legal systems as an older adult.

Location: 9670 Gateway Drive, Reno 89521

Fee: Free — Space limited.

Contact: Register in advance: [ggunzburg@adsd.nv.gov](mailto:ggunzburg@adsd.nv.gov), 775-687-0503.



## May 18

### **Games and Tournaments Galore**

**9:00AM-4:00PM**



The City of Reno knows you have a competing spirit so the competitions are on! Come participate in some old favorites and some new mini games and tournaments of fun and excitement during Older Americans Month. Find games and tournaments below

**Shuffleboard** 9:00 a.m. North side of the parking lot facing the park

**Dominoes** 9:30 a.m. Front patio

**Bingo** 11:00 a.m. Under the gazebo in the park

**Walk Race** 12:00 p.m. TPPAC Walking Trail

**Three Legged Race** 10:00 a.m. Stretch of grass outside the back door

**Chair Volleyball** 10:30 a.m. Back parking lot

**Baggo** 10:15 a.m. Stretch of grass outside the back door

Refreshments served inside

Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.

Fee: Drop-In Fee

Contact: 775-356-3176

### **Hydration Station by Right at Home**

**1:00PM-2:00PM**



Proper hydration is essential for a healthy body and mind. Learn about the benefits of being hydrated and get some tips, tricks and samples on how to get your daily intake of fluids. Join this interactive and fun informational talk by Right at Home In Home Care & Assistance.

Location: Washoe County Senior Center, 1155 E. Ninth St.

Fee: Free

Contact: 775-826-7999

### **Nevada Humanities ~ In Conversation with Julie Buntin 6:00PM**



Julie Buntin will be joining us to discuss her current book as well as a few of her favorite topics. Her work has appeared in the Atlantic, Vogue, O, The Oprah Magazine, Slate, Electric Literature, and One Teen Story, among other publications. She lives in Brooklyn, New York.

Location: Sundance Books, 121 California Ave.

Fee: Free

Contact: 775-786-1188

### **Ageless Repertory Theater presents "The Liar"**

**1:00PM**



**See description on Page 12. Additional date: Tuesday, May 15th at 1:00PM,**

Location: Reno Little Theater, 147 E. Pueblo St.

Fee: Free, but donations are accepted

Contact: 775-329-0661

## May 19

### **Bob Goodman: "Nature's Rock Garden:**

**11:30PM-12:30PM**

Come and enjoy the beauty of Bob Goodman's photographs. Mr. Goodman will be sharing his experiences and story at the Cold Springs Senior Center.

Location: Cold Springs Senior Center, 3355 White Lake Pkwy.

Fee: Free

Contact: 775-971-8542



### **Conversation and Coffee with Commissioner Berkbigler**

**12:00PM-1:30PM**

Washoe County's seniors are welcome to tour the new Incline Village Community Assistance Center, Commissioner Marsha Berkbigler as well as learn about Washoe County's various services available to residents living in Incline and our valued Washoe County seniors.

Location: Incline Village Community Assistance Center, 845 Alder Ave.

Fee: Free

Contact: 775-328-2003



### **Nevada Humanities ~ Young Chautauqua**

**2:00PM-3:30PM**

*Young Chautauqua* is a nationally recognized and award-winning youth program in which young scholars research and portray historical figures. Through monologues and question-and-answer sessions, young scholars – in and out of character – engage their audience in lively discussions and provide insight into historical study.

***Additional date: Sunday, May 20th***

Location: Sundance Bookstore, 121 California Ave.

Fee: Free

Contact: 775-786-1188



### **Friends of Washoe County Library Book Sale**

**10:00AM-5:00PM**

Saturday is 1/2 off day! Come choose from many books & receive 1/2 off!

Location: Reno Town Mall, 4001 S. Virginia St.

Fee: Free

Contact: 775-824-3232



### **Friends of Washoe County Library \$5 Bag Day**

**10:00AM-5:00PM**

Don't Bust Your Budget - fill your bag for only \$5.00! Bags provided at Book Sale. Book Sale runs from May 12-20.

Location: Reno Town Mall, 4001 S. Virginia St.

Fee: Free

Contact: 775-824-3232



## May 20

### **Oxbow Nature Study**

**10:00AM**



Learn about aquatic animals and their habitat. Led by Tricia Dutcher and the NDOW Amerigroup Volunteers.

Location: Oxbow Nature Study, 3100 Dickerson Rd. (at the Truckee River)

Fee: Free

Contact: 775-583-7624

### **Nevada Humanities ~ Young Chautauqua**

**2:00PM-3:30PM**



*Young Chautauqua* is a nationally recognized and award-winning youth program in which young scholars research and portray historical figures.

**Additional date: Sunday, May 19th**

Location: Sundance Bookstore, 121 California Ave.

