

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Older Americans Month (OAM) 2025

Every May, 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. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, 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.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.

- **Share** facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- **Promote** resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- **Connect** older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- **Encourage** partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- **Challenge** professional and personal networks to prioritize meaningful social connections and share the benefits.

- **Inspire** older adults to share what connection means to them on social media using the social media tag #FliptheScriptOnAging.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.

Older Americans Month 2025

Transportation Options

Do you want to attend Older Americans Month events, but don't know how you will get there? Our community partners are here to help!

RTC FlexRIDE – Their fixed-route bus service makes it easy to travel to the May 2025 events celebrating Older Americans Month. RTC offers on-demand transportation in select areas, including Sparks-Spanish Springs, North Valleys, Somersett-Verdi, and South Meadows, for added convenience. For more information, please call RTC Customer Service at (775) 348-7433 or visit rtcwashoe.com.

RTC Senior Ride/Taxi Bucks/Lyft/Uber: In addition, RTC provides \$60 worth of free taxi rides each month for residents aged 60 and over, veterans, and RTC Access clients of any age within the Reno-Sparks area. Visit RTC's 4th Street Station at the Reno bus terminal to apply. If you prefer rideshare services, eligible riders can receive \$60 in free Lyft or Uber rides each month instead.

Neighbor Network of Northern Nevada (N4) offers Reno/Sparks elders 60+ a monthly \$80 of free Lyft rides inside Washoe County, and another \$80 worth for \$40. Folks with disabilities of any age pay \$40 for \$80 of Lyft monthly. (775) 453-4774
<https://neighbornv.org/>

Access to Health Care has free transportation for people with Medicare to medical appointments, getting prescriptions and groceries. (877) 385-2345 or go online to: www.accesstohealthcare.org. Check with your own medical plan to see if they offer this benefit. Call 2-1-1 for more statewide services.

UNR's Sanford Center for Aging offers free transportation for Washoe residents 60+ and need transportation for medical appointments, groceries, or errands. Call (775) 784-4774 or email: sanfordmobility@unr.edu

*Sanford also offers free wellness programs and medication management for seniors.

Older Americans Month 2025 – List of Events

If an event does not have a price on it then it is FREE! For Seniors

Multiple Day Events

Age Friendly Wednesday Walks in Paradise Park

Take a short 20-minute walk with AARP Age Friendly senior action team members and enjoy a beautiful spring day in Reno's historic Paradise Park right on the Reno-Sparks border. Free Gift for all walkers!

Time: 10:00am May 7th, 14th, 21st, & 28th

Contact: (775) 240-2745 or email: donnanorm1@yahoo.com

Location: Meet in front of the Activity Center, 2745 Elementary Drive, Reno 89512

Ageless Repertory Theater (ART) presents "You Can't Take It With You"- Free

Enjoy experienced actors perform a live reading of a hilarious comedy, "You Can't Take It With You", by Moss Hart and George Kaufman. When Alice falls for her boss, Tony, a handsome scion of Wall Street, she fears that their two families --- so unlike in manner, politics, and finances---will never come together, she's so right!

Events are free but donations are welcome.

Time: 1:00pm -Tuesday, May 6th and Friday, May 9th

Contact: (775) 348-6625 or email: ronaldsmith@charter.net

Location: Reno Little Theater, 147 E. Pueblo Street Reno, NV

Ballroom of Reno: East Coast Swing – Free every Monday in May – May 5th, May 12th, May 19th, and May 26th.

Free East Coast swing dance class every Monday in May. No partner needed.

Time: 11:00am Monday

Contact: (775) 299-5588 or email: roth-r@sbcglobal.net

Location: The Ballroom of Reno, 2540 Sutro Street Ste #4 Reno, NV 89512

The Ballroom of Reno – Sunday Senior Dances

Come out on Sunday afternoon with DJ Felipe Leon. Free 30-minute beginner lesson at 1:30 pm with open dance 2:00pm – 4:00pm **admission charge of \$5.**

Time: May 11th and 25th from 2:00pm - 4:00pm

Contact: (775) 229-5588 or email: roth-r@sbcglobal.net

Location: The Ballroom of Reno, 2540 Sutro Street Suite 4, Reno, NV 89512

Better Business Bureau: Scam Prevention –May 6th, May 13th, and May 20th.

BBB is visiting various Library locations to talk about scam prevention. Come learn about current scam trends, the riskiest scams by age group, and leave with 10 tips that can help you avoid most scams.

Time: 5/6 at 4:00pm South Valleys Library, 5/13 at 1:00pm Northwest Reno Library, 5/20 at 11:00am Sparks Library

Contact: (775) 284-0277 or email: tjohnston@mw.bbb.org

Locations: South Valleys Library, 15650A Wedge Parkway Reno, NV 89511 / Northwest Reno Library 2325 Robb Dr. Reno, NV 89523 / Sparks Library 1125 12th St. Sparks, NV 89431

City of Reno: Sit & Fit – May 7th, May 14th, and May 21st, and May 28th.

Sit & Fit is a form of low-impact physical activity designed for seniors. These exercises offer a multitude of benefits that improve flexibility, strength, balance, cardiovascular health, and overall well-being. Stay active, healthy, and independent.

Time: 9:00am-10:00am

Contact: (775) 356-3176 or email: mckenzie@reno.gov

Locations: Paradise Park Activity Center, 2745 Elementary Drive Reno, NV 89512

The Discovery – Free every Wednesday in May

The Discovery, Nevada's largest hands-on science center, boasts ever changing exhibitions focused on science, technology, engineering, art, history and invention, all designed to inspire curiosity, creativity and the joy of lifelong learning in all who visit. Seniors must be 65+

Time: 4:00pm-8:00pm - May 7th, 14th, 21st, & 28th.

