

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

Strive
for
Wellness

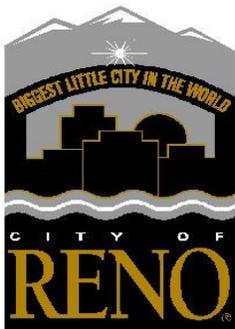
Know
Your
Rights

Stay
Engaged

Explore
New
Things



AGE OUT
LOUD!



Older Americans Month, 2017

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The Reno Senior Citizen Advisory Committee and Washoe County Senior Advisory Board will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Throughout the month, many organizations will conduct activities and share information designed to highlight local programs and resources. We encourage you to get involved by picking up an OAM booklet from any local senior center and attending one of our exciting events.

To learn more about how one may participate and celebrate this wonderful month, contact 775.328.2575.

ACTIVITY LOCATION KEY

EVENT LOCATION	ADDRESS	PHONE #
Evelyn Mount Northeast Community Center	1301 Valley Road.	775.334.2262
Neil Road Recreation Center	3925 Neil Road.	775.689.8484
Teglia's Paradise Park Activity Center	2745 Elementary Drive.	775.356.3176
Washoe County Senior Services Center-Reno	1155 E. 9th Street.	775.328.2575
Washoe County Senior Services Center -Sparks	97 Richards Way.	775.353.3110
Washoe County Senior Services-Gerlach	385 E. Sunset Blvd.	775.557.2206
Cold Springs Community Center	3355 White Lake Pkwy.	775.971.8542
Sun Valley Neighborhood Center	115 West 6th Avenue.	775.673.9417
City of Sparks Parks & Recreation	98 Richards Way.	775.353.2376

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

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Join in the fun and WIN!

Each event you attend, you will receive a raffle ticket. Some events you will receive two! Keep an eye out for the () double tickets throughout the booklet. Bring your raffle tickets to the closing ceremonies where you could win fantastic prizes!

Icon Key:

Health



Wellness



Music



Nature



Social



Information



Entertainment



Double Ticket Events



May, 2017

Washoe County Senior Center

www.washoecounty.us/seniorsrv 1155 E. 9th. Street Reno, Nevada 89512 775-328-2575

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00-1:00PM Older American's Month Kick-Off Celebration</p>	<p>2</p> <p>8:00-11:30 Crochet Club 8:00-11:30 Texas Hold-Em 9:30-12:00 Vision Support Group 10:30 Hawaiian Style Music by KANAKA 1:00-4:00 Tole Painting 1:00 Writing Class—Write Your Own Life Story</p>	<p>3</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 "Grumpy Old Men" Music & Dancing 12:00-1:30 Bingo 12:00-4:00 Scrabble & Mah Jongg 1:30-3:30 Clogging</p>	<p>4</p> <p>8:00-11:30 SNAP - Food Stamp Sign-Up Workshop 8:00-11:30 Texas Hold-Em 9:00-11:00 NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 12:00-4:00 Mah-Jongg</p>	<p>5</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00-12:00 4ARP Board Meeting 12:00-1:30 Bingo 2:00-3:30 Bean Bag Baseball 7:30pm Senior Dance Club of NV-</p>
<p>8</p> <p>9:00-2:00 ARP Drivers Safety Program 9:00-10:00 Stretch & Tone -Exercise 9:00-12:00 Veteran's Resource Office 10:15-11:15 Guitar Music with Terry Cupp 10:00 AA Meeting</p>	<p>9</p> <p>8:00-11:30 Crochet Club 8:00-11:30 Texas Hold-Em 9:30-12:00 Vision Support Group 10:30 Hawaiian Style Music by KANAKA 11:30 Harold's Pioneers Meeting 1:00-4:00 Tole Painting 1:00 Writing Class—Write Your Own Life Story</p>	<p>10</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 12:00-1:30 Bingo 12:00-4:00 Scrabble & Mah Jongg 1:30-3:30 Clogging</p>	<p>11</p> <p>8:00-11:30 Texas Hold-Em 9:00-11:00 NV HOPES Blood Pressure Clinic 9:00-10:30 Senior Advocacy Meeting 10:00 Medicare/SHIP Counseling 10:30 Sam & Tom Sing 12:00-4:00 Mah-Jongg 1:00 Free Line Dancing & Lesson</p>	<p>12</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 10:30-11:30 Piano and Singing with Elise 12:00-1:30 Bingo 2:00-3:30 Bean Bag Baseball 7:30pm Senior Dance Club of NV-</p>
<p>15</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 AA Meeting 10:00 Medicare/SHIP Counseling 12:00 Bingo 12:30 RPEN Board Meeting 1:30-4:00 Senior Safety Fair 3:00-4:00 CPR Class</p>	<p>16</p> <p>8:00-11:30 Crochet Club 8:00-11:30 Texas Hold-Em 9:00 Assistance League of Reno/Sparks Food Pantry 10:00 Medicare/SHIP Counseling 10:30 Hawaiian Style Music by KANAKA 10:00-12:00 HOPES Immunization Clinic</p>	<p>17</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 "Grumpy Old Men" Music & Dancing 12:00-1:30 Bingo 12:00-4:00 Scrabble & Mah Jongg 1:30 Movie in the Library— "Alice Through the</p>	<p>18</p> <p>8:00 Food Bank of Northern NV Pantry Distribution 8:00-12:00 SNAP - Food Stamp Sign-Up Workshop 8:00-11:30 Texas Hold-Em 9:00-11:00 NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 12:00-4:00 Mah-Jongg</p>	<p>19</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00 Medicare/SHIP Counseling 12:00-1:30 Bingo 2:00-3:30 Bean Bag Baseball 7:30pm Senior Dance Club of NV- Spotlight Dance</p>
<p>22</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 AA Meeting 10:00 Medicare/SHIP Counseling 10:30-11:30 Jeff Wayne Sings 2:30-4:30 Living Wills & Power of Attorney</p>	<p>23</p> <p>8:00-12:00 SNAP - Food Stamp Sign-Up Workshop 8:00-10:00 USDA Commodity/TEFAP Food Dist. 8:00-11:30 Crochet Club 8:00-11:30 Texas Hold-Em 10:00 Medicare/SHIP Counseling 10:30 Hawaiian Style Music by KANAKA 1:00-4:00 Tole Painting</p>	<p>24</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 12:00-1:30 Bingo 12:00-4:00 Scrabble & Mah Jongg 1:30-3:30 Clogging</p>	<p>25</p> <p>8:00-11:30 Texas Hold-Em 9:00-11:00 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 10:00-11:00 Accordion Players 12:00-4:00 Mah-Jongg 1:00 Free Line Dancing & Lesson 9:00-10:30 Senior Advocacy Meeting</p>	<p>26</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00 Care Chest of Sierra Nevada 10:30-1:30 Karaoke by Allen 11:30-12:30 Monthly Birthday Party 12:00-1:30 Bingo 2:00-3:30 Bean Bag Baseball 7:30pm Senior Dance Club of NV- Live Music</p>
<p>29</p> <p>Closed for Memorial Day</p>	<p>30</p> <p>8:00-11:30 Crochet Club 8:00-11:30 Texas Hold-Em 10:00 Medicare/SHIP Counseling 10:30 Hawaiian Style Music by KANAKA 1:00 Writing Class—Write Your Own Life Story 1:30 Joint Senior Advisory Board Meet-</p>	<p>31</p> <p>8:00-11:30 Texas Hold-Em 9:00-10:00 Stretch & Tone -Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 12:00-1:30 Bingo 12:00-4:00 Scrabble & Mah Jongg 1:30-3:30 Clogging</p>	<p>Senior Lunch Program Daily 11:15AM-12:30PM</p>	

