

City of Reno Presents

# Senior Resource Guide





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# General Information

## AARP

An interest group that focuses on issues affecting those who are over 50. Offers a variety of services for seniors.

☎ (866) 389-5652

🌐 [Local.aarp.org/reno-nv](http://Local.aarp.org/reno-nv)

## INFO 2-1-1

Hotline to connect to Nevada services and information.

☎ 2-1-1 or (866)-535-5654

🌐 [Nevada211.org](http://Nevada211.org)

## Nevada Aging & Disability Services Division

Represents Nevadans elders, children, and adults with disabilities or special health needs.

☎ (775) 687-0800

🌐 [ADSD.NV.gov](http://ADSD.NV.gov)

## Nevada Department of Veterans Services

Provides Nevada veterans with services such as counseling and assistance. Operates the Northern Nevada Veterans Home.

☎ (775) 284-8387

🌐 [Veterans.nv.gov](http://Veterans.nv.gov)

## Reno Direct

The City of Reno Constituent Customer Service Center where Reno residents can report issues, express concerns, and request city services. This is a non-emergency number.

☎ (775) 334-4636

🌐 [Reno.Gov/RenoDirect](http://Reno.Gov/RenoDirect)

## Senior Spectrum

A monthly magazine filled with information, news, events, and Reno Parks and Rec schedules with senior-friendly recreational activities.

☎ (775) 233-4654

🌐 [Seniorspectrumnewspaper.com](http://Seniorspectrumnewspaper.com)

## Social Security Office

Administers retirement, disability, survivor, and family benefits. Enrolls individuals in Medicare.

📍 1170 Harvard Way, Reno NV

☎ Toll-free: (888) 808-5481

☎ General Information/Services: 800-772-1213

🌐 [SSA.gov](http://SSA.gov)

## Washoe County Library System

Provides services through 12 locations in Washoe County. Library cards are free to county residents (ID required). Check out a book or read one online!

☎ (775) 327-8300

🌐 [Washoecountylibrary.us](http://Washoecountylibrary.us)

## Washoe County Human Services Agency - Senior Services Division

Offers direct and indirect services including senior centers, Meals on Wheels, congregate meals, homemaker services, legal services, and case management.

☎ (775) 328-2575

🌐 [Washoecounty.gov/seniorsrv](http://Washoecounty.gov/seniorsrv)

## Washoe 3-1-1

Connects Washoe County residents with knowledgeable Customer Service agents ready to assist with non-emergency government matters.

☎ 3-1-1 or (775) 328-2003

🌐 [Washoecounty.gov/311](http://Washoecounty.gov/311)



# Recreation & Education

## City of Reno's Parks and Recreation Administration

Provides multi-generational recreation programs that are senior-friendly, providing mental stimulation, physical activity, and socialization.

📞 Information: (775) 334-2262

## Evelyn Mount Northeast Community Center (EMNECC)

This facility offers a wide range of activities, a gym, indoor pool, and more.

📍 1301 Valley Road, Reno NV

📞 (775) 334-2262

🕒 Hours: Mon-Fri 7am-9pm  
Sat & Sun 9am-3pm

## McKinley Arts and Culture Center (MACC)

This historic building built in 1909 offers various activities and rentable spaces. It also houses two art gallery spaces.

📍 925 Riverside Drive, Reno NV

📞 (775) 334-2417

🕒 Hours: Varies, visit

🌐 [Reno.Gov/ParksAndRec](http://Reno.Gov/ParksAndRec)

## Moana Springs Community Aquatic & Fitness Center

Opened August 2024, a 52,000 sq. ft. facility which includes a 50 meter indoor pool, fitness room, outdoor soaking pool, and more.

📍 240 W Moana Ln, Reno, NV

## Neil Road Recreation Center (NRRC)

Offers a wide variety of senior-friendly recreational activities. There is a gym, cardio room, basketball court, pickleball, bean bag baseball, and more.

📍 3925 Neil Road, Reno NV

📞 (775) 689-8484

🕒 Hours: Mon-Friday 9am-9pm  
Sat - Closed  
Sun - Varies

## Northwest Pool

An indoor swimming venue.

📍 2925 Apollo Way, Reno, NV

📞 (775) 334-2203

🕒 Hours: Varies, visit

🌐 [Reno.Gov/ParksAndRec](http://Reno.Gov/ParksAndRec)

## Osher Lifelong Learning Institute (OLLI)

Programs for adults aged 50 or older through the University of Nevada, Reno. OLLI provides diverse educational, social and recreational opportunities.

📞 (775) 784-8053

🌐 [Campusce.net/unrolli/category/category.aspx](http://Campusce.net/unrolli/category/category.aspx)

## Plumas Gym

A gymnasium that offers accessible recreational programs and pickleball

📍 475 Monroe Street, Reno, NV

📞 (775) 334-2417

🕒 Hours: Varies, visit  
[Reno.Gov/ParksAndRec](http://Reno.Gov/ParksAndRec)

## Tegila's Paradise Park Activity Center (TPPAC)

A facility that offers card games, bean bag baseball, shuffleboard, "sit and get fit," and more.

