

PUBLICATION FOR SENIORS 50+

Spring 2019

APRIL, MAY & JUNE

SENIOR *Connect*



**COMPETE IN THE 2019
SENIOR SUMMER GAMES**
View pg 6 for more details



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Facility LOCATIONS



EVELYN MOUNT NORTHEAST COMMUNITY CENTER (EMNECC)

1301 VALLEY RD.
(775) 334-2262

NEIL ROAD RECREATION CENTER (NRRC)

3925 NEIL RD.
(775) 689-8484



TEGLIA'S PARADISE PARK ACTIVITY CENTER (TPPAC)

2745 ELEMENTARY DR.
(775) 356-3176



SENIOR SERVICES DIVISION SURVEYS

We would like to hear from you! Ask the front desk at any of our recreational facilities for a survey form. We would like your opinion about particular topics or our activities. The Senior Services division thanks you for your participation!

EMPLOYMENT

City of Reno's before and after school program is seeking seniors who enjoy working with school age children. For more information call 775-334-4280. Our Senior Services Division is also looking for employees to work at our Paradise Park facility. Please call 775-334-2366 for more information.

SENIOR CONNECT NEWSLETTER

Welcome to the Spring edition of the quarterly Senior Connect Newsletter. This edition includes information and activities for April, May & June. The Senior Connect Newsletter will be published on a quarterly basis: July, October, January and April. We encourage you to actively study the Save The Date pages so that you can keep abreast of all the activities the City of Reno offers you.

CALENDARS

Check out the facilities monthly calendars for card games and many other specific activities each facility has to offer. You can find them at any of our Recreation facilities or online.



THANK YOU
Baldini's
Casino
FOR HOSTING THE
SENIOR WINTER GAMES
AND TEA PARTY

GO GREEN! GET YOUR SENIOR CONNECT NEWSLETTER BY EMAIL OR ONLINE

- ☺ Reno.Gov/Seniors
- ✉ SeniorServices@Reno.Gov
- 📞 Senior Services at (775) 657-4602

If you can't go green, pick up your copy at:

- 📍 City of Reno facilities

WE NEED YOUR HELP!

Please check your City of Reno Account for correct phone numbers. From time to time we may need to contact you for a date or time change. You can call one of our facilities to make sure we have your correct information.

SCHOLARSHIPS

It's that time to renew your City of Reno Scholarships! If you are a Reno resident you may be eligible to receive a scholarship. Pick-up an application at any one of our locations to take advantage of this program.

FARMERS MARKET COUPONS

The City of Reno is anticipating the arrival of the Farmers Market Coupon Booklets from the department of agriculture in June. Please call 775-334-2262 after May 30, 2019 for more information.

ATTEND A NEIGHBORHOOD ADVISORY BOARD (NAB) MEETING

Join the Neighborhood Advisory Board (NAB) to create a positive change in your community. NABs are the perfect opportunity for citizens to discuss community issues with their Reno City Council representative. For more information or to contact a community liaison, go to Reno.Gov/NAB or contact (775) 334-INFO (4636) for Reno Direct.



WARD 1

Councilmember: Jenny Brekhus
Community Liaison: Brad Fitch
FitchB@Reno.Gov | 689-8459
1st Thursday of the month at 5:30pm
 McKinley Arts and Culture Center
 925 Riverside Dr.



WARD 2

Councilmember: Naomi Duerr
Community Liaison: Brad Fitch
FitchB@Reno.Gov | 689-8459
3rd Tuesday of the month at 5:30pm
 Moana Nursery Design Center
 1190 W. Moana Ln.



WARD 3

Councilmember: Oscar Delgado
Community Liaison: Cynthia Esparza
EsparzaC@Reno.Gov | 677-6881
1st Tuesday of the month at 5:30pm
 Reno City Hall, Council Chambers
 1 E. First St.



WARD 4

Councilmember: Bonnie Weber
Community Liaison: Cynthia Esparza
EsparzaC@Reno.Gov | 677-6881
3rd Thursday of the month at 5:30pm
 North Valleys Library
 1075 N. Hills Blvd.



WARD 5

Councilmember: Neoma Jardon
Community Liaison: Tess Opferman
OpfermanT@Reno.Gov | 334-2255
2nd Tuesday of the month at 5:30pm
 Reno City Hall, Council Chambers
 1 E. First St.



