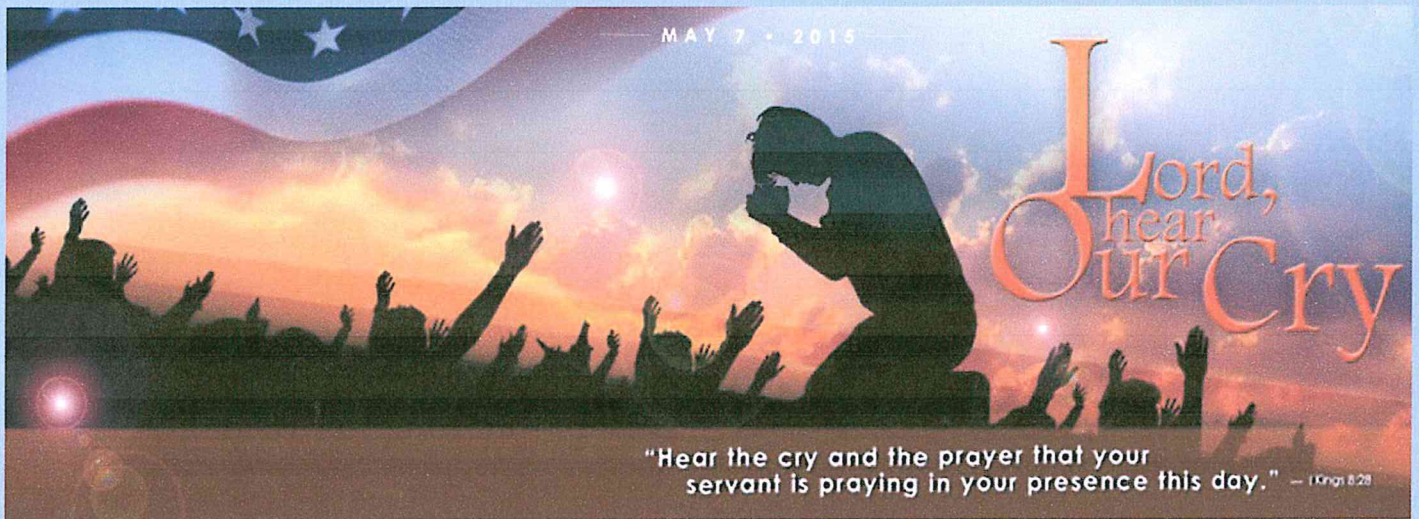


The attached document was submitted to the
Washoe County Board of Commissioners during
the meeting held on April 21, 2015.
by Robert Larkin
for Agenda Item No. 7A6
and included here pursuant to NRS 241.020(7) as
amended by AB65 of the 2013 Legislative Session.

**THE PRAYER OF A RIGHTEOUS PERSON
IS POWERFUL AND EFFECTIVE JAMES 5:16**



**May
7**

**Washoe County Complex
1001 E. 9th Street
12pm - 1pm**

**IN A TIME WHEN OUR NATION AND THE WORLD ARE IN TURMOIL...
WE CAN MAKE A DIFFERENCE BY PRAYING!
PRAYING AND WORSHIPPING TOGETHER
IS ONE OF THE MOST POWERFUL THINGS WE CAN DO!**

**IT IS AN HONOR TO SERVE
OUR COMMUNITY AS COORDINATORS
FOR THE NATIONAL DAY OF PRAYER
I HOPE YOU AND YOUR CONGREGATION
WILL JOIN US FOR SUCH A RELEVANT EVENT**

**Pastors Cesar & Rita Minera
5301 Longley Ln. A-17
Reno, NV 89511
(775) 825-4446**

www.ministeriopalahradevida.com

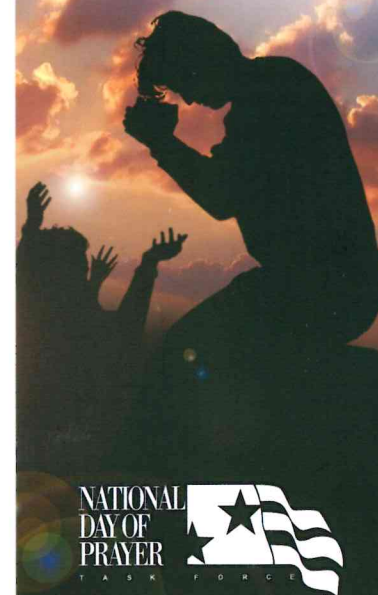


*- BCC 4-21-15
Robert Larkin #7A6*

The attached document was submitted to the
Washoe County Board of Commissioners during
the meeting held on April 21, 2015.
by Bonnie Weber
for Agenda Item No. 7A6
and included here pursuant to NRS 241.020(7) as
amended by AB65 of the 2013 Legislative Session.

MAY 7 • 2015

Lord, hear Our Cry



NATIONAL
DAY OF
PRAYER



TASK FORCE

www.NationalDayOfPrayer.org



Government

Ask God to grant our leaders wisdom, discernment, and hearts open to His will.

(1 Timothy 2:1-2, Romans 13:1-2)



Church

Pray for Churches and ask God to preserve and protect them, as He inspires and empowers them to equip His 'Saints'.

(Colossians 2:6-8, Ephesians 4:11-12)



Military

Pray for God to grant our Military and its leaders courage, protection, and strength for them and their families.

(2 Chronicles 32:6-8, Romans 13:4)



Family

Pray for the Lord to protect and strengthen families, marriages, and bring healing to relationships.

(Mark 3:25, Romans 12:9-13)



Education

Pray for God's presence in education and ask Him for teachers and administrators who honor His statutes, protect our children, and inspire them to discover their God-given calling.

(Proverbs 2:3-6, Proverbs 8:10-11)



Media

Pray for Christian influence in the media, from movies, television, and radio, to newspaper and magazine publishers.

(Phillipians 4:8, Psalm 119:9)



Business

Pray for divine intervention in our national, state, and local economies.

(Exodus 31:3-4, 1 Chronicles 29:17)

The attached document was submitted to the
Washoe County Board of Commissioners during
the meeting held on April 21, 2015.
by Grady Tarbutton
for Agenda Item No. 7A9
and included here pursuant to NRS 241.020(7) as
amended by AB65 of the 2013 Legislative Session.

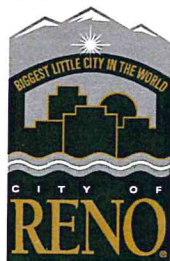
GET INTO THE ACT

OLDER AMERICANS MONTH

MAY 2015



- BCC 4-21-15
Grady Tarbutton 7A9



City of
Sparks
It's Happening Here!



Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1965, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

Each May, Washoe County and the many community agencies that serve seniors come together to celebrate *Older Americans Month*. The program is exceptional this year and has choices for every interest.

The 2015 *Older Americans Month's* theme is "Get Into the Act." The theme focuses on how older adults can take charge of their health, become engaged in the community while learning how to stay safe in the process.

Please join us as we celebrate Older Americans Month! This brochure lists the many ways to participate in *Older Americans Month*, enjoy nutritious food, music and stage performances, classes, learning how to get involved or just to enjoy some good old fashioned fun!

The month of May is filled with activities and seminars that provide tips on how to stay active and safe in the process. To learn more about activities and events planned for *Older Americans Month* and how you can participate, or to find ongoing opportunities to celebrate and support older Americans, contact 775.328.2575

Event Locations

EMNCC - Evelyn Mount Northeast Community Center, 1301 Valley Rd., 775.334.2262

IVGID - Incline Village Gen. Improvement District, 980 Incline Wy. 775.832.1310

NRRC - Neil Road Recreation Center, 3925 Neil Rd. 775.689.8484

TPPAC - Teglia's Paradise Park Activity Center, 2745 Elementary Dr., 775.356.3176

WCSSC Reno - Washoe County Senior Services Center, 1155 E. 9th St., 775.328.2575

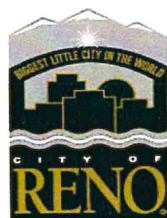
WCSSC Sparks - Washoe County Senior Services Center, 97 Richards Way, 775.353.3110

WCSSC Gerlach - 385 E. Sunset Blvd, Gerlach, 775.557.2206

CSCC - Cold Springs Community Center, 3355 White Lake Pkwy, 775.971.8542

SVNC - Sun Valley Neighborhood Center - 115 West 6th, Sun Valley, 775.673.9417

CSPR - City of Sparks Parks & Recreation, 98 Richards Way 775.353.2376



GET INTO THE ACT.

OLDER AMERICANS MONTH
MAY 2015



TABLE OF CONTENTS

Activity Location Key.....	2
Activities/Program Descriptions*	4
Senior Activity Passport*	26
Washoe County Calendar.....	27
City of Sparks Events Calendar.....	28
Incline Village Events Calendar.....	29
City of Reno Events Calendar	30
Senior Summer Games Information.....	31

Icon Key

	Social		Legal		Fitness
	Movie		Museum		Nature Walk
	Food/Dining		Music/Dance		Bike Event
	Information		Health		Sports
	Show		Outdoors		Tour

*Passport events will be highlighted in **GREEN**. Attending these events will earn you a signature on the passport and a chance to win prizes at the Closing Ceremonies.

