

# Senior Connect

publication for seniors 50+

January 2017



*"Be the change you want to see in the world".*

*~Mahatma Gandhi~*

## Reno Little Theater Performs

### "Calendar Girls"

When Annie's husband John dies of leukemia, she and best friend Chris resolve to raise money for a new settee in the local hospital waiting room. They manage to persuade four fellow WI members to pose nude with them for an "alternative" calendar, with a little help from hospital porter and amateur photographer Lawrence. The news of the women's charitable venture spreads like wildfire, and hordes of press soon descend on the small village of Knapeley in the Yorkshire Dales. The calendar is a success, but Chris and Annie's friendship is put to the test under the strain of their new-found fame. Based on a true story.

**Date:** Saturday, January 14, 2017  
**Time:** 2:00 p.m. - 7:00 p.m.  
**Location:** Reno Little Theater  
Gas Lamp Restaurant  
**Fee:** \$50.00 Scholarships apply (10936)

#### **Pick-up times and locations:**

**EMNCC:** 1:00 p.m.  
**TPPAC:** 1:15 p.m.  
**NRCC:** 1:30 p.m.

## Pioneer Center for the Performing Arts

### "Motown" The Musical and Lunch

It began as one man's story... became everyone's music... and is now Broadway's musical. MOTOWN THE MUSICAL is the true American dream story of Motown founder Berry Gordy's journey from feather-weight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit MOTOWN THE MUSICAL!

**Date:** Sunday, January 29, 2017  
**Time:** 11:00 a.m. - 4:00 p.m.  
**Location:** River Grille and Pioneer Center  
**Fee:** \$75.00 Scholarships apply (10290)

#### **Pick-up times and locations:**

**(PLEASE NOTE CHANGES IN PICKUP TIMES!)**

**EMNCC:** 10:30 a.m.  
**TPPAC:** 10:30 a.m.  
**NRCC:** 10:30 a.m.



## **BIGGEST AND THE BEST 2ND ANNUAL TALENT SHOW**

Come enjoy an afternoon of amazing senior talent. Light refreshments will be served.

**Date:** Wednesday, January 25, 2017  
**Time:** 12:00 p.m. - 3:00 p.m.  
**Location:** EMNCC (GYM)  
**Fee:** Drop-in Fee (10353)

(EMNCC) Evelyn Mount Northeast Community Center - 1301 Valley Road - 334-2262  
(NRCC) Neil Road Recreation Center - 3925 Neil Road - 689-8484  
(TPPAC) Teglia's Paradise Park Activity Center - 2745 Elementary Drive - 356-3176

# Happening Now Around Town



**2017 Reno-Tahoe  
Senior Winter Games!  
January 28 ~ February 14**

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**Closing Ceremony &  
Valentine's Day  
Dinner & Dance  
Tuesday, February 14  
Eldorado Hotel Casino**

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**Check out the list of sports  
being contested this year!**

Archery ~ \$15 / Basketball Skills ~ \$10  
Bowling ~ \$15  
Cross Country-Snowshoe ~ \$10  
Fly Casting ~ \$10 / Go Kart Racing ~ \$20  
Ice Hockey/Ice Skating ~ \$10  
Pickleball ~ \$15 / Shuffleboard ~ \$10  
Ski-Snowboard Racing ~ \$20  
Table Tennis ~ \$10  
Chance Games (Cribbage, Minnesota,  
Poker & Slot Tournament) ~ FREE  
More info at [Reno.Gov/SeniorGames](http://Reno.Gov/SeniorGames)

**Registration open until  
Monday, January 23, 2017**

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Thanks to Senior Care Plus  
for their sponsorship!  
SCP Customers  
enter your code when you register  
to save \$10.00!

**\$25 Registration Fee  
includes a ticket to the  
Valentine's Day Dance!**

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**Register at any  
Recreation Facility  
or online at  
[Reno.gov/Seniorgames](http://Reno.gov/Seniorgames)**

**Senior Care  
Plus** 

*A Medicare Advantage Plan from Hometown Health.*



# Social Activities

## Brunch and a Movie

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.

**Date:** Thursday, January 5, 2017  
**Time:** 9:30 a.m. - 3:00 p.m.  
**Location:** Eldorado Casino  
**Fee:** \$20.00 (8871) Scholarships apply

### Pick-up times and locations:

**EMNCC:** 8:30 a.m.  
**TPPAC:** 8:45 a.m.  
**NRCC:** 9:00 a.m.



## Practice Schedule

### for the Biggest and the Best

### 2nd Annual Talent Show

Do you have hidden talent just waiting to be shown off? If so come on out and be a participant in the biggest and best talent show.

You don't even need to audition just show up at the scheduled practice times and have some fun.

### Practice Times:

**Date:** Wednesdays  
 January 4, 11, 2017  
**Times:** 1:30 p.m. - 3:00 p.m.  
**Location:** EMNCC

You must RSVP by January 12, 2017 to participate.

## Fourth Annual Chili Cook-off

Do you have an award winning chili recipe? Register and enter The Chili Cook-off you could be the winner! Enter as many recipes as you like, and have your chili judged by an unbiased group of citizens.

Win award certificates, boasting and bragging rights. Please RSVP to 775-356-3176

**Date:** Friday, January 27, 2017  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee (9003)



## Health Wellness and You

### A Quarterly Event

Teglia's Paradise Park Activity Center offers drop-in discussions concerning your health and wellness. Useful health and wellness information will be gained each quarter. Come have lunch and enjoy presentations from many vendors.