City of Reno Activity Calendar, May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Zumba Gold Tai Chi Mat Yoga	2 Tai Chi Qi Gong	3 Chair Yoga	4 Brunch and a Movie *Discover Your Parks Walks Tai Chi	5 Fun Karaoke Fri- day Mat Yoga	6
7	8 Zumba Gold Tai Chi Mat Yoga	9 The Voices Tai Chi Qi Gong	10 Bowling Chair Yoga	11 *Genoa Hot Springs Discover Your Parks Walks Tai Chi	12 Mat Yoga	13
14 *Reno Aces Ball Game (Sponsored by the City of Reno's	15 Zumba Gold Tai Chi Mat Yoga	16 *Health Wellness and You Infor- mation Faire Senior Trail Walk Tai Chi	17 Bowling Chair Yoga Mat Yoga	18 *Discover Your Parks Walks Tai Chi Zumba Gold Chair Yoga	19 Mat Yoga	20 *Cinderella Broadway Musi- cal
21	22 Zumba Gold Tai Chi Mat Yoga	23 *Shuffleboard Mixed Doubles Tournament The Voices Tai Chi	24 *Go Kart Racing Bowling Chair Yoga Mat Yoga	25 *Discover Your Parks Walks Tai Chi Zumba Gold Chair Yoga	26 *Paradise Park Goes Bananas Banana Splits Mat Yoga	27
28	29 Zumba Gold Tai Chi Mat Yoga	30 Tai Chi Qi Gong	31 *Closing Ceremo- nies Bar-B-Que Lunch Bowling Chair Yoga	*Older Americans Month Activity Calendar	Registration City of Reno Activities 775-334-2262 77-356-3176 775-689-8484	EMNCC TPPAC NRRC

2017 OLDER AMERICANS MONTH OPENING CEREMONIES

May 1

Kick Off Celebration/Information Faire **9:00AM-1:00PM**

Washoe County Senior Services invites you to the Opening Ceremony celebrating Older Americans Month 2017. This year's theme is "Age Out Loud". As a part of the Opening Ceremonies,

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

Today's Events

Welcome
Pledge of Allegiance
Emcees ~ Amanda Sanchez and
Dick Stoddard from Channel 8 News
Introduction of Dignitaries
Proclamation read by Katie Pace from
Senator Heller's office
Entertainment provided by Jeff Wayne
Information Faire

Stuff-A-Bus will be accepting donations for new items; including sweaters, bus passes, jackets, gift cards, cleaning supplies, adult diapers and hygiene products. Donate a new item today and receive a raffle ticket towards the drawing at the Closing Ceremonies!



Join us for a special lunch at the Senior Center celebrating OAM

Beef Ribeye Roast/DemiGlace with Horseradish Sauce
Roasted Garlic/Cheddar Mashed Potatoes
Sautéed Vegetable Medley
Dinner Rolls
Assorted Mini Desserts



*Meal is offered to seniors 60 and older for a suggested \$2.00 donation.
Individuals under 60 may purchase a meal for \$4.00.