Fee: Free

Contact: 775-786-1188

## May 21

### **Sparks Ice Cream Social**

**11:20AM**



Come enjoy some good ice cream and conversation at the Sparks Senior Center hosted by City of Sparks Park and Recreation.

Location: Sparks Senior Center, 97 Richards Way

Fee: Free

Contact: 775-353-3110

### **Fit, Functional and Flexible in Incline**

**1:30PM-2:30PM**



In this free, experiential, hour-long class, you will learn nutrition tips and exercise techniques to maximize your health and minimize pain.

Location: Incline Village Community Assistance Center, 845 Alder Ave.

Fee: Free

Contact: 530-587-3769

### **Stuff-A-Bus Distribution Event**

**2:00PM-5:00PM**



For the first time, Human Services Agency Senior Services and Catholic Charities of Northern Nevada are hosting a Stuff A Bus Donation Drive Distribution Event this year. Items collected from the Stuff-A Bus Donation Drive will be distributed to seniors on a first come, first serve basis.

Location: Washoe County Senior Center at 1155 E. 9<sup>th</sup> St. in Reno

Contact: 775-328-2575

## May 22

### **Getting to Know Windows 10**

**11:00AM-12:00PM**

If you're an absolute beginner with Windows 10, learn how to navigate and use its new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program. **Additional dates: Tuesdays & Thursdays ~ 5/22—6/17**

Location: TMCC Meadowood Center, 5270 Neil Road, Reno

Fee: \$89.00

Contact: 775-468-5747



### **Medicare 101 Presentation**

**10:30AM-11:30AM**

Do you have questions on Medicare? Come listen to our presentation on the Medicare basics. The State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP) will have counselors available to answer questions.

Location: Washoe County Senior Center, 1155 E. Ninth

Cost: Free

Contact: 775-328-2575



### **Silver Yoga**

**10:30AM-11:30AM**

Discover the multiple health benefits of yoga including greater mobility and flexibility. Relieve tight back and shoulder muscles as you improve your balance through fun stretching and strength exercises. Progress at your own pace within a structure of group personal training.

**5/22-6/12 Tuesdays 10:30 – 11:30 a.m. OR**

**5/24-6/14 Thursdays 10:30 – 11:30 a.m. OR**

**5/25-6/15 Fridays 10:30 – 11:30 a.m.**

Location: TMCC Meadowood Center, 5270 Neil Road

Fee: \$39.00

Contact: 775-468-5747



### **Travel Slideshow with Karin McCollum**

**12:15PM-1:45PM**

Karin McCollum, "professional tourist" has traveled to over half the countries on Earth and is still going strong! Her goal is 3/4 of the countries. She has presented at the Sparks Senior Center for 5 years now, every May. This show is called, "Iceland, Greenland, Dubai, and Bolivia, Lands of Contrast." Come along on this journey to four remote corners of the world.

Location: Sparks Senior Center, 97 Richards Way

Fee: Free

Contact: 775-353-3110



## **May 22**



### **Healing HeARTS Classes**

**1:30PM-3:30PM**

See description on Page 7. Additional date: Tuesday, May 8th

Location: South Valleys Library, 15650-A Wedge Pkwy.

Fee: FREE

Contact: 775-851-5190

## **May 23**



### **Dutch and Eevee Music at Cold Springs**

**11:15AM-12:15PM**

Come and enjoy the music of Dutch and Eevee who have been entertaining crowds with their husband and wife team from classic rock and roll to old fashioned favorites.

Location: Cold Springs Senior Center, 3355 White Lake Pkwy.

Fee: Free

Contact: 775-971-8542

## **May 24**



### **Renaissance Bocce Ball & Senior Social**

**4:00PM-6:00PM**

Try your skills at Bocce Ball for free at the new Renaissance Reno Downtown Hotel, overlooking the beautiful Truckee River. Bocce is played with eight large balls and one smaller target or object ball called a pallino. There are four balls per team and they are made of a different color or pattern to distinguish the balls of one team from those of the other team.

Location: Renaissance Reno Downtown Hotel, One South Lake Street

Fee: Free

Contact: 775-321-5804



### **Veteran's In-Care Recognition Ceremony**

**2:00PM-5:00PM**

Join us in this ceremony to recognize our military veterans and to also make sure they have access and information to access their benefits.

Veterans service officers will be there to talk and set up appointments.

Location: Washoe County Senior Center, 1155 E. Ninth St.

Fee: Free

Contact: 775-328-2575



## **May 25**



### **Paradise Park Goes Bananas**

**1:00PM-3:00PM**

Join us in creating your own banana split & enjoy some music while you eat! Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.

Fee: Free

Contact: 775-689-8484

## May 27

### **Verdi Library & Nature Center Walk**

**10:00AM**

Join Tricia Dutcher and NDOW Americorp Volunteers that are specialists in biology while you learn about sagebrush environments and the critters that love them. This location has a great "classroom" space that will provide a great meeting spot. An interpretive walk will follow a short discussion.

