



HUMAN SERVICES
AGENCY

2024

Powered by Connection

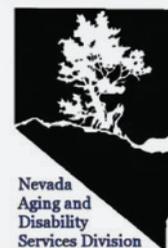
May 2024

Join us this May for Older Americans Month. Let's celebrate healthy aging and the diversity of our community.

OLDER
AMERICANS
MONTH



POWERED BY CONNECTION: MAY 2024



Older Americans Month 2024

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

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 hashtag #PoweredByConnection.

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

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: In addition to regular bus routes all over Washoe County, RTC has free rides for seniors 60+ on the Sparks/Spanish Springs curb-to-curb FlexRIDE vans until June 30, 2024. See rtcwashoe.com/public-transportation/flexride-on-demand-service or call 775-335-0035 to schedule rides. FlexRIDE for seniors age 60+ in North Valleys, Northwest Reno and starting in May 2024 in south Reno, costs \$1.50 for a day pass. Put funds on your RTC mobile Token Transit app or buy tickets in advance at bus terminals, 9th Street Senior Center, Save Mart, WinCo, or Smiths. Call 775-348-0477.

RTC Senior Ride/Taxi Bucks/Lyft/Uber: RTC offers \$60 per month of free taxi rides inside Washoe County to residents 60+, veterans or ACCESS clients of any age. Apply in person at RTC's 4th Street Reno terminal. Those with Lyft or Uber accounts, can get \$60 per month of free Lyft or Uber rides instead of taxis. The \$60 does not roll over so you start with a new \$60 each month. Contact 775-348-0477 or go online rtcwashoe.com/public-transportation/washoe-senior-ride-taxi-bucks-program and rtcwashoe.com/public-transportation/rtc-washoe-lyft-and-uber-rides-voucher-programs/

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 or neighbornv.org

Access to Health Care has free transportation for folks with Medicare to medical appointments, and to pick up prescriptions and groceries. Call 877-385-2345 or go 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+ who live within 15 miles of UNR's main campus and need transportation for medical appointments, groceries, or errands. ****Current wait list. Volunteers needed!**** Call 775-784-4774 or email: sanfordmobility@unr.edu. Sanford also offers free wellness programs and medication management for seniors.



Celebrate Older Americans Month at Washoe County Library!

To register for a featured event, visit washoelibrary.org/olderamericansmonth



Book a Librarian

Downtown Reno Contact a librarian 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.

Duncan/Traner

Incline Village

North Valleys

Senior Center

South Valleys

Sparks

South Valleys Library Events

Time-out Tuesday for Adults

Tuesday, May 7, 4-5 pm Tuesday, May 21, 4-5 pm
 Tuesday, May 14, 4-5 pm Tuesday, May 28, 4-5 pm

Film Noir: Lost in the Shadows

The Maltese Falcon (1941)
 Saturday, May 4, 1-3 pm

Bridge Group
 Every Friday
 1-4 pm
 Have fun learning and playing bridge with a friendly group of fellow bridge players. All skill levels are welcome.

Downtown Reno Library Events

Downtown Reno Social Club

Sunday, May 5, 10:30 am-noon

Pioneer Center Golden Encore

Monday, May 6, 11 am-noon

Take a Trip Down Memory Lane-

The Classic American Songbook

presented by Erika Paul & David Aller



Spanish Springs Library Events

Master Gardener Series & Help Desk

Sunday, May 12

1 pm – Master Gardener Help Desk
 1:30 pm – Native Bees and How to Host Them
 2 pm – What Colors Attract Specific Pollinators
 2:30 pm – Gardening with Herbs



Technology classes at the Sparks Library

Computer Skills 101: Using Your PC

Tuesday, May 7, 11 am-12:30 pm
 Thursday, May 9, 11 am-12:30 pm

Computer Skills 102: Internet Basics

Tuesday, May 14, 11 am-12:30 pm
 Thursday, May 16, 11 am-12:30 pm

Computer Skills 103: Using Email

Tuesday, May 21, 11 am-12:30 pm
 Thursday, May 23, 11 am-12:30 pm

Computer Skills 104: Microsoft Word

Tuesday, May 28, 11 am-12:30 pm
 Thursday, May 30, 11 am-12:30 pm

Learn About Your iPhone

Wednesday, May 1, 10:30 am-noon
 Wednesday, May 15, 10:30 am-noon

Learn About Your Android Phone

Wednesday, May 8, 10:30 am-noon
 Wednesday, May 22, 10:30 am-noon

Incline Village Library Events

Creative Aging for Adults

Watercolor with Jackie

Friday, May 3, 2-3:30 pm Friday, May 24, 2-3:30 pm
 Friday, May 10, 2-3:30 pm Reception Event:
 Friday, May 17, 2-3:30 pm Friday, May 31, 2-3:30 pm

Write Your Life: Memoir Workshop

Monday, May 13, 2-4 pm

Time-out Tuesday for Adults

Tuesday, May 7, 4:30-5:30 pm Tuesday, May 21, 4:30-5:30 pm

North Valleys Library Events

First Friday Bingo Night

Friday, May 3, 4:30-5:30 pm

Fifth Friday Bunco Night

Friday, May 31, 4:30-5:45 pm

Looking for more fun & games? Visit washoelibrary.org/funandgames for more game events at a library near you!