**Date:** Tuesday, March 7, 2017  
**Time:** 11:00 a.m. - 12:30 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee (11201)

Please RSVP For Lunch Attendance

## THE TRAVELING BIRTHDAY PARTY

Yep we will be on the road traveling to a different exciting surprise location to celebrate your Birthday.

So if it's your Birthday in January, February or March call and register and join us for some delicious cake & ice cream at a surprise birthday location.

### You must register to participate

**Date:** Wednesday, January 18, 2017  
 (January, February, March Birthdays)  
**Time:** 2:00 p.m. - 4:00 p.m.  
**Location:** To Be Announced  
**Fee:** Drop-in Fee

### Quarterly Birthday Party schedule:

Wednesday, April 19, 2017  
 (April, May, June Birthdays)

Wednesday, July 19, 2017  
 (July, August, September Birthdays)

Wednesday, October 18, 2017  
 (October, November, December Birthdays)



# Lifelong Learning

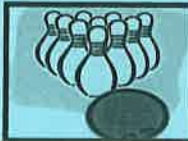
## Senior Bowling

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

**Date:** Wednesday, January 4, 11, 18, 25  
**Time:** 1:00 p.m. - 4:00 p.m.  
**Location:** High Sierra Lanes  
**Fee:** \$7.50 for 3 games/scholarships apply

**Pick up times and locations:**

**EMNCC:** 12:15 p.m.  
**TPPAC:** 12:30 p.m.  
**NRRC:** 12:45 p.m.



## Fun Karaoke Friday at NRRC

### First Friday of the Month

Come on down to Neil Road the first Friday of each month for an afternoon of Karaoke. Come and show off your talent with DJ Jerry Kuwada, Koolwater Karaoke, or just listen and dance with friends. There will be plenty of fun for all! Light refreshments served.

**Date:** Friday, January 6, 2016  
**Time:** 4:00 p.m. - 7:00 p.m.  
**Location:** NRRC



## Reno Senior Dance Club at NRRC

Join friendly, active seniors and dance, dance, dance, on the second and fourth Sundays. 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 at 1:15 p.m. Light refreshments served.

**Dates:** 2nd and 4th Sundays  
**Time:** 2:00 p.m. - 5:00 p.m.  
**Location:** NRRC



## Chicken Soup For Your Soul & Pot Luck

We have all read one or more of the Chicken Soup books. So we are putting a different slant on it and making a Community Soup For Our Souls. Bring a prepared vegetable that you enjoy to add to our giant soup pot. We will have soup, music and dancing if you like.

**Date:** Tuesday, January 3, 2017  
**Time:** 11:00 a.m. - 12:30 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee (11190)

## Archery

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.

**Date:** Thursday, January 5, 12, 19, 26,  
**Time:** 2:00 p.m. - 4:00 p.m.  
**Location:** High Desert Archery  
**Fee:** \$10.00 Scholarships apply

**Pick up times and locations:**

**EMNCC:** 1:00 p.m.  
**TPPAC:** 1:15 p.m.



## Conversation Café

Conversation Café is a lively, hosted, drop-in conversation among diverse people about our feelings, thoughts and actions in this complex, changing world. The simple structure of it is unique because everyone is welcome and participants have great freedom to say what is on their minds. Come in and share coffee, pastries and ideas as we explore a different topic each week.

**Day:** Tuesdays  
**Time:** 9:30 a.m. - 11:00 a.m.  
**Location:** NRRC  
**Fee:** Drop In Fee



## Neil Road Book Club

If you enjoy reading and engaging in thought-provoking discussions on the books you read, please come join the NRRC book club. The November book is "Death at Fenice", by Dona Leon. Please call Patti McClelland at 775-626-3267 for more information.

**Date:** Thursday, January 26, 2017  
**Location:** NRRC  
**Time:** 10:00 a.m. - 11:30 a.m.  
**Fee:** Drop In Fee (9091)

## Newsletter by Mail and/or Email

The Senior Connect newsletter is available to be mailed to your home or go green and let us email the link to you each month. If you would like to receive this publication by mail, please call Senior Services 775-657-4602 or email [seniorservices@reno.gov](mailto:seniorservices@reno.gov).



# Lifelong Learning



## WANTED Active Seniors

Are you interested in helping shoot, edit, and produce

*"TV by seniors, for seniors, about seniors"*

with the City of Reno's

### **SENIOR DISCOVERY TV Production Group**

Experience helpful but not necessary.

We have equipment and training  
**Call (775) 657-4602 for details.**

View <https://www.youtube.com/user/City of Reno>

(Press Playlists, then Senior Discovery Channel).

**Tune in to Charter CH 192 at NOON Daily  
Group meets the 1st Tuesday of each month  
2:00 PM at Evelyn Mount Northeast CC.**



## Computer Essentials Made Simple

This beginner class demystifies the computer, explaining the fundamentals of how it works. Understand hardware, operating system and types of software applications in simple terms, plus hands on use of the keyboard and mouse.

**Date:** January 9, 11, 13, 2017  
(Monday, Wednesday, Friday)  
**Time:** 9:30 a.m. - 11:30 a.m.  
**Location:** NRRC  
**Fee:** \$20.00 (9165) **Scholarships apply**

## Digital Photo Management

Very basic skills for getting images from your camera to your computer. Bring your camera, cell phone, cables or memory chips and the instruction manual. Learn different ways to download your images, plus basic photo enhancement including cropping and editing. Required Texts/Readings. Student receives handout and CD. Students are expected to use lab computers and furnish USB compatible camera and cables.