Save The Date

HAPPENING AROUND TOWN

BRUNCH AND A MOVIE

Thursday, April 4, 8:30am-3:00pm

Location: Eldorado Buffet and Riverside Theater

Fee: \$20.00 Scholarships apply (16836) Registration ends April 3 at 5:00pm

Pick-up times and locations:

EMNECC 8:30am, TPPAC 8:45am, NRRC 9:00am

DINNER AND A SHOW AIR SUPPLY

Saturday, April 6, 6:00-10:00pm

Location: Nugget Resort and Casino
Dinner at 6:00 pm, Rotisserie Restaurant; Show at 8:00pm, Grand Ballroom

Fee: \$65.00 Scholarships apply (18132)

Pick-up times and location

EMNECC 5:00pm, TPPAC 5:15pm, NRRC 5:30pm

DINNER AND A SHOW

AUSTRALIA'S THUNDER FROM DOWN UNDER

Saturday, April 13, 6:30 - 10:00pm

Location: Baldini's Casino
Dinner at 6:30 pm, Empire Dining Room; Show at 8:30 pm, Sierra Room (located on the 2nd floor)

Fee: \$52.00 Scholarships apply (18133)

The #1 Male Revue In The Country Is Coming To Baldini's For A Special One Night Only Performance: Australia's Thunder From Down Under.

Pick-up times and location

EMNECC 5:30pm, TPPAC 5:45pm, NRRC 6:00pm

SURPRISE TRAVELING BIRTHDAY PARTY

Wednesday, April 17, 2:00-4:00pm

Location: To be announced upon arrival

Fee: \$10.00 non-birthday participants, \$1.00 birthday participants (16247) Scholarships apply

Happy, Happy Birthday Party! Every 3 months the City of Reno, Senior Services will host a birthday party. Even if it is not your birthday, come and wish others a happy, happy birthday; share in an activity, plus ice cream and cake. Attendees with birthdays April - June are invited and anyone else that wants to celebrate the birthday people.

Participants must register and be picked-up at one of our locations to participate.

Pick-up times and location

EMNECC 12:30pm, TPPAC 12:45pm, NRRC 1:00pm

DINNER AND A SHOW **THE ILLUSIONISTS**

Wednesday, April 24, 4:15-9:30pm

Location: Eldorado Dinner 5:15 pm in the Buffett The show begins at 7:30 pm in the Showroom

Fee: \$52.00 Scholarships apply

A mind-blowing spectacular, showcasing the talents of five of the most incredible illusionists on the planet!

Pick-up times and location

EMNECC 4:15pm, TPPAC 4:30pm, NRRC 4:45pm

BRUNCH AND A MOVIE

Thursday May 2, 8:30am-3:00pm

Location: Eldorado Buffet and Riverside Theater

Fee: \$20.00 Scholarships apply(16837)

Registration ends May 1, 5:00pm

Pick-up times and location

EMNECC 8:30am, TPPAC 8:45am, NRRC 9:00am

DINNER AND A SHOW

TRIPLE TRIBUTE HALL OF FAME - TRIBUTE TO EAGLES, FOREIGNER AND CCVR

Friday, May 10 6:30pm - 10:00pm

Dinner at 6:30 pm, Empire Dining Room; Show at 8:30 pm, Sierra Room (located on the 2nd floor)

Location: Baldini's Casino

Fee: \$45.00 Scholarships apply (18134)

Pick-up times and location

EMNECC 5:00pm, TPPAC 5:15pm, NRRC 6:00pm

PARADISE PARK GOES BANANAS

Friday, May 24, 1:00-3:00pm

Location: TPPAC

Fee: \$1.00 Drop-In or bring a canned good for the Food Bank

Come join us and create your own banana split -- enjoy some music while you eat!

RENO ACES

Sunday, May 19, 1:00-5:00pm

Location: Greater Nevada Field

Fee: \$10:00 Scholarships apply (18137)

Shuttles for the game will leave at 11:30 a.m. from EMNECC, TPPAC, NRRC

BRUNCH AND A MOVIE

Thursday, June 6, 8:30am-3:00pm

Location: Eldorado Buffet and Riverside Theater

Fee: \$20.00 Scholarships apply(16838)

Registration ends June 5 5:00pm

Pick-up times and location

EMNECC at 8:30am, TPPAC at 8:45am, NRRC at 9:00am

SPAGHETTI DINNER AND THE RENO RODEO

June 26, 5:00pm - 9:30pm

Location: EMNECC Tuscarora Room Upstairs

Fee: \$52.00 Scholarships apply (18138)

Meet at EMNECC For Dinner 5:00pm Shuttle to the Rodeo 6:30pm

Round 'em up and come on out and yippy-yo-ki-ay, with us! We are taking a shuttle for this special trip to and from the Reno Rodeo.