Sparks Library Events

Make & Mingle for Adults

Sunday, May 26, 1-2:30 pm

Throw-it-Together Thursdays

Thursday, May 2, 3-4 pm Thursday, May 16, 3-4 pm

Catch a repeat of *How to Avoid Scams* presented by the Better Business Bureau at the Sparks Library on Tuesday, May 21, 11 am-noon

Virtual Event

Nevada Historical Society

Thursday, May 16, noon-1 pm

The Reno Historical Website and App
 presented by Alicia Barber



Northwest Reno Library Events

Enlighten & Engage: For Adults

Tuesdays in May, 1-2 pm

May 7 – Spring Arts and Crafts May 21 – Fun and Games
 May 14 – How to Avoid Scams May 28 – Technology Assistance

Weekend Wind-Down

Sunday, May 19, 2-3 pm

Join a book club!

Scan the QR code or go to washoelibrary.org/bookclub for information about book clubs hosted around Washoe County Library System.



OAM Bingo!!!

Get all the boxes signed off at OAM events during May 2024, and be in the drawing for prizes at the Annual OAM Sock Hop with ice cream sundaes, music, dancing & fun! You must attend the Sock Hop, and please turn in your bingo cards once filled out to the front desk at the Washoe County Senior Center, 1155 E 9th Street Reno, NV. Please add your name and phone number below before handing it in.

NAME: _____ PHONE NUMBER: _____

LEARN ABOUT CAREGIVING	LEARN ABOUT TRANSPORTATION FOR SENIORS	TRY SOME EXERCISE & FITNESS ACTIVITIES	ATTEND A WATER EVENT OR CLASS	LEARN ABOUT HEALTH & WELLNESS
LEARN ABOUT FRAUD/SCAMS	GO TO A DANCE	VISIT ANY WASHOE COUNTY LIBRARY	SEE ART EXHIBIT, DO ART PROJECT	LISTEN TO MUSIC
GO TO AN ICE CREAM SOCIAL	VISIT A SENIOR CENTER OR RECREATION CENTER	FREE! FREE! FREE! FREE! FREE! FREE! FREE! FREE!	VISIT ANY MUSEUM	VISIT ANY INFORMATION FAIR
ENJOY THEATER OR OTHER ENTERTAINMENT EVENT	GO TO A GARDEN EVENT	LEARN SOMETHING NEW TO YOU	LECTURE ON ANY TOPIC	ATTEND A SENIOR ADVISORY MEETING
SENIOR STORIES & POEMS	ATTEND AN OUTDOOR EVENT OF ANY KIND	PLANNING AHEAD FOR YOUR FUTURE	STUFF A BUS ON MAY 23 AT TARGET IN SPARKS	EAT A MEAL AT SENIOR EVENT

Older Americans Month 2024 - List of Events

Multiple Day Events

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

Senior Art Show – Free every Monday through Friday in May – Drop off your art for the art show on either April 16 or 17, from 10am to 1:00pm.

View the Reno Senior Citizen Advisory Committee's Senior Art Show and/or submit an entry for the show. The exhibit is open from April 22 - June 7.

Time: 9:00am-4:00pm Monday-Friday

Contact: email: baumanni@reno.gov phone: 775-351-4771

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

Free Art Exhibit every day in May & June

Celebrate the art of older artists who are unleashing their creative spirit later in life by visiting the art exhibit all month long. Meet the 8 artists at their reception Friday, May 17 from 3:30pm - 5:30pm. Enjoy art from artists that have never created art on their own but enjoy the creative process.

Time: Spanish Springs Library "OPEN hours": Sunday 10am-5pm; Monday 10am-6:00pm; Tuesday 10:00am-7:00pm; Wed.-Fri. 10:00am-6:00pm; closed Saturdays.

Contact: email: art@varyCarol.com phone: 775-721-5338

Location: Spanish Springs Library, 7100 A Pyramid Way Sparks NV 89436

Red Hawk Golf and Resort every day in May – Guest Rates

Enjoy guest rates for green fees for the month of May, and you must mention this special to receive the discount. Also 20% off villas. Not valid with other discounts. Contact Stacy Dunster for more info.

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

Contact: email: sdunster@resortatredhawk.com phone: 775-626-6000

Location: 6600 N Wingfield Pkwy Sparks, NV 89436

First Fruits Sustainable Farms – Free every Saturday in May

Taste the fruits of sustainable farming and learn how to regenerate the land and soil. In addition, pet food vendors will offer nutritional products for our four-legged companions.

Time: 9:00am-1:00pm May 4, 11, 18, and 25

Contact: email: barbaradperez2@gmail.com phone: 775-433-3515

Location: Outlets at Legends located near Scheels, 1310 Scheels Drive Sparks, NV

National Automobile Museum – Free every Thursday in May

Stroll the streets of this award-winning museum and see more than 200 eye-popping cars!

Time: 9:00am-5:00pm May 2, 9, 16, 23, 30.

Contact: email: colleen@automuseum.org phone: 775-333-9300

Location: 1 Museum Drive Reno, NV 89501

TMCC EPIC/Community Education – Harmonica – 3 Saturdays in May

Practice in a group without reading music for \$69.

Time: 10:00am-12:00pm (Noon) May 4, 11 and 18

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

TMCC EPIC/Community Education

Nevada Ghost Towns and Mining Camps: Learn history and visit nearby sites for \$99.

Time: Classroom session May 16 from 6:00pm to 9:00pm, and a field trip to local ghost towns on May 18 from 9:00am to 4:00pm

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

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 4, 11, 18, 25

Contact: email: planetarium@unr.edu phone: 775-784-4812

Location: 1664 N Virginia Street Reno, NV 89557 UNR Campus north of Lawlor Events Center, parking on 3rd floor of West Stadium parking complex off 15th street; turn right as you enter parking structure and go to west side of 3rd floor.

Nevada Historical Society – Free every Wednesday in May

Learn about Nevada's unique and incredible heritage in a museum rich with local history!

