OLDER AMERICANS MONTH

CONNECT, CREATE, CONTRIBUTE MAY 2019

Catholic Charities of Northern Nevada

Washoe County, Nevada 1861

City of Reno — Biggest Little City in the World

City of Sparks — It's Happening Here!

Nevada Aging and Disability Services Division

Connect, Create, and Contribute this **MAY** for Older Americans Month. Let's celebrate healthy aging and the diversity of our community.

acl.gov/oam

OLDER AMERICANS MONTH CONNECT, CREATE, CONTRIBUTE

Older Americans Month 2019

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, ***Connect, Create, Contribute***, encourages older adults and their communities to:

•**Connect** with friends, family, and services that support participation.
•**Create** by engaging in activities that promote learning, health, and personal enrichment.
•**Contribute** time, talent, and life experience to benefit others.
Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

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
Greater Nevada Field	250 Evans Ave.	775-334-7000
TMCC Meadowood Center	5270 Neil Rd.	775-829-9010
McKinley Arts & Culture Center	925 Riverside Dr.	775-657-4602

2019 OLDER AMERICANS MONTH EVENTS

Wednesday, May 1st

Kickoff Celebration and Information Faire
9:00AM-11:00AM

Washoe County Senior Services hosts its annual Information Fair to let you connect with the many local service providers for seniors in our community. You are sure to find a volunteer opportunity, a fun activity, discover services and connect to veterans services or social services. 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. Location: Washoe County Senior Center, 1155 E. Ninth St., Reno.

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

5/1: Boomer BOGO ~ Senior Night at the Aces Baseball Game 6:35PM

Come on out to the Reno Aces vs Las Vegas Aviators baseball game. Buy one ticket at $17.00 and receive the second one free! Offer valid at the Ticket Office at Greater Nevada Field only. Collection bins for Stuff-A-Bus will also be on hand for donations,

Location: Greater Nevada Field—Aces Ballpark, 250 Evans Ave.
Fee: BOGO: Buy one at $17, get one ticket free!
Contact: 775-334-7000

May 2

5/2 Learn to Play Shuffleboard 10:00AM-12:00PM

Learn how to play the exciting game of Floor Shuffleboard!

Location: California Building: Inside of Idlewild Park, 75 Cowan Dr., Reno
Fee: FREE
Contact: 775-657-4602

May 2

5/2: 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.

5/2 - 5/23 Thursdays 10:30AM - 11:30AM OR
5/3 - 5/24 Fridays 10:30AM - 11:30AM OR
5/28-6/18 Tuesdays 10:30AM - 11:30AM OR
5/30-6/20 Thursdays 10:30AM - 11:30AM OR
5/31-6/21 Fridays 10:30AM - 11:30AM

Location: TMCC Meadowood Center, 5270 Neil Road
Fee: $39.00 Per Session
Contact: 775-829-9010

5/2 What Do You Consider an Emergency? **2:00PM - 3:00PM**

Chief Charles Moore from the Truckee Meadows Fire Protection District will discuss tips on calling 911 and recognizing emergencies and what you need to know.

Additional Date: Thursday, May 9th, North Valleys Library

Location: South Valleys Library, 15650 Wedge Parkway, Reno
Fee: FREE
Contact: 775-851-5190

May 3

5/3: Senior Coalition of Washoe County **8:30AM-10:00AM**

Join us for a presentation and update on the 2019 Legislature with guest speakers Connie McMullen, Editor of the Senior Spectrum, and Jane Gruner, Former Administrator of the Nevada Aging and Disability Services Division.

Location: Hometown Health Building, 10315 Professional Circle, Reno
Fee: FREE
Contact: 775-636-4376

5/3: Ice Cream Social **11:15AM**

You scream, I scream, we all scream for Ice Cream! Join us at the Sparks Senior Center for a delicious daytime treat, hosted by the City of Sparks.

Location: Sparks Senior Center, 97 Richards Way, Sparks
Fee: FREE
Contact: 775-353-7898

May 3

5/3: Dementia Friendly Information Session 12:30PM-1:30PM

Learn five key messages about dementia, what it's like to live with dementia and how to translate this new understanding into practical actions that can help people with dementia who are living in our community.