2015 OLDER AMERICANS MONTH OPENING CEREMONIES

Washoe County Senior Services invites you to the Opening Ceremony celebrating *Older Americans Month 2015*. This year's theme is "Get into the Act" and Older Americans Month brochures will be on hand so you can see the complete schedule of activities and events that will help you stay connected and active within our local community! Beginning at 9:00 a.m. join emcee Amanda Sanchez, KOLO 8 morning news anchor, enjoy live entertainment, and a special lunch including a wonderful dessert table prepared by Valley Services.

Date: Friday, May 1
Time: 9:00AM – 1:00PM
Location: WCSSC Reno, 1155 E. 9th St.
Fee: FREE
Contact: 328.2575

Older Americans Month Info Fair

As a part of the Opening Ceremonies, Washoe County Senior Services will be hosting an information fair. Get connected to the many services available to seniors in Washoe County at the Information Fair. With over 40 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.

Date: Friday, May 1
Time: 9:00AM-1:00PM
Location: WCSSC Reno
Fee: Free
Contact: 328.2575

Senior Lunch Program

Hot meals and fresh salads are offered as part of the Senior Lunch Program at multiple locations throughout the community. Meals must be ordered a day in advance at all locations except WCSSC Reno. Salads must be reserved a day in advance at all locations. Anyone under 60 is welcome to join us for lunch for \$4.00 per person.

Dates: Monday - Friday
Location: WCSSC Reno - 328.2575 NRRC - 689.8484
WCSSC Sparks - 353.3110 CSCC - 971.8542
SVNC - 673.9417 WCSSC Gerlach - 557.2206
Fee: 60+ yrs. \$2 suggested donation; under 60 \$4.00/person

Mobile Information & Assistance from Washoe County Senior Services

Do you have questions or need assistance accessing services? Senior Services staff is available at various meal sites on a weekly basis. Pick up a Community Resource guide for a listing of services available including; a Medicaid or Food Stamp application, an application for energy assistance and general information about Senior Services. Year round service.

Date: NRCC - Mondays 9:30AM-11:30AM
Cold Springs - Tuesdays 11:00AM-1:00PM
WCSSC Sparks - Thursdays 9:30AM-11:30AM
Fee: Free
Contact: 328.2575

Chair Yoga

This course is designed to help participants with yoga poses and postures, focusing on gentle movement from a chair or standing beside a chair. Building strength and flexibility are key components, along with balance, for better mobility. Poses will incorporate use of left and right brain and movement coordinated with slow breaths. Plan to dress comfortably with low heeled shoes. Need more information? Feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

Date: Wednesdays 1:30PM – 2:15PM,
Location: Evelyn Mount Northeast Community Center
Date: Thursdays 9:00AM – 9:45AM,
Location: Teglia's Paradise Park Activity Center
Date: 10:30AM – 11:15AM, Thursdays
Location: Neil Road Recreation Center
Fee: \$8.00 per month, per location
Contact: 334.2262

Zumba Gold

Do you find the usual exercise routines blah and boring? Join us every Thursday for an exciting fit and healthy exercise routine. Zumba is known for its zesty Latin music, and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for Zumba Gold at Teglia's Paradise Park.

Day: Every Thursday
Time: 10:00AM - 11:00AM
Location: Teglia's Paradise Park Activity Center
Fee: \$10.00 Monthly
Contact: 334.2262

Stretch and Tone

Get in shape with low impact aerobics

Date: Mon., Wed. and Fri., ongoing
Time: 9:00AM - 10:00AM
Location: WCSSC Reno, 1155 E. 9th St., Multi-Purpose Room
Fee: \$10.00 per month (City of Reno Scholarships available)
Contact: 328.2575

Date: Mon., Wed. and Friday ongoing
Time: 1:00 - 2:00 p.m.
Location: WCSSC Sparks, 97 Richards Way
Fee: Free
Contact: 353.3110

Ballroom Dancing

Bring your partner and learn how to Ballroom dance, and get a little exercise too!

Date: Tuesdays 2:00PM - 3:45PM
Fridays 6:00PM - 7:45PM
Location: Evelyn Mount Northeast Community Center
Fee: \$.50 drop-in
Contact: 334.2262





RAEYC Walk for Children and Family Fun Day

The Reno Association for the Education of Young Children Walk for Children and Family Fun Day at the Sparks Marina. Walk begins at 9:00AM with children activities, information booths and entertainment after.

Date: Saturday, May 2
Time: Walk begins at 9:00AM
Location: Sparks Marina, 1345 Scheels Dr. Sparks 89434
Fee: Free
Contact: www.nevaeyc.com or 682.5939



Historic Reno Preservation Society Walking Tour—"Newlands Neighborhood"

Enjoy and architectural walk through one of Reno's oldest and most prestigious neighborhoods. Meet at the Lander Street side of My Favorite Muffin. The tour will be guided by Scott Gibson.

Date: Saturday, May 2
Time: 10:00AM
Location: 340 California Ave. Lander Street side of My Favorite Muffin
Fee: Free
Contact: 784.7506



Victorian Plaza Cinco de Mayo

The 3rd annual Cinco de Mayo fiesta of Sparks. Hispanic heritage celebration showcasing local musicians, artists, folklórico dress/dancers, ethnic cuisine, and horse show.

Date: Saturday and Sunday, May 2 and 3
Time: 10:00AM-10:00PM
Location: Victorian Square Sparks
Contact: 379.3185



Senior Law Project Wills/ Estate Planning Presentation

Seniors can learn the basics about wills, probate, and Deeds Upon Death. Time will be provided for general questions and answers. Attendees will also be provided with information about SLP and receive referrals for assistance with estate planning.

Date: Monday, May 4
Time: 11:00AM-12:00PM
Location: WCSSC Reno
Fee: Free
Contact: 334.3050

Up With Voices and Volume!

Voices can change as we age and it can be a stressful experience. Does your voice sound thin, quiet, or weak? You may be able to improve your voice quality with a few simple techniques. Bonnie Beach, M.S., CCC, has been a speech pathologist for over 23 years and will present.

Date: Monday, May 4

Time: 8:00AM-8:45AM

Location: The Continuum, 3700 Grant Drive, Reno 89509

Cost: Free

Contact: The Continuum 829.4700



Friends of Washoe County Library (Passport Event)

At a time when downloads are replacing books, what does your Washoe County Public Library have for seniors? On May 5th, Dan Erwine, president of the Friends of W.C. Library leads a discussion about Lifescapes, the Senior Memoir Writing Program, the Friends' bi-monthly book sales, and funding to help seniors enjoy a variety of programs at their local branch.

Date: Tuesday, May 5

Time: 10:30AM-11:30AM

Location: WCSSC Reno

Fee: Free

Contact: 328.2575



Paradise Park Dancing with the Stars (Passport Event)

Come on over to Paradise Park and join active fun-loving seniors and dance. You don't need to be a dancer, just have a desire to learn and have fun doing it, enjoying good music and making new friends. Dance instruction will be under the guidance of City of Reno volunteers Rodolfo & Carminia Banares (Rudy & Meny).

Dates: 1st & 3rd Tuesdays, May 5 and 19

Time: 1:30PM – 2:30PM

Location: Teglia's Paradise Park Activity Center

Fee: \$.50 drop-in

Contact: 356.3176



Crochet Circle

Join this stress-free group to learn a variety of stitches and create afghans, lap blankets and much, much more. Projects require time spent as "homework" for completion. All skill levels welcome.

Date Every Monday

Location: Evelyn Mount Northeast Community Center

Time: 10:00AM - 12:00PM

Fee: \$20 per month

Contact: 334.2262 to register for this event





Bucket List – Genoa Hot Springs (Passport Event)

For May's Bucket List, we want all seniors to take a day off and relax. We will transport you to and from Genoa Hot Springs where you will spend your afternoon enjoying the warm waters. They are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals!

(The City of Reno will provide a shuttle at the listed locations)

Date: Monday, May 5
Time: Arrive @ 10:00AM, Depart @ 2:00PM
Fee: \$20
Contact: 334.2262

Pick-up Times and Locations:

EMNCC : 8:30AM
TPPAC: 8:45AM
NRCC: 9:00AM



Senior Aquacise

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 you are attending for OAM. Fees will be covered by the City of Sparks Parks and Recreation Department.

Date: Tuesdays, May 5th
Time: 10:00AM–11:00AM
Location: Alf Sorensen Community Center, 1400 Baring Blvd., Sparks 89434
Cost: Mention OAM for Discount
Contact: 353.2385



Grumpy Old Men - Live Music and Dancing

Enjoy local musicians "The Grumpy Old Men."

Date: Every Wednesday, ongoing
Time: 10:30AM - 11:30AM
Location: WCSSC Reno, 1155 E. 9th St., Multi-Purpose Room
Fee: Free
Contact: 328.2575



Senior Health and Information Fair at Baldini's (Passport Event)

Live mariachi bands, over 25 vendors, free Mexican food buffet for seniors 55 and older. Piñatas, great raffle prizes including an outdoor stainless steel BBQ grille.