Time: 10:00am-4:00pm May 1, 8, 15, 22, 29

Contact: email: cmagee@nevadaculture.org phone: 775-688-1190

Location: 1650 N Virginia Street Reno, NV 89503

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 1, 8, 15, 22, 29

Contact: email: chelseylundin@nevadaart.org phone: 775-329-3333

Location: 160 W Liberty Street Reno, NV 89501

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 8, 15, 22, 29

Contact: email: donnanorm1@yahoo.com phone: 775-240-2745

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

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 1, 8, 15, 22, 29

Contact: email: patriciaguimore1@gmail.com phone: 775-846-2952

Location: Teglia's Paradise Park, 2745 Elementary Drive

Sparks Heritage Museum – Free every Friday in May

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

Time: 11:00am-4:00pm May 3, 10, 17, 24, 31

Contact: email: christine@sparksmuseum.org phone: 775-355-1144

Location: 814 Victorian Avenue Sparks, NV 89431

Ice Cream Socials – First three Tuesdays in May – Free

Join us for Super Swirl ice cream, free shredding service available (bring unwanted documents to shred), and socializing!

Time: 11:00am-1:00pm May 7 at Paradise Park; May 14 at Dorothy McAlinden Park; May 21 Neil Road Recreation Center

Contact: email: baumanni@reno.gov phone: 775-351-4771

Locations: Paradise Park: 2745 Elementary Drive, Reno; Dorothy McAlinden Park: 14000 Stead Blvd., Reno; Neil Road Recreation Center: 3925 Neil Road, Reno

Ageless Repertory Theater (ART) presents “Senior Follies” – Free

Enjoy experienced actors perform a live reading of a wonderful comedy, **Senior Follies**, by Billy St. John, where the rocking is not done in chairs at the Pleasant Valley Retirement Home. ART is Reno's Premier Readers' Theatre. **Events are free but donations are welcome.**

Time: 1:00pm - Tuesday, May 7 and Friday, May 10

Contact: email: ronaldsmith@charter.net phone: 775-348-6625

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

Dig in to Grow Healthy – Center for Healthy Aging – Free Every Monday in May

Learn about successful vegetable gardening with Master Gardener, Randy Robison. Explore ways to incorporate healthy eating and physical activity to improve well-being, with some low-impact exercises and other hands-on activities.

Time: 1:00pm-2:00pm May 6, 13, 20 and June 3

Contact: email: jjenkins.cha@gmail.com phone: 775-525-1340

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

Senior Idol presented by Circle of Life Hospice Free – Tuesdays in May & June

Show off your talent, whether its singing, playing an instrument, poetry reading or anything in between and try out to be chosen as a Senior Idol! Tryouts on 5/21, 5/28, 6/04, with grand finale on 6/11 where the top three seniors/senior groups will win cash prizes! 1st place \$250, 2nd place \$125, and 3rd place \$75.

Time: 1:00pm-3:00pm May 21 & 28; June 4 & 11

Contact: email: jaldana@colhospice.com phone: 775-233-9795

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

Medicare Bingo sponsored by My Insurance Solutions – First Three Tuesdays in May – Free

Come and have fun with Judy Bowen and Robert Silva hosting Medicare Bingo games at Holiday by Atria Senior Living! For accommodation of people with special needs at meetings call 775-852-1712 Mon-Fri 8:00am-5:00pm.

Time: 3:00pm May 7, 14, and 21

Contact: email: judybowen@myinsurancesolutionsinc.com phone: 775-852-1712

Location: Sky Peaks, 1520 Sky Valley Drive Reno, NV 89523

TMCC EPIC/Community Education

Lettering As Art: Calligraphy with brush, watercolors, and tip marker for \$99.

Time: 5:30pm-7:30pm May 16 and May 23

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

TMCC EPIC/Community Education – Summer Flowers in Watercolor Four Wednesdays in May

Discover techniques to paint realistic flowers for \$129.

Time: 6:00-8:00pm May 8, 15, 22 and 29

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

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.

Time: 4:00pm-8:00pm May 1, 8, 15, 22, 29

Contact: email: pturner@nvdm.org phone: 775-398-5940

Location: 490 S Center Street Reno, NV 89501

Free Line Dance Classes – Free Every Thursday in May

Free line dancing classes for seniors!

Time: 3:00pm-4:00pm May 2, 9, 16, 23, 30

Contact: email: baumanni@reno.gov phone: 775-351-4771

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

TMCC EPIC/Community Education Classes – Four Thursdays in May – Fees Apply

Photography 2: Beyond the Basics- Learn new lighting, action, and evening techniques for \$99.

Time: 6:00pm-8:00pm May 2, 9, 16 and 23

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833; Call 775-829-9010 for scholarship information.

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

MAY 01

WEDNESDAY

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery

OAM Kickoff Information Fair & Lunch – Free
Overflow parking for OAM is available at 9th Street in front of the Senior Center and across 9th street and Sutro, at West Hills: 1240 E 9th Street Reno, NV 89512

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

Time: 10:00am-1:00pm; Lunch 11:15am-12:30pm

Contact: email: hsa-sroam@washoecounty.gov phone: 775 328-2575

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

Center for Healthy Aging – Sunflower Celebration Competition Free

Join the Sunflower Celebration Competition! Who can grow the largest, tallest, or most colorful sunflower? The Center for Healthy Aging will give free sunflower growing kits at the Older Americans Month info fair.

Time: 10:00am-1:00pm

Contact: email: jjenkins.cha@gmail.com

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

The Medicare Store – Free

Medicare can be complex and even overwhelming. That is why our dedicated team of professionals is here to help, providing unbiased advice and personalized support. We are committed to your best interest and to going the extra mile to help you enroll in a plan that best suits your needs, even a plan that doesn't compensate us.