Location: Northwest Reno Library—2325 Robb Dr., Reno
Fee: FREE
Contact: 770-561-1338

Additional Dates:
Wednesday, May 8th: 5:30PM, South Valleys Library, 15650 Wedge Pkwy., Reno
Thursday, May 16th: 4:30PM, Sparks Library—1125 12th St., Sparks
Friday, May 24th: 10:30AM, North Valleys Library—1075 N. Hills Blvd., Reno
Friday, May 31st: 10:30AM, Incline Village Library—845 Alder Ave., Incline

May 5

5/5: AARP Nature Walk 9:00AM

9 Mile, lightly trafficked out & back trail located near Washoe Valley. Features beautiful wild flowers and is rated moderate.

Location: Davis Creek Park near Washoe Valley
Fee: FREE
Contact: Billie Garrow, 775-722-2026

May 6

5/6 *and* 5/13: Authentic Thai Cooking 6:00PM-8:00PM

Two day class learning to make sumptuous authentic and modern Thai appetizers, entrees and desserts at home.

Class fee includes both days: May 6th and May 13th.

Location: Damonte Ranch High School, Room 117
Fee: $49.00 plus $35.00 materials fee
Contact: 775-829-9010

5/6: Relax-Enjoy-Paint to the Magic of Music of Three Harps 2:00PM

Open to all seniors and care partners are encouraged to participate. Materials and snacks are provided.

Location: The Continuum, 3700 Grand Drive, Reno
Fee: FREE
Contact: 775-829-4700

May 7

5/7: Remembering When: Fire & Fall Prevention Faire 9:00AM-2:00PM

Baldini's Casino and Sparks Fire Department host information booths, food and lots of giveaways!

Location: Baldini's Casino: 8665 S. Rock Blvd., 2nd Floor, Sierra Room
Fee: FREE for Seniors
Contact: 775-358-0116

May 7

5/7: Enchanting Islands with Karin McCollum 12:30PM-2:00PM

Come visit Borneo, Papua New Guinea, Taiwan, Iceland and other enchanting, less visited destinations with "professional tourist" Karin McCollum and her incredible travel slideshow.

Location: Sparks Senior Center, 97 Richards Way, Sparks
Fee: Free
Contact: 775-626-8566

5/7: Ageless Repertory Theater: "Clever Little Lies" 1:00PM

Enjoy senior actors presenting the hilarious family comedy, Joe DiPietro's, "Clever Little Lies." Sidesplitting chaos ensues in this shattering and hilarious store of long-term love and marriage… for better and for worse.

Additional Date: Friday, May 10th

Location: Reno Little Theater, 147 E. Pueblo, Reno
Fee: Free—Donations Accepted
Contact: 775-348-6625

May 8

5/8: Learn to Play Pickleball 9:00AM-1:00PM

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

Location: Plumas Park Gym
Fee: FREE
Contact: 775-657-4602

5/8: Book Reading & Signing with Michael Cohen 6:30PM

Michael Cohen, author of Granite and Grace: Seeking the Heart of Yosemite, will join us for a reading and book signing.

Location: Sundance Books & Music, 121 California Ave., Reno
Fee: FREE
Contact: 775-786-1188

May 9

5/9: Identifying & Minimizing the Risk of Falls—The Inside Scoop 12:00PM

Physical, Occupational and Speech Therapists will share the medical, behavioral, exercise, environmental and educational strategies that help you stay vertical.

Location: The Continuum, 3700 Grant Drive, Reno
Fee: FREE
Contact: 775-829-4700

May 10

5/10: Fire Safety for Seniors with Reno Fire Department 1:30PM

Older adults have an increased risk of dying in a fire. Help prevent older-adult fires with these safety tips and best practices.

Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.
Fee: FREE
Contact: 775-689-8459

May 11

5/11: Free Vacations, Plus Make Money Doing It 10:00AM-1:30PM

Discover how you can use your skills and experience to travel free.