Contact: (775) 398-5940 or email: pturner@nvdm.org

Location: The Discovery, 490 South Center Street Reno, NV 89501

Ice Cream Socials – First three Thursdays in May - Free

Join us for a fun-filled afternoon featuring free Super Swirl ice cream, and a secure way to dispose of any unwanted documents. Enjoy sweet treats, meet new friends, and have fun!

Time: 11:00am-1:00pm -May 8th at Paradise Park; May 15th at Dorothy McAlinden Park; May 22nd at Neil Road Recreation Center

Contact: (775) 771-0212 or email: baumanni@reno.gov

Locations: Paradise Park: 2745 Elementary Drive, Reno, NV 89512 / Dorothy McAlinden Park: 14000 Stead Blvd., Reno, NV 89506 / Neil Road Recreation Center: 3925 Neil Road, Reno, NV 89502

Line Dance Classes – Free Every Monday in May

Join us for free line dance classes for seniors taught by Sara B Dancin'. No experience needed!

Time: 1:30pm-3:00pm -May 5th, 12th, 19th, & 26th

Contact: (775) 351-4771 or email: baumanni@reno.gov

Location: Evelyn Mount Northeast Community Center in Bullfrog Room, 1301 Valley Road Reno, NV 89512

My Insurance Solutions – Medicare 101

Join us for a crash course in Medicare – plus answers to questions you've always wanted to ask but didn't – prizes awarded for the best questions (group determination).

Time: 10:00am - May 6th, May 13th, May 20th, and May 27th

Contact: (775) 852-1712 or email: judybowen@myinsurancesolutionsinc.com

Location: Airport Gardens, 1325 Airmotive Way Suite 175-M Reno, NV 89502

Nevada Museum of Art – Free every Wednesday in May

See this amazing museum full of world-class art in the heart of Reno!

Time: 10:00am-6:00pm -May 7th, 14th, 21st, & 28th.

Contact: (775) 329-3333 or email: chelseylundin@nevadaart.org

Location: Nevada Museum of Art, 160 W Liberty Street Reno, NV 89501

Red Hawk Golf and Resort - Every Day in May-Guest Rates

Enjoy the Member Guest rate for green fees for the month of May, you must mention this special to receive the discount. Rates and times vary. Receive 20% off The Villas standard room rate. Not valid with other discounts. Contact the Golf Shop to make a tee time, or the Front Desk to make a Villas reservation or for more information.

Time: May 1-31st DAILY (the hours the resort is open)

Contact: (775) 626-4599 Golf Shop (775) 626-6000 Front Desk or email: frontdesk@resortatredhawk.com

Location: Red Hawk Golf & Resort, 6600 N Wingfield Parkway Sparks, NV 89436

Senior Art Show – Free every Monday through Friday in May

Explore the Senior Art Show throughout May and enjoy the amazing artwork created by local seniors. The art exhibition is open from May 5th - June 13th. Reno senior committee art show.

Time: 9:00am-5:00pm Monday-Friday

Contact: (775) 351-4771 or email: baumanni@reno.gov

Location: Mckinley Arts and Culture Center East and West Gallery, 925 Riverside Drive Reno, NV 89503

Sonia's Breakfast Club – Every Tuesday

A weekly event every Tuesday to end loneliness surrounding senior citizens. At the Los Altos Breakfast and Lunch Café in Sparks, there is a large room, everyone pays for their own breakfast, and there are 5 bingo sessions with prizes. Enjoy a welcome gift and develop new friendships with amazing individuals.

Link to reserve: <https://facebook.com/profile.php?id=61570184471918>

Time: 9:00am May 6th, May 13th, May 20th, and May 27th

Contact: (775) 200-8588 or email: choosingtobehappy17@gmail.com

Location: Los Altos Breakfast and Lunch Café, 5015 Pyramid Way Sparks, NV 89436

Soulful Seniors – Every Friday starting 4/4 - Free

Join us in the garden every Friday for volunteering in our garden. Help us further our mission of growing food and connection with other seniors in our community. This is an intergenerational opportunity, so please feel free to drop in, bring a friend, or family member of any age, to get your hands dirty. No experience required.

Time: 9:30am-11:00am -May 2nd, May 9th, May 16th, May 23rd, and May 30th.
at Our Place Garden on the Our Place Campus

Contact: email: Kimberly@soulfulseedsnevada.org

Locations: Our Place Campus - Garden corner of Galletti/Glendale Street Sparks, NV 89431

Sparks Heritage Museum - Every Friday in May FREE

Discover the rich heritage and diversity of Sparks and the Truckee Meadows.

Time: 11:00am-4:00pm -May 2nd, 9th, 16th, 23rd, & 30th.

Contact: (775) 355-1144 or email: info@sparksmuseum.org

Location: Sparks Museum, 814 Victorian Avenue Sparks, NV 89431

UNR Fleischmann Planetarium & Science Center – Exhibits free for seniors 60+ every Saturday in May; \$10 for seniors for theater screenings all day

See the outstanding meteorite exhibit, an interactive Gravity Well, NASA modules where participants drive on the Moon or Mars, replicas of famous spaceships from science and science fiction and more! Public screenings in the Full-Dome Theatre start at 11:00am (\$10 senior tickets).

Time: 10:00am-8:30pm -May 3rd, 10th, 17th, 24th, 31st.

Contact: (775) 784-4812 or email: planetarium@unr.edu

Location: UNR Planetarium, 1664 N Virginia Street Reno, NV 89557

UNR Campus north of Lawlor events center, parking on the 3rd floor of West Stadium parking complex off 15th street; turn right as you enter the parking structure and go to the west side of 3rd floor.

Zumba Gold - G Fusion Fitness & Health – Free every Wednesday in May

Try a free Zumba Gold class! Combine exercise with rhythms that make you smile!