Time: 10:00am-1:00pm

Contact: Pamela- (775) 249-0702 Or Jason- (775) 990-4884

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

MAY 01

WEDNESDAY

Washoe County Senior Advisory Board Meeting

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

Time: 3:00-5:00pm

Contact: 775-328-2575

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

MAY 02

THURSDAY

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography

Sr. H2O Fitness – Free

Increase stamina and fitness level while having fun in the water through this exercise program for seniors. Drop-ins will not be accepted when the class is full.

Time: 9:00am-10:00am May 2

Contact: email: tramociotti@cityofsparks.us

Location: Alf Sorensen Community Center, 1400 Baring Blvd., Sparks, NV 89434

Reno Artists Show Reception

Join us for an art show reception with light appetizers!

Time: 5:00pm-7:00pm May 2

Contact: email: baumanni@reno.gov phone: 775-351-4771

Location: McKinley Park Building, 925 Riverside Drive Reno, NV 89503

MAY 03

FRIDAY

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

Circle of Life Hospice Death Café – Free

Please join us for tea, cookies, lunch, and interesting, confidential discussions on death, dying, and living, to help you get comfortable with the many facets of death and dying, overcome your fears about dying, and understand that only by embracing death can you fully live.

Time: 1:00pm-3:00pm May 3

Contact: email: jaldana@colhospice.com phone: 775-233-9795

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

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 May 3

Contact: email: debra@connectionscentral.org phone: 512-888-3985

Location: Sparks Library, 1125 12th Street Sparks, NV 89431

MAY 04

SATURDAY

See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium, TMCC Harmonica

TMCC EPIC/Community Education

Pressed Floral Art - Create coasters, a wall frame, and a pendant for \$49.

High Desert Plant Selection - Find out which plants will thrive in your yard for \$49.

Time: 9:00am-Noon May 4

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

MAY 04

SATURDAY

Alzheimer's Association – Spanish Bilingual Event

Join us for an Awareness Program: Healthy Body is Healthy Brain Program in Spanish. Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline with Alzheimer's Ten Healthy Habits.

Time: 10:00am May 4

Contact: email: cpmarcos@alz.org phone: 775-254-0329 ext. 9852

Location: 639 Isbell Road Reno, NV 89509

**Northern Nevada Veterans Block Party – First Annual event
Free to Service Members, Veterans, and their Families
Pre-register**

Welcome, Veterans, service members, their families, caregivers and community allies! We invite you to a special event designed to celebrate our military community and connect you with resources and support, fostering a sense of belonging and camaraderie. Pre-register for the event at www.nnveteransblockparty.org

Time: 10:00am-4:00pm on Saturday, May 4

Contact: email: nnveteransblockparty@gmail.com

Location: Sparks Marina, 300 Howard Street Sparks, NV

Silver Dollar Chorus – Free

Join us for a barbershop style, acapella vocal music show for seniors performed by a Reno men's chorus.

Time: 10:30am May 4

Contact: email: irishmountaineer@gmail.com phone: 775-287-3718

Location: Sparks Heritage Museum, 814 Victorian Avenue 89431

MAY 05

SUNDAY

Northern Nevada Jewish Film Festival – Free

The Northern Nevada Jewish Film Festival features four diverse Jewish-themed films, including Q&A. This year's festival films give insight into Jewish identity, history, and culture. An opportunity to celebrate Jewish film, culture, and art. Contact Mara Langer for more info or visit this website: www.jewishnevada.org/nnfilmfestival

Time: 9:45am May 5**Contact:** email: Mara@jewishnevada.org phone: 415-867-3358**Location:** National Automobile Museum, 1 Museum Drive Reno, NV 89501

MAY 06

MONDAY

See Multiple Day Events on Mondays: Senior Art Show, Art Exhibit, Red Hawk, Dig In

Tai Chi – Free

Come try a free tai chi class at the recreation center!

Time: 8:00am-9:00am May 6**Contact:** email: sandersm@reno.gov phone: 775-657-4654**Location:** Evelyn Mount Northeast Community Center, 1301 Valley Road Reno, NV 89512**Jewish Learning Center – Free**

Join us for a discussion about Judaism, designed for individuals who are interested in exploring the Jewish faith, learning about a new religion, or seeking to gain more knowledge. The class is open to people of all faiths and backgrounds, and no prior knowledge of Judaism is required. Contact Rabbi Levi Sputz for more info.

Time: 1:00pm May 6**Contact:** email: JewishLearningnn@gmail.com phone: 347-262-4531**Location:** Sparks Library Meeting Room, 1125 12th Street Sparks, NV

MAY 06

MONDAY

Chair Yoga – Free

Join us for a gentle, free chair yoga class!

Time: 10:00am-11:00am May 6

Contact: email: sandersm@reno.gov phone: 775-657-4654

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

Golden Encore presented by Pioneer Center – Free

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor-made for seniors. Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the "feel good" music performed by this dynamic duo.

Time: 2:00pm-3:00pm May 6

Contact: website: events.washoecountylibrary.us/calendar
phone: 775-327-8330

Location: Downtown Reno Library, 301 S Center Street Reno, NV 89501

Judith Schumer – Free – Open to the Public with RSVP

"Beyond Courage: Jewish Resistance and Heroes During the Holocaust"
-The program presents the stories of Jews who fought back against the Nazis. Keynote speaker: Doreen Rappaport is an award-winning author of more than 85 books.