**Date:** January 10, 12, 2017  
(Tuesday, Thursday)  
**Time:** 9:30 a.m. - 11:30 a.m.  
**Location:** NRRC  
**Fee:** \$15.00 (9361) **Scholarships apply**

## Open Lab

Open two hour Lab is not a structured class. This Lab is intended as a companion class for students to access computers and practice skills learned in other classes while having access to the instructor for assistance.

**Date:** January 9, 11, 13, 2017  
(Monday, Wednesday, Friday)  
**Time:** 12:00 p.m.- 2:00 p.m.  
**Location:** NRRC  
**Fee:** \$5.00 a Lab (9682, 9683, 9684)  
**Scholarships apply**  
**\*Open Lab is available every Thursday from  
12:00 p.m.- 2:00 p.m.**

## Beanbag Baseball Practice

We are looking for some terrific, enthusiastic players to represent our TPPAC & NRRC facilities. If you are one of those desired players, come on out to the scheduled practice and show off your skills.

**Date:** Tuesdays  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Date:** Fridays  
**Time:** 10:00 a.m. - 12:30 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in fee



**Date:** Mondays  
**Time:** 1:30 a.m. - 3:30 p.m.  
**Date:** Fridays  
**Time:** 1:30 p.m. - 3:30 p.m.  
**Location:** NRRC  
**Fee:** Drop-in fee

## Practice Schedule Chair Volleyball

**Date:** Fridays  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in fee

**This new sport is sweeping the country!**

Check it out on **YouTube** then come on out and join this new and exciting activity - a fun way to get some healthy exercise!

**Looking for players for our  
Neil Road and Evelyn Mount facilities**

# Music, Arts and Crafts

## Ceramic Workshop (171794 in Class)

**Dates:** 1st, 2nd & 3rd Wednesdays  
**Time:** 9:30 a.m. - 12:30 p.m.  
**Location:** Basement Art Studio  
McKinley Arts & Culture Center  
**Fee:** \$45.00 (3 classes - 3 hrs. per class)  
*To register please call: 775-334-2417*

## Ballroom Dancing

**Date:** Every Tuesday, 2:00 p.m. - 3:45 p.m.  
Every Friday, 6:00 p.m. - 7:45 p.m.  
**Location:** EMNCC  
**Fee:** Drop-in Fee

## This-N-That Crafters Exchange Group

**Date:** Every Wednesday  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** NRRC  
**Fee:** Drop-in Fee

## Sunshine Quilters

**Date:** Every Monday (except holidays)  
**Time:** 1:00 p.m. - 4:00 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee

## Adult Coloring

Come join this group of adults as they participate in this fun and therapeutic activity.

**Date:** 2nd and 4th Tuesdays  
**Time:** 11:00 a.m. - 12:30 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee

## Something New Bingo

Come on out and play Bingo for prizes

**Date:** 3rd Tuesday each month  
**Time:** 11:00 a.m. - 12:30 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee

## The Voices

If you like singing, we are excited to have you join us at Evelyn Mount Northeast Community Center to sing with a group of people that love to sing. The Voices will perform a variety of different genres of music and will accept invitations to sing at various events.

**Date:** Every 2nd and 4th Tuesday  
**Time:** 12:00 p.m. - 3:00 p.m.  
Bring your sack lunch  
**Location:** EMNCC  
**Fee:** Free

Please call Brenda Mahan at 775-334-1201 for more information

**We are fortunate to have Jeff Wayne  
working with us as a volunteer**

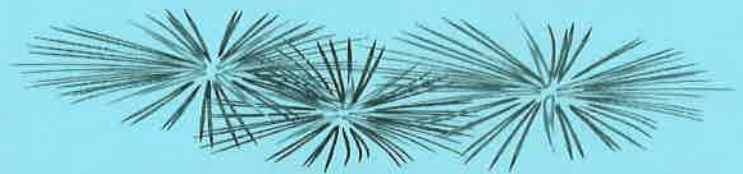


## Creative Artists

Have you ever wanted to explore your creative talent using different mediums? If so we have the activity designed with you in mind. Come explore being or becoming a creative artist. **Please bring your own supplies.**

**Special Thanks to  
Helen Chesterfield for assisting**

**Date:** Mondays  
**Time:** 1:00 p.m. - 4:00 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee



# Happy New Years!



# Save the Date

## Nevada Wolf Pack Basketball Game

Go Pack! Come on out and back the pack as they play against Utah State. You don't want to miss this home game.

**Date:** Wednesday, February 8, 2017  
**Time:** 5:00 p.m. - 7:30 p.m.  
**Location:** UNR Campus  
**Fee:** \$20.00/ Scholarships apply (10294)

### Pick-up times and locations:

**EMNCC:** 3:30 p.m.  
**TPPAC:** 3:45 p.m.  
**NRCC:** 4:00 p.m.



## DINNER AND A SHOW - TONY ORLANDO

No entertainer can move and excite an audience like Tony Orlando. One of America's most endearing and enduring stars; Tony and America recently celebrated the 30th anniversary of his recording of "Tie a Yellow Ribbon 'Round the Old Oak Tree."

**Date:** Friday, March 3, 2017  
**Time:** 5:00 p.m. - 10:00 p.m.  
**Location:** Sparks Nugget  
**Fee:** \$80.00 (11189) Scholarships apply

### Pick-up times and locations:

**EMNCC:** 4:00 p.m.  
**TPPAC:** 4:15 p.m.  
**NRCC:** 4:30 p.m.

## Pioneer Center for the Performing Arts DIRTY DANCING - THE CLASSIC STORY ON STAGE

Is a record-breaking live theatre sensation, exploding with heart-pounding music, passionate romance, and sensational dancing. London's Sunday Express says "This crowd-pleasing stage adaptation hits the jackpot!" Featuring the hit songs "Hungry Eyes," "Hey Baby," "Do You Love Me?," and the heart-stopping "(I've Had) The Time of My Life." You'll have the time of your life!