V&T RAILWAY TRIP CARSON CITY TO VIRGINIA CITY

Friday, July 26

Arrive in Carson: 9:00am

Depart Virginia City: 2:00pm

Location: Carson City & Virginia City

Fee: \$60.00 Scholarships apply (18139)

We will drive to Carson City, then board the train and ride the rails to Virginia City. Storytelling conductors narrate the history of the Comstock and the Comstock Lode. Arriving in Virginia City, you can walk or take the shuttle to C Street for shopping, touring the beautiful historic sites of the city, and dining (on your own). It's a fun adventure filled with Old West spirit that you'll never forget. We will then board the train back to Carson City. Please bring a sunhat, sunscreen. You can bring a snack or sack lunch, or purchase your lunch there.

Pick-up Times and Locations

EMNECC 7:15am, TPPAC 7:30am, NRCC at 7:45am

MEN'S LUNCHEON AND WEAR-A-SHIRT-AND-TIE DAY

Saturday, June 22 11:00am-1:00pm

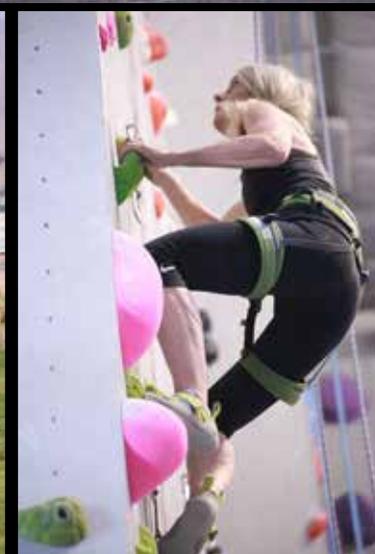
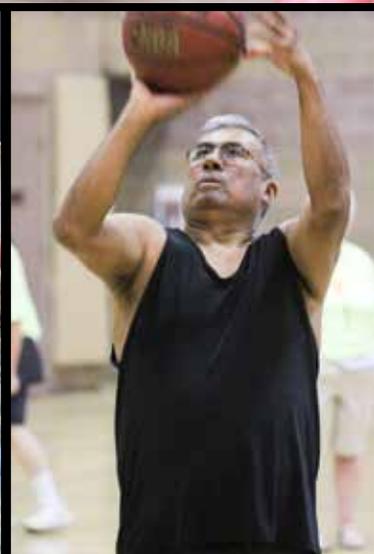
EMNECC Tuscarora Room

Fee: Free (8136)

Please RSVP 775-334-2262)
Maximum Participants 100)

Come join us for our first ever International celebration of men. Listen to a lively panel discussion on topics that will enlighten your daily life and activities. Enjoy a very special lunch and dance ensemble performance.

BEGINNER, INTERMEDIATE OR ADVANCED...ALL SKILLS ARE WELCOMED!



ARCHERY, BOWLING, CARD GAMES, PICKLEBALL, TABLE TENNIS, BASKETBALL SKILLS, TRACK & FIELD...AND MANY MORE!



SIGN UP FOR THE 2019 **SENIOR SUMMER GAMES** AUGUST 15-31

**THE RENO-TAHOE SENIOR GAMES ARE A WIDE VARIETY OF
COMPETITIONS FOR SENIORS 50 YEARS OLD AND OLDER.**

(775) 657-4602 | SENIORSERVICES@RENO.GOV
RENO.GOV/SENIOR GAMES | #NEVER2OLD4GOLD

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





Music, Arts & CRAFTS

THIS-N-THAT CRAFTERS EXCHANGE GROUP

Every Wednesday, 1:00-3:00pm
Location: NRRC | Fee: Drop-in

CERAMIC WORKSHOP

1st, 2nd and 3rd Wednesday
9:30am-12:30pm
Location: McKinley Arts & Culture
Center
Fee: \$45.00 (3 classes - 3 hrs per
class)
To register, please call: 334-2417
Code: April (16271), May (16272) & June
(16273)

THE VOICES

4th Tuesday, 12:00-2:00pm
Location: EMNECC | Fee: Drop-in
Do you like to sing? Join us as
we sing a variety of music genres,
and perform at various events and
activities. We are fortunate to have
Jeff Wayne working with us as a
volunteer.

LEARN TO SQUARE DANCE

12-14 week Fast Track Program

Starting: Tuesday, May 14 6:00-
7:30pm

Location: TPPAC

Fee: \$6.00 per person/weekly

Come make new friends & bring
your friends to have fun and learn
with the Western Square and
Round Dance Club. No previous
experience required for the first two
lessons. Registration will be open
for 2 weeks.