Time: 10:30am-11:30am -May 7th, 14th, 21st, and 28th.

Contact: (775) 846-2952 or email: patriciagallimore1@gmail.com

Location: Teglia's Paradise Park, 2745 Elementary Drive Reno, NV 89512

Library Events



Celebrate OAM at Washoe County Library! To register for a featured event, visit washoecountylibrary.org/olderamericansmonth

Book a Librarian: Downtown Reno, Duncan/Traner, Incline Village, North Valleys, Senior Center, South Valleys, Sparks

Contact a library to make an appointment, and a librarian will do their best to help you navigate online job applications, file for unemployment, set up an email, apply for government assistance, and more. Remember, library staff cannot assess, review, or complete items for you. Ask them about joining a book club!

Downtown Reno Library Events
301 S. Center Street Reno, NV 89501

Downtown Reno Social Club: Mondays April 7 – May 12, from 2:00pm-4:30pm
The series begins on April 7. Living with chronic conditions such as heart disease, asthma, arthritis, or diabetes can be a daily challenge, but it doesn't have to be! This free workshop series can help patients and caregivers learn to better manage symptoms. Learn about physical activity, problem-solving, setting goals, healthy eating, understanding emotions, and more. A book is provided for all participants. The workshop is six weeks long, and we ask that participants attend as many as possible to get the most benefit.

Incline Village Library Events
845 Alder Ave Incline Village, NV 89451

Lifelong Learning for Adults: Ikebana Flower Arranging

Tuesday, April 29th – Friday, May 2nd at 3:00pm
It begins April 29th. Registration required, and we recommend attending all four classes.

Write Your Life: Memoir Workshop

Monday May 12th and May 26th at 2:00pm
Join fellow writers in writing and sharing memorable moments and experiences.

Wind-Down Wednesdays for Adults

Wednesday May 14th, and May 28th at 3:30pm
Join us for a variety of events that will allow you to connect and relax. Supplies provided by the library. Ages 55 and up. Registration required.

Facts & Snacks

Cal Neva restoration update.
Wednesday. May 21st at 2:00pm

Northwest Reno Library Events
2325 Robb Drive Reno, NV 89523

Digital Skills 101

Friday, May 2nd and May 16th at 10:30am

Bring questions about how to use your phone or computer or drop by to learn basic technology skills.

South Valleys Library Events
15650A Wedge Parkway, Reno, NV 89511

Time-Out Tuesdays for Adults

Tuesdays at 4:00pm

Join us for events that will allow you to disconnect and relax.

Mah-Jongg

Monday May 12th at 10:00am

Socialize and play the centuries-old strategy game.

Spanish Springs Library Events
7100A Pyramid Way Sparks, NV 89441

Master Gardener Series & Help Desk

Sundays at 1:00pm -Master Gardener Help Desk and 1:30pm – Gardening Talks

Virtual Event

Nevada Historical Society presents High Noon with Neal Cobb

Thursday May 15th at 12:00pm – Watch live on Zoom or Facebook. Reno Rodeo Mural Video and the Historic Reno Rodeo Talk.

Celebrate Older Americans Month at Washoe County Library!



Book a Librarian

Downtown Reno
Incline Village
Senior Center
Sierra View
South Valleys
Sparks

Contact a librarian to make an appointment, and a librarian can help you navigate online job applications, file for unemployment, set up an email, apply for government assistance, and more. Remember, library staff cannot assess, review, or complete items for you.

Downtown Reno Library Events

Healthy Living: Chronic Disease Self-Management

Mondays, 2–4:30 pm, April 7–May 12

Series begins April 7. Living with chronic conditions such as heart disease, asthma, arthritis, or diabetes can be a daily challenge, but it doesn't have to be! This free workshop series can help patients and caregivers learn to better manage symptoms. Learn about physical activity, problem-solving, setting goals, healthy eating, understanding emotions, and more. A book is provided for all participants. The workshop is six weeks long, and we ask that participants attend as many sessions as possible.

Incline Village Library Events

Lifelong Learning for Adults: Ikebana Flower Arranging

April 29–May 2, 3 pm

Begins April 29. Registration required, and we recommend attending all four classes.



Write Your Life: Memoir Workshop

Second and fourth Mondays, 2 pm

Join fellow writers in writing and sharing memorable moments and experiences.

Wind-Down Wednesday for Adults

Second and fourth Wednesdays, 3:30 pm

Join us for a variety of events that will allow you to connect and relax. Supplies provided by the library. Ages 55 and up. Registration required.

Facts & Snacks

Cal Neva Restoration Update

Wednesday, May 21, 2 pm

Northwest Reno Library Events

Digital Skills 101

Friday, May 2, and Friday, May 16, 10:30 am

Bring questions about how to use your phone or computer, or drop by to learn basic technology skills.

South Valleys Library Events

Time-Out Tuesday for Adults

Tuesdays, 4 pm

Join us for events that will allow you to disconnect and relax.

Mah-Jongg

Second Mondays, 10 am

Socialize and play the centuries-old strategy game.

Looking for more fun & games? Visit washoelibrary.org/funandgames.



Spanish Springs Library Events

Master Gardener Series & Help Desk

Sundays, 1 pm (Help Desk) and

1:30 pm (Gardening Talks)



Virtual Event

Nevada Historical Society presents
High Noon with Neal Cobb



Reno Rodeo Mural Video and the Historic Reno Rodeo Talk
Thursday, May 15, noon. Watch live on Zoom or Facebook.

Join a book club!

Can't decide what to read? To see upcoming titles and prepare for our library book clubs, scan the QR code or visit washoelibrary.org/bookclub.



For registration or more information, visit washoelibrary.org/olderamericansmonth.