Location: TMCC Meadowood Center, 5270 Neil Road, Reno
Fee: $39.00, plus $15 materials fee
Contact: 775-829-9010

5/11: Intergenerational Celebration at OLLI 2:00PM-4:00PM

Celebrate Older Americans Month at OLLI with fun activities, food, prizes and more! At this free event, you'll get to connect, create and contribute with older adults as well as students from the University of Nevada, Reno

Location: Osher Lifelong Learning Institute, 604 W. Moana Ln., Reno
Fee: FREE
Contact: 775-784-8053

5/11: 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 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 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

5/11: Intergenerational Celebration at OLLI 2:00PM-4:00PM

Celebrate Older Americans Month at OLLI with fun activities, food, prizes and more! At this free event, you'll get to connect, create and contribute with older adults as well as students from the University of Nevada, Reno

Location: Osher Lifelong Learning Institute, 604 W. Moana Ln., Reno
Fee: FREE
Contact: 775-784-8053

May 13

5/13: SHIP/SMP Volunteer Information Presentation 11:00AM-12:00PM

Learn from Medicare counselors with SHIP (State Health Insurance Program) and SMP (Senior Medicare Patrol). Are you interested in volunteering? Join our team of dedicated volunteers.

Location: TMCC Meadowood Center, 5270 Neil Road, Reno
Fee: $39.00, plus $15 materials fee
Contact: 775-829-9010

5/13: 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. Attendees will receive a limited edition City of Sparks lapel pin.

Location: Legislative Building Council Chambers, 745 Fourth St.,
Fee: Free
Contact: 775-353-2311

May 14

5/14: 10 Warning Signs of Alzheimer's 10:00AM-11:30AM

This program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. Speaker: Denise Hund.

Location: Alzheimer's Association Office, 639 Isbell Road, Suite 240, Reno
Fee: FREE
Contact: 1-800-272-3900 or 775-786-8061

5/14: Where Did I Put My Keys? 10:30AM-11:30AM

A lively and entertaining discussion taking a look at a variety of tips to add to our Memory Tool Kits.

Location: The Continuum, 3700 Grant Drive, Reno
Fee: FREE
Contact: 775-829-4700

5/14: Bridge: Bidding ~ Weekly, Tuesdays 12:30PM-2:30PM

If you're an absolute beginner, learn to play one of the world's most popular card games.

Session dates: Tuesdays ~ 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9.

Location: TMCC Meadowood Center, 5270 Neil Road, Reno
Fee: $109.00 per session
Contact: 775-829-9010

May 14

5/14: Bridge: Defense ~ Weekly, Tuesdays 3:00PM-5:00PM

Improve your skills by learning how to work with a partner.

Session dates: Tuesdays ~ 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9.

Location: TMCC Meadowood Center, 5270 Neil Road, Reno
Fee: $109.00 covers all sessions
Contact: 775-829-9010

5/14: Advanced Bridge ~ Weekly, Tuesdays 7:30PM-9:30PM

Improve your skills by learning how to work with a partner.

Session dates: Tuesdays ~ 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9.

Location: TMCC Meadowood Center, 5270 Neil Road, Reno
Fee: $109.00 covers all sessions
Contact: 775-829-9010

May 15

5/15: Learn to Play Minnesota Card Game 10:00AM-4:00PM

Minnesota is a fun card game similar to "Hand and Foot." The objective is to get rid of all the cards from your "Hand" and the "Foot" by melding them. Come out and enjoy a fun day of cards!

Location: Teglia's Paradise Park Activity Center
Fee: FREE
Contact: 775-356-3176

5/15: Person-Centered Thinking: A Brown Bag Lunch & Learn 11:30AM-1:00PM

Discuss the benefits of using a person-centered approach in assisted living and community-based programs. Bring your lunch and a colleague! This workshop is perfect for administrators, program planners, caregivers and anyone else who provides day-to-day supports to older adults.

Location: Neighbor Network of Northern Nevada, 999 Pyramid Way
Fee: FREE
Contact: 775-453-4774

May 16

5/16: Discussion with the Washoe County DA's Office 2:00PM-3:00PM

Washoe County District Attorney Chris Hicks and Chief Investigator Michelle Bays will be discussing ways the District Attorney's office can assist seniors.

Location: Sparks Library, 1125 12th St., Sparks
Fee: FREE
Contact: 775-352-3200

May 16

5/16: Understanding Alzheimer's and Dementia 4:00PM-5:00PM

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources. Speaker: Anakaren Lamas. Presented in English and Spanish (see below).