Time: 7:00pm-9:00pm May 6

Contact: email: judith.schumer18@gmail.com phone: 775-815-6587

Location: Atlantis Hotel, 3800 S Virginia Street Reno, NV 89512

MAY 07

TUESDAY

See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Ice Cream Socials, Medicare Bingo, Senior Follies

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: 10:00am-12:00pm (Noon) May 7

Contact: phone: 775-971-4190

Location: Regency at Caramella Ranch, 12501 Regency Ridge Dr., Reno, NV 89521

Getting There: How Transportation Options Can Improve Quality of Life for Older Adults – Bilingual Event – Spanish and Tagalog – Free

The Regional Transportation Commission of Washoe County (RTC), Neighbor Network of Northern Nevada (N4) and other organizations will provide older adults with information and resources to access transportation options available in Washoe County. You can learn about various transportation technologies and how they can help you plan your trips more efficiently throughout the Reno-Sparks area.

Time: 11am-1pm May 7

Contact: email: strinidad@rtcwashoe.com phone: 775-332-2173
email: amy@neighbornv.org phone: 775-453-4774

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

MAY 08

WEDNESDAY

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery, Wednesday Walks

Introduction to Pickleball City – Reno Parks & Recreation – Free

Stop by and meet our Pickleball team of instructors, play a game of pickleball, and enjoy some fun, interactive pickleball activities! Information will also be provided on upcoming classes and how to get involved in this fast-growing popular sport.

Time: 9:00am-11:30am May 8

Contact: phone: 775-433-4964

Location: Plumas Gym, 575 Monroe Street Reno, NV 89509

Reno Gem & Mineral Society Presentation – Free

Discover the world of minerals making changes to our lives through technological advances with common minerals we use daily. Nature is slowly changing our environment, but sometimes quicker changes cause significant catastrophes.

Time: 10:00am-11:00am May 8

Contact: email: snorm11@hotmail.com phone: 775-560-4782

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

Golden Encore presented by Pioneer Center – Hello Hollywood Hello-Free

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor-made for seniors. Karen Burns shares the rich show business history in the Reno/Tahoe region and costumes from the world-famous star show "Hello Hollywood, Hello! A Tribute to the Magic World of Movies!" that opened at the MGM Grand Hotel-Reno in 1978. This sparkling rhinestone program brings seniors together to relive shared memories and celebrate a culture they helped to create while also enjoying a new entertainment experience!

Time: 11:30am-12:30pm May 8

Contact: email: cbrantner@cityofsparks.us phone: 775-353-2385

Location: Alf Sorensen Community Center, 1400 Baring Blvd Sparks, NV 89434

MAY 08

WEDNESDAY

Living Well NV Advance Directive Workshop – Please RSVP before May 8. – Free

Attend a free advance directive workshop where we will explain what it is, why it's important, and how to fill one out. Complete your own advance directive during the workshop. **RSVP to Shawna Alto please.**

Time: 2:00pm-3:30pm May 8

Contact: email: Shawna.alto@gmail.com phone: 775-762-3845

Location: Sparks Library, 1125 12th Street Sparks, NV 89431

TMCC EPIC/Community Education

Cake Decorating w/Marshmallow Fondant: Apply multiple colors and designs to cupcakes for \$49.

Cookie decorating for Mother's Day: Design with airbrushing, stencils, fondant, and molds for \$49.

Time: 6:00pm-8:00pm May 8

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: CC Meadowood Center, 5270 Neil Road Reno, NV

MAY 09

THURSDAY

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography

RPEN Sparks Chapter Breakfast – Free

Are you a retired public employee? If so, come on over to see us and join your fellow retirees for a breakfast meeting of the Sparks chapter of the Retired Public Employees of Nevada. You pay for your own breakfast.

Time: 8:30am May 9

Contact: email: rpen.sparks@gmail.com phone: 775-843-8444

Location: Denny's, 205 Nugget Avenue Sparks, NV

MAY 09

THURSDAY

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-2:30pm May 9

Contact: email: thuytran@ferrari-lund.com phone: 775-250-1417

Location: TICOR Title, 5441 Kietzke Lane Suite 100 Reno, NV 89511

Senior Shopping and Ice Cream

Are you a senior and looking for a free clothing shopping experience? Join us for a free-of-charge clothing shopping day with an ice cream social!

Time: 3:00pm-5:00pm May 9

Contact: email: myra@gsccreno.org phone: 775-530-7623

Location: Good Shepherd's Clothes Closet, 540 Greenbrae Drive Sparks, NV 89431

MAY 10

FRIDAY

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

Golden Encore presented by Pioneer Center – Free

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor made for seniors. Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the "feel good" music performed by this dynamic duo.

Time: 12:30pm-1:30pm May 10

Contact: phone: 775-353-3110

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

MAY 10

FRIDAY

Reno Pool Party – Free

Join us for a fun senior Pool Party at the Northwest Pool sponsored by the Reno Senior Citizen Advisory Committee. We'll have an open swim, a pool party to enjoy the water, poolside refreshments, and have fun with friends!

Time: 1:00pm-3:00pm May 10

Contact: email: baumanni@reno.gov phone: 775-351-4771

Location: Northwest Pool, 2925 Apollo Way Reno, NV 89503

MAY 11

SATURDAY

See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium, TMCC Harmonica

Wilbur D. May Arboretum and Botanical Garden Tour & May Museum Tour – Free

Join us for a free tour of the museum at 11:00am-1:00pm, then visit the beautiful arboretum and botanical garden from 1:00pm-2:30pm! Visitors can explore the whole collection at their own pace, just mention "Older Americans Month" at the door! Exhibits include hunting mounts and artifacts from around the globe, as well as details of Wilbur's life and legacy. The tour will meet at the West Entrance to the park, which is right outside of the Museum. Visitors can either do both tours or just one.