Contact Carol Wilson:

(775) 746-5653

Sqthru4@Gmail.com

SquareDanceFun.com

SquareDanceNevada.com

BALLROOM DANCING

Every Tuesday, 2:00-3:30pm

Every Friday, 6:00-7:45pm

Location: EMNECC | Fee: Drop-in

RENO SENIOR DANCE CLUB

2nd and 4th Sunday, 2:00-5:00pm

Location: NRRC | Fee: \$5.00

Free lessons 1:15-2:00pm

Join active seniors and dance!
If you're not a dancer, come and
make new friends with great music
by DJ Felipe Leon.

UKULELE

Every Wednesday

Location: EMNECC | Fee: Drop-in

Intermediate: 1:00-2:00pm

Beginners: 2:00-3:00pm

Would you love to play a ukulele
and sing? Join our City of Reno
volunteer William Poppa and The
Group for an hour of fun, laughter
and music. (We have 10 Ukes to be
used for lessons only.)

Confirm for a Ukulele at
WilliamPapa@MSN.com



Lifelong LEARNING

DIGITAL PHOTO MANAGEMENT

Tuesday, Thursday

April 16 & 18, 9:30-11:30am

Location: NRRC

Fee: \$15.00 per lab (16317)

Scholarships apply

Learn basic skills for getting images from your camera to your computer. Also, basic photo enhancement, such as cropping and editing. Bring your camera, cell phone, cables or memory cards and the instruction manual.

OPEN LAB

Every Thursday 12:00-3:00pm;

Mondays, Wednesdays and Fridays after Computer Essentials Made Simple Class

Location: NRRC | **Fee:** \$5.00 per lab

Open three-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 an instructor for assistance.

COMPUTER ESSENTIALS MADE SIMPLE

Monday, Wednesday & Friday,
9:30-11:30am

April 8 and 10 and 12 (16323)

May 13 and 15 and 17 (16324)

June 10 and 12 and 14 (16325)

Location: NRRC

Fee: \$20.00 Scholarships apply

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

SUNSHINE QUILTERS

Every Monday, 1:00-4:00pm

Location: TPPAC | **Fee:** Drop-in

Open to all who wish to work on their own quilting projects in the company of others who quilt.

VOLUNTEER CROCHET AND KNITTING GROUP

Every Monday, 10:00am-12:00pm

Location: EMNECC

Fee: Free (Donations of crocheting and knitting materials are appreciated)

Come join this group of highly skilled volunteers who create a variety of items. Garments are donated to Casa DaVita, Kids Kottage and the Family Homeless Shelter.

THIS-N-THAT CRAFTERS GROUP

Every Wednesday 1:00-3:00pm

Location: NRRC | **Fee:** Drop-in

Are you a crafter who would like to share your techniques and ideas? Or chat and get new ideas? If so, this senior crafters program is for you. This is an opportunity to talk with friends while working on your craft, or get ideas for your next project.

CONVERSATION CAFÉ

Every Tuesday, 9:30-11:00am

Location: NRRC | **Fee:** Drop-in

This diverse gathering offers the freedom to share our feelings, thoughts and actions in this changing world. Enjoy coffee and pastries, as we explore various topics and ideas.

NEIL ROAD BOOK CLUB

April 25 & May 23rd 10:00-11:30am

Location: NRRC | **Fee:** Drop In

Read a good book lately? If you enjoy reading and engaging in thought-provoking discussions, please come join the NRRC Book Club. The books for April and May follow; no Book Club in June.

April: I Know Why the Caged Bird Sings by Maya Angelou

May: The Physician by Noah Gordon

We will be sharing these books with the group when we meet. For more information, please call Patti McClelland at 775-626-3267.

SENIOR DISCOVERY TV MEDIA VOLUNTEERS

Tuesdays at 2:00pm

April 2, May 7, June 4

Location: EMNECC

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 the equipment and offer on-the-job training. Call (775) 657-4602 for details.