Location: Alzheimer's Association Office, 639 Isbell Road, Suite 240, Reno
Fee: FREE
Contact: 1-800-272-3900 or 775-786-8061

Basico, la perdida de memoria, la demencia, y la enfermedad de Alzheimer's

La enfermedad de Alzheimer no es el envejecimiento normal. Es una enfermedad del cerebro que causa problemas con la memoria, el pensamiento y el comportamiento. Únase a nosotros para conocer sobre: el impacto de la enfermedad de Alzheimer, la diferencia entre la enfermedad de Alzheimer y la demencia, las etapas y factores de riesgo de la enfermedad de Alzheimer, la investigación actual y los tratamientos disponibles para tratar algunos síntomas y los recursos de la Asociación de Alzheimer

5/16: Discussion with the Washoe County DA's Office 2:00PM-3:00PM

Washoe County District Attorney Chris Hicks and Chief Investigator Michelle Bays will be discussing how the District Attorney's office assists seniors.

Location: Sparks Library, 1125 12th St., Sparks
Fee: FREE
Contact: 775-352-3200

5/16: 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

5/16: Irish Storytelling with David McDonnell 6:30PM

Professional Irish Storyteller David McDonnell will regale us with some fascinating stores from the Emerald Isle.

Location: Sundance Books & Music, 121 California Ave., Reno
Fee: FREE
Contact: 775-786-1188

May 17

5/17: Learn to Play Beanbag Baseball **12:30PM-2:30PM**

Throw beanbags to get on the board! Get a hit or a homerun! Easy fun for all! The rules for this game are similar to the real baseball game; that is to say that the person who is throwing plays until he/she gets three strikes for an out.

Location: Teglia's Paradise Park Activity Center
Fee: FREE
Contact: 775-356-3176

5/17: AARP Fraud Prevention **1:00PM-3:00PM**

Learn how to prevent fraud and what the latest scams are in our area. Refreshments will be served.

Location: Sierra View Library—Reno Town Mall, 4001 S. Virginia St. Reno
Fee: FREE
Contact: 775-827-3232

5/17: Meals on a Budget **2:00PM-4:00PM**

Food demonstration with Registered Dietitian, Kate Ault and food care specialist for seniors. Liliana Wilbert, Financial Empowerment Coach will also be attending. Learn how to shop and prepare meals on a budget.

Location: Northern Nevada HOPES, 580 W. 5th St., Reno
Fee: FREE
Contact: 775-690-8948

May 18

5/18: Tales from Nevada Magazine **1:00-2:300PM**

Lecture and slide presentation on her experiences by publisher Janet Geary.

Location: The Continuum, 3700 Grant Dr., Ste. A, Reno
Fee: $20.00
Contact: 775-826-3612

5/18: Book Reading & Signing with Vincent Cefalu **2:00PM**

Vincent Cefalu, author of Ratsnakes: Cheating Death by Living a Lie: Inside the Explosive World of ATF's Undercover Agents and How We Changed the Game, will do for a reading and signing.

Location: Sundance Books & Music, 121 California Ave., Reno
Fee: FREE
Contact: 775-786-1188

May 19

5/19: Reno Aces Baseball Game **1:00PM**

Come 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 & 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 20

5/20: Medications: Be Aware, Be Careful **9:30AM**

Medications review by a certified geriatric pharmacist.

Location: Reno Housing Authority, 1400 Silverada Blvd., Sparks
Fee: FREE
Contact: 775-376-3210

May 20

5/21: Age Friendly Reno: Coffee & Conversation at the Chamber **7:30AM-9:00AM**

Join community leaders to learn about current efforts to make Reno more age friendly for everyone and how you can help!

Location: Reno City Hall, 7th Floor Caucus Room, Reno
Fee: FREE
Contact: 775-689-8459

5/21: CyberSecurity Best Practices for Older Adults **11:00AM**

Practicing cyber safety can go a long way toward protecting your identity and sensitive personal information.

Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.
Fee: FREE
Contact: 775-689-8459

5/21: A Very Merry UnBirthday Party **12:30PM**

A birthday celebration for all over 60! Compliments of Prominence Health Plan.

Location: Washoe County Senior Center, 1155 E. Ninth St., Reno
Fee: FREE
Contact: 775-770-9219

May 22

5/22: Discussion with the Sparks Police Chief **2:30PM—3:30PM**

Sparks Police Chief Allen will discuss the ways the Sparks Police Department can assist seniors.