Time: Museum Tour 11:00am-1:00pm then Arboretum Tour: 1:00pm-2:30pm

Contact: email: hhill@washoecounty.gov phone: 775-785-4153

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

MAY 13

MONDAY

See Multiple Day Events on Mondays: Senior Art Show, Art Exhibit, Red Hawk, Dig In

Free Water Fitness Classes – 3 different class times

The City of Reno offers free water fitness class drop-ins all day May 13th. The classes are low impact “aquajoints”. Non-English speakers can follow instructor demonstrations.

Time: 10:30am, 11:45am, 1:00pm May 13

Contact: email: kazL@reno.gov phone: 775-657-4651

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

Better Business Bureau: How to Avoid Scams – Free

Come learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams.

Time: 11:00am May 13

Contact: email: tjohnston@mw.bbb.org phone: 775-284-0277

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

Free Poetry Workshop

Join us for a free poetry workshop with Terry Brooks, a member of the City of Reno Senior Citizen Advisory Committee. Seniors can unleash their creativity, discuss poetry, and share your thoughts with one another!

Time: 1:00pm-2:00pm May 13

Contact: email: baumanni@reno.gov phone: 775-351-4771

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

MAY 14

TUESDAY

See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Ice Cream Socials, Medicare Bingo

Open Door Café: Golden Encore presented by Pioneer Center Free

Jazz musicians Erika Paul and David Aller take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the “feel good” music performed by this dynamic duo.

Time: 11:00am-1:00pm May 14

Contact: email: deerprogram@unr.edu phone: 775-682-9444

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

Better Business Bureau: How to Avoid Scams – Free

Come learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams.

Time: 1:00pm May 14

Contact: email: tjohnston@mw.bbb.org phone: 775-284-0277

Location: Northwest Reno Library Meeting Room, 2325 Robb Drive Reno, NV 89523

Reno Senior Citizen Advisory Committee Monthly Meeting

Join fellow seniors, neighbors, and friends for our monthly senior citizen advisory committee meeting! Option to join through zoom or in person at address below.

Time: 2:00-4:00pm May 14

Contact: email: baumanni@reno.gov phone: 775-351-4771

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

MAY 15

WEDNESDAY

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery, Wednesday Walks

SafeTALK – Suicide Alertness for Everyone – Register now! Free

Nevada has higher than average rates of suicide among those 65 and older, and the Nevada Office of Suicide Prevention's SafeTALK will help you to recognize when a person is struggling and how to reach out to help them keep safe by promptly connecting them to further support. Registration is required, so call, email or visit the website at <https://suicideprevention.nv.gov> Find it under "SP Trainings".

Time: 10:00am-1:00pm May 15

Contact: email: morgan@health.nv.gov phone: 775-684-2238

Location: Spanish Springs Library, 7100A Pyramid Way Sparks, NV 89436

Sierra Arts Foundation & City of Reno Arts Engagement Day Bilingual Event in English/Spanish – Free

Join us for a fun and engaging art event where you can design and paint a terracotta pot and make a decorative wooden photo frame. To register, please call the phone number below.

Time: 10:00am-12:00pm (Noon) May 15

Contact: email: baumanni@reno.gov phone: 775-351-4771

Location: Silverada Manor Community Room, 1400 Silverada Blvd Reno, NV 89512

Back Stage Gang Ukelele Group – Free

Listen and sing along with these inspiring musicians as they radiate warmth and joy with their ukeleles!

Time: 11:30am-12:30pm May 15

Contact: email: barbaradperez2@gmail.com phone: 775-433-3515

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

MAY 16

THURSDAY

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography, TMCC Lettering Art, TMCC Ghost Towns

City of Reno/Adaptive Cycling Center – Free OAM Day!

Tour the Adaptive Cycling Center equipment rental hub at the Rosewood Nature Study Area. The center offers a membership-based program for seniors and persons with disabilities to access adaptive bikes and jump directly on nearby bike trails and ride with friends and family.

Time: 8:00am-12:00pm (Noon) May 16

Contact: email: wolfea@reno.gov phone: 775-333-7765

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

Retired Living Truth Seminar Series – The Truth about Senior Community Living: Get the Inside Scoop – Free

Many seniors are choosing to downsize, right size or otherwise simplify their lives after retirement by moving to retirement communities. With so many to choose from, all with different amenities and pricing structures, how do you know which one is right for you? Come listen to staff and residents of local senior living communities, to get the inside scoop on what it's like to locate, relocate to, and live in a retirement community.

Time: 10:00am-11:30am May 16

Contact: email: info@RetiredLivingTruthSeries.com phone: 775-432-6398

Location: Reno Sparks Convention Center, 4590 South Virginia Street Reno, NV 89502

Senior Aquacise Class – Free

Enjoy a slower paced workout that increases fitness level and strength, with stretching, warm-up, workout, and cool down.

Time: 10:00am-11:00am May 16

Contact: email: tramociotti@cityofsparks.us

Location: Alf Sorensen Community Center, 1400 Baring Blvd. Sparks, NV 89434

MAY 16

THURSDAY

Connections Central Storyteller and Group Conversations – Free

This Connections Community event welcomes all people to hear from a featured storyteller on “The Art of Living Well” and afterwards break into small groups to talk about what resonated for them and share their stories. Enjoy complimentary food and refreshments.