**Date:** Saturday, February 25, 2017  
**Time:** 11:30 a.m. - 3:00 p.m.  
**Location:** River Grille and Pioneer Center  
**Fee:** \$75.00 (10937) Scholarships apply

### Pick-up times and locations:

**EMNCC:** 10:45 a.m.  
**TPPAC:** 11:00 a.m.  
**NRCC:** 11:15 a.m.



## Nevada Wolf Pack Basketball Game

Go Pack! Come on out and back the pack as they play against Colorado State. You don't want to miss this home game.

**Date:** Saturday, March 4, 2017  
**Time:** 5:00 p.m. - 7:30 p.m.  
**Location:** UNR Campus  
**Fee:** \$20.00 (11187) Scholarships apply

### Pick-up times and locations:

**EMNCC:** 3:30 p.m.  
**TPPAC:** 3:45 p.m.  
**NRCC:** 4:00 p.m.



## 2017 Dance Off

Bring Those Dance Moves if you got them and want to show them off! Go ahead and choose your style of music and a fancy outfit and enter our contest. By the way dancing is good exercise, for the new year! Judging will be audience response. Light refreshments will be served.

**Date:** Friday, February 24, 2017  
**Time:** 1:00 p.m. - 4:00 p.m.  
**Location:** TPPAC  
**Fee:** Drop-in Fee (10938)



## Dinner and a Show

### Chubby Checker and the Wildcats

Chubby Checker had the #1 song of the Sixties and is the only artist to have a song go to #1 twice with "The Twist." He had the first Platinum record and the first Rock & Roll Grammy with "Let's Twist Again." He is also the only artist to have nine double-sided hits, and the only artist to have five albums in the top 12 at the same time.

**Date:** Friday, February 10, 2017  
**Time:** 5:00 p.m. - 10:00 p.m.  
**Location:** Sparks Nugget  
**Fee:** \$80.00 (11188) Scholarships apply

### Pick-up times and locations:

**EMNCC:** 4:00 p.m.  
**TPPAC:** 4:15 p.m.  
**NRCC:** 4:30 p.m.

## Fifth Annual

## Women's Tea Party, Luncheon and Beautiful Hat Show

*"Honoring Trailblazing Women  
in Labor and Business"*

In honor of National Women's Heritage Month we are hosting our fifth annual Women's Tea Party, Luncheon and Beautiful Hat Show. This year's theme will be "Honoring Trailblazing Women in Labor and Business, and you are invited to attend this wonderful experience. During this event we will be honoring 17 local women who are Trailblazers in Labor and Business.

**Date:** Thursday, March 31, 2017  
**Time:** 11:00 a.m. - 1:00 p.m.  
**Location:** EMNCC  
**Fee:** Free (11191)



# Resources

## Joint Meeting Reno Senior Citizen Advisory Committee & Washoe County Senior Services Advisory Board & Senior Advocacy Workshop

Attend the workshop to learn about the big issues now facing Nevada seniors and plans to address them today. Find out who your city, county and state representatives are and how to contact them to give your views.

**Date:** Wednesday, January 4, 2017  
**Time:** 3:00 p.m. - 5:00 p.m.  
**Location:** Washoe County Senior Services

**Contact:** 334-4282 [smithl@reno.gov](mailto:smithl@reno.gov)

## Senior Health Advocate Training

The Center for Healthy Aging is looking for volunteers who want to learn about resources available for seniors and their caregivers here in Washoe County. Volunteers will learn how to conduct small group presentations and one-to-one sessions with seniors and caregivers who need help finding the right resources for caregiving, food/nutrition, healthcare, housing, legal services, recreation and transportation. The first training is Wednesday, January 11, 2017 9:00 a.m. – 5:00 p.m. Please contact Polly at 775 237 8443 or email [pollyp.cha@gmail.com](mailto:pollyp.cha@gmail.com) for details.

**Date:** Wednesday, January 11, 2017  
**Time:** 9:00 a.m. - 5:00 p.m.  
**Location:** EMNCC (Tuscarora Room)  
**Fee:** Free

[www.reno.gov/seniors](http://www.reno.gov/seniors)

## Senior Trail Walk

Join our group of seniors as we explore different walks in the Reno/Sparks area. Your guide, Deanna, will select a different walk each month. The walk this month will be at Sparks Marina.

**Date:** Tuesday, January 17, 2017  
**Time:** 10:30 a.m. - 11:30 a.m.  
**Fee:** Free (9019)

Please register for activity and reserve a ride

**Pickup times and locations:**

**EMNCC:** 9:45 a.m.  
**TPPAC:** 10:00 a.m.  
**NRRC:** 10:15 a.m.



## Volunteer Crochet and Knitting Group

We invite you to join this dedicated group of volunteers that meets weekly every Monday and the 3rd and 4th Thursdays of each month. These wonderful volunteers spend their time crocheting and knitting beautiful lap blankets, hats, scarves and various other items. The items are then donated to Casa DaVita, Kids Kottage and the Family Homeless Shelter.

**Dates:** Every Monday (except holidays)  
Every 3rd & 4th Thursday  
**Time:** 10:00 a.m. - 12:00 p.m.  
**Location:** EMNCC  
**Fee:** Free

**Volunteers Needed and Welcomed!**



## Senior Lunch Program



Hot meals and salads are offered Monday through Friday as part of the Senior Lunch Program at Neil Road Recreation Center. Meals must be ordered a day in advance. **Call 326-6601.** Even if you are not a senior, you can join us for lunch at the cost of \$4.00 per person. Additional eligibility requirements apply. For more information call Washoe County Senior Services at 328-2575 or go on line to [www.reno.gov/seniors](http://www.reno.gov/seniors). Senior meals are also served at the Washoe County Senior Center.