Location: Larry D. Johnson Community Center: 1200 12th St., Sparks
Fee: FREE
Contact: 775-353-7898

May 23 & May 24:

OAM Stuff A Bus Event **3:00PM—7:00PM**

The Stuff A Bus drive is a two day event this year being held at in the parking lot of Sam's Club. Bring your new items anytime between 3:00 and 7:00PM. One small donation makes one gigantic difference!

Location: Sam's Club Parking Lot, 4835 Kietzke Ln.
Fee: FREE
Contact: 775-328-2575

May 23

5/23: Fire & Fall Prevention **2:00PM - 3:00PM**

Inspector James Recob with the Sparks Fire Department will discuss National Fire Protection Association Fire and Fall Prevention education for older adults.

Location: Sparks Library, 1125 12th Street, Sparks
Fee: FREE
Contact: 775-352-3200

5/23: Older LGBTQ Nevadans Day at Our Center **12:00PM-5:30PM**

Kicking off LGBTQA senior programs at Our Center—Aging with Pride. A luncheon, beanbag baseball and a movie. Senior service reps available.

Location: Our Center: 1745 South Wells Ave., Reno
Fee: FREE
Contact: 775-624-3720

5/23: Nutrition and Cooking Demo **1:00PM - 2:00PM**

The head chef and top nutritionist from Catholic Charities will do a cooking demo and provide valuable nutritional information.

Location: Washoe County Senior Center
Fee: FREE
Contact: 775-328-2575

May 23

5/23: Book Reading & Signing with Julia Corbett **6:30PM**

Julia Corbett, author of Out of the Woods: Seeing Nature in the Everyday, will join us for a reading and signing.

Location: Sundance Books & Music, 121 California Ave., Reno
Fee: FREE
Contact: 775-786-1188

May 24

5/24: Ukulele **1:00PM - 3:00PM**

Would you love to play a ukulele and sing? Join our City of Reno volunteer, William Poppa, and the group for two hours of fun, laughter and music.

Location: Teglia's Paradise Park Activity Center
Fee: FREE
Contact: 775-356-3176

5/24: Paradise Park Goes Bananas **1:00PM-3:00PM**

Come join us as we go bananas in the park! Create your own banana split and enjoy music while you eat it!

Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.
Fee: Free
Contact: 775-356-3176

May 26

5/26: AARP Nature Walk **9:00AM**

Tahoe Meadows Loop is a 1.3-mile loop that features beautiful wild flowers. Good for all levels.

Location: Tahoe Meadows— Mt. Rose Highway
Fee: FREE
Contact: Billie Garrow, 775-722-2026

May 28

5/28: Prepare to Care—AARP **1:00PM-3:00PM**

Review our Prepare to Care Workbook and help caregivers learn about this valuable tool. Refreshments will be served.

Location: Sierra View Library—Reno Town Mall, 4001 S. Virginia St.
Fee: FREE
Contact: 775-827-3232

CONNECT, CREATE, CONTRIBUTE #OAM19

May 29

5/29: 50's Sock Hop Ice Cream Social 2:00PM-3:30PM

Presented by Senior Outreach Services & AARP. You are invited to this free event with ice cream and dancing to live music by Kenn Pettiford. Bring a friend! RSVP to Sina Ward at 775-784-7506 by May 24th.

Location: Washoe County Senior Center, 1155 E. Ninth St., Reno
Fee: FREE
Contact: RSVP to Sina Ward 775-784-7506 by 5/24

5/29: Transportation Planning for All 4:15PM-5:45PM

Do you have ideas about transportation in our community? N4 is kicking off round 2 of their inclusive transportation planning project for people with disabilities, older adults, and caregivers. Refreshments provided.

Location: Swill Coffee and Wine, 3366 Lakeside Ct., Reno
Fee: FREE
Contact: RSVP to brianna@neighbornv.org, or by phone at 775-453-4774

5/29: The Musical History of Reno 6:30PM

Patricia Crane, author of Casino Sidemen: Reno Showroom Musicians of the 1950's and 1960's, and Judy Simpson, author of Fifty Years of the Reno Philharmonic, will discuss the diverse history of music in the Biggest Little City.

Location: Sundance Books & Music, 121 California Ave., Reno
Fee: FREE
Contact: 775-786-1188

May 30

5/30: Language & Wellness Bingo 5:30PM-7:30PM

Play Bingo in Paiute with wellness topics such as coping skills, exercise or nutrition. Located at the Reno-Sparks Indian Colony.