HUMAN SERVICES
AGENCY

Senior Services

Senior Center Grand Reopening

Senior Services is thrilled to welcome seniors back to the newly refreshed and revitalized Senior Center. We've worked hard to create a space that's even more welcoming, accessible, and fun for our cherished community members!

To celebrate, we're hosting a Grand Reopening event, complete with an Information Fair to provide valuable resources and opportunities.

Come explore our newly renovated space, reconnect with friends, and discover the various resources designed to support your well-being and enrich your life.

May 1st, 2025 | 10 am - 1 pm
1155 E. Ninth St., Reno

Living Well, Aging Well

Thursday, May 1, 2025

See Multiple Day Events on Thursdays: Library Events, Senior Art Show, Red Hawk

OAM Kickoff Information Fair & Lunch-Free

***Overflow parking for OAM is available at 9th Street in front of the Senior Center and over in the Reno Rodeo office northeast parking lot.**

Enjoy visiting vendor tables to meet experts and, pick up information, and ask questions about activities, events, and resources in Washoe County designed especially for older adults. Take a break and join us for a delicious free lunch.

Time: 10:00am-1:00pm. **Lunch served from 11:15am-12:30pm**

Contact: (775) 328-2575 or email: HSA-sroam@washoecounty.gov

Location: Washoe County Senior Center, 1155 E. 9th Street Reno, NV 89512

American Heart Association: Wellness Check & Resources

Blood pressure screening for seniors, heart health and nutrition education, free information and resources for healthy lifestyle.

Time: 10:00am - 1:00pm

Contact: (775) 395-9082 or email: Amanda.ripley@heart.org

Location: Washoe County Senior Center, 1155 E 9th Street Reno, NV 89512

Catholic Charities: Nursing Program

They will be providing education on vaccines and checking blood pressure. They are also assisting with scheduling appointments for vaccines and more.

Time: 10:00am - 1:00pm

Contact: (775) 393-4224 or email: kmartinez@ccsnn.org

Location: Washoe County Senior Center, 1155 E 9th Street Reno, NV 89512

Friday, May 2, 2025

See Multiple Day Events on Fridays: Library Events, Sparks Heritage Museum, Soulful Seniors, Senior Art Show, Red Hawk

Connections Central Conversation – Free

Come join other seniors for a small group conversation on the theme of “moments of kindness in your life”. Connections is a new community event offering a chance to connect in person, share our stories, and engage in inspiring conversation!

Time: 1:00pm – 2:30pm

Contact: email: donnanorm1@yahoo.com

Location: Sparks Library, 1125 12th St. Sparks, NV 89431

Saturday, May 3, 2025

| |
|--|
| See Multiple Day Events on Saturdays: Red Hawk, UNR Planetarium |
|--|

The Ballroom of Reno – First Saturday Dance

Come on out Saturday evening for a one hour Cha Cha lesson at 6:00pm, followed by open social dancing from 7:00pm – 9:00pm. No partner needed.

Time: 6:00pm - 9:00pm

Contact: (775) 229-5588 or email: roth-r@sbcglobal.net

Location: The Ballroom of Reno, 2540 Sutro Street Suite 4, Reno, NV 89512

Monday, May 5, 2025

| |
|--|
| See Multiple Day Events on Mondays: Ballroom of Reno, Library Events, Line Dancing, Red Hawk, Senior Art Show |
|--|

Dementia Engagement Education and Research (DEER): Brain Health for All

Join Dr. Jennifer Carson for a presentation that examines how social determinants influence cognitive health across diverse populations and age groups. Participants will explore best practices for promoting brain health, even after a diagnosis of a dementia-related condition, and gain strategies to support cognitive well-being for all individuals.

Time: 10:00am – 12:00pm

Contact: (916) 768-3821 or email: mlemon@unr.edu

Location: Osher Lifelong Learning Institute, 604 W. Moana Lane #120 Reno, NV 89509

Tuesday, May 6, 2025

See Multiple Day Events on Tuesdays: Ageless Repertory Theatre, BBB: Scam Prevention, Library Events, Senior Art Show, Sonia's Breakfast Club, My Insurance Solutions, Red Hawk

City of Reno Parks and Recreation presents Chair Yoga

Chair Yoga is a modified form of yoga performed while seated in a chair or using a chair for balance. This class introduces gentle stretches and movements to help increase flexibility in the hips, shoulders, and back as well as improving your overall range of motion. Chair Yoga maintains the essence of traditional yoga, which focuses on breathing, alignment, and mindfulness while increasing flexibility, strength, and balance.

Time: 9:00am

Contact: (775) 356-3176 or email: mckenzie@mckenzie@reno.gov

Location: Paradise Park, 2745 Elementary Drive Reno, NV 89512

City of Reno Parks and Recreation presents Gentle Yoga

Enjoy a free Gentle Yoga class with instructor Karen Hambleton. Yoga benefits your mind, body, and soul. It can help reduce stress, improve breathing, and enhance your well-being. This is a Mat Yoga Class, if you don't have a yoga mat, one will be provided for you.

Time: 1:00pm

Contact: (775) 785-5819 or email: rolandk@reno.gov

Location: Plumas Gym, 475 Monroe Street Reno, NV 89509

Better Business Bureau: Scam Prevention

BBB is visiting various Library locations to talk about scam prevention. Come learn about current scam trends, the riskiest scams by age group, and leave with 10 tips that can help you avoid being victimized by most scams.

Time: 4:00pm

Contact: (775) 284-0277 or email: tjohnston@mw.bbb.org

Locations: South Valleys Library, 15650A Wedge Parkway Reno, NV 89511

Wednesday, May 7, 2025

See Multiple Day Events on Wednesdays: The Discovery Museum, Nevada Museum of Art, Red Hawk, Senior Art Show, Sit & Fit, Wednesday Walks, Zumba Gold Class

Washoe County Senior Advisory Board Meeting

Meet the seniors who give their input to Washoe County Senior Services and the WC Board of Commissioners on senior issues. We want to hear from you!