📍 2745 Elementary Drive, Reno NV

📞 (775) 334-2417

🕒 Hours: Varies, visit

🌐 [Reno.Gov/ParksAndRec](http://Reno.Gov/ParksAndRec)

## Truckee Meadows EPIC Programs

Educational programs inspiring the Community, offering classes to seniors.

📞 (775) 829-9010

🌐 [TMCC.edu/educational-programs-inspiring-community/programs](http://TMCC.edu/educational-programs-inspiring-community/programs)



# Transportation Services

## Neighbor Network of Northern Nevada (N4)

Transportation services such as Lyft and Uber discounts, community care partners & volunteer village.

☎ (775) 453-4774  
🌐 [NeighborNV.org](http://NeighborNV.org)

## Regional Transportation Commission (RTC)

The local transportation system provides many options for seniors. For seniors (60+) RTC offers discounted tickets on both RTC Ride and RTC Flexride.

☎ (775) 348-0477      🌐 [RTCwashoe.com](http://RTCwashoe.com)



# Caregiving Services

## Alzheimer's Association

Offers Northern Nevadans facing Alzheimer's and dementia with education, support groups and local resources.

☎ (775) 786-8061  
🌐 [alz.org/norcal](http://alz.org/norcal)

## Home Instead

Provides in-home services from personal care, Alzheimer's care, transportation, and more to make life easier for seniors and their families.

☎ (775) 234-3519  
🌐 [homeinstead.com](http://homeinstead.com)

## Lend A Hand Home Care

Provides in-home services from personal care, companion care, light housekeeping, and more.

🌐 [www.lendahandhomecare.com](http://www.lendahandhomecare.com)  
☎ 775-871-1151

## More To Life Adult Day Care & Health Center

Provides engaging events and activities for seniors during the day for the Reno-Sparks area

☎ (775) 358-1988  
🌐 [AdultDayCareReno.com](http://AdultDayCareReno.com)

## Nevada Care Connection (NVCC)

Works with older adults, people with disabilities, and more, to explore a variety of services, resources, and programs available to them.

🌐 [nevadacareconnection.org](http://nevadacareconnection.org)

## Senior Helpers

Provides in-home personal care services, transportation, memory care and more to support your independence

🌐 [Seniorhelpers.com/nv/reno](http://Seniorhelpers.com/nv/reno)  
☎ 775-828-1800

## Seniors in Service

Offers Foster Grandparent program and senior Companion Programs.

☎ (775) 358-2768  
🌐 [SeniorsInServiceNevada.org](http://SeniorsInServiceNevada.org)

## Senior Outreach Services

Provides support to Washoe County's most vulnerable elders through trained volunteers that help seniors age in place and allow them to stay in the homes longer.

☎ (775) 784-7506  
🌐 [med.unr.edu/aging/outreach/sos](http://med.unr.edu/aging/outreach/sos)



# Legal Services

## Elder Protective Services

Provides services when elder abuse is suspected.

- ☎ Local: (775) 687-0800
- ☎ Statewide: (888) 729-0571
- 🌐 [ADSD.NV.gov/Programs/Seniors/EPS/EPS\\_Prog](https://ADSD.NV.gov/Programs/Seniors/EPS/EPS_Prog)

## Nevada Legal Services

Provides free legal advice to seniors through the Senior Law Project.

- ☎ (775) 284-3491
- 🌐 [nevadalegalservices.org](https://nevadalegalservices.org)

## Northern Nevada Legal Aid

Legal Advice & Legal Services for seniors 60 years of age and older.

- ☎ (775) 329-2727
- 🌐 [nnlegalaid.org](https://nnlegalaid.org)

## Washoe County Public Guardian

Guardianship Support.

- ☎ (775) 688-2964
- 🌐 [washoecounty.gov/guardian](https://washoecounty.gov/guardian)



# Health & Social Services

## Assistance League - Reno Sparks

Transforms the quality of life through community programs.

- ☎ (775) 329-6658
- 🌐 [assistanceleague.org/reno-sparks](https://assistanceleague.org/reno-sparks)

## Care Chest

Provides medical equipment, supplies and education.

- ☎ (775) 829-2273
- 🌐 [carechest.org](https://carechest.org)

## CAP TEL

Captioned telephone for hearing impaired.

- ☎ (702) 595-7730
- 🌐 [captel.com](https://captel.com)

## Center for Healthy Aging

Access to quality of life programs and resources.

- ☎ (775) 376-3210
- 🌐 [addinglifetoyears.com](https://addinglifetoyears.com)

## Crisis Support Services of Northern Nevada

Provides 24/7, free, confidential, and caring support to people in crisis.

- ☎ Call, text, or chat: 988
- 🌐 [cssnv.org](https://cssnv.org)

## Dementia Friendly Washoe County

Provides support, resources, and activities for people experiencing dementia and their families.

- ☎ (775) 682-9444
- 🌐 <https://deerprogram.org/dementia-friendly-nevada/dementia-friendly-washoe-county/>

## Office of Suicide Prevention

Provides resources and support to people experiencing suicidal thoughts and feelings.

