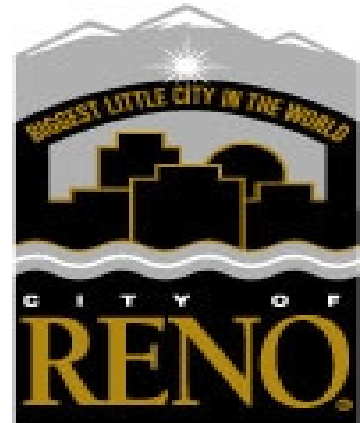


# Thanks to our Sponsors!



# BLAZE A TRAIL

MAY 2016



[www.acl.gov/olderamericansmonth](http://www.acl.gov/olderamericansmonth)





**NOTES**

**OLDER  
AMERICANS  
MONTH**



**BLAZE A TRAIL: MAY 2016**

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\*Passport events will be highlighted in Purple.

Attending these events will earn you a signature on your passport and a chance to win prizes at the Closing Ceremonies.

Icon Key:

Health



Wellness



Music



Nature



Social




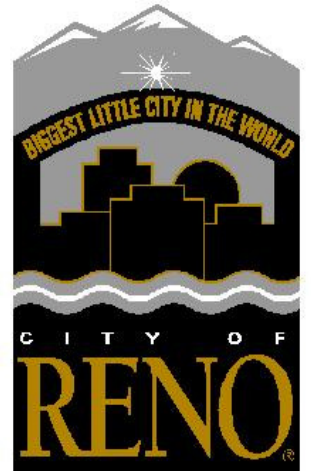
Information



Entertainment



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 4ARP Drivers Safety Program                      9:00 Stretch &amp; Tone - Exercise                      10:00 AA Meeting                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Poker</p>	<p>3 8:30 Crochet Club                      8:30 Texas Hold-Em                      9:30 Love Vision Support Group                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:00 Hootenium Music by KAYAKA                      11:15 Senior Lunch Program                      1:00 Tote Painting</p>	<p>4 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 "Grumpy Old Men" Music &amp; Dancing                      11:15 Senior Lunch Program                      12:00 Bingo &amp; Mah Jongg                      2:30 Washoe County Senior Services Advisory Board Mtg.</p>	<p>5 8:30 SNAP - Food Stamp Sign-Up Workshop                      8:30 Texas Hold-Em                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Mah Jongg                      1:00 Free Line Dancing &amp; Lesson</p>	<p>6 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 AA Meeting                      10:15 "Mickey Lofkin Plays the Violin"                      11:15 Senior Lunch Program                      12:00 Bingo                      7:30pm Senior Dance Club of Nevada - Live Music</p>
<p>9 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 AA Meeting                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Poker                      2:00 Retired Public Employees of Nevada Meeting                      2:30 Nevada Legal Services                      3:00 Exercise Planning Education Clinic</p>	<p>10 8:30 Crochet Club                      8:30 Texas Hold-Em                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:00 Hootenium Music by KAYAKA                      11:15 Senior Lunch Program                      1:00 Tote Painting</p>	<p>11 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 "Grumpy Old Men" Music &amp; Dancing                      11:15 Senior Lunch Program                      12:00 Bingo &amp; Mah Jongg</p>	<p>12 8:30 Texas Hold-Em                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Mah Jongg                      1:00 Free Line Dancing &amp; Lesson</p>	<p>13 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 AA Meeting                      10:15 "Mickey Lofkin Plays the Violin"                      11:15 Senior Lunch Program                      12:00 Bingo                      7:30pm Senior Dance Club of Nevada - Live Music</p>
<p>16 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 AA Meeting                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Bingo                      12:00 Poker</p>	<p>17 8:30 Crochet Club                      8:30 Texas Hold-Em                      9:00 Assistance League of Reno Sparks Food Pantry                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:00 Hootenium Music by KAYAKA                      11:15 Senior Lunch Program                      1:00 Tote Painting                      1:30 Washoe County Library Sr. Center Branch                      4ARP led Social Media Class - Introduction to Facebook</p>	<p>18 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 "Grumpy Old Men" Music &amp; Dancing                      11:15 Senior Lunch Program                      12:00 Bingo                      1:00 Mah Jongg                      1:30 Washoe County Library Downtown Branch                      4ARP led Social Media Class - Introduction to Twitter                      6:00pm Renewal - Grief Support Group</p>	<p>19 8:30 Texas Hold-Em                      9:00 Food Bank of Northern Nevada - Distribution                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Mah Jongg                      1:00 Free Line Dancing &amp; Lesson                      1:30 Washoe County Library Sr. Center Branch                      4ARP led Social Media Class - Intermediate Facebook</p>	<p>20 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 AA Meeting                      10:15 "Mickey Lofkin Plays the Violin"                      11:15 Senior Lunch Program                      12:00 Bingo                      7:30pm Senior Dance Club of Nevada - Live Music</p>
<p>23 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 AA Meeting                      10:00 Medicare/SHIP Counseling                      10:30 "Left Wayne Sings Classic Rock &amp; Roll"                      11:15 Senior Lunch Program                      12:00 Bingo                      2:30 Nevada Legal Services                      Power of Attorney Education Preparation Clinic</p>	<p>24 8:30 Crochet Club                      8:30 Texas Hold-Em                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      1:00 Tote Painting                      6:00pm Ostomy Support Group</p>	<p>25 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 "Grumpy Old Men" Music &amp; Dancing                      11:15 Senior Lunch Program                      12:00 Bingo &amp; Mah Jongg</p>	<p>26 8:30 Texas Hold-Em                      9:30 Nevada HOPES Blood Pressure Clinic                      10:00 "Acordition Players"                      10:00 Medicare/SHIP Counseling                      11:15 Senior Lunch Program                      12:00 Mah Jongg                      1:00 Free Line Dancing &amp; Lesson</p>	<p>27 8:30 Texas Hold-Em                      9:00 Stretch &amp; Tone - Exercise                      10:00 Medicare/SHIP Counseling                      10:00 AA Meeting                      10:30 Karaoke                      11:15 Senior Lunch &amp; Birthday Celebration                      12:00 Bingo                      7:30pm Senior Dance Club of Nevada - Live Music                      10:30 Karaoke</p>
<p>Memorial Day                      Thank You For Your Service!</p>				<p>Special                      Or                      New Events</p>