Date: Tuesday, May 5
Time: 9:00AM-1:00PM
Location: Baldini's Casino, 865 S Rock Blvd., Sparks 89431
Fee: Free
Contact: Chris at Senior Spectrum 348.0717 or Randy at Baldini's 348.0116



Reno Aces' Game (Passport Event)

Come out and root for the home team. Wednesday May 6th we will attend the Reno Aces' Game. \$10 gets you your ticket and a food voucher worth \$6! This deal is a home-run so do not be a poor sport and come support our local Aces for Older American's Month. City of Reno and City of Sparks Scholarships available.

(The City of Reno will provide a shuttle at the listed locations)

Date: Wednesday, May 6
Time: 1:00PM - 5:00PM
Fee: \$10 per person, Scholarships apply
Contact: 334.2262

Pick -up Times and Locations:

EMNCC: 11:30AM-12:30PM
TPPAC: 11:30AM-12:30PM
NRCC: 11:30AM-12:30PM

Brunch and a Movie (Passport Event)

Join our Senior's Club as we venture out for brunch at the Eldorado Casino Buffet followed by a movie of your choice at Century Riverside 12 movie theater. Register for this popular event in advance to reserve your transportation and pick-up from various sites.

Date: Thursday, May 7
Location: Eldorado Casino
Fee: \$20.00/ Scholarships apply
Contact: 334.2262 to register for this event

Pick-Up Times and Locations

EMNCC: 8:30AM
TPPAC: 8:45AM
NRCC: 9:00AM

Nevada Museum of Art

For Older American's Month, the Nevada Museum of Art will have free admission for seniors every Wednesday in May. The Nevada Museum of Art is featuring an array of collections during the month of May, which include: Dave Eggers: Insufferable Throne of God, Tamara Kostianovsky: After Goya, Robert Adams: A Road Through Shoe Pine, smudge studio, Erika Harrsch: The Monarch Paradigm-Migration as Metaphor, and many other amazing artists. This is the only accredited art museum in Nevada and they build upon the founding collections, values, and strive to offer meaningful art and cultural experiences, while fostering a new knowledge for visual arts. **(Individuals are responsible for their own transportation to the event)**

Date: Every Wednesday in May
Time: All Day
Location: 160 West Liberty Street, Reno
Fee: Free for Senior Citizens
Contact: 329.3333





Truckee Meadows Parks Foundation Nature Walk-Virginia Lake

Enjoy a 1 mile saunter around this interesting urban lake. Learn how the lake came to be and identify a surprisingly rich assortment of plants and animals that live in the heart of Reno. We will also discuss the improvements being made to the lake and nearby dog park. (ADA accessible)

Date: Thursday, May 7

Time: 10:00AM

Locations: Virginia Lake Park, 2400 Lakeside Dr. Meet at the playground at the southwest corner of the lake or meet at EMNCC at 9:15AM for transport

Fee: Free

Contact: **334.2262 to register for this event if transportation is needed from EMNCC**



Caregiving 101-Prepare Early for Life's Changes

Learn about community resources to help seniors and family prepare for aging. Topics such as what to watch for, when to get involved, starting the conversation, advanced directives and powers of attorney, in home care, and the role of the caregiver will be discussed . Presenter will be WCSS Director, Grady Tarbutton.

Date: Thursday, May 7

Time: 1:00PM-3:00PM

Location: Northwest Reno Library, 2325 Robb Drive, Reno 89523

Fee: Free

Contact: **328.2575**



A Cozy Chat with RGJ Columnist Anne Pershing

Pull up a chair at the kitchen table and have a friendly conversation with "Grandma With Attitude" newspaper columnist Anne Pershing of the Reno Gazette Journal. She's an award-winning journalist with a great sense of humor. She would love to meet you for a cup of coffee and swap some stories about what it's like to be a Nevada senior in these interesting times.

Date: Friday, May 8

Time: 10:00AM

Location: EMNCC (Evelyn Mount)

Fee: Free

Contact: **689.8484**



Historic Reno Preservation Society Walking Tour-Cultural Crossroads, East Side

Some call Lake Street "Paradise Lost" but we will recreate the vibrant neighborhoods of Chinatown, Little Italy, and Basque life. Meet at the National Automobile Museum Parking lot area. The tour will be guided by Sharon Honig-Bear.

Date: Saturday, May 9

Time: 10:00AM

Location: Meet at the National Automobile Museum, 10 Lake Street

Cost: Free

Contact: **784.7506**

SHIP, Medicare 101, Medigap, Part D & Senior Medical Patrol

Join Robert Johnson from Access to Health Care for an overview of Medicare, the State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP). What do the different parts of Medicare cover? Do you need a Part D plan? Does the Affordable Care Act affect your Medicare? Are you being scammed? Find the answers to these questions and more, plus one-on-one counseling.

Locations and Times:

Friday, May 8 -	WCSSC Reno, Game Room,	1:00PM-2:00PM
Friday, May 15 -	WCSSC Sparks, MP Room,	9:30AM-10:30AM
Friday, May 22 -	SVNC, Outreach Room,	9:30AM-10:30AM
Friday, May 29,	CSCC, MP Room,	10:30AM-11:30AM

Fee: Free

Contact: Robert Johnson 284.8989

March of Dimes "March for Babies"

This promises to be a fun day out with people who share our passion for improving the health of babies. There will be family teams, company teams and people walking with friends - it's a great feeling knowing we're all helping real families. Join our event and walk with us to raise money for babies right here in our community!

Date: Saturday, May 9

Time: 7:30AM - 12:00PM

Registration 8:30AM

Walk 9:00AM

Location: Sparks Marina, 300 Howard Drive, Sparks

Fee: No fee for registration, but donations happily accepted!

Contact: 826.2166

Reno Senior Dance Club

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is provided at 1:15PM. 2nd & 4th Sundays.

In honor of Mother's Day, the fee has been reduced.

Dates: Sunday, May 10

Location: Neil Road Recreation Center

Time: 2:00PM - 5:00PM

Fee: Ladies are free, \$2.00 for the gentlemen

Contact: 689.8484





Read My Lips! (Passport Event)

Are you finding it more and more difficult to participate in a conversation because of your hearing loss? Does your wife/husband complain that you have "selective hearing?" Are you avoiding going out with friends because you can no longer be a part of the conversation? The Continuum may be able to help. Speech Reading (Lip Reading) is a technique you can learn that can help improve your communication skills. Bonnie Beach, M.S., CCC, has been a speech pathologist for over 23 years and will be presenting.

Date: Monday, May 11
Time: 8:00AM-8:45AM
Location: The Continuum, 3700 Grant Drive, Reno 89509
Cost: Free
Contact: 829.4700



Senior Law Project of NLS Will and Estate Education Presentation (Passport Event)

Together with the Nevada Legal Services Pro Bono Program, SLP will present a clinic on wills and estate planning. A pro bono attorney will present wills and estate planning and answer questions. Attendees will also be provided with information about SLP and receive referrals for assistance with estate planning.

Date: Monday, May 11
Time: 2:30PM-4:30PM
Location: WCSSC Reno
Fee: Free
Contact: 334.3050



Beanbag Baseball

Though "America's pastime" is traditionally played on a diamond with bases 90 feet apart, there are variations of the game played on dartboards and in carnival games throughout the country. One version is beanbag baseball, a game that utilizes a stationary playing board and beanbags. The City of Reno has a league and is looking for players to participate. Are you interested in learning this fun sport? If so, you will have the opportunity to participate on a City of Reno sponsored team as you join in on an afternoon of fun and lunch, courtesy of City of Reno and provided by Washoe County Senior Services. Must reserve a lunch one day prior to the event.

Date: Monday, May 11
Time: 11:00AM-3:00PM
Location: NRCC
Fee: Free
Contact: 689.8484

Protect Yourself From Scams

Scams targeting seniors are widespread and disguised to make you think they are legitimate. Join a representative from the Sparks Police Department to learn how to recognize a scam and protect yourself from being taken advantage of.

Date: Monday, May 11

Time: 11:30AM

Location: WCSSC Sparks, 97 Richards Way, MultiPurpose Room

Fee: Free

Contact: 353.3110



Ageless Repertory Theater (Passport Event)

Ageless Repertory Theatre is a readers' theater production company in which the actors interpret roles and perform reading from the script, creating roles mainly through voice. Reno's ART has a troupe of about 20 actors with highly diverse experience in community theater. The May production is "Tich" by Alice Chadwicke.

Date: Tuesday, May 12 and Friday, May 15

Time: 1:00PM

Location: Reno Little Theater, 147 E Pueblo St (Pueblo at Wells)

Fee: Free (donations accepted)

Contact: lromjo@charter.net or 345.7323



Sanford Center for Aging Medication Therapy Management (Passport Event)

"Are your medications making you sicker?"