May 1

Zumba Gold

5:30PM-6:30PM

Zumba is known for its zesty Latin music and helps dramatically enhance health in a dance party atmosphere. The moves and pacing are modified to suit the needs of active older participants as well as those starting their fitness journey. Join the party and dance your way into shape with Zumba! Classes are hosted by Patricia Gallimore.

Location: Teglia's Paradise Park Activity Center (2745 Elementary Dr.)

Fee: \$10.00 Monthly Fee

Additional Dates: Wednesdays—May 8th, 15th, 22nd



May 2



Could You Be Making Yourself Sicker?

12:00PM-1:30PM

Did you know there could be harmful interactions when combining prescription medications and self-prescribed over-the-counter (OTC) medications, supplements and herbal therapies, including some foods and beverages? Learn how to identify and prevent these unwanted side effects and what important information you should be sharing with your healthcare providers. Bring a list of your current medications (strength, dosage and when started) and sign-up for a free comprehensive medication review. Sponsored by the Sanford Center for Aging Medication Therapy Management Program.

Location: 2nd Baptist Church, 1265 Montello St., Reno

Fee: FREE

Additional Dates:

May 10th at the Gerlach Senior Center, 385 E. Sunset Blvd. 11:00AM-1:00PM



Archery

2:00PM-4:00PM

Get excited about archery! Come on out for fun and exercise at High Desert Archery. Our friends at High Desert Archery offer basic instruction and free equipment use. We want you to gather your momentum and get involved in this exciting sport.

Location: High Desert Archery

Fee: \$10.00—Scholarships apply

Pick up times and locations:

1:00PM— Evelyn Mount Northeast Community Center (1301 Valley Rd.)

1:15PM— Teglia's Paradise Park Activity Center (2745 Elementary Dr.)

1:30PM— Neil Road Recreation Center (3925 Neil Rd.)

Additional Dates: Every Thursday—May 9th, 16th, 23rd and 30th

May 2



Preventing Elder Financial Abuse

1:00PM-2:00PM

Topics discussed will include what is elder financial abuse, warning signs of financial abuse, recognizing financial fraud and preventing financial abuse. Presented by Wells Fargo.

Location: Sparks Library—1125 12th Street, Sparks

Fee: Free

Additional date: May 11th at the Northwest Reno Library



May 3

Nevada Museum of Art—Free Entry!

10:00AM-6:00PM

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.

Location: 160 West Liberty Street

Contact: 775-329-3333

Fee: FREE entry all day for Seniors

Additional dates: Wednesdays ~ May 10th, 17, 24th and 31st



Home is Where I Want to Be... Safe, Happy and Tripping Free

11:00AM-12:00PM

Most of us want to be independent and remain in our homes as long as we are safe and comfortable. Come join The Continuum Home Modification and Safety Team to learn about safety and convenient solutions: For prevention of falls and injuries, ideas for coping with chronic health issues that affect your independence, easier ways of taking care utilizing adaptive equipment, tips and tools for ease of cooking and cleaning, ideas for home modifications ranging from free to \$\$\$\$\$\$. Free self-home assessment form!

Location: The Continuum, 3700 Grant Dr., Reno

Contact: 775-849-4700

Fee: FREE



May 3



Senior Bowling

1:00PM-4:00PM

Come bowl with your friends or make new ones! Not a league, no handicapping or prizes! Just bowling for fun and exercise.

Location: High Sierra Lanes

Fee: \$7.50 for 3 games/scholarships apply

Pick up times and locations:

12:15PM— Evelyn Mount Northeast Community Center (1301 Valley Rd.)

12:30PM— Teglia's Paradise Park Activity Center (2745 Elementary Dr.)

12:45PM— Neil Road Recreation Center (3925 Neil Rd.)

Additional Dates: Every Wednesday—May 10th, 17th, 24th and 31st

May 4



National Automobile Museum

9:30AM-5:30PM

Stroll down the streets of the award winning National Automobile Museum. Enjoy the sights and sounds of the eras and be amazed at more than 200 eye-popping cars. Seniors are FREE each Thursday during Older American's month

Location: National Automobile Museum, 10 South Lake St., Reno

Fee: FREE

Contact: 775-333-9300

Additional dates: Thursdays ~ May 11th, 18th, and 25th



Discover Your Park Walk

10:00AM-11:30AM

Thanks to the generous sponsorship of the Reno Senior Citizen Advisory Committee, Truckee Meadows Parks Foundation will be leading a series of interpretive walks through our local parks specifically designed for seniors during May's Older Americans Month. These one-mile, one-hour walks will provide seniors with a fun and educational way to explore our parks while receiving the physical and mental benefits of spending time outdoors. The walk schedule and directions are at tmparksfoundation.org.

Location: Idlewild Park: 115 Idlewild Ave. Reno

Fee: FREE

Additional Dates:

May 11th: Valleywood Trail, 6512 Valleywood Dr., Reno

May 18th: Virginia Lake Park, 1980 Lakeside Dr., Reno

May 25th: Oxbow Nature Study Area, 3100 Dickerson Rd., Reno

May 4

Ice Cream Social in Cold Springs

11:00AM-12:00PM

Come enjoy some good ice cream and conversation at the Cold Springs Community Center. Sponsored by Catholic Charities.