## Get Fit with Silver Sneakers

Silver Sneakers is a benefit offered to members of many Medicare plans across the U.S. This great benefit includes multiple fitness classes and use of the pool and gym. Silver Sneaker participants *must* register where appropriate and swipe their card each time they visit the site for their fitness class.



# Resources

## Free Blood Pressure Clinic TPPAC

Blood pressure screening is held monthly at Teglia's Paradise Park. This clinic is free and is provided by Alliance Home Health.

**First Tuesday each month 9:45 a.m. - 11:15 a.m.**

## Free Blood Pressure Check at EMNCC

Blood Pressure Clinics are held monthly at the Evelyn Mount Northeast Community Center. This clinic is free and is provided by Northern Nevada HOPES.

## SHIP Counselors Available at Neil Road Recreation Center

The State Health Insurance Assistance Program (SHIP) will have counselors available to help with enrollment & answer questions regarding Medicare.

**Date: 1st Thursday of every month**

**Time: 10:00 a.m. - 1:00 p.m.**

**Location: NRCC**

**Fee: Free**

## Senior Water Fitness

Water makes a great environment for exercise. Buoyancy takes the impact off of leg joints allowing exercises to improve muscular strength, balance and fitness levels. No swimming skills are required. Note: This class has varying times and courses; please call 334-2262 for inquiries & registration.

## Supplemental Nutrition Assistance Program

Please call the state hotline at 1-888-304-7627 for a list of locations and times to apply. You may call 1-800-992-7627 for questions and information on how to apply. The monthly calendar and a list of food pantry locations are located at these City of Reno facilities:

TPPAC - 2745 Elementary Drive -775-356-3176

NRRC - 3925 Neil Road - 775-689-8484



## 2-1-1 Health & Human Service Facts

From basic needs to any health and human service program, one call to Nevada 2-1-1 offers access to:

- ★ Basic human needs resources
- ★ Physical and mental health resources
- ★ Financial stability
- ★ Programs for children, youth and families
- ★ Support for older Americans and persons with disabilities



## Northern Nevada Veterans Resource Center

Has returned its outreach to City of Reno and Washoe County Community Centers. The Veteran Service Officers will be available at the scheduled days and locations in the community to assist with all things Veteran-related including compensation, pension for Veterans, survivors and dependent benefits. They look forward to assisting you in any way they can and thank you for your service!

**Date: 2nd Thursday each month**

**Time: 1:00 p.m. - 4:00 p.m.**

**Location: EMNCC**

**Fee: Free**

**Date: 3rd Tuesday each month**

**Time: 9:00 a.m. - 12:00 p.m.**

**Location: NRRC**

## Bread Drop

The Food Bank of Northern Nevada delivers bread, pastries and desserts every Tuesday. In order to increase the organization and food distribution equally we have implemented a process as follows:

- Numbers will be handed out
- This number allows you a limited selection of food items of your choice
- You will be asked to sign in with your name
- All participants must wait until their number is called

**Everyone 16 yrs. & older are encouraged to participate.**

**Days: Every Tuesday**

**Location: TPPAC**

**Time: 10:00 a.m.**

**Location: NRRC**

**Time: 12:00 p.m.**



# City of Reno/ New for You

## Neighborhood Advisory Boards Attend A Neighborhood Meeting

### What is a NAB

The City of Reno is divided into five City Council wards. Each of these wards has one representative on the Reno City Council. The City Council also includes one At-Large Councilmember and the Mayor. Each of the City's five wards are represented by a respective Neighborhood Advisory Board (NAB). Each NAB meets once a month at 5:30 p.m. on an ongoing basis. NAB meetings are your chance to learn about neighborhood happenings and discuss community issues with your neighbors. Key objectives for NAB meetings:

1. Improve communication between Reno citizens, City staff, and City Council Members.
2. Provide citizens the opportunity for early engagement on important community issues.
3. Create a venue for citizens to review and provide feedback on certain development projects.

### **Ward 1 Councilmember** Jenny Brekhus **Community Liaison** Calli Wilsey 689-8459

**Date:** 1st Thursday of the month  
**Time:** 5:30 p.m.  
**Location:** McKinley Arts and Culture Center 925 Riverside Dr.

### **Ward 2 Councilmember** Naomi Duerr **Community Liaison** Calli Wilsey 689-8459

**Date:** 1st Thursday of the month  
**Time:** 5:30 p.m.  
**Location:** Moana Nursery Design Center 1190 W. Moana Lane (adjacent to 1100 W. Moana Lane)

### **Ward 3 Councilmember** Oscar Delgado **Community Liaison** Cynthia Esparza-Trigueros 677-6881

**Date:** 1st Tuesday of the month  
**Time:** 5:30 p.m.  
**Location:** Reno City Hall, 7th floor - Caucus Room One E. 1st Street

### **Ward 4 Councilmember** Paul McKenzie **Community Liaison** Cynthia Esparza-Trigueros 677-6881

**Date:** 3rd Thursday of the month  
**Time:** 5:30 p.m.  
**Location:** Evelyn Mount Northeast Community Center 1301 Valley Road

### **Ward 5 Councilmember** Neoma Jardon **Community Liaison** Barbara DiCianno 334-3112

**Date:** 2nd Tuesday of the month  
**Time:** 5:30 p.m.  
**Location:** Reno City Hall, Council Chambers One E. 1st Street

## City of Reno License Plates

Did you know the City of Reno has secured a license plate that supports Parks Recreation and Community Services;

Your purchase of a City of Reno license plate will provide dedicated funding for Parks and Recreation programs. Each license plate would provide \$20 (\$25 in the first year) that would go directly to Parks and Recreation programs offered throughout the City of Reno. We need your help though. We need a minimum of 1,000 people to purchase a City of Reno license plate before December 31, 2017 in order to get that funding.