- 📍 4600 Kietzke Ln B-114  
Reno, NV, 89502
- ☎ (775) 684-2240

## Sanford Center for Aging

Provides a wide range of programs, from health and wellness classes, to geriatric clinics, to drug management, and more.

- ☎ Center for Aging: (775) 784-4774
- ☎ Geriatric Clinic: (775) 982-1200
- 🌐 [med.unr.edu/aging](https://med.unr.edu/aging)

## The Salvation Army

Offers social services, food pantry, and housing emergency services.

- 📍 1931 Sutro St., Reno, NV
- ☎ (775) 688-4555
- 🌐 [reno.salvationarmy.org](https://reno.salvationarmy.org)



# Healthcare Services

## Access To Healthcare

Resources for housing, resource center (ADRC), Transportation Services, and Respite Services.

☎ (877) 385-2345

🌐 [accesstohealthcare.org](http://accesstohealthcare.org)

## Community Health Alliance

Provides medical services, behavioral health, dental care, pharmacy, & food pantry.

*Offers Bilingual Services.*

☎ (775) 329-6300

🌐 [chanevada.org](http://chanevada.org)

## Circle of Life Hospice

Serves individuals and their families during advanced and final stages of a terminal illness.

🌐 [colhospice.com](http://colhospice.com)

## Northern Nevada HOPES

Offers a variety of services: Community Health Center, housing, and more

☎ (775) 284-8989

🌐 [accesstohealthcare.org](http://accesstohealthcare.org)

## Nevada Medicare Assistance Plan

The Medicare Assistance Plan (MAP) offers personalized health insurance counseling for Nevadans.

☎ (775) 284-1892

🌐 [adsd.nv.gov/Programs/Seniors/Medicare\\_Assistance/Program\\_\(MAP\)/MAP\\_Prog/](http://adsd.nv.gov/Programs/Seniors/Medicare_Assistance/Program_(MAP)/MAP_Prog/)

## Nevada State Welfare District Office - Reno District Office

📍 4055 South Virginia Street, Reno, NV 89502

☎ (775) 684-7200



# Housing Services

## Housing & Urban Development

Provides housing services.

☎ (775) 329-3630

🌐 [hud.gov](http://hud.gov)

## Rebuilding Together Northern Nevada

Nonprofit with a mission to repair the homes of people in need and revitalize communities.

🌐 [rebuildingtogethernnv.org](http://rebuildingtogethernnv.org)

## Reno Housing Authority

Provides affordable housing, rental assistance, and more.

☎ (775) 329-3630

🌐 [renoha.org](http://renoha.org)

## Reno-Sparks Indian Colony Housing Department

Provides housing services.

📍 9055 Eagle Canyon Dr. Sparks, NV 89441

☎ (775) 785-1300, 4391

🌐 [www.rsic.org](http://www.rsic.org)

## Nevada Rural Housing Authority

Home ownership & rental assistance in rural areas.

☎ (775) 887-1795

🌐 [nvrural.org](http://nvrural.org)

## Veterans Guest House

Promotes the health of veterans and their families by providing a warm, inviting temporary home and access to the medical care they need.

🌐 [veteransguesthouse.org](http://veteransguesthouse.org)

## Volunteers of America

Provides affordable housing, emergency housing, and unsheltered assistance.

☎ (775) 324-2622

🌐 [voa-ncnn.org/northern-nevada](http://voa-ncnn.org/northern-nevada)



# Food & Nutrition Services

## Catholic Charities of Northern Nevada

Food pantry, meals, and senior nutrition.

☎ (775) 322-7073

🌐 [ccsnn.org](http://ccsnn.org)

## Food Bank Of Northern Nevada

Food distribution and specialized programs for seniors.

☎ (775) 331-3663

🌐 [fbnn.org](http://fbnn.org)

## Reno Food Systems

Local nonprofit with local produce, farmers market, garden, and mobile harvest.

🌐 [renofoodsystems.org](http://renofoodsystems.org)

## Reno Sparks Gospel Mission

Organization dedicated to helping the homeless, hungry, addicted, and abused in the northern Nevada area.

🌐 [rsgm.org/about-the-mission](http://rsgm.org/about-the-mission)

## Washoe County Senior Nutrition Services

Information about Senior Nutrition Programs such as Home Delivered Meals (AKA Meals on Wheels), Congregate Meals, Assistance League and Food Bank Distribution.

*General:*

☎ (775) 328-2575 ext. 2

🌐 [washoecounty.gov/seniorsrv/nutrition/index.php](http://washoecounty.gov/seniorsrv/nutrition/index.php)

## Golden Groceries Locations

The Food Bank of Northern Nevada's Golden Groceries program works with local food pantries to establish food pantry locations and hours focused exclusively on serving local senior clients.

## Sparks Christian Fellowship

📍 510 Greenbrae Drive  
Sparks, NV 89431

🕒 Every Wednesday 9-10am

## Center of Influence

📍 1095 E Taylor Street  
Reno, NV 89502

🕒 Every Thursday 10-11am

## St. Francis of Assisi

📍 160 Hubbard Way Suite F  
Reno, NV 89502

🕒 Every Thursday 11am-12pm