



For more information about the Washoe County Senior Center please visit our website at washoecounty.gov and use the search bar for "Senior Scoop", "Senior Services", & "Nutrition/Lunch Program". www.washoecounty.gov/seniorsrv/index.php

Washoe County Senior Service Centers

Reno

TEMPORARY LOCATION, PAGE 6

1155 East 9th St. Bldg. E, Reno 89512

Phone: (775) 328-2575

OPEN M-F (8:00 am - 5:00 pm)

Lunch: 11:15 am - 12:30 pm

Salad Reservation Call (775) 328-2786

Salad Meal: Make reservation by 8:30am

Hot Meal: No reservation required.

Sparks

97 Richards Way, Sparks 89431

Phone: (775) 353-3110

OPEN M-F (8:00 am - 5:00 pm)

Lunch: 11:15 am - 12:30 pm

Meal Reservation Call (775) 353-3113

Sun Valley

115 W 6th Ave, Sun Valley 89433

Phone: (775) 673-9417

OPEN M-F (8:30 am - 12:30 pm)

Lunch: 10:00 am - 12:00 pm

Meal Reservation Call (775) 328-2786

Neil Road Rec Center

3295 Neil Road, Reno 89502

Phone: (775) 689-8484

OPEN M-F (11:00 am - 1:00 pm)

Call (775) 328-2786

Cold Springs

3355 White Lake Pkwy, Reno 89508

Phone: (775) 971-8542

OPEN M-F (call site for details)

Lunch: 10:00 am - 2:00 pm

Meal Reservation Call (775) 328-2786

Westbrook

315 Westbrook Lane, Reno 89506

OPEN FOR LUNCH – (11:00 am - 1:00 pm)

Meal Reservation Call (775) 328-2786

Gerlach

385 E. Sunset Blvd, Gerlach 89412

Phone: (775) 328-2575

OPEN FOR LUNCH

(call site for details)

Lazy 5/Spanish Springs

7100 Pyramid Way, Sparks 89436

OPEN M-F (Hours will vary)

Lunch: 11:15 am - 12:30 pm

Meal Reservation Call (775) 328-2786

For Lunch, all of the sites, except Reno Site, require reservations for hot meal and salad meal. Call to make your reservation by 8:30am the day of.

Mobile Harvest and Produce on Wheels

Fresh produce is delivered to senior communities and senior centers across Northern Nevada. No income restrictions. ID and Registration required. Pick up a schedule calendar for times and locations at the Information/Resource Wall in the Washoe County Senior Center or visit fbnn.org/gethelp/programschedules.



ADVANCED CARE PLANNING

Power of Attorney
& Estate Planning

Location: Sparks Senior Center
97 Richards Way
Sparks, NV 89431

When: April 18, 2025 11am-12pm

SPACE IS LIMITED*
CALL TO RSVP: (775) 332-0606

Pet Food

Washoe County Animal Control distributes free pet food for seniors **every third Tuesday** of the month while supplies last.

Where: Washoe County Senior Center
Temporary Building

When: Jan. 21st, Feb. 18th, and Mar. 18th
8:00 am - 9:00 am FCFS.

Food Bank Truck (Commodity Supplemental Food Program)

Food Bank of Northern Nevada provides nutritious food to low-income seniors monthly. Gross monthly income limits for 2025 to be determined. See 2024 income limits below for approximate 2025 limits:

\$1,632 (one person)

\$2,004 (two people)

Sign up at distribution. ID required

Washoe County Senior Services - Third
Thursday: Apr. 17th, May 15th, & Jun. 19th
8:00 am - 11:00 am

Sun Valley Senior Center – Third
Wednesday: Apr. 16th, May 21st, & Jun.
18th 9:00 am – 10:15 am

Assistance League Food Program

Every third Tuesday of the month, the Assistance League supplies seniors with TWO BAGS of groceries with pantry items and essentials.

Gross monthly income limits for 2025 to be determined. See 2024 limits below for approximate 2025 limits:

\$2,000 (one person)

\$2,554 (two people)

Only one set of bags per person. ID, Proof of Income, and Registration required.

Where: Location for April to be determined due to building remodel.
Washoe County Senior Services.

When: Third Tuesday,
Apr. 15th, May 20th,
and Jun. 17th

Time: 8:00 am–10:00 am



Washoe Senior Ride

WSR is a subsidized taxi program of the Regional Transportation Commission (RTC). It provides alternative, reliable, and affordable transportation to WC residents who are 60 years and older, RTC ACCESS clients (any age), and WC Veterans (any age).