1,000 license plates = \$25,000

10,000 license plates = \$250,000

What could be done with \$250,000 in dedicated funding? Here are just a few examples:

- New fitness equipment and refinishing gym floors at recreation centers
- Re-plastering of City pools – adding years to the life-span
- New tables and chairs for all recreation facilities
- Picnic shelter at Reno Sports Complex
- Shade structures at Reno Tennis Center
- Replacement of scoreboards at Reno Sports Complex and Idlewild fields.
- Replacement of community playground or neighborhood park playgrounds.
- Replacement of 2 deteriorated park bathrooms
- Reconstruct 1-2 miles of paved trails
- Replace/rebuild the Idlewild train and track with a new, larger model.

So all you have to do is visit the DMV today and get your City of Reno license plate. **You can even personalize it!**



## Senior Employment Opportunity

Calling all senior citizens, do you like working with children, kindergarten to sixth grade? The City of Reno's Sierra Kids Before and After program is seeking people that enjoy working with children and would like to supplement their income. We have several shifts and locations available. For more information please call (775)334-4280





# Fitness

## Tai Chi Class

Cheng Man Ching Yang Style short form consists of 37 postures also known as Meditation in Motion. This low-impact exercise helps with relaxation, balance and flexibility.

**Date:** Every Monday (except holidays)  
**Time:** 6:00 p.m. - 7:00 p.m.  
**Location:** EMNCC (Eureka Room)  
**Date:** Every Tuesday & Thursday  
**Time:** 1:00 p.m. - 2:00 p.m.  
**Location:** EMNCC (Eureka Room)  
**Fee:** \$5.00 per class

## Qigong

This ancient holistic exercise consists of simple, low-impact, and meditative movements that can boost your healing abilities for better health and mental clarity. The first class of every month is dedicated to orientation for beginners.

**Date:** Every Tuesday  
**Time:** 5:30 p.m. - 6:30 p.m.  
**Location:** EMNCC  
**Fee:** \$5.00 per month (9432)  
*Silver Sneakers Apply!*

## Silver State Super Seniors

This is a combined recreation and senior exercise program. Class includes sitting and standing exercises, the use of Dynabands, Indian Club exercises, balance practice and precision marching.

**Days:** Tuesday, Thursday & Friday  
**Time:** 8:30 a.m. - 9:45 a.m.  
**Location:** EMNCC  
**Fee:** Drop-in fee (8381)

## Zumba Gold Fitness

Zumba is known for its zesty Latin music and modifies the moves and pacing to suit the needs of 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:** Thursdays  
**Time:** 10:00 a.m. - 11:00 a.m.  
**Location:** TPPAC (9405)  
**Fee:** \$10.00 monthly

**Day:** Mondays  
**Time:** 5:30 p.m. - 6:30 p.m.  
**Location:** TPPAC (9393)  
**Fee:** \$10.00 monthly

*Scholarships do not apply!*

## New Cardio Room at NRRC

Come check out our new cardio room at the Neil Road Recreation Center. We have new cardio machines and cable television. **The cost is \$1.00 for seniors, \$1.50 for youth and \$2.00 for adults.**

## Sit and Get Fit

This weight training program is designed to strengthen the muscles used for walking and getting in and out of chairs. Exercises are done while sitting and standing or while holding on to the back of a chair, if needed, for balance.

**Days:** Monday, Wednesday & Friday  
**Time:** 8:30 a.m. - 9:30 a.m.  
**Location:** TPPAC  
**Fee:** Drop-in fee

**Days:** Tuesday & Thursday  
**Time:** 10:00 a.m. - 11:00 a.m.  
**Location:** EMNCC  
**Fee:** Drop-in Fee

## 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. Feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

**Location:** EMNCC (9417)  
**Day:** Wednesdays  
**Time:** 1:30 p.m. - 2:15 p.m.

**Location:** NRRC (9657)  
**Day:** Thursdays  
**Time:** 10:00 a.m. - 10:45 a.m.

**Fee:** \$8.00 per month, per location.

*Silver Sneakers apply, Scholarships do not apply!*



## Mat Yoga

This modified gentle yoga class is an accessible approach to learning the fundamental yoga stretches presented in a flowing class that is easy to follow. Mats, blankets and blocks are available on a first come, first served basis. Students should be able to get off the floor with ease. Need more information?

Feel free to contact the instructor, Pam Pierson at 303-2845 or psp89@hotmail.com.

**Day:** Mondays, Wednesdays & Fridays  
**Time:** 10:00 a.m. - 11:00 a.m.  
**Location:** NRRC (9645)  
**Time:** 12:00 p.m. - 1:00 p.m.