Did you know that depression can be a preventable side effect of potentially inappropriate medications taken by older adults? Over the counter medications and even some foods may also interact with prescription drugs. Please join Greta Engelbrecht from the UNR Sanford Center for Aging Medication Therapy Management to learn about geriatric specific medication reviews that identify medications that may cause adverse drug reactions. If you are 60 or older or taking 5+ prescription medications and interested in a prescription review (FREE for low income elders), please bring a list of all your prescriptions and over the counter medications, and any dietary supplements with you to the workshop.

Date: Tuesday, May 12

Time: 10:30AM-11:30AM

Location: WCSSC Reno

Fee: Free

Contact: Greta at 775.784.1612 or email gengelbrecht@unr.edu





Senior Community Meeting: City of Reno Councilmember Jenny Brekhus

Please join Ward 1 Councilmember Jenny Brekhus for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

Date: Monday, May 12
Time: 11:30AM
Place: Neil Road Recreation Center
Fee: Free
Contact : 689.8484



Senior Advocacy Workshop

Learn about bills and budget items relating to senior issues, caregivers and elder abuse protection that are being considered by our elected officials today. Learn how to make your voice heard in Congress, at the Nevada Legislature, Washoe County Commission, Reno and Sparks City Councils. No experience necessary. Join us for a lively learning session!

Date: Wednesday, May 13
Time: 10:00AM-11:00AM
Location: NRCC
Fee: Free
Contact: 334.2262 or 657.4602



"The Basics of the Mediterranean Diet" (Passport Event)

Valley Food Services' Director Kim Vandenhazel will give a presentation on the basics of the Mediterranean diet, particularly the use of whole grains, fresh fruit and vegetables, olive oil and minimal animal protein.

Date: Wednesday, May 13
Time: 1:30PM-2:30PM
Location: WCSSC Reno
Fee: Free
Contact: 328.2575



Use it or Lose it!

To enjoy an independent and healthy lifestyle as we age, the proof is clear! We need to keep moving and grooving. No matter your age or ability, you can learn some simple tips and movements to increase your strength and balance and overall health.



Date: Wednesday, May 13
Date: 11:00AM-Noon
Location: The Continuum, 3700 Grant Drive, Reno 89509
Fee: Free
Contact: The Continuum 829.4700

Senior Bowling

Come bowl with your friends or meet new ones! Not a league, no handicapping or prizes! Just bowling for fun, exercise and a way to beat the weather. In honor of Older Americans Month, Bowling will be \$5.00.

Date: Wednesdays 13, 20 and 27

Time: 1:00PM-4:00PM

Location: High Sierra Lanes, 3390 S. Virginia St. Reno 89502

Fee: \$5.00 for 3 games (regular \$7.50), shoes are free (scholarships apply)

Contact: **334.2262 to register for event**

Pick-up locations and times:

EMNCC:12:15PM

TPPAC:13:30PM

NRCC:12:45PM



Community Resources Presented by Consumer Direct

Program Manager, Laura Coger, will cover how to access the variety of supports available for seniors in the community. She will discuss accessing everything from food, transportation, medical, personal care, legal resources, support groups, social activities and more.

Date: Thursday, May 14

Time: 10:30AM-11:00AM

Location: CSCC

Fee: Free

Contact: **328.2575**



Truckee Meadows Parks Foundation Nature Walk-Idlewild Park

Learn a bit about one of the oldest and most storied parks in Reno. We'll also be identifying a selection of trees and shrubs that grace the park.-and with a little luck- will sight a nice assortment of birds along the Truckee River. (ADA accessible)

Date: Thursday, May 14

Time: 10:00AM

Location: Idlewild Park, 50 Cowan Dr. Reno Meet at Foundation Office Or meet at EMNCC at 9:15AM for transport

Fee: Free

Contact: **334.2262 to register for this event if transportation is needed from EMNCC**



Washoe County Sheriff's Office Crime Prevention & Situational Awareness

Teresa Aquila has been with the Washoe County Sheriff's Office for over 38 years, and will speak on crime prevention and situational awareness.

Date: Thursday, May 14

Time: 10:30AM-11:30AM

Location: WCSSC Reno

Contact: **328.2575**





Incline Village Conversation Café

Meet us at Aspen Grove, 960 Lakeshore Blvd for the next Conversation Café. Lively discussion, interesting people & good food make this the most talked about senior activity in the Village! A nutritious continental breakfast is served for \$2.00 per person.

Date: Thursday, May 14

Time: 10:00AM

Location: Aspen Grove, 960 Lakeshore Blvd., Incline Village, NV 89451

Fee: \$2.00 drop in fee includes a healthy, delicious continental breakfast

Contact: 832.3100



Bike Week Mayoral Challenge Ride Reno City Hall to Sparks City Hall

Officials from Reno, Sparks, and Washoe County will pedal in celebration of National Bike Week. The challenge starts at Reno's City Hall and end at Sparks City Hall. Shortly after a nutrition and hydration break at Sparks City Hall, participate in the Ride for Reading sponsored by the Washoe County School District.

Date: Thursday, May 14

Time: 9:00AM

Location: 1 E. 1st Street, Reno

Fee: Free

Contact: 784.7210



Sparks Ice Cream Social

Join us at the Sparks Senior Center for an old fashioned Ice Cream Social furnished by Sparks Parks and Rec.

Date: Thursday, May 15

Time: 11:20AM

Location: WCSSC Sparks, 97 Richards Way

Fee: Free

Contact: 353.3110



Paradise Park goes BANANAS (Passport Event)

They are going BANANAS at Paradise Park. Come enjoy a beautiful day at the park with music and banana splits! We will have music all afternoon while you soak up the sun and enjoy a frozen treat.

Date: Friday, May 15

Location: TPPAC

Time: 2:00PM - 4:00PM

Fee: Free

Contact: 356.3176

Historic Reno Preservation Society Walking Tour - Bricks and Stones

A walk through the Humboldt and Lander Streets Neighborhood. Discover the architectural treasures of this area, a mix of bungalows, Tudor and mission revivals and cottage styles. Meet at the Lander Street side of My Favorite Muffin. The tour will be guided by Bill Isaëff.

Date: Saturday, May 16

Time: 10:00AM

Location: Lander Street side of My Favorite Muffin, 340 California Ave

Fee: Free

Contact: 784.7506

"The Road Less Traveled in Africa" (Passport Event)

Come join Retired WCSD teacher Karin McCollum, "professional tourist", for her 1 ½ hour slide presentation "The Road Less Traveled in Africa." as Karin travels through 16 different countries in Africa. She would love to share her passion for travel with you.

WCSSC Sparks, 97 Richards Way

Date: Friday, May 16

Time: 9:30AM

Fee: Free

Contact: 353.3110

WCSSC Reno, 1155 E. 9th Street

Date: Thursday, May 21

Time: 12:00PM

Fee: Free

Contact: 328.2575

"Know the 10 Signs of Alzheimer's" (Passport Event)

Early Detection Matters.

Attend this interactive workshop to learn the 10 warning signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have this disease and find out how to recognize the signs in yourself and others. The presentation will be both in English and Spanish simultaneously.

Date: Monday, May 18

Time: 12:30PM - 1:00PM

Place: 1301 Cordone Ave, Reno 89502

Fee: Free

Contact: 356-3176

Drive-In and Picnic

Yes we are going to the drive-in to watch a movie and enjoy some popcorn. Pack yourself a picnic and join us at Taglia's Paradise Park. We will caravan around the corner to the El Rancho Drive-In, and enjoy the movie.

Date: Monday, May 18 (3rd Monday every month starting May 2015)

Time: Picnic starts at 7:00PM

Location: TPPAC

Fee: \$5.00

Contact: 356.3176





Senior Community Meeting: City of Reno Councilmember Neoma Jardon

Please join Ward 1 Councilmember Neoma Jardon for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

Date: Monday, May 18

Time: 11:30AM

Place: EMNCC

Fee: Free

Contact : 689.8484



CPR & First Aid Skills (Not a certification course)

Eva Medina, Northern Nevada Regional Coordinator will talk about recognizing and alleviating airway obstructions, the signs, symptoms and corrective action for a stroke or heart attack. She will also discuss the fundamental skills to recognize and treat medical emergencies. This includes scene safety, the signs and symptoms of diabetes, stroke, seizures and how to best treat these emergencies. Participants will also learn about controlling bleeding, treat for shock and burns, and minimize spinal damage due to head and spine injuries.

Date: Monday, May 18

Time: 12:00PM

Location: WCSSC Sparks

Fee: Free

Contact: 353.3110



Lake Tahoe -Sand Harbor Picnic (Passport Event)

In conjunction with other Washoe County Activities, IVGID Senior Programs will recognize Older Americans Month by hosting a picnic at Sand Harbor. Visitors from around the county are welcome to join us for an educational presentation about the park, a picnic lunch, and beach fun in the sun. Fee includes lunch and shuttling from the Incline village Recreation Center, 980 Incline Way.