Where to Apply:

www.washoecounty.gov (search Senior Scoop then scroll down to Transportation at bottom of page)

RTC 4th Street Station

200 East 4th Street
Reno, 89501

When: Monday - Friday

8:00 am - 11:30 am

& 1:00 pm - 4:00 pm

Phone: (775) 348-7433

Access to Health Care Network has a FREE Senior Transportation program for Seniors with Medicare

They provide transportation services to:

- Doctor Appointments, Outpatient
- Procedures, Picking up Medications
- Therapies and Grocery Shopping

For more information on this free transportation program, contact Access to Healthcare at accesstohealthcare.org or Phone: (877)-385-2345 or (775)-284-1886

Did you know?

RTC has an Uber Program! They will subsidize 75% of your fare (up to \$9) for trips with Uber that start and end in the Reno-Sparks area.

AARP has a Driver Safety Course for Seniors

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way, and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

Phone: (775) 525-1265 or (775) 747-2019 to register

Where/When: Sparks Senior Center

97 Richards Way, Sparks, NV 89431

Apr 11th & June 13th 1:15 pm - 5:15 pm

Reno Senior Center 1155 E. 9th St Reno NV 89512

Apr 28th & May 19th, 12:15 pm - 4:30 pm



Become eligible for an auto insurance credit!



AARP®

Access to Health Care Network

AHCN works with older adults, people with disabilities, and family caregivers to explore their options, plan for care, and connect with the support services that meet their needs.

Phone: 877-385-2345

www.accesstohealthcare.org

FREE Older Americans Month Breakfast

Washoe County invites our community seniors to join us on Friday, May 16, 8:30 am - 10:30 am at the Senior Center for a free breakfast in honor of Older Americans Month!

Breakfast will include:

Pancakes with butter & syrup, mixed fruit, bacon, juice and milk.



Desayuno GRATUITO en el Mes de los Estadounidenses Mayores

El Condado de Washoe invita a los adultos mayores de nuestra comunidad a unirse el Viernes, 16 de Mayo, de 8:30 am - 10:30 am en el Centro para Adultos Mayores para un desayuno gratuito en honor al Mes de los Estadounidenses Mayores!

El desayuno incluirá

Panqueques con mantequilla y jarabe, frutas mixtas, tocino, jugo y leche.



Mobile CARE Chest

CARE Chest is a Northern Nevada nonprofit agency serving individuals in need by providing medical resources, including incontinence protection and diabetic testing supplies, FREE of charge.

Where: Washoe County Senior Center, 1155 East 9th Street, 89512

When: Every Third Thursday, 8:30 am - 11:00 am.

Register first at (775) 829-2273

Did you know?

Washoe 311 can help you connect with the Washoe County senior service resources you need! From benefit programs to medication assistance to community meals, they have the connection information you're looking for:

Just dial 3-1-1

Saint Mary's Hospice Grief Group

Smiles From Heaven is available to offer and share support within a safe, closed community. With your help we can continue to be there for each other, reminding you that you are not alone on this journey.

Where: St. Mary's Hospice of N. Nevada 6490 S. McCarran Blvd Suite B13 Reno, 89509 (775) 525-6700

When: Every first and third Wednesday of the month, from 1:00 pm – 3:00 pm

**WEEKLY ACTIVITIES
ARE CURRENTLY HELD
AT EVELYN MOUNT
COMMUNITY CENTER,
UNTIL SENIOR CENTER
REOPENS MAY 1, 2025**

Recurring Activities

Texas Hold 'Em

Monday - Friday
9:00 pm – 12:00 pm
Evelyn Mount Community
Center

Stretch & Tone Exercise

Monday, Wednesday, Friday
9:00 am – 10:00 am
Evelyn Mount Community
Center

Bingo

Monday, Wednesday, Friday
12:30 pm – 2:30 pm
Evelyn Mount Community
Center

Bean Bag Baseball

Tuesday & Friday
1:30 pm – 4:00 pm
Evelyn Mount Community
Center

Ukulele Group

Monday
1:00 pm – 3:00 pm
Evelyn Mount Community
Center

Continued:

Crochet Club

Tuesday
9:00 am – 11:00 am
Evelyn Mount Community
Center

Mahjong

Thursday
10:00 am – 12:00 pm
Friday
11:00 am - 3:00 pm
Evelyn Mount Community
Center