Location: Cold Springs Community Center, 3355 White Lake Parkway

Fee: FREE

Contact: 775-971-8542



May 6

Swing From the Heart An Afternoon Of Social Dance and Community Connection

2:00PM-4:30PM

Students from UNR's Gerontology Academic Program along with a professional dance instructor are hosting "You" and members of your community for free dance lessons, refreshments, and a photo booth to commemorate the event. We hope to see you "Swinging From The Heart!"

Hosted by the City Of Reno's Evelyn Mount Northeast Community Center; UNR's Gerontology Academic Program, Neighborhood Network of Northern Nevada, Catholic Charities and Washoe County Senior Services.

Location: Evelyn Mount Northeast Community Center

Fee: FREE



May 8

Sparks City Council Meeting

2:00PM

This is your chance to learn more about your community and let your voice be heard at the Sparks City Council meeting. The reading of the Older American Month Proclamation is on the agenda.

Location: Sparks City Council Chambers: 431 Prater Way, Sparks



Wills & Estate Planning

2:30PM-4:30PM

In this seminar, an attorney will explain the benefits of having a will, probate and not probate assets. The seminar will touch upon the differences between a Will and a Trust. Presented by Nevada Legal Services.

Location: Washoe County Senior Services Center—Reno

Fee: FREE





May 8

Sparks High School Alumni Hall of Fame Ceremony 4:00PM

Come down and welcome the newest inductees to the Sparks High School Hall of fame. Nominations can be from the Distinguished Alumni, Athlete or Friend. Following the ceremony, in the Sparks theater, a reception will follow in the School Cafeteria.

Location: Sparks High School ~ 820 15th St., Sparks



Meditation 5:30PM-6:30PM

Exhale ~ We will explore the key elements of correct posture to ensure a strong, stable and comfortable foundation for practice.

Location: Larry D. Community Center, 1200 12th St., Sparks

Fee: FREE

Contact: 775-353-7780

May 9



Budgeting on a Fixed Income 5:30PM-6:30PM

Topics discussed will include prioritizing expenses/budgeting, living on a limited income, savings, managing debt, preparing for retirement and maximizing available resources. Presenter: Financial Guidance Center, Alma Diaz.

Location: Spanish Springs Library—7100-A Pyramid Way

Fee: FREE

Contact: 775-424-1800



May 10

Reno City Council Meeting 12:00 Noon

Hear ye, hear ye, now is your chance for your voice to be heard! All are invited to be part of your community's political process. On the agenda; the reading of the Older American Month Proclamation!

Location: Reno City Council, 1 East 1st Street, Reno



Could You Be Making Yourself Sicker? 11:00AM-1:00PM

This event is also offered on May 2nd—Please see the full description on page 7. Location: Gerlach Senior Center ~ 385 E. Sunset Blvd., Gerlach

Contact: 775-557-2206

May 10

Nevada Museum of Art—Free Entry!

10:00AM-6:00PM

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.

Additional dates: Wednesdays ~ May 3rd, 17, 24th and 31st

Location: 160 West Liberty Street

Contact: 775-329-3333

Fee: FREE entry all day for Seniors



Alzheimer's Association— The Basics

2:00PM-3:00PM

Basics for Spanish Speakers: Spanish Description:

La enfermedad de Alzheimer y demencia no son una parte normal del envejecimiento. **Sintomas Básicos:** Pérdida De Memoria, Demencia, y Enfermedad de Alzheimer **sera** presentado en español por la Asociación de Alzheimer, para cualquier persona a quien le gustaría saber más sobre la enfermedad de Alzheimer y demencia.

Presentadora: Anakaren Lamas

Location: Alzheimer's Association—1301 Cordone Avenue, Reno

Fee: FREE



Kundalini Yoga

4:30PM-5:45PM

Come learn and enjoy Kundalini Yoga an uplifting blend of spiritual and physical practices which incorporates movement, dynamic breathing techniques and meditation. The goal is to build physical vitality and increase consciousness. Presented by: Tod Sherman

Location: The Continuum—3700 Grant Drive, Suite A, Reno

Fee: FREE

Additional Dates: Wednesdays, May 17th, 24th and 31st



May 11

Pickleball Open Play

8:00AM-11:00AM

Pickleball combines elements of badminton, tennis and table tennis all in one sport. It's loads of fun and provides a great workout! Sponsored by the Sparks Park and Recreation Center.

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

Fee: FREE

Contact: 775-353-2385



May 11



Genoa Hot Springs Lunch and Spa

10:00AM-2:00PM

Let's go to Genoa Hot Springs and take a day off to relax. We will transport you to and from the Genoa Hot Springs where you will spend your afternoon enjoying the waters of the hot springs which are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals of the water and eat a scrumptious lunch. Sponsored by the City of Reno Parks and Recreation Department.

Location: Genoa /David Walley's Hot Springs

Fee: \$30.00 (includes lunch at the Hot Springs) Scholarships apply

Arrive 10:00AM/ Depart: 2:00PM

8:15AM— Evelyn Mount Northeast Community Center (1301 Valley Rd.)

8:30AM— Teglia's Paradise Park Activity Center (2745 Elementary Dr.)