Date: Tuesday, May 19

Time: 11:00AM - 2:00PM

Location: Sand Harbor

Fee: \$8.00

Contact: 832.1380 **Reservations required for transportation. If you wish to drive yourself, there is an admission fee of \$10.00 per vehicle to enter the park.**

Senior Advocacy Workshop

Learn about bills and budget items relating to senior issues, caregivers and elder abuse protection that are being considered by our elected officials. Learn how to make your voice heard in Congress, at the Nevada Legislature, Washoe County Commission, Reno and Sparks City Councils. No experience necessary. Join us for a lively learning session!

Date: Friday, May 22
Time: 10:00AM-11:00AM
Location: TPPAC
Fee: Free
Contact: 356.3176

Caregiver Forum/The Music of Colin Ross

Are you a caregiver/partner needing advice or support? Join The Continuum for a panel discussion that will address your concerns and provide you with information and tips to help you on your caregiving journey. The panel will include; Carolyn Vegera, MSW Geriatric Care Manager, Creative Elder Solutions; Gina Stutchman, owner of Arbors Memory Care Assisted Living; Denise Hund, LSW ReGenerations Adult Day Club Director; Nancy Pieretti, Assistant Director, Activity Coordinator, ReGenerations Adult Day Club. Bring your Partner to join ReGenerations Day Club for the music of Colin Ross. Colin's concerts for senior emphasize the great songs of the 30's and 40's. Your partner will be supervised safely while the panel is in session.

Date: Wednesday, May 20
Time: 1:30PM-3:00PM
Location: Continuum, 3700 Grant Drive, Reno 89509
Fee: Free
Contact: RSVP by May 18, 829.4700

Senior Morning at the Nevada Legislature (Passport Event)

Join other seniors in Carson City to learn about bills and state budget items relating to senior issues. Learn who your representatives are and find out how you can voice your opinions at our workshop. You may attend hearings, meet with your legislators in their offices, and watch a floor session of the Nevada Assembly or Senate. Light breakfast included. The City of Reno will provide a shuttle at listed locations and carpools are also encouraged. Must RSVP by Friday, May 15 by 5PM.

Date: Wednesday, May 20
Time: Arrive 10:30AM, Depart 3:30PM, noon
Location: Nevada Legislature, 401 S. Carson St. Carson City, Room 310
Fee: Free
Contact: 334.2262 or 657.4602

Pick-up Locations and times:

EMNCC: 9:30AM
TPPAC: 9:45AM
NRCC: 9:45AM





Dinner and A Show: Tap Factory

A fun, rhythm based theater show, showcasing urban tap dance and percussions, hip-hop music, comedy and acrobatics.

Date: Thursday, May 21
Time: 5:00PM - 9:00PM
Location: Eldorado Reno
Fee: \$52/Scholarships apply
Contact: **334.2262 to register for event**



Big Brothers/Big Sisters of Northern Nevada

ONE HOUR A WEEK CAN CHANGE A CHILD'S LIFE FOR THE BETTER FOREVER!

By volunteering as a Big Brother or Big Sister you have the power to change a child's life for the better, forever through one-on-one mentoring. You have the opportunity to help shape a child's future by empowering them to achieve. Plus, it is a fun way to connect with your community and discover the kid in you once again!

The children enrolled in the program see a direct and measurable impact. How? Simply from having a friend and role model (like you!) consistently showing up in their lives and it only takes 1 hour a week!

Come learn about this fun and meaningful volunteer opportunity, the youth served and how you can make a direct impact!

Date: Thursday, May 21
Time: 12:30-1:30
Location: TPPAC
Cost: Free
Contact: **356.3176**



Smart Senior-Smart Home (Passport Event)

As we age, our ability to see, hear, smell, and touch may be altered as well as how we move in space. Smart seniors adapt their dwellings to adjust for these changes. These adaptations not only make day to day activities and spaces more convenient, they help create a safer environment.

Jerry Cruitt, Mod Squad Director, licensed architect and contractor who has been providing home modifications for more than 20 years, will be sharing 21 tips on home modifications that are mostly inexpensive but priceless if they prevent falls and accidents.

Date: Thursday, May 21
Time: 2:00PM-3:00PM
Location: The Continuum, 3700 Grant Drive Reno 89509
Fee: Free
Contact: **The Continuum 829.4700**

Truckee Meadows Parks Foundation Nature Walk-Paradise Parks

Paradise Park is located in northeast Reno right on the border of Sparks. At 1 mile long, the paved flat trail winds around 4 ponds that are habitat for interesting plant and animal species.

Date: Thursday, May 21

Time: 10:00AM

Location: Teglia's Paradise Park, 2745 Elementary Dr, Reno Meet in the Activity Center Parking lot on the left or meet at EMNCC at 9:15AM for transport

Fee: Free

Contact: 334.2262 to register for this event if transportation is needed from EMNCC

Spotlight - Senior Line Dancing Class (Passport Event)

Come join our friendly group of senior line dancers. Enjoy old favorite dances and learn some new ones. Beginners welcome at 1:00PM for a Step Class to learn the basics of the dances.

Date: Thursday, May 21 Ongoing every Thursday

Time: 1:30PM - 4:00 PM, Beginners Step Class at 1:00PM

Location: WCSSC Reno, 1155 E. 9th St., Multi-purpose Room

Fee: Free

Contact: 328.2575

Senior Community Meeting: City of Reno Councilmember Naomi Duerr

Please join Ward 1 Councilmember Naomi Duerr for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

Date: Thursday, May 21

Time: 5:00PM

Place: Swill Coffee & Wine, 3366 Laskeside Ct., Reno 89509

Fee: Free

Contact : 689.8484

National Automobile Museum

On May 22 the National Automobile Museum invites you to not just marvel at their collection of more than 200 cars, but to relive their stories for just a dollar. Along with their permanent collection of cars, during the month of May, they will also be featuring celebrity autos, arts and collectibles, 1908 New York to Paris Auto Race, World War II Hits Home, and Redfield Legacy collections. At the end of your experience there, you will understand why the National Automobile Museum is "One of America's Five Greatest Automobile Museums."

(Individuals are responsible for their own transportation to the event)

Date: Friday, May 22

Location: 10 South Lake Street, Reno, NV 89501

Fee: \$1.00 per Senior Citizen Ages 60+

Contact: 333.9300





Alzheimer's Association Presents: Healthy Habits for a Healthier You

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Date: Thursday, May 21

Time: 11:00AM-12:00PM

Location: EMNCC

Fee: Free

Contact: 334.2262



SPOTLIGHT - Senior Dance

All ages are welcome to enjoy our live "9th Street Band" and dance from 8:00PM till 10:30PM. The Senior Dance Club will furnish non-alcoholic beverages during the dance and our great desserts (desserts are served at 1st Band break). Cash admission is payable at the door starting at 7:15PM.

Date: Friday, May 22. Ongoing every Friday evening

Time: 8:00PM - 10:30PM

Location: WCSSC Reno, 1155 E. 9th St., Multi-Purpose Room

Fee: \$5.00 per person (regular admission is \$9.00). Cash only, please.

Contact: 328-2575



Historic Reno Preservation Society Walking Tour-Movie Footprints in Reno

Walk in the footsteps of Marilyn Monroe, Kirk Douglas, Kevin Costner, Clint Eastwood, Helen Mirren and more. The tour covers movie downtown Reno's rich filming history inspired by divorce, gamblind and the city's distinct look in such movies as "The Misfits," "Cobb," "Sister Act," and "Love Ranch." Meet in the lobby of the National Automobile Museum. The tour will be guided by Robin Holabird.

Date: Saturday, May 23

Time: 10:00AM

Location: Meeting at the National Automobile Museum. 10 Lake St.

Cost: Free

Contact: 784.7506



Reno Senior Dance Club

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is provided at 1:15PM. 2nd & 4th Sundays.

In honor of Older Americans Month, the fee has been reduced.

Dates: Sunday, May 24

Location: Neil Road Recreation Center

Time: 2:00PM - 5:00PM

Fee: \$2.00 per person, pay at the door

Contact: 689.8484



Veterans Services Outreach & Presentation

The Veteran's Resource Center will be presenting the different benefits and resources available to veterans in need and homeless veterans. Find out how to start a benefits claim, find community resources specifically for veterans, and get general questions answered. After the presentation there will be a chance for a private counseling session with Michael Kukulski.

Date: Wednesday, May 27
Time: 10:30AM-11:30AM, Counseling 11:30AM-1:30PM
Location: WCSSC Reno
Fee: Free
Contact: 240.5949

Senior Law Project Power of Attorney Clinic

Together with the Nevada Legal Services Pro Bono Program, SLP will present a clinic on Power of Attorneys, both healthcare and financial, and Advanced Healthcare Directives. Attendees can ask questions, fill out power of attorney forms, and have them notarized if appropriate.

Date: Wednesday, May 27
Time: 3:00PM-5:00PM
Location: TPPAC
Fee: Free
Contact: 334.3050

Osteoporosis Lecture and Screening

Feeling aches and pains in your bones is an inevitable part of aging. However, avoiding unpleasant conditions like early signs of bones loss is important for men and women. Osteoporosis currently affects more than 10 million people in the United States, and 18 million more are at risk of developing the disease.