Line Dancing

Thursday
1:00 pm – 3:30 pm
Evelyn Mount Community
Center

Live Music

Grumpy Old Men-Big Band Live

Tuesday
9:30 am -11:30 am
Plumas Gym

Jus' Right - Hawaiian Live Music

Friday
10:00 am – 12:00 pm
Evelyn Mount Community
Center

Weekly Outreach Reno Senior Center

AT TEMPORARY BUILDING

Catholic Charities Benefit Enrollment

Wednesdays:
10:00 am -12:00 pm

MAP - Medicare Counseling

Call: (844) 826-2085

Other Events

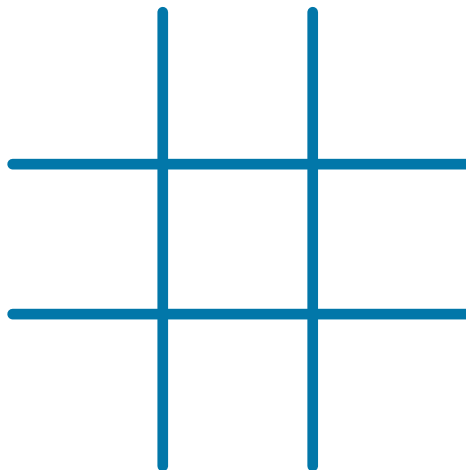
AA Meeting

Call for dates and times
(907) 440-1351
436 S. Rock Blvd.
Sparks, NV 89431

AARP Safe Drivers Course

Call for dates, times and to
reserve your space
(775) 525-1265

Tic Tac Toe



Income-Based Housing Resources

NVHousingSearch.org

A free search tool helps find rental homes/apartments that fit an individual's needs and budget.

Where: www.NVHousingSearch.org

Phone: (877) 428-8844

Reno Housing Authority

The Reno Housing Authority owns and operates numerous affordable housing developments throughout Washoe County.

Where: www.renoha.org

Phone: (775) 329-3630

Other Resources

Re]Build – Rebuilding Together

Rebuilding together is a non-profit organization with a mission to repair the homes of people in need!

Where: www.rtnnv.org **Phone:** (775) 395-9808

Washoe County HSA – Senior Services – Engaging Aging for Wellness

Phone: (775) 395-9808

The first program is **PEARLS** (Program to Encourage Active, Rewarding Lives). It educates older adults about what depression is, and empowers them with new skills for living healthier, happier lives. PEARLS participants can also improve social isolation and loneliness. This evidence-based model, with trained coaches, engage seniors in a 19-week methodology. This includes eight one-hour sessions focused on problem solving treatment and behavioral initiation to assist with reducing depression.

The second program is **ENGAGED**. It focuses on senior social interaction and participation for those who frequently visit the Senior Center.

Public Notice

Reno Housing Waitlist is

OPEN!

Beginning March 3rd until
April 25th at 5 pm.



Contact Reno Housing Authority
at (775) 329-3630

Other Community Events / Activities

City of Reno

(775) 351-4771

www.reno.gov/community/seniors

City of Sparks

(775) 353-2376

https://www.cityofsparks.us/rec_home/community_sports_programs/community_classes.php

AARP

(866) 389-5652

local.aarp.org/reno-nv/aarp-events/

Senior Advisory Board Meeting

First Wednesday of every month

3:00 pm – 5:00 pm

Location: To be determined prior during remodel.

Home Means Nevada Art Exhibit

Stephen Reid from Nevada Arts Council to unveil viewing of 15 inspirational photographs of Nevada's unique treasures. May 16th at 11:00 am Reno Senior Center, 1155 East 9th St. Bldg. E, Reno, NV 89512

Reno Senior Center Temporary Closure

The Washoe Senior Center remodel project is nearing completion. Reopening updates anticipated in April 2025, stay tuned as the actual open to the public date is to be determined.