## 2016 Reno-Tahoe Senior Summer Games Tuesday, August 9 to Saturday August 27, 2016

### List of Games!

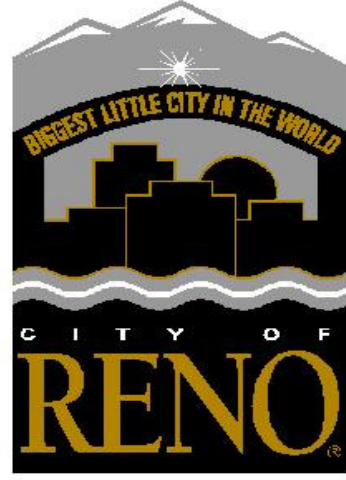
- Archery ~ Badminton ~ Baggo
- Basketball Skills ~ Beanbag Baseball
- Billiards ~ Blackjack ~ Croquet
- Go Karts ~ Horseshoes ~ Mini Golf
- Pickleball ~ Swimming ~ Table Tennis
- Track & Field ~ Walk Race



Senior Games is an event dedicated to promoting and implementing fitness programs and activities. People 50 years and better compete in their favorite sports within age groups for **gold, silver and bronze medals!** For more information contact Senior Services at 775-657-4602 or email SeniorServices@reno.gov. Check out [www.reno.gov/seniorgames!](http://www.reno.gov/seniorgames!)







The City of Reno also offers the following activities:

For more information on City of Reno Senior Services Programs, please contact City of Reno Senior Services at 775-657-4602 or email [seniorservices@reno.gov](mailto:seniorservices@reno.gov). Sign up to get your monthly Senior Connect Newsletter by mail or email. You can also visit our web site at [www.reno.gov/seniors](http://www.reno.gov/seniors). Other activities include:

- Archery
- Bean Bag Baseball
- Bowling
- Brunch and Movie
- Chair Volleyball
- Dinners and Shows
- Various other trips and entertainment
- Various card and table games
- Monthly dances, socials and workshops



# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		Colin Ross Spring Fling Concert Great American Song Book		Genoa Hot Springs RGJ Columnist Anne Pershing Chat with the "Grandma with Attitude"		
15	16	17	18	19	20	21
Senior Day at the Reno Aces Baseball Game				Musical Tribute "Petty vs Eagles" Harrah's Casino Dinner and a Show	Banana Splits "Going Banana's" At Paradise Park	
22	23	24	25	26	27	28
	"It's Drive In Time" Pack a picnic dinner!					
29	30	31				
		Closing Ceremonies & BBQ Lunch				

## 2016 OLDER AMERICANS MONTH OPENING CEREMONIES

### April 29

#### **Kick Off Celebration**

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



Washoe County Senior Services invites you to the Opening Ceremony celebrating Older Americans Month 2016. This year's theme is "Blaze a Trail". Older Americans Month brochures will be available providing the complete schedule of activities and events that will help you stay connected and active within our local community!