Join Katie McCarthy, BNS, RN, Total Joint Coordinator at Renown Health for her lectures on what causes or progresses Osteoporosis and what you can do to slow down or reverse the disease. Hometown Health will also be providing Heel Bone Scan Screenings for women to determine risk for the disease.

In the past, osteoporosis could be detected only after you broke a bone. With the Heel Bone Scan women can be screened for potential for osteoporosis. This screening does not provide diagnosis, but estimates the bone density and risk for osteoporosis. This screening is FDA approved for women only and recommend for ages 60-65, with risk factors for osteoporosis and for all women over the age of 65. Please wear shoes and socks that can easily be removed and no nylons.

Date: Thursday, May 28
Time: Lecture 12PM-1PM: Heel Bone Screening—11AM-12, 1PM-2PM
Location: NRRC
Fee: Free Lecture, \$25 for scan (payable only by cash or check)
Contact: RSVP 982.5400





Truckee Meadows Parks Foundation Nature Walk-Oxbow Trail

Oxbow is a hidden gem of a park, right in the heart of Reno. The park is an important bird area, but many other animals find it to be a comfortable place to live as well. Possible wildlife sightings could include deer, beavers, hawks, snakes, and muskrats among other critters. Dogs are prohibited. Trail is flat, but unpaved. (ADA accessible)

Date: Thursday, May 28

Time: 10:00AM

Location: Oxbow Nature Study area, 3100 Dickerson Rd. Meet around backside of nature center in grassy area or meet at EMNCC at 9:15AM for transport

Fee: Free

Contact: **334.2262 to register for this event if transportation is needed from EMNCC**



Senior Law Project Landlord/Tenant Presentation

An attorney with the Senior Law Project will present on landlord/tenant law in Nevada, with an emphasis on the laws impacting seniors, including discharge from nursing homes. The presentation will be given in English and again in Spanish.

Date: Friday, May 29

Time: 1:00PM-2:00PM (English), 2:00PM-3:00PM (Spanish)

Location: NRCC

Fee: Free

Contact: **334.3050**



Incline Village / Crystal Bay Veterans Club

Operating under the auspices of IVGID's Senior Programs, the Incline Village/Crystal Bay Veteran's Club is open to all veterans and friends and families of veterans who are residents of Incline Village/Crystal Bay and the surrounding area. Local vets, as well as visitors are welcome, regardless of rank or branch of military service. The mission of the club is to support and promote the welfare of all veterans and those currently in service by visiting the VA Hospital in Reno, providing the most current veterans news and information, by promoting participation in veteran and patriotic events in Northern Nevada and foremost encouraging camaraderie among the vets of Incline Village/Crystal Bay. Join us to learn about and become involved in the club's current projects.

Date: The last Thursday of every month – May 29

Time: 12:00PM - 2:00PM

Location: Aspen Grove, 960 Lakeshore Blvd., Incline Village

Fee: Meetings are free, \$25.00 annual membership dues

Contact: **832.1310**

"For the Love of Music" (Passport Event)

Sanford Center for Aging Senior Outreach Services (SOS) presents a one hour concert. Come and be delighted by talented musicians! Musical performers include Kenn Pettiford, world class Jazz entertainer and Master of Ceremonies extraordinaire with the Note-Ables, musicians from a special education music program in Reno that have been spreading their passion for music in the Reno/Sparks area for over 15 years. No refreshments will be served at this event.

Date: Friday, May 29

Time: 10:00AM - 11:00AM

Location: Laxalt Auditorium, Nelson Building, 401 W. 2nd St., Reno

Fee: Free

Contact: Please RSVP by Friday May 25 to Sina Ward ,784-7506 or email
sinaw@unr.edu

Historic Reno Preservation Society Walking Tour-Beyond the Arches

Witness downtown Reno as it has renovated itself for 150 years. This tour links the downtown Reno arches with stories of the forces that shaped the town: railroad and mining, immigrants, as a notorious divorce and gambling mecca—and now as a livable cultural hub. Walk in the footsteps of Bill Harrah, Myron Lake, Baby Face Nelson, Frederic DeLongchamps and others. Meet at the National Automobile Museum parking lot area.

Date: Saturday, May 30

Time: 10:00AM

Location: Meet at the National Automobile Museum, 10 Lake Street

Fee: Free

Contact: 784-7506

Meet Your Commissioners

"Meet and Greet" with your district's commissioner. Get a chance to ask questions and learn more about what is happening in your community. Share your concerns and get to know your Commissioner better. To find out what district you are in visit http://www.washoecounty.us/bcc/files/Commission_District_Map_2015.pdf

Marsha Berkbigler, District 1	WCSSC Reno	Monday, May 4 1:00PM-2:00PM
Kitty Jung, District 3	WCSSC Reno,	Thursday, May 14 1:00PM-2:00PM
Vaughn Hartung, District 4	WCSSC Sparks,	Thursday May 22 9:00AM-10:00AM
Jeanne Herman, District 5	CSCC	Wednesday, May 13 10:00AM-11:00AM

Fee: Free

Contact: 328.2575



CLOSING CEREMONIES

Join us as we celebrate the last day of Older Americans Month 2015. There will be a picnic in the park at 12:00PM and lots of raffle prizes. Beanbag Baseball starts at 1:00PM. Other games and sports offered at the Summer 2015 Reno/Tahoe Senior Games will be available for you to try. Come join the fun and recognize and thank the many volunteers, sponsors and seniors who helped make these events a success. Be sure to complete at least 7 of the activities on the Passport below and bring it with you for entry in the raffle drawings.

Date: Saturday, May 30
Time: 10:00AM-1:00PM
Location: Neil Road Recreation Center
Fee: Free
Contact: 657.4602

SENIOR PASSPORT

Attend at least 7 of the events below, get them stamped or initialed by the staff at the activity, and bring the passport with you to the closing ceremonies (that can count as one of your activities). You must be present to win. But don't limit yourself - get out and have fun!

NAME _____

SPOTLIGHT Senior Dance Friday, May 22 Page ____	Senior Morning at the Nevada Legislature Wednesday, May 20 Page ____	Brunch and a Movie Thursday, May 7 Page ____	Sanford Center Medication Management Tuesday, May 12 Page ____	For the Love of Music Friday, May 29 Page ____
Opening Ceremonies Washoe County Senior Center Friday, May 1 Page ____	Senior Health Fair at Baldini's Tuesday, May 5 Page ____	Paradise Dancing with the Stars May 5 and 19 Page ____	Ageless Repertory Theater Either performance Page ____	Sand Harbor Picnic Tuesday, May 19 Page ____
Reno Aces Game Wednesday, May 6 Page ____	Nevada Museum of Art (any Wed.) or Automobile Museum (Friday, May 22) Page ____	Friends of Washoe County Library Tuesday, May 5 Page ____	Any WCSS, NRRC or Paradise Park Exercise Activity Dates Vary Page ____	Any Truckee Meadows Nature Walk Page ____
Smart Senior, Smart Home Thursday, May 21 Page ____	Road Less Traveled in Africa Either Day Page ____	Bucket List-Genoa Hot Springs Monday, May 5 Page ____	Paradise Park goes Bananas Friday, May 15 Page ____	Know the 10 Signs of Alzheimer's Monday, May 18 Page ____
Nutrition Workshop Wednesday, May 13 Page ____	Will/Estate Education Monday, May 11 Page ____	Read My Lip Monday, May 11 Page ____	Closing Ceremonies at NRRC Saturday, May 31 Page ____	FREE Your choice of Event