8:45AM— Neil Road Recreation Center (3925 Neil Rd.)



Preventing Elder Financial Abuse

1:00PM-2:00PM

This event is also being offered on May 2nd at the Sparks Library.

Please see Page 8 for a full description.

Location: Northwest Reno Library—2325 Robb Dr.

Fee: FREE

Contact: 775-787-4100

May 13



Walking History Tour and Sparks Museum

11:00AM-1:00PM

Celebrate "Senior Day at the Museum" and learn about the history of downtown Sparks. This one-hour walking tour includes 18 buildings and spots that have played an important role in the history and development of Sparks and Nevada.

Your guide, Scott Carey, grew up in Sparks and since working on the Sparks Centennial Commission has been actively working on projects to preserve and enhance the history of this great community. Following his tour, the Sparks Heritage Museum will be open at 12 providing self-guided tours of the museum and guided tours of the train across the street from the museum. Meet at 11:00AM, Museum opens at Noon.

Location: In front of Sparks Museum, 814 Victorian Ave., Sparks

Fee: FREE

May 14

Reno Aces Baseball Game

1:00PM-4:00PM



Come on out to the Reno Aces vs New Orleans baseball game enjoy this afternoon game which includes a cap and food voucher. Sponsored by the Senior Citizen Advisory Committee.

Location: Greater Nevada Field (Aces Ball Park)

Fee: \$10.00 (includes ticket, food voucher and baseball cap)

Contact: 775-334-2260

Pick-up Times and Locations: Shuttles begin at 11:00AM from:

Evelyn Mount Northeast Community Center (1301 Valley Rd.)

Teglia's Paradise Park Activity Center (2745 Elementary Dr.)

Neil Road Recreation Center (3925 Neil Rd.)

May 15

Senior Safety Fair

1:30PM-4:00PM



Come hear experts make presentations and answering all your concerns and questions about home safety and security, elder abuse and scams, crime prevention and fire safety, and even CPR training.

Location: Washoe County Senior Services Center — Reno

May 16

Washoe County Commissioners Meeting

10:00AM



Be part of the process! The public is welcome and encouraged to let your voices be heard at the monthly meetings. This month, hear the Older American Month Proclamation.

Location: Washoe County Complex, 1001 E. Ninth Street, Building A, Reno

Senior Aquacise

10:00AM-11:00AM



Enjoy a slower paced workout that increases fitness level and strength. The class includes stretching, warm up, workout and cool down. Please mention at check in that you are attending for OAM. Fees will be covered by the City of Sparks Park and Recreation Department.

Location: Alf Sorensen Community Center, 1400 Baring Blvd.

Fee: FREE

May 16



Senior Legal Issues Panel

1:30PM-2:30PM

Attend our Seniors open forum on a wide variety of topics such as landlord/tenant, consumer debt, wills, advance directives affecting seniors and an array of other seniors' concerns; a host of experts will take your questions and give you the answers and information you need.

Location: Washoe County Senior Services Center —Reno

Fee: FREE



Health, Wellness and You Info Faire

11:00AM-12:30PM

Health, Wellness and You Information Faire is designed with you in mind. Insightful and useful information that you can use in your everyday life will be presented by various vendors. Come join us at this worthwhile adventure and enjoy pleasant company, refreshments, prizes and giveaways.

Location: Teglia's Paradise Park Activity Center, 2745 Elementary Dr.

Fee: FREE

May 17



Alzheimer's Association Difficult Conversations 1:30PM- 3PM

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss; going to the doctor for a diagnosis, deciding when to stop driving and making financial plans for future care.

Location: Alzheimer's Association—1301 Cordone Ave., Reno

Fee: FREE



Nevada Museum of Art—Free Entry!

10:00AM-6:00PM

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.

Additional dates: Wednesdays ~ May 10th, 17, 24th and 31st

Location: 160 West Liberty Street

Contact: 775-329-3333

Fee: FREE entry all day for Seniors

May 17

Mayor Challenge Bike Ride

9:00AM-1:00PM

Join Mayor Shieve for a casual bike ride from Reno to Sparks beginning at 9:00AM at the City Plaza in front of City Hall and will conclude at Sparks City Hall.

Location: Reno City Hall Plaza, 10 N. Virginia St., Reno



May 18

National Automobile Museum

9:30AM-5:30PM

Seniors are FREE each Thursday during Older American's month!

Location: National Automobile Museum, 10 South Lake St., Reno

Fee: FREE

Contact: 775-333-9300

Additional dates: Thursdays ~ May 4th, 11th, and 25th



Line Dancing Class

1:00PM-3:30PM

It's time to get your boot-scootin' boogie on! Beginners can learn the basic steps of country western line dancing in a fun and informal setting from 1:00PM-1:30PM. Take that knowledge and stick around to learn a new line dance that keeps your heart pumpin' and boots scootin'!

Location: Washoe County Senior Services—Reno

Fee: FREE



May 19

Nevada Humanities Salon: Aging Creatively 6:00PM-7:30PM

Nevada Humanities, in partnership with the Retired & Senior Volunteer Program (RSVP) of Washoe County, is pleased to announce the next event in the Nevada Humanities Salon series, entitled "Aging Creatively." Moderated by Paul Baker Prindle, Director of UNR, this discussion will bring together an eclectic panel of individuals who recognize the value of "actively aging," leading dynamic lives, participating fully in their communities, and challenging stigmas often associated with getting older. The panelists include Jim Brown, a Senior Olympian, Dr. Peter Reed, Director of the Sanford Center for Aging, and Lynne Gray, Vice President of the Osher Lifelong Learning Institute at UNR. Includes audience discussion and light refreshments.