Location: 1/2 Mile Loop Trail , Verdi Library & Nature Center, 270 Bridge St.  
(Behind Verdi Elementary School)

Fee: Free

Contact: 775-583-7624



## May 29

### **Meet Your Reno Councilmembers**

**1:00PM-2:00PM**

Join us for a meet and greet with two of your Reno City Council members. David Bobzien and Neoma Jardon will be at the Neil Road Senior Center to chat and answer any of your questions.

Location: Neil Road Recreation Center, 3925 Neil Road

Fee: Free

Contact: 775-689-8484



## May 30

### **Vaudeville Rocks**

**1:30PM-2:30PM**

Please come enjoy, listen and watch a variety of performers.....singers and acts woven together around a central theme of Vaudeville updated to the present time.

Light refreshments sponsored by Morning Star of Sparks at 1PM

Location: Washoe County Senior Center, 1155 E. Ninth St.

Fee: Free

Contact: 775-328-2575



## Wednesday, May 31st

### **OAM Closing Ceremonies**

Come join the fun as we celebrate the closing of another Older Americans Month. Stop by and thank the many volunteers, sponsors and seniors that helped make these events a success. A BBQ lunch will be included along with a raffle for very cool prizes. Be sure to bring your signed passport with you!  
Contact: 775-657-4602

**10:00am to 1:00pm**

**Evelyn Mount Northeast Community Center**

**Free!**



**Reno.Gov/Senior Games**  
**#Never2Old4Gold**  
**(775) 657-4602**  
**SeniorServices@Reno.Gov**

The Reno-Tahoe Senior Games are a wide variety of competitions for seniors 50 years old and older.

**Aug 17 - Sept 1**

**\$25 to Register**  
**\$10-\$45 Sport/Events**

Archery | Badminton  
 Basketball Skills | Billiards  
 Bowling | Croquet | Fly Casting  
 Go Karts | Golf Tournament  
 Horseshoes | Mini Golf | Pickleball  
 Swimming | Table Tennis  
 Track and Field | Walk Race

(775) 657-4602 | Reno.Gov/SeniorGames | SeniorServices@Reno.Gov | #Never2Old4Gold



## Take a Look at What Your Washoe County Library Has to Offer!



### Spanish Springs Branch

Crochet Connection	May 3, 10, 17,	3-5PM
	24 & 31	
Knitting Group	May 6 & 20	1-3PM
Tuesday Book Group	May 8	1PM
Mystery Book Club	May 20	1PM
Scrapbooking	May 27	10AM-5PM

### Northwest Reno Branch

Senior Memoir Writing	May 2	1-3PM
Afternoon Book Club	May 9	2-3:30PM
Knitting & Crochet Club	May 12	1-3PM
Senior Memoir Writing	May 13	1-3PM
Historic Reno Presents		
"The Hot August Nights Story"	May 16	5:30PM
Evening Book Club	May 16	5-6:30PM
Knitting & Crochet Club	May 19	1-3PM

### Sparks Branch

Memory Makerspace	All Month	Library Hours
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### North Valleys Branch

Bob Goodman Art	5/1-6/30	Library Hours
Cinco de Mayo	May 5	1:30-3:30PM
Yarn Time	May 9 & 23	1-3PM
Mystery Sleuths Book Group	May 9	5:45-6:45PM

### South Valleys Branch

Tuesday Night Yarn Crew	Tuesdays	5:30PM
Bridge Group	Fridays	1PM
Adult Coloring	May 16	6PM
SO Literary Book Group	May 17	2PM
Healing Hearts	May 8 & 22	1-3PM

### Sierra View Branch

Family Estate Planning Series	May 2, 9, 16	10:30 & 1:30
Knitting Club	May 3, 10, 17	
	24 & 31	1pm-3pm

**Incline Village Library ~ 845 Alder Avenue, Incline Village ~ 775-832-4130**

**Seniors to Seniors:** A group of tech - savvy seniors from Incline High School will be available to help you with your computer related questions. Bring your laptop, tablet, phone, e-reader, or other device and learn something new: Wednesday, May 2 and 16 from 2-4PM

**Sparks Library ~ 1125 12th Street ~ 775-352-3200**

**Tech Café:** Bring in your device (laptops, smartphones, and tablets) to receive technology assistance. Saturdays, May 5, 12, 19, and 26 from 10 – 11AM.

**Computer Class, Intro to Email :** This class is for students who do not have an e-mail account. The class covers the process of creating a personal, Web-based e-mail account. Wednesdays and Fridays, May 2, 4, 9, and 11, 1 – 3PM.