Time: 3:00pm - 5:00pm

Contact: (775) 328-2575 or email: HSA-SrFrontDesk@WashoeCounty.gov

Location: Washoe County Senior Center, 1155 E 9th Street Reno, NV 89512 in "The Mint" meeting and Bingo Room

Thursday, May 8, 2025

See Multiple Day Events on Thursdays: Ice Cream Social, Red Hawk, Senior Art Show

City of Reno: Ice Cream Social - Free

Join us for a fun-filled afternoon featuring free Super Swirl ice cream, and a secure way to dispose of any unwanted documents. Enjoy sweet treats, meet new friends, and have fun!

Time: 11:00am-1:00pm

Contact: (775) 771-0212 or email: baumanni@reno.gov

Locations: Paradise Park: 2745 Elementary Drive, Reno, NV 89512

Friday, May 9, 2025

See Multiple Day Events on Fridays: Ageless Repertory Theatre, Red Hawk, Senior Art Show, Sparks Heritage Museum, Soulful Seniors

Wilbur D. May Arboretum and Botanical Garden Tour - Free

A slow guided tour through the main gardens of the Arboretum. Around 1 mile in

length with some sloped terrain. Benches are available throughout the tour to rest. Learn about some flowers in bloom, and the history of the park!

Time: 10:30am

Contact: (775) 385-3207 or email: hhill@washoecounty.gov

Location: Wilbur D. May Museum Arboretum and Botanical Garden, 1595 N Sierra Street Reno, NV 89503

Saturday, May 10, 2025

See Multiple Day Events on Saturdays: Red Hawk, UNR Planetarium

Sunday, May 11, 2025

See Multiple Day Events on Sundays: Library Events, Red Hawk, Sunday Senior Dances

The Ballroom of Reno – Sunday Senior Dances

Come out on Sunday afternoon with DJ Felipe Leon. Free 30-minute beginner lesson at 1:30 pm with open dance 2:00pm – 4:00pm **admission charge of \$5.**

Time: 2:00pm - 4:00pm

Contact: (775) 229-5588 or email: roth-r@sbcglobal.net

Location: The Ballroom of Reno, 2540 Sutro Street Suite 4, Reno, NV 89512

Monday, May 12, 2025

See Multiple Day Events on Mondays: Ballroom of Reno, Library Events, Line Dancing, Red Hawk, Senior Art Show

Poetry Workshop

Free poetry groups for seniors to exercise their creativity and share poems with each other! Proudly sponsored by the Senior Citizen Advisory Committee (SCAC)

Time: 1:00pm-2:00pm

Contact: (775) 351-4771 or email: baumanni@reno.gov

Location: Washoe County Senior Center Conference Room, 1155 E 9th Street Reno, NV 89512

Tuesday, May 13, 2025

| |
|--|
| <p>See Multiple Day Events on Tuesdays: BBB: Scam Prevention, Library Events, My Insurance Solutions, Red Hawk, Senior Art Show, Sonia's Breakfast Club</p> |
|--|

Better Business Bureau: Scam Prevention

BBB is visiting various Library locations to talk about scam prevention. Come learn about current scam trends, the riskiest scams by age group, and leave with 10 tips that can help you avoid being victimized by most scams.

Time: 1:00pm

Contact: (775) 284-0277 or email: tjohnston@mw.bbb.org

Locations: Northwest Reno Library 2325 Robb Dr. Reno, NV 89523

Older Americans Month (OAM) Senior Volunteer Fair - Free

If you've been thinking about volunteering your time but don't know how to find the right volunteer opportunity for you, come to the Senior Volunteer Fair and talk with representatives from local groups serving seniors here. Volunteering can help you make friends, learn new skills, utilize current skills, and even feel healthier and happier. Participating organizations: AARP Nevada; Access to Healthcare; NAACP; Nevada Volunteers; Reno Food Systems; Sanford Center for Aging; Seniors in Service; Washoe County Senior Center; and more!

Time: 1:00pm - 3:00pm

Contact: (775) 328-2575 or email: HSA-SrFrontDesk@washoecounty.gov

Location: Washoe County Senior Center, 1155 E. 9th Street Reno, NV 89512

Open Door Café

The Open Door Café offers a welcoming, inclusive, and engaging space for people

living with dementia, care partners, and other community members. This two-hour gathering engages participants with a one-hour musical performance. Following the performance, participants have the opportunity to participate in a social hour with refreshments.

Time: 11:00am - 1:00pm

Contact: (775) 682-9444 or email: deerprogram@unr.edu

Location: McKinley Arts & Culture Center, 925 Riverside Drive Reno, NV 89503

Reno Senior Citizen Advisory Committee Monthly Meeting

Join fellow seniors, neighbors, and friends for our monthly Senior Citizen Advisory Committee (SCAC) meeting! Information can be found at reno.gov/meetings

Time: 2:00pm - 4:00pm

Contact: (775) 351-4771 or email: baumanni@reno.gov

Location: Mckinley Arts & Culture Center Board Room, 925 Riverside Drive Reno, NV 89503

Wednesday, May 14, 2025

| |
|--|
| <p>See Multiple Day Events on Wednesdays: The Discovery, Library Events, Nevada Museum of Art, Red Hawk, Senior Art Show, Sit & Fit, Wednesday Walks, Zumba Gold Class</p> |
|--|

City of Reno: Art Appreciation Day

Join us for a free art class, in partnership with the Sierra Arts Foundation, where you can unleash your creativity, learn new artistic techniques, and enjoy a relaxing and social experience. All supplies are provided, and no experience is necessary.