Location: Sundance Books and Music, 121 California Ave., Reno

Fee: FREE

Contact: 775-784-1807



May 20



Lunch and Musical, “Cinderella”

11:30AM-4:00PM

Rodgers + Hammerstein’s **CINDERELLA** is the Tony Award®- winning Broadway musical that’s delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love—plus some surprising new twists! This hilarious and romantic Broadway experience is perfect for anyone who’s ever had a wish, a dream... or a really great pair of shoes.

Location: River Grille and Pioneer Center

Fee: \$65.00 (Scholarships apply)

Contact: 775-334-2262

Pick-up times and locations:

11:00AM— Evelyn Mount Northeast Community Center (1301 Valley Rd.)

11:00AM— Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)

11:00AM— Neil Road Recreation Center (3925 Neil Rd.)

May 22



Sanford Center for Aging Open House

9:00AM-11:00AM

The Sanford Center for Aging enhances the quality of life and well-being among elders through education, research, and community outreach through a variety of programs, services, educational coursework and geriatric clinical services. Come meet the Sanford Center staff, tour the Geriatric Specialty Clinic and learn about the many programs and services available.

Location: Sanford Center for Aging, Center for Molecular Medicine Building—UNR, 1664 N. Virginia St. Rm #150

Contact: 775-784-6375



Living Wills/Power of Attorney

2:30PM-4:30PM

In this seminar the attendees will learn about important long term planning tools such as powers of attorney and living wills also known as advance directives. The will explain the benefits of having a power of attorney for medical or financial matters. Presented by Nevada Legal Services and the Senior Law Project.

Location: Washoe County Senior Center—Reno

Fee: FREE

May 23

Shuffleboard—Mixed Doubles Tournament

10:00AM-12:00PM

Come join in the fun of this mixed doubles tournament, and have some good healthy fun and exercise. We will have prizes for the winners and light snacks for all. We hope to see you there.

Location: Evelyn Mount Northeast Community Center (1301 Valley Rd.)

Fee: \$10.00 (Scholarships apply)



Senior Legal Issues

10:30AM-11:30AM

Come join Homa Woodrum, Advocacy Attorney at Aging and Disability Services Division, and George McNally of Senior Law Project for a discussion on senior legal issues.

Location: Sun Valley Senior Center, 115 W. 6th Ave., Sun Valley

Fee: FREE

“The Open House” at Reno Little Theater

1:00PM-3:00PM

Enjoy this unique and witty performance where we learn of a nuclear family that has been nuked into non-existence and replaced by a new clan that looks suspiciously like the old.

Location: Reno Little Theater, 147 E. Pueblo St.

Fee: Admission is Free; however donations accepted.

Additional date: May 26th

May 24

Go Kart Racing

10:00AM-12:00PM

Would you like to experience this exciting sport at the Need 2 Speed indoor track. This event features high-performance electric karts. The karts are capable of 45 MPH speed. Come go with us and experience the rush of electric kart racing today!

Location: Need 2 Speed: 6895 Sierra Center Pkwy, Reno

Fee: \$20.00 (Scholarships apply)

9:00AM — Evelyn Mount Northeast Community Center (1301 Valley Rd.)

9:15AM — Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)

9:30AM — Neil Road Recreation Center (3925 Neil Rd.)

Nevada Museum of Art—Free Entry!

10:00AM-6:00PM

Enjoy the unique and incredible displays every Wednesday this month.

Additional dates: Wednesdays ~ May 3rd, 10th, and 31st



May 24



Subsidized Housing Options

11:00AM-12:00PM

The Reno Housing Authority understands the need for affordable housing options for Seniors in our community. The presentation will include an overview of the various housing options provided by the Reno Housing Authority, including Family and Senior Public Housing, the Housing Choice Voucher program and Project Based Vouchers. Presented by Amy Jones, Executive Director, Reno Housing Authority.

Location: North Valleys Reno Library—1075 North Hills Blvd., Suite 340

Fee: FREE

Contact: 775-972-0281

May 25



Sparks Ice Cream Social

11:20AM

Join us at the Sparks Senior Center for an old fashioned Ice Cream Social, furnished by the City of Sparks Park and Recreation.

Location: Washoe County Senior Services Center– Sparks, 97 Richards Way

Fee: FREE

Contact: 775-353-3110



National Automobile Museum

9:30AM-5:30PM

Seniors are FREE each Thursday during Older American's month!

Location: National Automobile Museum, 10 South Lake St., Reno

Fee: FREE

Contact: 775-333-9300

Additional dates: Thursdays ~ May 4th, 11th and 18th



RTC and Northern Nevada Food Bank Tour

12:30-2:30PM

Groups will take a brief (30 minute) tour of the warehouse. They will learn about the food and procedures that take place for housing and distribution of the food. There will also be an explanation of volunteer services. Light snacks are provided at the end of the tour. RSVP is not required but it is helpful. Space is limited.