**Computer Class, Intro to Microsoft Word:** Learn the basics of using Microsoft Word to create, edit, and format documents. Wednesdays and Fridays, May 16, 18, 23, and 25 from 1- 3PM.

**Downtown Reno Library ~ 301 S. Center Street ~ 775-327-8300**

**Tech Café:** Trouble with your mobile device? Not sure how to make use of it? Get advice and assistance on harnessing the power of your tablet, smartphone, or laptop. With your library card, you can also learn how to download eBooks, audiobooks, magazine articles, language learning and small business/company research. Wednesdays, May 2, 9, 16, and 23 from 11AM - Noon

**Senior Center Library ~ 1155 East Ninth Street, Building E ~ 775-328-2586**

**Computer Café:** We're offering drop-in technology help at the Senior Center! Whether you have a problem you're trying to solve or something they want to learn how to do, we'll offer one-on-one help with Windows, internet, and email. Tues. & Thurs. May 2, 4, 8, 10, 15, 17, 22, 24, 29, and 31, 1:30– 3:30PM

**Sierra View Library ~ 4001 South Virginia Street (inside Reno Town Mall) ~ 775-827-3232**

**Tech Café:** Trouble with your mobile device? Not sure how to make use of it? Join us at Tech Café for advice and assistance harnessing the power of your tablet, smartphone, or laptop. Wednesdays, May 2, 9, 16, 23, and 30 from 10-11AM

**Northwest Reno Library ~ 2325 Robb Drive ~ 775-787-4100**

***In recognition of “Older Americans Month”, Northwest Library is happy to present these programs for seniors.***

**Learn How to Use Social Media Websites & Apps:** Get social on the internet! Learn how to use popular websites and apps such as Pinterest, Facebook and Instagram. You decide the topic. Learn and explore at your own pace. We will use Techboomers.com, an educational website that provides free video and article tutorials in an easy to understand format. Chromebooks are available to the first 10 people to use, or bring your own device. Thursday May 3rd, 3:00 -4:30PM.

**Meet Libby!** Did you know that we have thousands of e-books and audiobooks? You can borrow them, instantly, for free, using just the device in your hand. Also learn how to access over 120 magazines for free from our website! Thursday May 10th, 3:00 -4:30PM.

**Learn How to Use the Internet for Lifelong Learning:** Learn how to use popular websites and apps such as Lynda.com, Good Reads, Ted.com, or how to search on Google. You decide the topic. Learn and explore at your own pace. We will use Techboomers.com, an educational website that provides free video and article tutorials in an easy to understand format. Chromebooks are available to the first 10 people to use, or bring your own device. Thursday May 17th, 3:00 -4:30PM.

~ Notes ~




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~ Passport Events ~



Be sure and bring your booklet/passport to each of these events.  
Attend at least five and get entered into a drawing for fun prizes at the **Closing Ceremonies on May 31st.**

Opening Ceremonies 5/1	Fighting Fraud & Scams 5/2	Caregiver Stress & Avoiding Burnout 5/7	Affordable Senior Housing 5/8	Focus on Our Future 5/8
Senior Transportation Options 5/8	Caregiving 101 5/9	Reno's 150th Bday Party 5/9	Healthy Habits for a Healthier You 5/9	ABC's of RTC Ride 5/10
Stuff-A-Bus Donation Drive 5/11	Sun Valley Ice Cream Social 5/14	FREE SPACE	Sparks City Council Meeting 5/14	Ageless Repertory Theater "The Liar" 5/15 or 5/18
Fire Prevention Safety Talk 5/16	Hot August Nights Story 5/16	Picnic in the Park 5/17	Games and Tournaments 5/18	Travel Slideshow w/ Karin McCollum 5/22
Veteran's In-Care Recognition Ceremony 5/24	Bocce Ball & Senior Social 5/24	Vaudeville Rocks 5/30	Lunch at either Sparks, Cold Springs or Sun Valley	Closing Ceremonies 5/31

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_



**KOLO**  
*Cares*

**STUFF A BUS  
FOR SENIORS**

# DONATION DRIVE



**FRIDAY  
MAY 11** | **DROP OFF ITEMS AT GREATER  
NEVADA FIELD FROM 4-7PM**

PLEASE PROVIDE NEW ITEMS ONLY

- SWEAT  
SHIRTS/PANTS**
- BUS  
PASSES**
- JACKETS**
- GIFT  
CARDS**
- CLEANING  
SUPPLIES**
- HYGIENE  
PRODUCTS**
- ADULT  
DIAPERS**

FOR MORE INFORMATION:  
[Reno.Gov/Seniors](http://Reno.Gov/Seniors) | [WashoeCounty.Us/SeniorsRV](http://WashoeCounty.Us/SeniorsRV)  
 775-334-4636 | 775-328-2575



Items distributed by Washoe County Senior Services