Continued Services During Closure

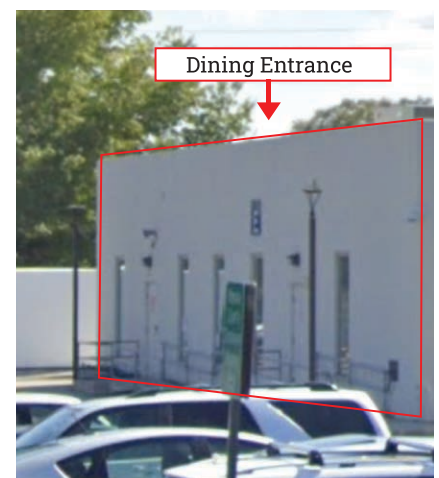
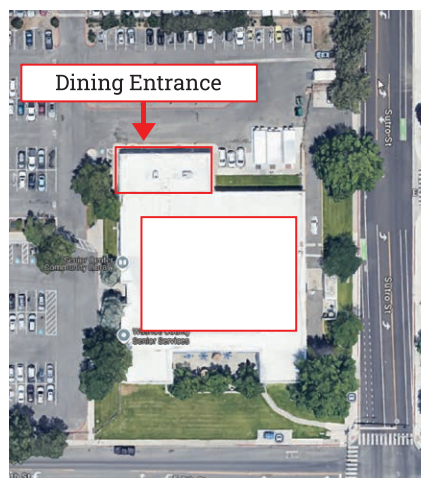
Meals will be served in the Art Town Temporary Dining room on the North side of the Senior Center, see posted times on cover page 1. Seating is limited and To Go meals are available. Please see location on map below. Meals On Wheels will continue service without interruption.

Transportation

For those in need of a ride, the Regional Transportation Commission Route 2 offers bus stops at the Washoe County Complex to go to and from Evelyn Mount Community Center.

Recurring Activities

Activities will be held at Evelyn Mount Community Center at 1301 Valley Rd., Reno, NV 89512. Please see activities schedule.



Have a Bed Bug Problem?

Washoe County residents may be eligible for assistance with the cost of pest control services, to include pre/post bed bug remediation and other related services.



Pre-treatment Remediation:

- Standard Bed Bug Cleaning
- Basic breakdown
- Remove Bedding (bag or dispose)
- Bag up clothing
- Furniture moved away from wall (s)
- Disposal/removal of items as needed
- Disinfect
- Vacuum (baseboards, furniture cushions, etc)
- Laundering Services



Post-treatment Remediation:

- Disinfect
- Furniture (place back)
- Unpack Washed Clothing
- Vacuuming
- Clear/Mop floor(s)



**HUMAN SERVICES
AGENCY**

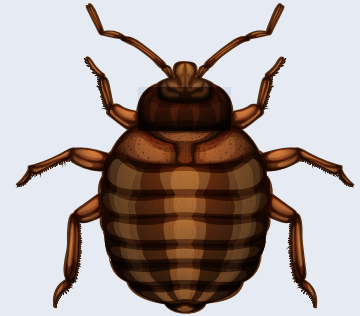
For additional information on bed bug remediation and education, please contact:

Washoe County Human Services Agency
Senior Services Division: (775) 328-2774

Bed Bug Education

Introduction

Human bed bugs are found all over the world in all kinds of neighborhoods and settings. During the last decade, there has been a significant increase in the reported number of infestations. The good news is that this insect is not known to transmit any type of human disease. However, some individuals experience intense itching from the bites that can lead to nervous and digestive disorders. The challenge is to prevent the spread of this pest by correctly identifying it and eliminating it.



Treatment and Control

A licensed pest control professional (PCP) should be hired to effectively eradicate bed bugs. Once a careful inspection has been conducted within infested and adjoining rooms, an approved insecticide that has some long-lasting activity should be applied. A follow-up pest control evaluation is advised as a second insecticide application may be necessary.

Mattresses and box springs can be vacuumed, steam cleaned and treated by a PCP. They should then be encased in a zippered cover that is bed bug proof. If the PCP requests disposal of the mattress and box spring, it should first be treated, then wrapped in plastic before removal and placement in a locked dumpster or transport to landfill.

A strong vacuum can be used to remove bugs and eggs from cracks and crevices. A steam cleaner is useful for killing nymphs and eggs on all surfaces. Clothes can be washed in hot water and dried on the hot cycle. Putting non-washable items such as tennis shoes in a dryer for 5 minutes at moderate heat will kill bugs and eggs.

Particular attention should be given to beds with head boards fastened to the wall or boxed-in mattress frames as these offer excellent hiding places. Bed bug infestations in these areas can evade detection and insecticide treatment.

Prevention

Good house-keeping practices including regular vacuuming and washing of bedding are helpful to discourage bed bugs. Eliminating hiding places by caulking cracks and crevices is also a good idea. Do not buy used mattresses or stuffed furniture because of the current epidemic of bed bug infestations.

Since bat and bird bugs can also take a blood meal from humans, eliminate them and their nests from chimneys, attics, and eaves. Nest removal should include insecticide treatment to control any bat or bird bugs that are left behind.