RSVP to: Washoe County Senior Services Center—775-328-2575

Pick Up Time and Locations: 12:30PM: Washoe County Senior Services Center—Reno, returning back at approximately 2:30PM.

May 25

Iron Chef Cooking Demonstration

1:30PM-2:30PM



Join Catholic Charities Senior Meals Chef, Kim Vandenhazel, as he cooks delicious stir fry meals for your tasting and viewing pleasure. An array of fresh vegetables and fruits will be selected from a seasonal farmers market. Enjoy samples of the home-style stir fry at the cooking demonstration as Iron Chef Kim demonstrates how to make quick and healthy meals in minutes.

Location: Washoe County Senior Services Center—Reno, Patio

Fee: FREE

Picnic in the Park: Celebrating Older American's Month

10:30AM-1:00PM



Catholic Charities of Northern Nevada and the Retired and Senior Volunteer Program (RSVP) of Washoe County invite you to join us for a picnic at Rancho San Rafael Regional Park. A picnic lunch will be provided and students from the Ecology, Evolution and Conservation Biology Program at the University of Nevada, Reno will offer guided nature walks. Come share in the fun and games! Registration is required and space is limited. Please register with Suellen by May 12th: rsvp@unr.edu or (775) 784-1807.

Location: Peavine Pavilion, Rancho San Rafael Regional Park, 1595 N Sierra Street

Fee: FREE but registration required

Retired and Senior Volunteer Program (RSVP) Orientation

3:00PM-4:00PM



Please join us for our monthly volunteer orientation to learn about how you can improve lives and strengthen our community through volunteer service. RSVP helps to foster meaningful volunteer experiences by helping people discover the place where their skills, experience and available time match the needs in our community. Please register in advance for the orientation by e-mailing rsvp@unr.edu or calling (775) 784-1807.

Location: UNR Center for Molecular Medicine, 1664 N. Virginia St. Rm #150

Fee: FREE and registration encouraged

May 26



Paradise Park Goes Bananas

1:00PM-3:00PM

Come join us as we go bananas in the park. Create your own banana split and enjoy some music while you eat it. Sponsored by the City of Reno.

Location: Teglia's Paradise Park Activity Center (2745 Elementary Dr.)

Fee: FREE

May 30



Stuff A Bus with the Reno Aces & the Reno 1868 FC's 4:00PM-7PM

Be a part of an amazing program that gives back to your community! Join the Reno Aces Baseball team and the Reno 1868 FC's Soccer team as we continue to collect new items and Stuff-A-Bus at the Greater Nevada Field. Bring your new items (sweatshirts/pants, gift cards, jackets, bus passes, cleaning supplies, etc.) to donate today!

Location: Greater Nevada Field, 250 Evans Ave., Reno



How to Succeed as a Senior Without Really Trying

10:00AM-11:30AM

Older Americans Month gives recognition and respect to elders who have a wealth of talent, ability, experience and knowledge. This spectacular performance show will feature the diverse talents of individuals from this group in an entertaining and humorous manner, emphasizing the positive aspects of aging. Sponsored by the Sanford Center for Aging Senior Outreach Services. Breakfast generously provided by MorningStar Senior Living of Sparks. RSVP by Friday, May 26 to 784-7506, by email to sinaw@unr.edu or at <https://howtosucceedsenior.eventbrite.com>.

Light breakfast/networking available at 9:00AM, performance at 10:00AM

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

May 31



Nevada Museum of Art—Free Entry!

10:00AM-6:00PM

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.

Additional dates: Wednesdays ~ May 3rd, 10th, 17th, and 24th

Location: 160 West Liberty Street

Contact: 775-329-3333

Fee: FREE entry all day for Seniors

OAM Closing Ceremonies

Come join the fun as we celebrate the closing of another Older Americans Month. Stop by and thank the many volunteers, sponsors and seniors that helped make these events a success. A BBQ lunch will be included along with a raffle for very cool prizes. Be sure to bring all your raffle tickets with you!



Wednesday, May 31, 2017
10:00am to 1:00pm
Evelyn Mount Northeast Community Center
775-657-4602
FREE!



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

Spanish Springs Branch

Young Chautauquans	May 16 & 23	5-7PM
Crochet Connection	May 4, 11, 18 & 25	4-6PM
Family Games Day	May 7	5PM
Knitting Group	May 7 & 21	1-3PM
Tuesday Book Group	May 9	1PM
Mystery Book Club	May 21	1PM
Scrapbooking	May 28	10AM-5PM
Larry Wilson	May 30	5:30PM

Northwest Reno Branch

Senior Memoir Writing	May 3	1-3PM
Raising Backyard Chickens	May 3	5-6PM
Preventing Elder Abuse	May 11 & 25	1-2PM
Afternoon Book Club	May 10	2-3:30PM
Knitting & Crochet Club	May 13	1-3PM
Senior Memoir Writing	May 17	5-6:30PM
Eclectic Evening Book Club	May 17	5-6:30PM
Knitting & Crochet Club	May 20	1-3PM

South Valleys Branch

Tuesday Night Yarn Crew	Tuesdays	5:30PM
Bridge Group	Fridays	1PM
Adult Coloring	May 15	6PM
Lifescapes	May 11 & 25	10:30AM
Healing Hearts	May 9	1-3PM
Healing Hearts	May 23	1-3PM