Time: 10:30am

Contact: (775) 351-4771 or email: baumanni@reno.gov

Location: Evelyn Mount Northeast Center, 1301 Valley Road Reno, NV 89512

Thursday, May 15, 2025

| |
|---|
| <p>See Multiple Day Events on Thursdays: Ice Cream Socials, Senior Art Show, Red Hawk</p> |
|---|

City of Reno: Ice Cream Socials – First three Thursdays in May - Free

Join us for a fun-filled afternoon featuring free Super Swirl ice cream, and a secure way to dispose of any unwanted documents. Enjoy sweet treats, meet new friends, and have fun!

Time: 11:00am-1:00pm

Contact: (775) 771-0212 or email: baumanni@reno.gov

Locations: Dorothy McAlinden Park: 14000 Stead Blvd., Reno, NV 89506

City of Reno: Tai Chi

Join us and enjoy a free Tai Chi class with instructor Marcos Talancon. As an exercise, Tai Chi is performed as gentle, low-impact movement in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Often referred to as “meditation in motion”. Anyone is welcome, beginners or advanced.

Time: 11:00am-1:00pm

Contact: (775) 785-5819 or email: rolandk@reno.gov

Locations: Neil Road Recreation Center, 3925 Neil Road Reno, NV 89502

City of Reno: Bunco

Bunco is a fun and simple dice game. Players take turns rolling dice to score points in a friendly atmosphere. This game is super fun and super easy to learn!

No prior experience is needed, making it accessible for everyone!

Time: 12:00pm

Contact: (775) 356-3176 or email: mckenziek@reno.gov

Locations: Paradise Park, 2745 Elementary Drive Reno, NV 89512

Northern Nevada Senior Empowerment Seminar – Free

The purpose of the Northern Nevada Senior Empowerment Seminar (NNSSES) sponsored by Lend a Hand Home Care is to help educate seniors about the healthcare process and local resources available to help mitigate any unnecessary stress and/or anxiety caused by medical emergencies.

Time: 11:00am-1:00pm

Contact: (775) 297-4875 or email: mbruback@lendahandhomecare.com

Location: Washoe County Senior Center, 1155 E. 9th Street Reno, NV 89512

Friday, May 16, 2025

| |
|---|
| See Multiple Day Events on Fridays: Red Hawk, Senior Art Show, Soulful Seniors, Sparks Heritage Museum |
|---|

Washoe County Senior Breakfast - Free

We invite our seniors to join us for a complimentary breakfast in honor of OAM 2025. Breakfast will be served by the Washoe County Staff and will consist of pancakes with butter & syrup, mixed fruit, bacon, juice and milk.

Time: 8:30am-10:30am

Contact: (775) 328-2575

Location: Washoe County Senior Center, 1155 E 9th Street Reno, NV 89512

Home Means Nevada Art Exhibit

Please join us for light refreshments and viewing of "Home Means Nevada Art Exhibit". Stephen Reid from Nevada Arts Council will talk about their projects within the Nevada Arts Council and installation of the artwork. Nevada is a place of inspiration for the photographers who find beauty in her rugged geology and starry skies. This show features 15 photographs and highlights some of the unique treasures found on federally managed lands across the state, from Bighorns to Burning Man, to the ancient rock art and petroglyphs in the Gold Butte area.

Time: 11:00am

Contact: (775) 328-2575 or email: HAS-Srfrontdesk@washoecounty.gov

Location: Washoe County Senior Center 1155 E. Ninth St. Reno, NV 89512

Sparks Parks and Recreation / Ice Cream Social - Free

Join us for senior socializing and delicious ice cream!

Time: 11:30am-12:00pm

Contact: (775) 353-7898 or email: tramociotti@cityofsparks.us

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

Nevada Legislature 101

Join our workshop to learn how you can submit your questions or opinion to your

state senator and assemblyperson. Watch live hearings online. Learn how to use the Nevada Legislature's website. Read the bills that are being passed and sent to the governor for signature.

Time: 2:00pm – 4:00pm

Contact: (775) 240-2745 or email: donnanorm1@yahoo.com

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

Learn Bocce Ball & Shuffleboard

Join AARP Age Friendly Reno volunteers to learn how to play bocce ball and shuffleboard on our newly installed outdoor courts in Paradise Park. All equipment and instruction provided.

Time: 1:00pm

Contact: (408) 410-3062 or email: macinreno1@gmail.com

Locations: Paradise Park, 2745 Elementary Drive Reno, NV 89512

Saturday, May 17, 2025

| |
|--|
| See Multiple Day Events on Saturdays: Red Hawk, UNR Planetarium |
|--|

Canine Rehabilitation Center & Cat Sanctuary Visit - Free

Join us for a presentation and tour of the facility at the Canine Rehabilitation Center and Cat Sanctuary where unadoptable shelter animals are brought back to life! Our focus is rescue, recovery, training, and placement of at-risk dogs and cats, providing refuge and opportunity for dogs and cats who are out of options and desperately need a new start.

Time: 11:00am-12:00pm

Contact: (775) 690-2871 or email: carol@crccs.org

Location: 555 Old US Highway 395 N Washoe Valley, NV 89704

Sunday, May 18, 2025

| |
|---|
| See Multiple Day Events on Sundays: Library Events, Red Hawk |
|---|

Reno Food Systems: Growing & Using Herbs – A Senior's guide to cultivating flavor, health, & wellness

This interactive workshop empowers participants to grow, taste, and use fresh herbs for better health. Participants will learn simple gardening techniques, explore the nutritional benefits, & enjoy hands-on tasting.