Veteran Resources

U.S. Department of Housing and Urban Development-VA Supportive Housing (HUD-VASH) Program

HUD-VASH is a collaborative program that pairs HUD's Housing Choice Voucher (HCV) rental assistance with VA case management and supportive services. These services are designed to help homeless Veterans and their families obtain permanent housing and access the health care, mental health treatment, and other supports necessary to help them improve their quality of life and maintain housing over time.

Please call National Call Center for Homeless Veterans at (877) 424-3838 for more information.

The PACT Act and your VA benefits

The PACT Act is a law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. This law helps us provide generations of Veterans—and their survivors— with the care and benefits they've earned and deserve.

You can also call at (800) 698-2411 (TTY: 711). And you can file a claim for PACT Act-related disability compensation or apply for VA health care now.

Mental Health Services for Veterans

You answered our country's call. We'll answer yours. If you are a homeless Veteran in need of immediate assistance or are at risk of homelessness, VA is here for you. Call VA's toll-free National Call Center for Homeless Veterans at (877) 4AID-VET or (877) 424-3838 The hotline and online chat are free, and neither VA registration nor VA health care enrollment is necessary to use either service. Trained responders, many of them Veterans, are available 24 hours a day, 7 days a week.

Eligibility for Veterans Pension

The Veterans Pension program provides monthly payments to wartime Veterans who meet certain age or disability requirements, and who have income and net worth. Use the online tool to fill out and submit your application for Veterans Pension benefits. If you're a wartime Veteran and you're at least 65 years old, or if you have a permanent and total disability, you may be eligible. Your income and net worth need to be within certain limits.

Website: www.VA.gov

Apply: www.va.gov/pension/apply-for-veteran-pension-form-21p-527ez/introduction



Home Delivery Meal Program News

Home Delivered Meals, aka “Meals on Wheels” has purchased some new vehicles as well as wrapped most existing trucks with a fresh new look inspired by local Seniors. Also notable, the County added an impactful new slogan on the truck body “*We’re here when you need us*” to emphasize our spirit and longstanding commitment to supporting our Northern Nevada community with sustainable nutrition and social services.



FLIP THE SCRIPT ON AGING: MAY 2025

The Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM), a time to recognize older Americans’ contributions, highlight aging trends, and reaffirm our commitment to serving older adults. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. Join us in honoring older adults’ contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

**Starts May 1st with Opening Info Fair at
Reno Center from 10am – 1pm**

Booklet coming end of April!

**Come get a booklet and join the special
events throughout the month of May!**

Stuff-A-Bus For Seniors



Friday, May 23, 2025

1:00 pm - 6:00 pm

**Target Across From Legends
1550 E Lincoln Way, Sparks**

Support local seniors in our community by helping to ‘Stuff-A-Bus’ with essential items such as deodorant, brushes, combs, toothbrushes, denture cream, and non-perishable snacks

Senior Center

Grand Reopening

May 1, 2025 | 10 am - 1 pm

1155 E. Ninth Street, Reno

Important Contact Information

Access to Healthcare Network

(877) 385-2345

Adult Protective Services

(888) 729-0571

Alzheimer's Association

(800) 272-3900

Care Chest

(775) 829-2273

Cares Campus Resource Center

(775) 325-8200

Catholic Charities

(775) 786-5266

Community Health Alliance

(775) 329-6300

Community Service Agency

(775) 786-6023

Crisis Call Center & Suicide Prevention

(800) 273-8255, 988 or
(775) 784-8090

Gamblers Anonymous

(775) 356-8070

National Alliance on Mental Illness

(775) 470-5600

Nevada Welfare and Supportive Services (DWSS)

Reno: (775) 684-7200

Sparks: (775) 824-7400

Nevada State Information Service

211

Northern Nevada HOPES

(775) 786-4673

Northern Nevada Legal Aid

(775) 332-0606

Northern Nevada Center for Independent Living

(775) 353-3599

Retired and Senior Volunteer Program

(775) 784-1807

RTC Access

(775) 348-0477

S.O.S. Senior Outreach Services

(775) 784-7506

State of Nevada Aging and Disability

(775) 687-0800

Veteran Crisis Hotline

(800) 273-8255 (TALK)

Washoe County Information Service

311

Washoe County Senior Center Library

(775) 328-2586



Pursuant to Title VI of the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, Washoe County Senior Services does not discriminate in the provision of services on the basis of race, color, gender, religion, national origin, or handicap.