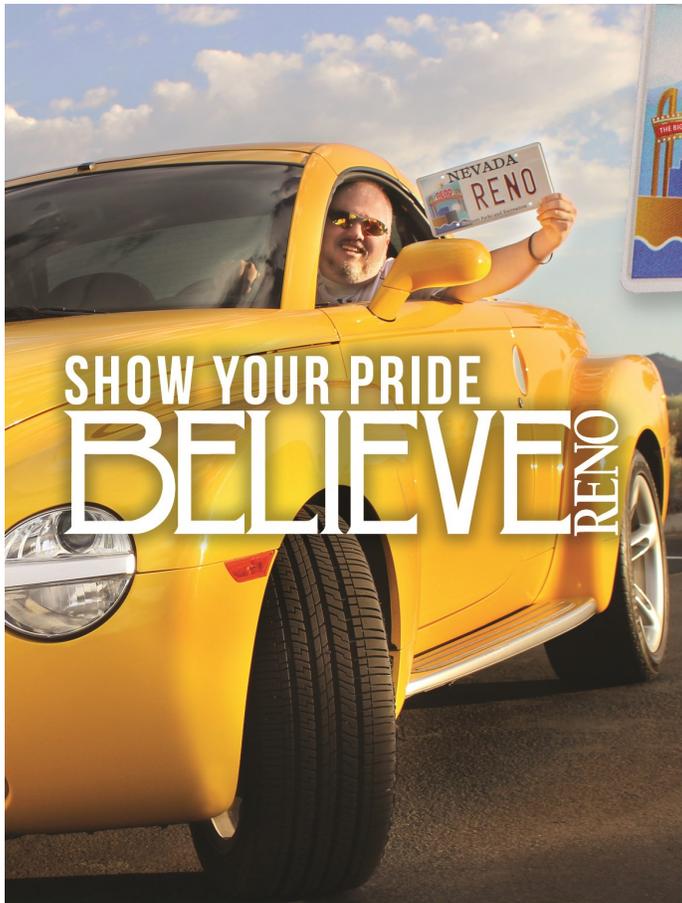
North Valleys Branch

Yarn Time	May 10 & 24	2-4PM
Mystery Sleuths Book Group	May 10	5:45-6:45PM
Reno Housing Authority		
Subsidized Housing Options	May 24	11AM-Noon
Speaker Backyard Chickens	May 24	6PM
Great Basin Young Chautauqua	May 31	4:30-6PM

Sparks Branch

Computer Class	May 3, 10, 17, 24, 31	1-3PM
Movie Matinee	May 8 & 23	1PM
Lifescapes	May 9 & 23	2PM
Hour of Code	May 16 & 30	11AM-Noon

NOTES



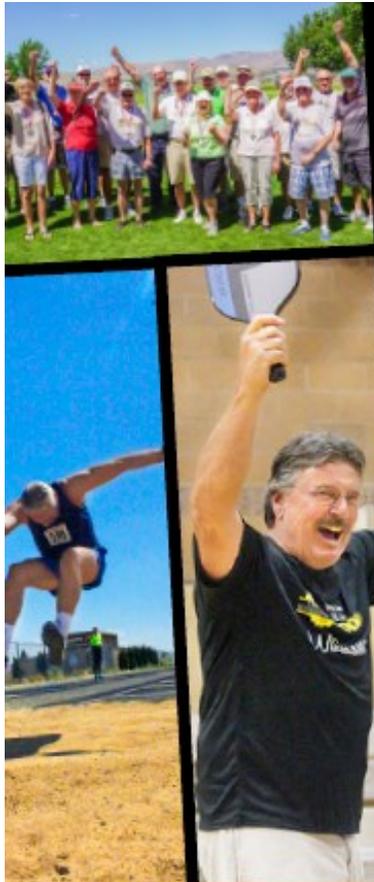
SHOW YOUR PRIDE
BELIEVE RENO

GET YOURS AT THE DMV

BELIEVE in this city by getting a Reno license plate today and get **FREE FRIDAY PARKING** in City of Reno metered spaces for any vehicle displaying the Reno plate!

Visit the DMV or go to Reno.Gov/Plate for more information.

334-INFO(4636) | Reno.Gov/Plate | @CityofReno



Presented by the City of Reno and Senior Care Plus

August 12-26

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

\$25 to Register | \$10-30 Sports/Events

Join us for the Closing Ceremonies
See entry form or call for ticket prices.

Archery | Basketball Skills | Beanbag Toss | Bowling
Card Games | Fly Casting | Go Karts | Golf | Horseshoes
Mini Golf | Pickleball | Swimming | Table Tennis
Track and Field | Walk Race...AND MORE!



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





OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

STUFF A BUS FOR SENIORS

DONATION DRIVE

MAY | SEVERAL REGIONAL LOCATIONS
18-30

MAY | GREATER NEVADA FIELD AT 4-6PM
30

PLEASE PROVIDE NEW ITEMS ONLY



SWEAT SHIRTS/PANTS



BUS PASSES



JACKETS



GIFT CARDS



CLEANING SUPPLIES



HYGIENE PRODUCTS



ADULT DIAPERS

FOR MORE INFORMATION:

Reno.Gov/Seniors | WashoeCounty.Us/SeniorsRV
775-334-4636 | 775-328-2575



Items distributed by Washoe County Senior Services