Location: 34 Reservation Rd., Gymnasium, Reno
Fee: FREE
Contact: 775-329-9929

5/30: The Direction of Washoe County 2:00PM - 3:00PM

Washoe County Sheriff Darin Balaam will discuss the direction of the Washoe County Sheriff's Office as well as tips for seniors.

Location: Spanish Springs Library, 7100 Pyramid Way, Sparks
Fee: FREE
Contact: 775-424-1800

Friday, May 31st
OAM Closing Ceremonies
10:00AM-1:00PM

Connect CREATE Contribute
acl.gov/oam #OAM19

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. Lunch will be included along with a raffle for very cool prizes.

Location: McKinley Arts & Culture Center, 925 Riverside Dr., Reno
Fee: FREE
Contact: 775-657-4602

Washoe Senior Ride:

The new and improved Taxi Bucks program has begun and is making it easier and more affordable for seniors to get around town. The new reloadable card replaces the paper vouchers. Customers only pay $5.00 and receive $20.00 value on their card, up to $60.00 value each month. Returning and new customers can get their new cards and/or purchase your taxi buck at the RTC Bus Stations, Monday-Friday 9AM-4PM:

- RTC 4th Street Station, 200 E. 4th Street, Reno or
- RTC Centennial Plaza, 1421 Victorian Ave., Sparks or at the
- Washoe County Senior Center, **Wednesdays Only: 9:00AM-11:00AM**

Call 775-348-RIDE (7433) with any questions.

BEGINNER, INTERMEDIATE OR ADVANCED...ALL SKILLS ARE WELCOMED!

ARCHERY, BOWLING, CARD GAMES, PICKLEBALL, TABLE TENNIS, BASKETBALL SKILLS, TRACK & FIELD...AND MANY MORE!

NEVER TOO OLD FOR GOLD 2019 SUMMER GAMES

SIGN UP FOR THE 2019

SENIOR SUMMER GAMES

AUGUST 15-31

THE RENO-TAHOE SENIOR GAMES ARE A WIDE VARIETY OF COMPETITIONS FOR SENIORS 50 YEARS OLD AND OLDER.

(775) 657-4602 | SENIORSERVICES@RENO.GOV
RENO.GOV/SENIOR GAMES
#NEVER2OLD4GOLD

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

CITY OF RENO

~ Passport Events ~

Bring your booklet/passport to each of these events. Attend at least five activities and get entered into a drawing for fun prizes at the **Closing Ceremonies on May 31st at McKinley Arts & Culture Center.**

Opening Ceremonies 5/1	Sparks Fire Chief 5/2 or 5/9	Travel Slideshow w/ Karin McCollum 5/7	Remembering When: Baldini's 5/7	Reno Little Theater "Clever Little Lies" 5/7 or 5/10
Any Dementia Friendly Session	Sparks City Council Meeting 5/13	Alzheimer's Class 5/14	Stuff-A-Bus Donation Drive 5/23 or 5/24	Lunch at either Cold Springs, Sun Valley or Sparks Center
Discussion with the Washoe County DA's office 5/16	Senior Day at the Museum—your choice!	FREE SPACE!	AARP Fraud Prevention 5/17	Age Friendly Coffee & Conversation at the Chamber 5/21
Learn to Play Pickleball, Bean Bag Baseball or Minnesota Cards	LGBTQ Event at Our Center 5/23	Attend any event at OLLI	Enjoy a banana split at Paradise Park 5/24	Any book signing event at Sundance Books
Any Event! Any Date!	A Very Merry UnBirthday Party 5/21	Any Event at The Continuum	50's Sock Hop & Ice Cream Social 5/29	Closing Ceremonies 5/31

Name: _____ **Phone:** _____

~ Notes ~

FREE Senior Days at the Museums

Sparks Heritage Museum and Cultural Center

Visit the rich heritage and diversity of Sparks and the Truckee Meadows. Museum hours: 11:00AM-4:00PM

FREE Admittance every Tuesday during the month of May.
5/1, 5/8, 5/15, 5/22 and 5/29

Location: 814 Victorian Ave., Sparks
Fee: Free entry all day for Seniors every Tuesday
Contact: 775-355-1144