May 2015
Washoe County Senior Center
OLDER AMERICANS MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Texas Hold-Em 9:00 OLDER AMERICANS MONTH OPENING CEREMONIES 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 8:00pm Senior Dance Club of Nevada
4 9:00 AARP Drivers Safety Program 9:00 AARP Information 9:00 Stretch & Tone -Exercise 10:00 AA Meeting 11:00 WILLS & ESTATE PLANNING PRESENTATION 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker	5 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 9:30 Vision Support Group 10:00 Medicare/SHIP Counseling 10:30 FRIENDS OF WASHOE COUNTY LIBRARY DISCUSSION 11:15 Senior Lunch Program 2:00 Tole Painting	6 8:30 Texas Hold-Em 9:00 Stretch & Tone-Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men " Music & Dancing 10:15 Veteran Services Outreach 11:15 Senior Nutrition Program 6:00pm Grief Support Group	7 8:30 Texas Hold-Em 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Nutrition Program 1:00 Free Line Dancing Lesson 1:30 Free Line Dancing	8 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone-Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 1:00 SHIP MEDICARE 101 /MEDIGAP PRESENTATION 8:00pm Senior Dance Club of Nevada
11 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone -Exercise 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker 2:30 WILL & ESTATE EDUCATION PRESENTATION	12 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:30 AGING MEDICATION THERAPY MANAGEMENT 11:00 Hawaiian Music by KANAKA 11:15 Senior Lunch Program 2:00 Tole Painting	13 8:30 Texas Hold-Em 9:00 Stretch & Tone-Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men " Music & Dancing 10:15 Veteran Services Outreach 11:15 Senior Nutrition Program 12:00 Mah Jongg 1:30 "THE BASICS OF THE MEDITERRANEAN DIET"	14 9:00 Food Bank of Northern Nevada Distribution 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 10:30 WASHOE COUNTY SHERIFF'S OFFICE-CRIME PREVENTION AND SITUATIONAL AWARENESS WORKSHOP 11:15 Senior Nutrition Program 1:00 Free Line Dancing Lesson 1:30 Free Line Dancing	15 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone-Exercise 9:30 SHIP MEDICARE 101 /MEDIGAP (SPARKS SR.CENTER) 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 8:00pm Senior Dance Club of Nevada
18 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone -Exercise 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 CPR & FIRST AID SKILLS-(SPARKS SR. CENTER) 12:00 Bingo 12:00 Poker	19 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Assistance League Food Pantry Distribution 10:00 Medicare/SHIP Counseling 11:00 Hawaiian Music by KANAKA 11:15 Senior Lunch Program 2:00 Tole Painting 6:30pm Ostomy Support Group	20 8:30 Texas Hold-Em 9:00 Stretch & Tone-Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men " Music & Dancing 10:15 Veteran Services Outreach 11:15 Senior Nutrition Program 12:00 "THE ROAD LESS TRAVELED IN AFRICA" SLIDE SHOW PRESENTATION 6:00pm Grief Support Group	21 8:30 Texas Hold-Em 9:00 Food Bank of Northern Nevada Distribution 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Nutrition Program 1:00 SPOTLIGHT Free Line Dancing Lesson 1:30 SPOTLIGHT Free Line Dancing	22 9:00 AARP Information 9:00 Stretch & Tone-Exercise 9:00 Nevada Legal Services-Serving Seniors 9:30 SHIP MEDICARE 101/MEDIGAP(SUN VALLEY SR.CENTER) 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Nutrition Program 12:00 Bingo 8:00pm SPOTLIGHT Senior Dance Club of Nevada LIVE MUSIC, DANCING AND REFRESHMENTS \$5.00 CASH ENTRY FEE
25 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone -Exercise 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker	26 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 AARP Information 9:30 Vision Support Group 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 2:00 Tole Painting	27 8:30 Texas Hold-Em 9:00 Stretch & Tone-Exercise 9:00 AARP Information 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men " Music & Dancing 11:15 Senior Nutrition Program 11:30 VETERANS SERVICES OUTREACH INFORMATION WORKSHOP AND PRIVATE COUNSELING SESSION 12:00 Mah Jongg	28 8:30 Texas Hold-Em 9:00 Food Bank of Northern Nevada Distribution 9:00 AARP Counseling 9:15 Northern NV HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Nutrition Program 1:00 Free Line Dancing Lesson 1:30 Free Line Dancing	29 8:30 Texas Hold-Em 9:00 AARP Information 9:00 Stretch & Tone-Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 10:30 SHIP MEDICARE 101 /MEDIGAP (COLD SPRINGS C.C.) 11:15 Senior Nutrition Program 12:00 Bingo 1:00 LANDLORD/TENANT PRESENTATION-(NEIL ROAD) 8:00pm Senior Dance Club of Nevada

May 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>RAEYC Walk for Children and Family Fun Day 9:00</i>
3 <i>Cinco de Mayo Victorian Plaza – 10 a.m. to 10 p.m.</i>	4	5 <i>Sr. Aquacise 10am-11am Alf Sorensen</i>	6	7	8	9
10	11 <i>Senior Scam Presentation 10:30</i>	12	13	14 <i>2015 Bike Week Mayoral Challenge 9am</i>	15 <i>Riding on the River Family Festival 4pm-9pm</i>	16
17	18	19	20	21	22	23
24	25	26	27	28	29 <i>Sparks Ice Cream Social 11:20am</i>	30
31						

2015

May

Incline Village Parks & Recreation Senior Programs Calendar of Events

Sun

Mon

Tue

Wed

Thu

Fri

Sat



For additional program information, please call the Incline Village Recreation Center at 775-832-1310

1

2

3rd Annual Lincoln Wine Fest
11am-6pm

3

4

5

Transportation-Reno
55+ Hike 9:00am

6

Transportation-IV/CB/KB

7

Conversation Café 10am
Moonlight Hike—
5:30-9pm

8

9

10

11

12

Transportation—
Carson City

55+ Hike 9am

13

Transportation-IV/CB/KB

14

Conversation Café 10am
Digital Photo Club 6pm

15

Old Town
Sacramento &
Railroad Museum
9:30am-5pm

16

17

18

19

Transportation-Reno
55+ Hike 9am
Sand Harbor Picnic
11am-2pm

20

Transportation-Truckee
Bowling 4-6pm

21

Conversation Café 10am

22

Veterans Club
Memorial Day
Tribute-4-6pm

23

24
31

25

26

Transportation—
Carson City
55+ Hike 9am

27

Transportation-IV/CB/KB

28

Conversation Café 10am
Digital Photo Club 6pm

29

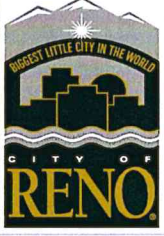
30

Contact Information: Jennifer Moore: 775-832-1302

Ashley Lastrico: 775-832-1325

Recreation Counter: 775-832-1310

May 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			City of Reno		1	2
3	4 Creative Crafts/Quilts	5 Colin Ross Music Health, Wellness & You Brain Games Conversation Cafe	6 This n that Crafts Board Game Day	7 Zumba Gold Chair Yoga	8	9
10 Reno Senior Dance Club	11 Creative Crafts/Quilts	12 Colin Ross Music Vices of Paradise Gee Club Conversation Café Current Event Corner	13 This n that Crafts Board Game Day Senior Bowling	14 Zumba Gold Chair Yoga	15	16
17	18 Creative Crafts/Quilts Drive-in and Picnic	19 Colin Ross Music Brain Games Conversation Cafe	20 This n that Crafts Board Game Day Happy Birthday Party Senior Bowling	21 Zumba Gold Chair Yoga	22	23
24	25 Memorial Day	26 Colin Ross Music Vices of Paradise Gee Club Conversation Café Current Event Corner	27 This n that Crafts Board Game Day Senior Bowling	28 Zumba Gold Chair Yoga	29	30



2015 RENO/TAHOE SENIOR SUMMER GAMES

Saturday, August 15, 2015 ~ Sunday, August 30, 2015

List of Games!



Archery ~ Badminton ~ Baggo
Basketball Skills ~ Beanbag Baseball
Billiards ~ Blackjack ~ Croquet
Go Karts ~ Horseshoes ~ Mini Golf
Pickleball ~ Swimming ~ Table Tennis
Track & Field ~ Walk Race

NEW for 2015! Bowling ~ Golf Tournament ~ Fly Casting ~ Phase 10



Senior Games is an event dedicated to promoting and implementing fitness programs and activities.

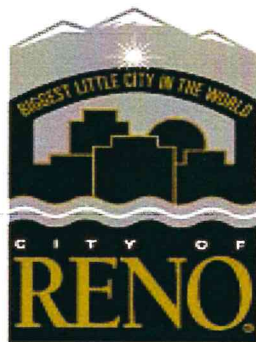
People 50 years and better compete in their favorite sports within age groups for **gold, silver and bronze medals!**

For more information contact Senior Services at 775-657-4602 or email SeniorServices@reno.gov.

Check out www.reno.gov/seniorgames!



Thanks to our Sponsors and Supporters



The attached document was submitted to the
Truckee Meadows Fire Protection District during
the meeting held on April 21, 2015.
by Chief Moore
for Agenda Item No. 5
and included here pursuant to NRS 241.020(7) as
amended by AB65 of the 2013 Legislative Session.