Location: WCSS Reno-1155 E. 9th St. Building "E"

Fee: FREE

Contact: 328.2575

#### **Older Americans Month Information Fair**

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



As a part of the Opening Ceremonies, Washoe County Senior Services will be hosting an Information Fair. Get connected to the many services available to seniors in Washoe County at the Information Fair. With over 40 participating agencies you are sure to find a volunteer opportunity, connect to Veterans services, or find an activity to help you stay safe and active.

Location: WCSS-Reno

Fee: FREE

Contact: 328.2575

**\*Passport events will be bolded in Purple. Attending these events will earn you a signature on the passport and a chance to win prizes at the Closing Ceremonies.**

### May 2

#### **Celebrate Law Day - Ask A Lawyer Workshop 10:00am - 2:00pm**



Nevada Legal Services, Washoe County Second Judicial District Court and Washoe County Law Library in partnership with local Pro-Bono Attorney's will be available for private one to one counseling.

Topics include: Family - Consumer - Bankruptcy - Wills - Estate - Probate

Location: One South Sierra Street. Reno 3rd Floor - Training Room

Fee: Free

## 2016 Older American's Month 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 some great items!

**Tuesday, May 31, 2016**

**11:00am to 1:00pm**

**Evelyn Mount Northeast Community Center**

**775-657-4602**

**FREE!**

### SENIOR PASSPORT

**Attend at least 8 of the events below, get them stamped or initialed by the staff at the activity, and bring the passport with you to the closing ceremonies (that can count as one of your activities). You must be present to win. But don't limit yourself - get out and have fun!**

#### **NAME** \_\_\_\_\_

Information Fair Friday April 29	Baldini's Health Fair Tuesday May 3	Alzheimer's Association "Know the Ten Signs" Thursday May 5	Grandma with Attitude - Chat Anne Pershing Thursday May 12
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reno Aces Baseball Game Sunday May 15	Getting Started with Facebook Beginners Tuesday May 17	Twitter for Beginners Wed. May 18	Learn to Love Facebook Thurs. May 19
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alzheimer's Assoc. "Memory Café" Tuesday May 24	SOS Presents Broadway Wed. May 25	Become Sr. Volunteer Presentation Thursday May 26	Remembering When Presentation Friday May 27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			2016 Older Americans Month Closing Ceremonies Tuesday, May 31st



### **“Antarctica Slideshow Presentation”**

**12:00pm-1:30pm**

Visit glorious Antarctica via slides and narration with a two time visitor Karan McCallum. It's anything but a barren wasteland.

Majestic scenery, penguins, and exploration are the topics.

Location: WCSS-Sparks

Fee: FREE



### **Sparks Senior Center Ice Cream Social**

**11:45am-12:15pm**

Sponsored by the City of Sparks Parks and Recreation Department. Join us for an old fashioned ice cream social and make some new friends.

Location: WCSS-Sparks

Fee: FREE

### May 27



### **“Remembering When...” Presentation**

**10:30am - 12:30pm**

The Sparks Fire Department has adopted **“Remembering When”** a Fire and Fall Prevention program for Older Adults, developed by the National Fire Protection Association Education Department and the Centers for Disease Control and Prevention.

The program is centered around 16 key safety messages - eight fire prevention and eight fall prevention.

Location: WCSS-Sparks

Fee: Free



### May 3

### **Health Fair**

**9:00am-2:00pm**

Come to Baldini's Casino and attend a health fair hosted by Senior Spectrum. Everything from flu shots and blood pressure checks to music and food will be there waiting for you!

Location: Baldini's Sports Casino and Restaurant 865 S. Rock Blvd. Sparks

Fee: FREE

### May 5



### **Alzheimer's Association - Know the Ten Signs**

**1:30pm-2:30pm**

Attend 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.

Location: WCCS-Sparks 97 Richards Way

Fee: FREE

### May 6



### **Intergenerational Ball**

**7:00pm - 10:00pm**

Prepare to celebrate all ages at the Great-Gatsby-Style Intergenerational Ball! A legendary event with live music, dancing, raffle prizes, dance contest and more!