Time: 5:00pm-6:30pm May 16

Contact: email: debra@connectionscentral.org phone: 512-888-3985

Location: Brewery Arts Center, 449 W King Street Carson City, NV

Strike Out Fraud Bowling Night – Free

Join AARP Nevada for a free and fun night out as we “Strike Out Fraud”! Learn the latest about fraud and scams happening in Northern Nevada and what you can do to protect yourself. Plus, enjoy bowling and refreshments. Space is limited and registration is required. Register here: <https://events.aarp.org/5-16-24StrikeOutFraud>

Time: 5:30pm-7:30pm May 16

Contact: email: rfranco@aarp.org phone: 702-218-2749

Location: Coconut Bowl at Wild Island, 1855 E Lincoln Way Sparks, NV 89434

MAY 17

FRIDAY

[See Multiple Day Events on Fridays: Senior Art Show, Art Exhibit, Red Hawk, Sparks Heritage Museum](#)

Dementia Conversations – Register now! – Free

Care partners will learn how to have important dementia conversations with their loved one who is living with Alzheimer’s or another form of dementia, including driving, doctor visits, and legal and financial planning. Refreshments will be served! To register go to:

<https://tinyurl.com/DConMay17>

Time: 10:00am-11:30am May 17

Contact: email: saseverance@alz.org phone: 775-241-1508

Location: 639 Isbell Road, Suite 240 Reno, NV 89509

MAY 17

FRIDAY

Sparks Parks and Recreation Ice Cream Social – Free

Join us for socializing and ice cream!

Time: 11:30am-12:00pm (Noon) May 17

Contact: email: tramociotti@cityofsparks.us

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

AARP Nevada Caregiver Connection Luncheon – Free

Come meet fellow caregivers and passionate supporters of family caregivers while AARP discusses programs, resources, and how we are advocating for family caregivers over a delicious lunch.

Time: 11:30am-1:30pm May 17

Contact: email: jpadron@aarp.org phone: 702-539-6764

Location: Access to Healthcare inside Reno Town Mall, 4001 S Virginia Street

Presentation: Downsizing Isn't Easy... But Doable! – Free

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 May 17

Contact: email: patti@thaheldestateconsultant.com phone: 775-722-2066

Location: Sierra View Library inside Reno Town Mall, 4001 S Virginia Street Reno, NV

Artist Exhibit/Reception May 17 3:30pm-5:30pm “Fun with a Smudge Art in Oil Pastels” – Free

Meet and experience the art of eight older artists unleashing their artistic spirit. Enjoy art from artists that have never created art on their own but enjoy the creative process. Light refreshments served, May 17.

Time: The exhibit runs May 1 through June 29. Be sure to contact the Library for open hours.

Contact: email: art@varyCarol.com phone: 775-721-5338

Location: Spanish Springs Library, 7100 A Pyramid Way Sparks NV 89436

MAY 17

FRIDAY

Spring Fling Sponsored by Circle of Life – Free

Get ready to put on your dancing shoes and twirl the night away! Whether you are an experienced dancer, or just looking to have a good time, seniors can come enjoy music, appetizers, and create lasting memories with friends and loved ones!

Time: 5:00-6:30pm May 17

Contact: email: jaldana@colhospice.com phone: 775-233-9795

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

MAY 18

SATURDAY

See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium, TMCC Harmonica, TMCC Ghost Towns

Reno/Sparks Out of the Darkness Walk – Free

Join us for a journey of remembrance, hope and support that unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. For support and resources, please visit: www.afsp.org.

Time: 9:00am May 18

Contact: email: cblackburn@colhospice.com phone: 916-300-2841

Location: Sparks Marina 300 Howard Drive Sparks, NV

Mall Walking Party sponsored by Prominence Health – Free

Attend the kick-off party for a year's long, indoor mall-walking program at Meadowood Mall. Door prizes, raffles, vendors and open and free to all.

Time: 10:00am-12:00pm (Noon) May 18

Contact: email: mary.granger@UHSINC.com phone: 775-772-8990

Location: Meadowood Mall Center Court, 5000 Meadowood Mall Circle Reno, NV 89502

MAY 18

SATURDAY

Celebrate Washoe Valley – Free

Meet your Washoe Valley neighbors, enjoy free entrance to the park and learn about resources in the great outdoors.

Time: 10:00am-2:00pm May 18

Contact: email: karenandchris@charter.net phone: 775-772-7715

Location: Washoe Lake State Park, 4855 Eastlake Blvd. New Washoe City, NV 89704

TMCC EPIC/Community Education

Native American Spirituality: Explore these traditions and take part in a circle dance for \$59.

Time: 12:30pm-4:30pm May 18

Contact: email: rsorensen@tmcc.edu phone: 775-824-3833

Location: TMCC Meadowood Center, 5270 Neil Road Reno, NV

MAY 19

SUNDAY

Inaugural Senior Community Garden Party Kick Off – Free

Join us for a fun garden event at the farm! With canopies and chairs, enjoy a community garden space for seniors where you will learn ergonomic stretches, and how to grow food for a senior to be healthy and happy. Contact Jolene for more info.

Time: 2:00pm-4:00pm May 19

Contact: phone: 775-771-2580

Location: Reno Food Systems farm, 3295 Mayberry Drive Reno, NV

MAY 20

MONDAY

See Multiple Day Events on Mondays: Senior Art Show, Art Exhibit, Red Hawk, Dig In

Golden Encore presented by Pioneer Center – Free

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor made for seniors. Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the "feel good" music performed by this dynamic duo.

Time: 1:00pm-2:00pm May 20

Contact: phone: 775-328-2575

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

MAY 21

TUESDAY

See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Ice Cream Socials, Senior Idol, Medicare Bingo

Better Business Bureau – How to Avoid Scams – Free

Learn what scams are impacting people the most and leave with 10 tips that can help you avoid most of them.

Time: 11:00am May 21

Contact: email: tjohnston@mw.bbb.org phone: 775-284-0277

Location: Sparks Library Meeting Room, 1125 12th Street Sparks, NV 89431

Free Power of Attorney/ Estate Planning Seminar - Must RSVP - Northern Nevada Legal Aid, Senior Legal Center

There is no fee, we just ask the public to RSVP. Limited seating up to 15 people.