**Location:** EMNCC (9235)  
**Fee:** \$30.00 per month, per location  
*Scholarships do not apply!*

# Cards & Games

\*Adult (18+) \$2.00

\* Youth (5-17) \$1.00

\*Seniors (50+) \$ 1.00

## Neil Road Recreation Center - Please call 689-8484 for more details & availability

Game Day	Thursdays	1:00 p.m. - 3:00 p.m.	NRRC
Cribbage	Mondays	1:00 p.m. - 3:30 p.m.	NRRC
Pinochle	Wednesdays & Fridays	1:00 p.m. - 4:00 p.m.	NRRC
Basic Bridge	Tuesdays	1:00 p.m. - 3:30 p.m.	NRRC
Badminton (all ages)	Mondays/Wednesdays	7:00 p.m. - 10:00 p.m.	NRRC
Pickleball	Mon/Wed/Thurs/Fri	1:30p.m. - 3:30 p.m.	NRRC
Pickleball	Tue	9:00 a.m. - 11:30 a.m.	NRRC
Drills & Skills	Wed	4:30 - 6:30 p.m.	NRRC
Beginner Pickleball	Wednesdays & Fridays	11:30 - 1:30	NRRC
Table Tennis	Monday	7:00 p.m. - 10:00 p.m.	NRRC
Table Tennis	Wednesday	7:00 p.m. - 10:00 p.m.	NRRC
Table Tennis	Thursday	7:00 p.m. - 10:00 p.m.	NRRC

## Teglia's Paradise Park - Please call 356-3176 for more details & availability

Intermediate Bridge	Wednesdays	10:00 a.m. - 2:00 p.m.	TPPAC
Bunco	Thursdays	12:15 p.m. - 3:30 p.m.	TPPAC
Chair Volleyball	<b>Players needed</b> Fridays	1:00 - 3:00	TPPAC
Pinochle	Mondays / Wednesdays	10:00 a.m. - 2:00 p.m.	TPPAC
Board Game Day	<b>Players needed</b> Wednesdays	10:00 a.m. - 3:30 p.m.	TPPAC

## Evelyn Mount Northeast Community Center - Please call 334-2262 for more details & availability

Cribbage	Thursdays	1:00 p.m. - 3:00 p.m.	EMNCC
Bridge (Experienced Players)	Tuesdays	9:00 a.m. - 1:30 p.m.	EMNCC
Open Gym	Dates vary	Times vary	EMNCC
Drop-in Bridge	Fridays <b>Players needed</b>	12:30 p.m. - 3:00 p.m.	EMNCC



# EVELYN MOUNT NORTHEAST COMMUNITY CENTER (EMNCC)

## DECEMBER 2016

MONDAYS		TUESDAYS		WEDNESDAY		THURSDAY		FRIDAY	
2	CLOSED IN OBSERVANCE OF NEW YEAR'S DAY  <b>Happy New Year!</b>	3	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	4	9:00 AM / Pickleball [C] 9:30 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	5	8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 1:00 PM / Cribbage	6	8:30 AM / Super Seniors 9:00 AM / Pickleball [C] 12:00 PM / Senior Yoga 12:30 PM / Bridge 6:00 PM / Ballroom Dance
9	9:00 AM / Pickleball [C] 10:00 AM / Crochet Circle 12:00 PM / Senior Yoga	10	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	11	9:00 AM / Pickleball [C] 9:30 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	12	8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 1:00 PM / Cribbage	13	8:30 AM / Super Seniors 9:00 AM / Pickleball [C] 12:00 PM / Senior Yoga 12:30 PM / Bridge 6:00 PM / Ballroom Dance
16	CLOSED FOR MARTIN LUTHER KING DAY  <b>MILK IDAY</b> <small>shirtsback 230410280</small>	17	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	18	9:00 AM / Pickleball [C] 9:30 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	19	8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 10:00 AM / Vol. Crochet Group 1:00 PM / Cribbage	20	8:30 AM / Super Seniors 9:00 AM / Pickleball [C] 12:00 PM / Senior Yoga 12:30 PM / Bridge 6:00 PM / Ballroom Dance
19	9:00 AM / Pickleball [C] 10:00 AM / Crochet Circle 12:00 PM / Senior Yoga	20	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	21	9:00 AM / Pickleball [C] 9:30 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	22	8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 10:00 AM / Vol. Crochet Group 1:00 PM / Cribbage	23	8:30 AM / Super Seniors 9:00 AM / Pickleball [C] 12:00 PM / Senior Yoga 12:30 PM / Bridge 6:00 PM / Ballroom Dance
26	9:00 AM / Pickleball [C] 10:00 AM / Crochet Circle 12:00 PM / Senior Yoga	27	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	28	9:00 AM / Pickleball [C] 9:30 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	29	8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 1:00 PM / Cribbage	30	8:30 AM / Super Seniors 9:00 AM / Pickleball [C] 12:00 PM / Senior Yoga 12:30 PM / Bridge 6:00 PM / Ballroom Dance