Location: WCSS-Reno

Fee: Senior Dance Club Members \$ 7.00 - Guest \$10.00



### May 10

### **Senior Aquacise**

**10:00am-11:00am**

Sponsored by the City of Sparks and Recreation Department, enjoy a slower paced workout that increases fitness level and strength. The class includes stretching, warm up, workout, and cool down.

Location: Alf Sorensen Community Center

1400 Barning Blvd. 89434

Fee: FREE

## May 10

### **Colin Ross Senior Music Spring Fling Concert 6:30pm-8:30pm**



Come hear our delightful show in celebration of another spring. We will be singing songs from the Great American Songbook including selections from great Broadway, Blues and Swing artists. Sing along to familiar favorites and enjoy the show. Light refreshments will be served.

Location: NRRC-3925 Neil Rd.

Fee: \$5.00

A special thanks to Brookdale Senior Living for providing cookies & pies for raffle!!

## May 12

### **Bucket List Genoa Hot Springs 8:15am-3:00pm**



Let's go back to Genoa Hot Springs again, and take a day off to relax. We will transport you to and from the Genoa Hot Springs where you will spend your morning and early afternoon enjoying the warm waters and a scrumptious lunch. The water of the hot springs are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals of the water!

Location: Genoa Hot Springs

Fee: \$50.00 (includes lunch at the Hot Springs)/Scholarships available

Arrive 10:00 a.m. / Depart: 2:00 p.m.

Pick-up times and locations

EMNCC: 8:15 a.m.

TPPAC: 8:30 a.m.

NRCC: 8:45 a.m.

### **The Nugget-Older Americans Month Fair 10:00am-2:00pm**



Join us at The Nugget Casino for information from Red Cross, Sparks Fire Department, and Sparks Police Department. Presentations and information will be available on everything from 911, to in home safety, to fire safety!

Location: The Nugget Casino, Ponderosa Ballroom

Fee: FREE

## May 25



### **SOS Presents Broadway**

**10:00am-11:00am**

There is a growing population of older adults in Nevada and throughout the nation who have a wealth of knowledge, experience, and talent. They deserve respect and recognition. A good time to show these individuals how much we care is during National Older Americans Month in May. To do this a "Broadway Show" in their honor is presented with a number of seniors performing.

Kenn Pettiford, world class Jazz entertainer and Master of Ceremonies extraordinaire.

No refreshments will be served at this event.

Location: Laxalt Auditorium, Nelson Building, 401 W. 2nd St., Reno

Contact: Seating is limited so please RSVP Sina Ward at (775-784-7506) or email [sinaw@unr.edu](mailto:sinaw@unr.edu) by Friday, May20th.

## May 26



### **Become a Senior Volunteer Ambassador!**

#### **Information workshop**

**11:30am-12:30pm**

Volunteer Senior Ambassadors significantly enhance the quality and quantity of services provided to Washoe County's seniors.

Senior Ambassadors will deliver hot meals, provide regular one-on-one personal interaction with home-bound seniors, lead activities at Washoe County Senior Centers and provide many other valuable services to seniors.

Volunteers help reduce social isolation, provide much needed welfare checks and increase the quality of services that are currently provided to seniors in need throughout Washoe County.

Location: WCSS-Reno

Fee: Free



## MAY 23

### **Jeff Wayne– Sings Classic Rock and Roll 10:30am-11:30am**

Join us for this free concert when Jeff Wayne will entertain with his virtually endless mix of Classic Rock and Roll hits!

Location: WCSS-Reno

Fee: FREE

### **Strength and Conditioning Training for Seniors 5:30pm-6:30pm**

Sponsored by the Sparks Parks and Recreation Department. Bring yourself and some water and we'll supply a fun workout. Classes are designed to develop core strength, flexibility, mobility, and overall strength throughout your body.

Limited to (15) participants

Location: Larry D. Johnson Community

Center 1200 12th Street Sparks 89431

Fee: FREE

### **It's Drive-In Time! 8:00pm**

Yes, we are going to the drive-in to watch a movie under the stars on the big screen. **Pack yourself a picnic dinner and join us at Teglia's Paradise Park.** We will then caravan around the corner to the El Rancho Drive-In, and enjoy the movie and free popcorn. Don't forget your lawn chairs!

Location: TPPAC

Fee: \$6.00/Scholarships Apply

## May 24

### **Alzheimer's Association - Memory Café 9:30pm-11:30am**

Staying connected and having fun makes a difference. The Alzheimer's Association Memory Cafes are socialization opportunities for people with younger onset or in the earlier stages of dementia or memory loss and their care partners to connect and share with other people in similar situations. The bonds formed in Memory Café often last throughout the disease journey and become additional support for those involved.