Time: 11:00am May 21

Contact: RSVP: arivera@nnlegalaid.org phone: 775-332-0606

Location: Washoe County Senior Center, 1155 E. 9th Street, Bldg. E. Senior Center in the Game Room.

MAY 21

TUESDAY

Adapted Aquatics Two – Free

This class is for those who have advanced through the Adapted Aquatics program and need a complete yet non-impact exercise program, featuring shallow water stretching, strengthening, and deep-water aerobic conditioning. Students must be self-sufficient in the water.

Time: 11:30am-12:30pm May 21

Contact: email: tramociotti@cityofsparks.us

Location: Alf Sorensen Community Center, 1400 Baring Blvd. Sparks, NV 89434

Dementia Engagement Education & Research – DEER Program Free

Attend the 90-minute Dementia Friends Information Session to equip yourself with knowledge and comfort regarding dementia that will inspire you to walk toward people living with dementia rather than walk away. You will learn the six key messages about: dementia, risk reduction, how it differs from normal aging, effective communication strategies, and practical actions to help people who are living with dementia in our communities.

Time: 1:00-3:00pm May 21

Contact: email: marclemon@nevada.unr.edu phone: 916-768-3821

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

End of Life Planning Expert Panel and Q&A Session – Free

The panel of NV State Funeral Board Executive Director, Washoe County Public Administrator, a NV POLST educator, an Estate Attorney, and a Trust Officer will answer questions regarding estate planning (wills vs trust); burial issues and pre-needs; Advance Directives and POLST; and other planning questions regarding individuals, couples, special needs children, and blended families.

Time: 1:30pm-4:30pm May 21

Contact: email: kimspoon912@gmail.com phone: 775-527-0865

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

MAY 22

WEDNESDAY

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery, Wednesday Walks

Sparks Senior Citizens Advisory Committee Meeting - Free

This committee gives essential senior citizen input to Sparks City Council on issues related to the senior population and quality of life for seniors. Please attend and share your concerns for Sparks seniors. We want to hear from you!

Time: 9:00am May 22

Contact: email: adecaf@sbcglobal.net phone: 775-560-7862

Location: Sparks Legislative Building, 745 4th Street Sparks, NV 89431

Getting There: How Transportation Options Can Improve Quality of Life for Older Adults- Bilingual Event – English/ Spanish and Tagalog - Free

The Regional Transportation Commission of Washoe County (RTC), Neighbor Network of Northern Nevada (N4) and other organizations will provide older adults information and resources on their transportation options in Washoe County. Learn how various transportation technologies can help you plan your trips more efficiently.

Time: 11:00am-1:00pm May 22

Contact: email: strinidad@rtcwashoe.com or amy@neighbornv.org
phone: 775-332-2173

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

MAY 23

THURSDAY

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography, TMCC Lettering Art

Washoe County Senior Breakfast – Free

We invite our seniors to join us for a complimentary breakfast in honor of OAM 2024. Breakfast will be served by the Washoe County Staff and will consist of Biscuits & Gravy, Bacon, Fresh Fruit, & Orange Juice.

Time: 8:30am-10:00am May 23

Contact: phone: 775-328-2575

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

Better Business Bureau: How to Avoid Scams – Free

Come learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams.

Time: 10:00am May 23

Contact: email: tjohnston@mw.bbb.org phone: 775-284-0277

Location: Sparks Senior Center Arts & Crafts Room, 97 Richards Way Sparks, NV 89431

Newcomers and Neighbors Club of Northern Nevada

Reserve now – See Cost Below

Join us for a luncheon that happens on the 4th Thursday of every month. The NNCNN is a nonprofit social club offering a huge list of activities and opportunities to meet new people. Check out our website for more details: **Reserve your spot for lunch for \$35.50.**

Time: 10:00am-1:00pm May 23

Contact: email: reservations@nncnn.org

Location: Atlantis Hotel and Casino 2nd Floor, 3800 S Virginia Street Reno, NV

11th Annual Stuff-A-Bus for Seniors!

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

Time: 2:00pm-6:00pm May 23

Contact: phone: 775-328-2575

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

MAY 24

FRIDAY

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

MAY 25

SATURDAY

See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium

MAY 26

SUNDAY

The Ballroom of Reno

Come on out Sunday afternoon to dance to all types of music played by our great DJ! **Admission: \$5**

Time: 2:00pm-5:00pm May 26

Contact: email: deannabragg@att.net phone: 408-596-0317

Location: 2540 Sutro Street Suite 4, Reno, NV 89512

MAY 28

TUESDAY

See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Senior Idol

MAY 29

WEDNESDAY

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery, Wednesday Walks

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 a refuge and opportunity for dogs and cats who are out of options and desperately need a new start.

Time: 11:00am-12:00pm (Noon) May 29

Contact: email: kristen@crccs.org or carol@crccs.org

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

MAY 30

THURSDAY

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance

MAY 31

FRIDAY

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

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

Enjoy ice cream sundaes, music, dancing, and fun! Contact the Washoe County Senior Center for more info.

Time: 2:00pm-4:00pm May 31

Contact: phone: 775-328-2575

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

Any events in June 2024

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



HUMAN SERVICES
AGENCY



Stuff-A-Bus

For Seniors

Friday, May 24, 2024

1:00 pm - 6:00 pm

**Target in Sparks
1550 E Lincoln Way, Sparks**

Help local seniors in our community by stuffing-a-bus with needed necessities such as deodorant, brushes, combs, denture cream and non-perishable snack items.



HUMAN SERVICES
AGENCY

Big thank you to our sponsors.