# NEIL ROAD RECREATION CENTER (NRRC)



## January 2017

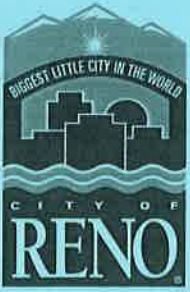
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
2	CLOSED IN OBSERVANCE OF NEW YEAR'S DAY <b>Happy New Year!</b>	9:00 AM / Pickleball 9:30 AM / Conversation Café 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Guided Crafts 1:00 PM / Basic Bridge	4	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 11:30/1:30/4:30 Pickleball 1:00 PM / This n' That Exchange 1:00 PM / Pinochle 7:00 PM / Table Tennis 7:00 PM / Badminton	5	10:00 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 12:00 PM / Open Computer Lab 1:00 PM / Any Game/Minnesota 1:30 Pickleball 7:00 PM / Table Tennis 7:00 PM / Badminton	6	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Senior Bingo 1:00 PM / Pinochle 12:00/1:30 Pickleball 1:30 PM / Beanbag Baseball 4-7 Karaoke Friday			
9	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:30 PM / Beanbag Baseball 1:00 PM / Cribbage & Minnesota 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis	10	9:00 AM / Pickleball 9:30 AM / Conversation Café 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Guided Crafts 1:00 PM / Basic Bridge	11	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 11:30/1:30/4:30 Pickleball 1:00 PM / This n' That Exchange 1:00 PM / Pinochle 7:00 PM / Table Tennis 7:00 PM / Badminton	12	10:00 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 12:00 PM / Open Computer Lab 1:00 PM / Any Game/Minnesota 1:30 Pickleball 7:00 PM / Table Tennis 7:00 PM / Badminton	13	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Senior Bingo 1:00 PM / Pinochle 12:00/1:30 Pickleball 1:30 PM / Beanbag Baseball		
16	CLOSED FOR MARTIN LUTHER KING DAY <b>MILK THE IDA M BEVERAGE</b>	17	9:00 AM / Pickleball 9:30 AM / Conversation Café 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Guided Crafts 1:00 PM / Basic Bridge	18	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 11:30/1:30/4:30 Pickleball 1:00 PM / This n' That Exchange 1:00 PM / Pinochle 7:00 PM / Table Tennis 7:00 PM / Badminton	19	10:00 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 12:00 PM / Open Computer Lab 1:00 PM / Any Game/Minnesota 1:30 PM / Pickleball 7:00 PM / Table Tennis 7:00 PM / Badminton	20	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Senior Bingo 1:00 PM / Pinochle 12:00/1:30 Pickleball 1:30 PM / Beanbag Baseball		
23	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:30 PM / Beanbag Baseball 1:00 PM / Cribbage & Minnesota 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis	24	9:00 AM / Pickleball 9:30 AM / Conversation Café 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Guided Crafts 1:00 PM / Basic Bridge	25	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 11:30/1:30/4:30 PM Pickleball 12:30/Food Bank/1:00 Pinochle 1:00/This in That Exchange 7:00 PM / Table Tennis 7:00 PM / Badminton	26	10:00 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 12:00 PM / Open Computer Lab 1:00 PM / Any Game/Minnesota 1:30 PM / Pickleball 7:00 PM / Table Tennis 7:00 PM / Badminton	27	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Senior Bingo 1:00 PM / Pinochle 12:00/1:30 Pickleball 1:30 PM / Beanbag Baseball		
30	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:30 PM / Beanbag Baseball 1:00 PM / Cribbage & Minnesota 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis	31	9:00 AM / Pickleball 9:30 AM / Conversation Café 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Guided Crafts 1:00 PM / Basic Bridge								



# TEGLIA'S PARADISE PARK ACTIVITY CENTER (TPPAC)

## JANUARY 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CLOSED IN OBSERVANCE OF NEW YEAR'S DAY  	3	10:00 AM / Bread Line 11:00 AM / Health and wellness luncheon 1:00 PM / Bean Bag Baseball 6:00 PM / Western squares	4	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / Game Day 6:00 PM / Cloverleaf Squares	5	10:00 AM / Zumba Gold 12:15 PM / Bunco	6	8:30 AM / Sit and Get Fit 10:00 AM / Bean Bag Baseball 1:00 PM / Chair Volleyball
9	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 1:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold	10	10:00 AM / Bread Line 11:00 AM / Adult Coloring 1:00 PM / Bean Bag Baseball 6:00 PM / Western squares	11	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / Game Day 6:00 PM / Cloverleaf Squares	12	10:00 AM / Zumba Gold 12:15 PM / Bunco	13	8:30 AM / Sit and Get Fit 10:00 AM / Bean Bag Baseball 1:00 PM / Chair Volleyball
16	CLOSED FOR MARTIN LUTHER KING DAY  	17	10:00 AM / Bread Line 11:00 AM / BINGO 1:00 PM / Bean Bag Baseball 6:00 PM / Western squares	18	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / Game Day 2:00-4:00 PM / Traveling Birthday 6:00 PM / Cloverleaf Squares	19	10:00 AM / Zumba Gold 12:15 PM / Bunco	20	8:30 AM / Sit and Get Fit 10:00 AM / Bean Bag Baseball 1:00 PM / Chair Volleyball
23	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 1:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold	24	10:00 AM / Bread Line 11:00 AM / Adult Coloring 1:00 PM / Bean Bag Baseball 6:00 PM / Western squares	25	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / All Game Day 6:00 PM / Cloverleaf Squares	26	10:00 AM / Zumba Gold 12:15 PM / Bunco	27	8:30 AM / Sit and Get Fit 10:00 AM / Bean Bag Baseball 1:00 PM / Chair Volleyball
30	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 1:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold	31	10:00 AM / Bread Line 1:00 PM / Bean Bag Baseball 6:00 PM / Western squares						



City of Reno  
Senior Connect  
c/o Evelyn Mount Northeast CC  
1301 Valley Road  
Reno, NV 89512

**Return Service Requested**

### **Class Registration**

Registration and payments must be submitted one week prior to the first class date to avoid cancellation. All programs must meet a minimum enrollment to be offered. New participants must submit a Household Account information form to register for a program. Please call EMNECC-334-2262, NRRC-689-8484 or TPPAC-356-3176 to register or for more information.

### **Scholarship Information**

The City of Reno is committed to providing recreational opportunities to all residents regardless of economic circumstances. For this reason, a limited fund scholarship program is available to those who qualify. Qualified programs include City and volunteer taught programs including various fitness courses, arts and crafts and Senior Trips. For more information about scholarships, please call 334-2260.