Time: 2:00pm - 3:00pm

Contact: (775) 771-2580 or email: jolene@renofoodsystems.org

Location: Reno Food Systems Park Farm, 3295 Mayberry Drive Reno, NV 89509

Monday, May 19, 2025

| |
|---|
| <p>See Multiple Day Events on Mondays: Ballroom of Reno, Library Events, Line Dancing, Senior Art Show, Red Hawk</p> |
|---|

Utilizing a 1031 Exchange to Aid Your Retirement-Free

Learn how to reposition your real estate to better meet whatever your current financial objectives are utilizing the 1031 Tax Deferred Exchange. We will discuss capital gain tax, buying a residence or vacation home with a 1031, eliminating headaches of owning real estate, estate planning with 1031 and buying/selling in other states.

Time: 1:00pm - 2:15pm

Contact: (775) 250-1417 or email: thuyandsteve@dicksonrealty.com

Location: Dickson Realty, 500 Damonte Ranch Parkway #625 Reno, NV 89521

Tuesday, May 20, 2025

| |
|--|
| <p>See Multiple Day Events on Tuesdays: BBB: Scam Prevention, Library Events, My Insurance Solutions, Red Hawk, Senior Art Show, Sonia's Breakfast Club</p> |
|--|

Assistance League Food Program – Monthly Distribution

Every third Tuesday of the month, the Assistance League supplies seniors 60+ yrs with TWO BAGS of groceries with pantry items and essentials. Only one set of bags per person. ID, Proof of Income (eligibility), and Registration required.

Time: 8:00am – 10:00am

Contact: (775) 328-2575 or email: HSA-Srfrontdesk@washoecounty.gov

Location: Washoe County Senior Center 1155 E. Ninth St. Bldg E Reno, NV 89512

Better Business Bureau (BBB) – Scam Prevention Presentation

BBB is visiting various Libraries to talk on scam prevention. Come learn about current scam trends, the riskiest scams by age group, and leave with 10 tips that can help you avoid being victimized by most scams.

Time: 11:00 am

Contact: (775) 284-0277 or email: tjohnston@mw.bbb.oorg

Location: Sparks Library 1125 12th St. Sparks, NV 89431

Pet Food Distribution for Seniors - FREE

Washoe County Regional Animal Services provides free cat and dog food for seniors 60 and up. Every 3rd Tuesday of the month.

Time: 8:00am – 9:30am

Contact: (775) 353-8906 or email: animaloutreach@washoecounty.gov

Location: Washoe County Senior Center, 1155 East 9th Street Reno, NV 89512

Alzheimer's Association

If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Join the Alzheimer's Association and New York Life Insurance Company to learn tips for managing someone else's finances, how to prepare for future costs, and the benefits of early planning.

Time: 10:00am

Contact: (775) 241-1508 or email: saseverance@alz.org

Location: Alzheimer's Association, 639 Isbell Road Reno Suite #240, NV 89509

Journey Through Grief - \$7 Fee

Providing seniors with a safe, supportive space to navigate grief, connect with others, and learn coping strategies. An activity & keepsake will be provided. We will also be providing light snacks and refreshments. Whether you are grieving the loss of a loved one, a pet, a relationship, or just feeling down.

Time: 10:30am

Contact: (916) 745-5697 or email: mallory@yourjourneyhomedoula.com

Location: Star Village Coffee, 560 Mill Street Reno, NV 89502

Wednesday, May 21, 2025

See Multiple Day Events on Wednesdays: The Discovery, Library Events, Nevada Museum of Art, Red Hawk, Senior Art Show, Sit & Fit, Wednesday Walks, Zumba Gold Class

Budget-Friendly Cooking Class

Are you interested in a budget-friendly cooking class for seniors? Sponsored by Council member Meghan Ebert and the Senior Citizen Advisory Committee (SCAC), join us at the Elks Lodge to learn tips, tricks, and delicious recipes without breaking the bank.

Time: 11:00am

Contact: (775) 351-4771 or email: baumann@reno.gov

Location: Reno Elks Lodge, 597 Kumle Lane Reno, NV 89512

Healthy Aging: Maximizing Quality of Life

This virtual webinar highlights the importance of maintaining physical function as we age. While some changes are normal, significant declines aren't inevitable and may indicate health issues. Staying active supports independence and quality of life. The talk will cover strategies to preserve and improve physical function at any age.

Time: 10:00am

Contact: (775) 902-6917 or email: doctor@owrnv.com

Location: Online – <https://meet.google.com/mtp-gjbj-pvr>

Thursday, May 22, 2025

See Multiple Day Events on Thursdays: Ice Cream Social, Red Hawk, Senior Art Show

City of Reno Ice Cream Social

Join us for a fun-filled afternoon featuring soft serve ice cream from Super Swirl and a secure way to dispose of any unwanted documents. Enjoy a sweet treat, meet new friends, and have fun!

Time: 11:00am – 1:00pm

Contact: (775) 771-0212

Location: Neil Rd Recreation Center 3925 Neil Road Reno, NV 89502

Friday, May 23, 2025

See Multiple Day Events on Fridays: Red Hawk, Senior Art Show, Soulful Seniors, Sparks Heritage Museum

13th Annual Stuff-A-Bus for Seniors!

City of Reno and Sparks, RTC, and Washoe County, in partnership with KOLO News 8, will be hosting this yearly donation drive! Clothing, bus passes, gift cards, cleaning supplies, hygiene products, and more will be collected to help seniors in need across the area! All donated items must be new (unopened) and unused.

Time: 1:00pm - 6:00pm

Contact: (775) 328-2575 or email: HSA-Srfrontdesk@washoecounty.gov

Location: Target Sparks 1550 E. Lincoln Way Sparks, NV 89434

City of Reno: Senior Pickleball Fest

Join us at the Plumas Gym and meet our team of Pickleball instructors and participate in a variety of games and activities to test your skills or just have fun. Whether you're a beginner, advanced, or have never played, we will have something for everyone! Learn to Play Pickleball classes, Drills and Skills Clinics and so much more.