2014 TMFPD 911 Calls

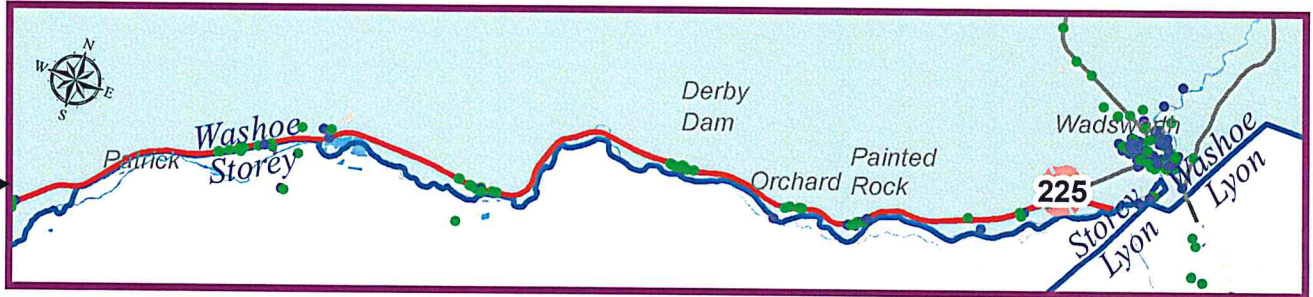
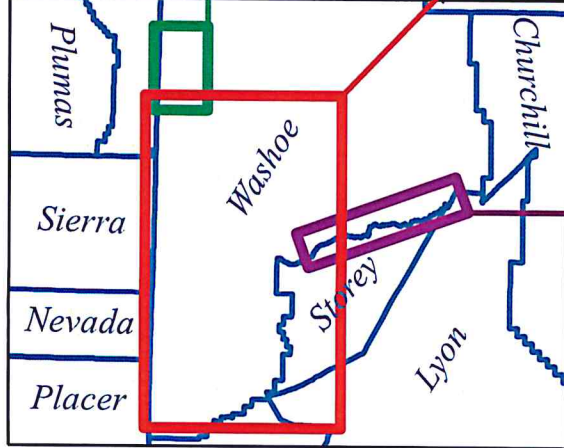
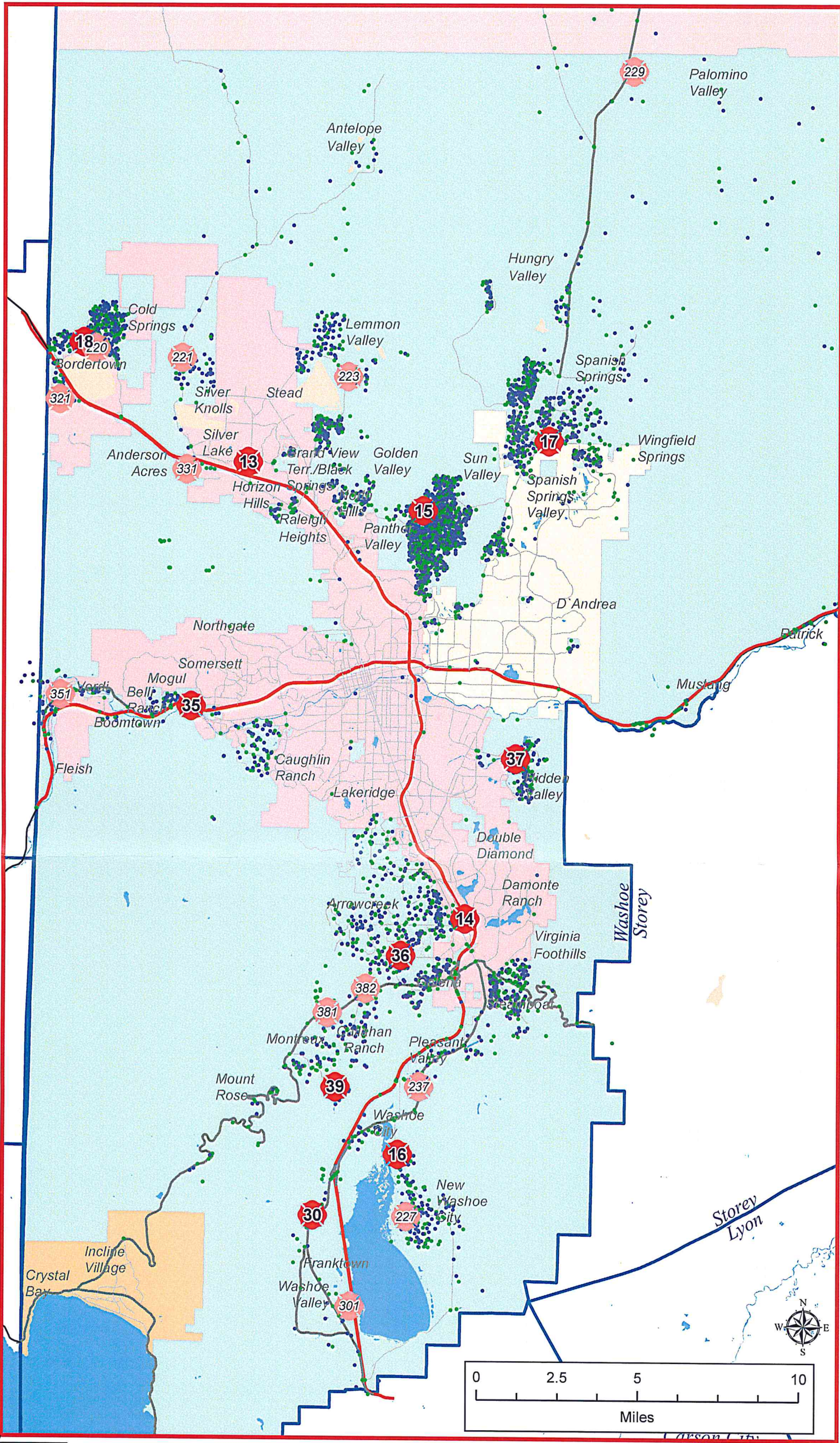
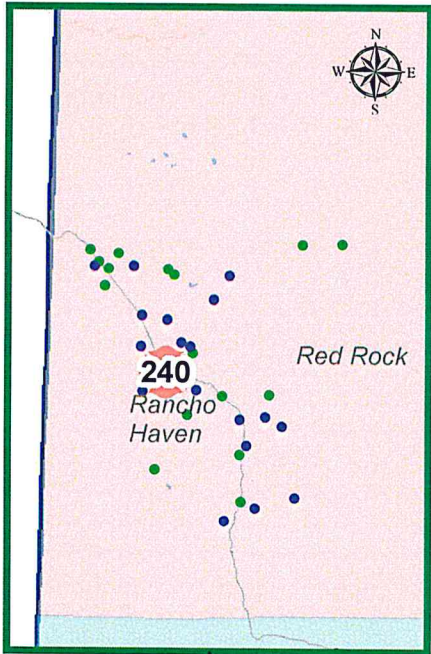


911 Call Summary

- EMS (5,148)
- All Other Calls (3,295)

Fire_Stations

- Career Station
- Volunteer Station
- Truckee Meadows FPD
- North Lake Tahoe FPD
- Sparks FD
- Reno FD
- Washoe Rural



Washoe County GIS Program
Tech. Svcs. Dept./Regional Services Div.
1001 E. 9th St.
Reno, NV 89512
www.washoecounty.us/gis



BOFC 4-21-15

The attached document was submitted to the
Truckee Meadows Fire Protection District during
the meeting held on April 21, 2015.
by chief Moore
for Agenda Item No. 9
and included here pursuant to NRS 241.020(7) as
amended by AB65 of the 2013 Legislative Session.

Truckee Meadows Fire Protection District



**TENTATIVE BUDGET
FISCAL YEAR 2015/2016**

Tentative Budget FY – 15/16



Financial Overview

	FY 14-15	FY 15-16	FY 16-17	FY 17-18
Total Revenues	\$23,737,788	\$24,920,655	\$25,835,394	\$26,673,853
Less Total Expenditures	<u>21,040,476</u>	<u>23,321,555</u>	<u>24,337,193</u>	<u>25,243,484</u>
Operating Surplus (Deficit)	2,697,312	1,599,100	1,498,201	1,430,369
Less: Other Financing Sources/Uses	4,299,870	4,350,000	1,400,000	1,400,000
Beginning Fund Balance	<u>10,329,604</u>	<u>8,727,046</u>	<u>5,976,146</u>	<u>6,074,347</u>
Ending Fund Balance	\$8,727,046	\$5,976,146	\$6,074,347	\$6,104,716



Tentative Budget FY – 15/16



Goals

1. Capital improvements to fire stations.
2. Volunteer program improvements.
3. Maintain a position of strong financial sustainability.
4. Complete TM and SF merger.



Tentative Budget FY – 15/16



Service Level

- All stations are staffed at 100% uptime. No brownouts or closures have occurred since standup of the District on July 1, 2012.
- All 11 career fire stations are Advanced Life Support (paramedic) capable.
 - Peak activity units are provided through Volunteer resources.
- Emergency vehicle fleet is now substantially upgraded and reliable.
 - ISO rating of 3.



Tentative Budget FY – 15/16



Prevention & Community Outreach

- One additional FTE - Fire Prevention Specialist
- Continue smoke detector and ash can programs
- Neighborhood specific planning for wildfire defense (CWPP)
 - Provide defensible space inspections
 - Annual Business Inspections

Tentative Budget FY – 15/16



Personnel

- 124 - Full Time Employees
- 111 - Emergency Operations
- 17 - Hazardous Materials Technicians
- 15- Swift Water and Ice Rescue Certified
 - 57 - Paramedics
 - 3.5 - Fire Prevention
 - 9 - Administration



Tentative Budget FY – 15/16



2014 Incidents

- Total Responses in 2014 = 7933
- Emergency Medical = 5608 or 70.7%
 - Fire (all types) = 254 or 3.2%
 - Structure Fires = 45 or 0.56%
- Structure Fires requiring 2 in 2 out = 17 or 0.21%



Tentative Budget FY – 15/16



2014 Capital Program

Facilities:

- Expand truck bay at Hidden Valley (37) \$250,000
 - Interior and Exterior remodel of Joy Lake (39)
\$500,000
- Relocate (14) Damonte and Virginia \$4,000,000
 - Logistics Warehouse



Tentative Budget FY – 15/16



2014 Capital Program



Tentative Budget FY – 15/16



Tentative Budget FY – 15/16