Nevada Museum of Art

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 art every Wednesday.
Museum hours: 10:00AM-6:00PM

FREE Admittance every Wednesday during the month of May.
5/2, 5/9, 5/16, 5/23, 5/30

Location: 160 West Liberty Street
Fee: Free entry all day for Seniors every Wednesday
Contact: 775-329-3333

National Automobile Museum

Seniors are FREE each Thursday during the Older Americans Month.
Museum hours: 9:30AM-5:30PM

FREE Admittance every Thursday during the month of May.
5/3, 5/10, 5/17, 5/24, 5/31

Location: 10 South Lake Street, Reno
Fee: Free entry all day for Seniors every Thursday
Contact: 775-333-9300

Nevada Historical Society

Enjoy the unique and incredible heritage in a museum rich with local history every Friday in May. Museum hours: 10:00AM-4:30PM

FREE Admittance every Friday during the month of May.
5/4, 5/11, 5/18, 5/25

Location: 1650 N. Virginia St., Reno
Fee: Free entry all day for Seniors every Friday
Contact: 775-688-1190

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

Spanish Springs Branch: 7100-A Pyramid Hwy, Sparks: 775-424-1800

Seniors Series: Your Time is Now! May 30 2-3PM
— Sheriff Balaam focusing on Senior Topics

Northwest Reno Branch: 2325 Robb Dr., Reno: 775-787-4100

The Road to Authoritarian Government	May 1st	11AM-12PM
Larry Neil Photography, "Antarctica"	May 4-June 29	Library Hours
—Artists Reception	May 18	2PM-3PM
Tech Café:	May 7 & 21	10AM-11AM
Afternoon Book Club	May 8	2PM-3:30PM
Discover Tech!	May 9 & 23	4PM-5PM
Harvest of Homes Tour Retrospective	May 15	5:30PM-7PM
Evening Book Club	May 15	5PM-6:30PM

Sparks Branch: 1125 12th Street, Sparks: 775-352-3200

Computer Classes: Beginning Word	May 1, 3, 8, 10	1PM-3PM
Intro to Computers	May 15, 17, 22, 24	1PM-3PM
Tech Café:	May 4, 11, 18, 25	10AM-11AM

North Valleys Branch: 1075 North Hills Blvd., Suite 340: 775-972-0281

#NVMakerLab	May 3	2PM-5PM
Family Game Night & Virtual Reality	Fridays	3:30PM-5:30PM
Mystery Sleuths Book Group	May 8	5:45-6:45PM
Speaker: Sue Malek—Genealogy Part 2	May 22	5:30-6:45PM
Classic Film Series	May 25	1:30PM-3:30PM
In the Gallery: Larry Duffrin Paintings	May 4-June 29	Library Hours

South Valleys Branch: 15650-A Wedge Parkway, Reno: 775-851-5190

Tuesday Night Yarn Crew	Tuesdays	5:30PM
Bridge Group	Fridays	1PM
May Adult Wellness Series	May 1	5:30PM
Dementia Friendly Group	May 8	5:30PM
Meditation Presentation	May 15	5:30PM
Color & Creativity	May 22	5:30PM
St. Mary's Hospice Presentation	May 29	5:30PM

Downtown Reno Library, Reno: 775-327-8300

Tech Café	Wednesdays	11AM-12PM
Building Your Family Tree	May 3,10,17,24	10:30AM-11:30AM
Movie Matinee: "Adrift"	May 12	11AM
Downtown Reno Library Book Club	May 18	1PM-2PM
Historic Ranches of Western Nevada	May 19	12:30PM-1:45PM

Sierra View Library: 4001 S. Virginia St. (Reno Town Mall): 775-827-3232

Tech Café	Wednesdays	10AM-11AM
Family Estate Planning Series	May 1, 8, 15	1:30PM-3PM
Knitting Club	Thursdays	1PM-3PM

5/23 & 5/24: Stuff-A-Bus Drive By Donation Drive **3:00PM-7:00PM**

RTC is proud to partner with the City of Reno, City of Sparks, Washoe County Human Services Agency and Sam's 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 Sam's Club on May 23rd and 24th from 3PM-7PM ***Only NEW, unused items are being accepted. Needed items include: jackets, coats, sweatpants, toiletries, adult diapers, grocery store or pet store gift cards and transit passes.***