Time: 9:00am - 12:00pm

Contact: (775) 785-5819 or email: rolandk@reno.gov

Location: Plumas Gym, 475 Monroe Street Reno, NV 89509

Thaheld Estate – Downsizing isn't easy, but doable!

Patti Thaheld, a certified personal property appraiser, will explain how seniors can overcome resistance to downsizing their beloved possessions, moving to a new location, and reducing frustration, confusion, and trauma in the process.

Time: 1:00pm - 2:00pm

Contact: (775) 722-2066 or email: patti@thaheldestateconsultant.com

Location: Sierra View Library, 4001 S. Virginia Street Reno, NV 89502

Saturday, May 24, 2025

See Multiple Day Events on Saturdays: Red Hawk, UNR Planetarium

Sunday, May 25, 2025

See Multiple Day Events on Sundays: Library Events, Red Hawk, Sunday Senior Dances

The Ballroom of Reno – Sunday Senior Dances

Come out on Sunday afternoon with DJ Felipe Leon. Free 30-minute beginner lesson at 1:30 pm with open dance 2:00pm – 4:00pm **admission charge of \$5.**

Time: 2:00pm - 4:00pm

Contact: (775) 229-5588 or email: roth-r@sbcglobal.net

Location: The Ballroom of Reno, 2540 Sutro Street Suite 4, Reno, NV 89512

Monday, May 26, 2025

See Multiple Day Events on Mondays: Ballroom of Reno, Line Dancing, Red Hawk, Senior Art Show

Tuesday, May 27, 2025

See Multiple Day Events on Tuesdays: Library Events, My Insurance Solutions, Red Hawk, Senior Art Show, Sonia's Breakfast Club

Wednesday, May 28, 2025

See Multiple Day Events on Wednesdays: The Discovery, Nevada Museum of Art, Red Hawk, Senior Art Show, Sit & Fit, Wednesday Walks, Zumba Gold Class

Alzheimer' Association – Virtual Event

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. Join the Alzheimer's Association and the State of Nevada's Department of Motor Vehicles as we address common issues including topics like going to the doctor, deciding when to stop driving, and making legal and financial plans.

Time: 10:00am

Contact: (775) 241-1508 or email: saseverance@alz.org

Location: Virtual Event – <https://tinyurl.com/DCMay28>

City of Reno/Adaptive Cycling Center - Free

Tour the Adaptive Cycling Center equipment rental hub at the Rosewood Nature Study Area. The center offers a membership-based program for seniors and people with disabilities to access adaptive bikes and proceed directly on nearby bike trails and ride with friends and family. No bike transport is needed.

Time: 8:00am-12:00pm

Contact: (775) 333-7765 or email: wolfea@reno.gov

Location: Rosewood Nature Study Area, 6800 Pembroke Drive Reno, NV 89502

Thursday, May 29, 2025

See Multiple Day Events on Thursdays: Red Hawk, Senior Art Show

Scam Jam – Fraud Prevention

Join us for a fraud prevention event and learn how to protect yourself from scams, identity theft, and financial fraud. Gain expert tips, recognize common red flags, and stay informed to safeguard your personal information.

Time: 11:00am

Contact: (775) 351-4771 or email: baumanni@reno.gov

Location: McKinley Arts and Culture Center, 925 Riverside Drive, Reno, NV 89503

Friday, May 30, 2025

See Multiple Day Events on Fridays: Red Hawk, Senior Art Show, Soulful Seniors, Sparks Heritage Museum

Step Back into Time with our Annual OAM Sock Hop! -Free

Enjoy ice cream sundaes, music, dancing, and fun! Dress in your best retro attire and join is for an afternoon of nostalgia, fun, and community!

Time: 1:30pm-3:30pm

Contact: (775) 351-4771

Location: Washoe County Senior Center, 1155 E 9th Street Reno, NV 89512

Saturday, May 31, 2025

See Multiple Day Events on Saturdays: Red Hawk, UNR Planetarium

Any events in June 2025

See Multiple Day Events: Art Exhibit, Dig In on June 3rd, Circle of Life Senior Idol June 4th & 11th

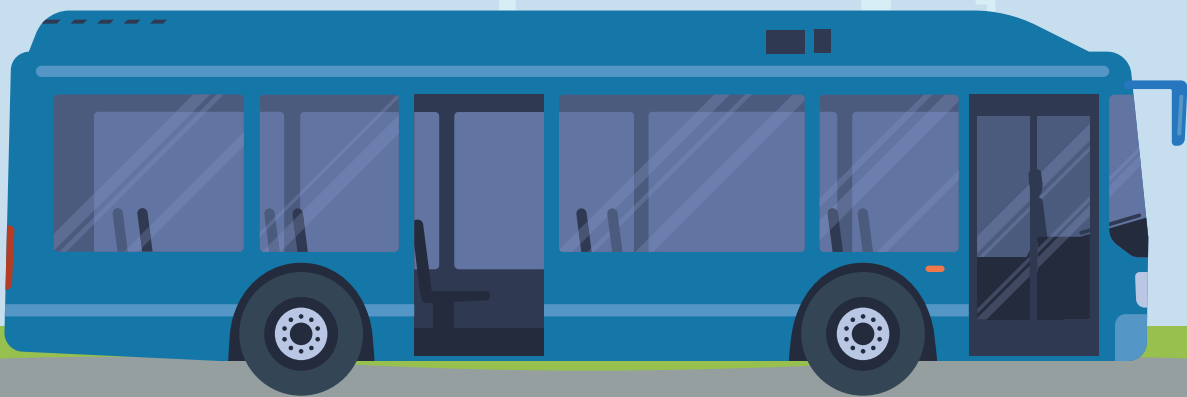


HUMAN SERVICES
AGENCY

Senior Services

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 Services: Living Well, Aging Well.