Location: WCSS-Sparks

Fee: FREE



## May 12

### **Grandma With Attitude- RGJ Columnist, Anne Pershing 1:30pm-3:00pm**

Join Anne and a special guest at 1:30 p.m. for donuts, health bars, coffee or tea and chat! Current events and future topics will also be discussed. Join us for a great time!

Location: EMNCC

Fee:\$1.00 Please RSVP 775-334-2262

### **Free Line Dancing - Lessons 1:00pm-1:30pm** **Free Line Dancing 1:30pm-3:30pm**

Free lesson from 1:00-1:30 to learn basic line dancing skills and from 1:30-3:30 put your new moves to use with classic and modern line dancing.

Location: WCSS-R Multipurpose Room

Fee: FREE

## May 15

### **Aces Ball Game 1:00pm-4:00pm**

Take me out to the ball game! Sunday, May 15th we will attend Senior Day at the Reno Aces game.

\$10 gets you your ticket, "Aces Bucks" for food and a souvenir hat. This deal is a home run so be a sport! Come cheer for your home team!

Location: Aces Ball Field

Fee: \$10.00 (Includes Ticket, Food, and Baseball Cap)

Shuttles available from EMNCC, TPPAC, NRRC, 11:00 a.m. to 12:00 p.m.

## May 16

### **Presentation: What is SARA? 1:00pm-2:30pm**

**SARA**, Solutions and Resources Associates is a non-profit organization that provides a free community information and resources service. Need help planning for your financial future, caring for aging parents, or questions about the healthcare system?

Location: More to Life Adult Day Health Center 1963 E. Prater Way, Sparks Nevada 89434 775.358.1988

Fee: FREE

## May 17

### **Getting started with Facebook (Beginners) 1:30pm-3:30pm**



Are your family members and friends on Facebook while you're still wondering what's in it for you? In this hands-on, introductory workshop, you'll learn the basics of Facebook and how the social network can help you connect with people you know and stuff you like – from news to special offers.

This program is intended for seniors who are familiar with computers but just getting started with social media. Classes will be led by AARP-trained volunteer instructors and assistants. Students who don't yet have an email or Facebook account will have the option of showing up ½-hour early for assistance. Registration is required online through [www.LibCal.com](http://www.LibCal.com)

Location: WCSS-R, Senior Center Library  
Fee: FREE

## May 18

### **Twitter: It's not just for the birds! (Beginners) 10:00am-12:00pm**



If you enjoy following breaking news as it happens, sharing your opinions about entertainment, sports, politics and products, Twitter is a great social network for you! It is a form of instant communication used by businesses, government agencies, public figures and everyday people. In this hands-on, introductory workshop, you'll learn the basics of Twitter, how to compose and send your own tweets, how to follow individuals and companies that interest you, and how to find the information you're looking for.

This program is intended for seniors who are familiar with computers but just getting started with social media and all classes will be led by AARP-trained volunteer instructors and assistants. Students who don't yet have a Twitter account will have the option of showing up ½-hour early for assistance. Registration is required online through [www.LibCal.com](http://www.LibCal.com)

Location: Downtown Reno Library 301 S. Center St. Reno 89501  
Fee: FREE

## May 19



### **Learn to love Facebook (Intermediate) 1:30pm-3:30pm**

There's a lot to love about Facebook, but are worries about privacy and wading through unwanted or irrelevant posts getting in your way? In this hands-on, intermediate-level workshop, you'll learn tips and tricks to fix what's annoying and get more from the social network.

This program is intended for seniors who are familiar with computers or just getting started with social media. Classes will be led by AARP-trained volunteer instructors and assistants. Students who don't yet have an email or Facebook or Twitter account will have the option of showing up ½-hour early for assistance. Registration is required through [www.LibCal.com](http://www.LibCal.com)

Location: WCSS-Reno Senior Center Library  
Fee: FREE



### **Dinner and a Show: Petty vs. Eagles 6:00pm-10:00pm**

Two of the world's greatest rock 'n' roll bands of all time face off as Harrah's Reno hosts tributes to the Eagles and Tom Petty and the Heartbreakers.

Location: Harrah's Reno Hotel & Casino  
Contact: 775-786-3232  
Fee: \$52.00



## May 20

### **With Banana Splits in the Park 2:00pm-4:00pm**

They are going BANANAS at Paradise Park! Come enjoy a beautiful day at the park and have a banana split! Come see old friends and meet some new ones!

Location: TPPAC  
Fee: FREE