Content airs on:

- Reno's government access channel (Charter CH 192/194)
- YouTube.com/User/CityofReno
- Reno.Gov/Seniors

BEAN BAG BASEBALL PRACTICE

Tuesdays, 1:00-3:30pm and

Fridays, 10:00am-12:30pm

Location: TPPAC | **Fee:** Drop-in

Mondays & Fridays, 1:30-4:00pm

Location: NRRC | **Fee:** Drop-in

LEARN TO PLAY PICKLEBALL

Every Monday (2 consecutive Mondays per session), 11:30am-1:00pm

April 1, 8 (17965)

April 15, 22 (17966)

April 29, May 6 (17967)

May 13, 20 (17968)

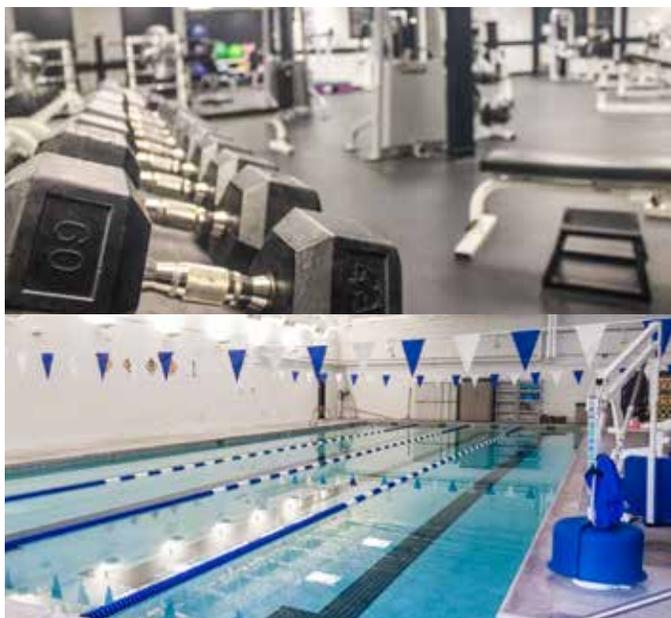
June 3, 10 (17969)

June 17, 24 (17970)

Location: NRRC

Fee: \$10.00 per session

Pickleball is a paddle sport combining the elements of tennis, table tennis and badminton. Learn every aspect of the game including the serve, basic shot techniques, court positioning, rules, scoring, strategy, safety and etiquette. Class is for beginners and those needing a refresher. Equipment will be provided. Please wear proper footwear.



FACILITY PASSES

Purchase passes at NRRC or EMNECC

\$8.00: Full Facility Use 10 punch

Includes weight/cardio EMNECC & NRRC and EMNECC pool

\$24.00: Full Facility Use Quarterly

Includes weight/cardio EMNECC & NRRC and EMNECC pool

\$150.00: Full Facility

Includes all city pools, weight/cardio at EMNECC & NRRC and all senior drop-in activities

\$50.00: Senior Activity Yearly

Includes senior drop-in activities and pickleball

\$30.00: Senior Activity 6 month

Includes senior drop-in activities and pickleball



RESOURCES

RENO SENIOR CITIZEN ADVISORY COMMITTEE

April 3 at 3:00pm, EMNECC, Joint Meeting with Washoe County

May 21 at 3:00pm, TPPAC

June 18 at 3:00pm, NRRC

All Seniors are welcome to speak at meetings and ask questions! Contact Brad Fitch FitchB@Reno.gov

BREAD DROP

Every Tuesday at 9:00am

Location: TPPAC | **Fee:** Free

Every Tuesday at 12:00pm

Location: NRRC | **Fee:** Free

The Food Bank of Northern Nevada delivers bread, pastries and desserts to listed locations. Ages 16 and older are encouraged to participate.

TAXPAYER ADVOCATE SERVICE

The Taxpayer Advocate Service's (TAS) job is to help you resolve your tax problem with the Internal Revenue Service. Call (877) 777-4778 or visit TaxPayerAdvocate.IRS.Gov

NORTHERN NEVADA VETERANS RESOURCE CENTER

3rd Tuesday each month

9:00am-12:00pm

Location: NRRC

Every 4th Wednesday of the month 12:30-2:30pm

*Mobile Harvest Food Bank

*Supplemental Nutrition Assistance Program (SNAP)

*Care Chest of Northern Nevada

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Call the hotline at (888) 304-7627 for a list of locations and times to apply. You may call (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 Dr.
(775) 356-3176

NRRC - 3925 Neil Rd.
(775) 689-8484

EMNECC - 1301 Valley Rd.
(775) 334-2266

SENIOR LUNCH PROGRAM

Monday-Friday

Locations: NRRC and Washoe County Senior Center

Call 326-6601 a day in advance for hot meals and salads. 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. Call Washoe County Senior Services at 328-2575 or go to

Reno.Gov/Seniors for more information.

SILVER SNEAKERS

Silver Sneakers is a benefit offered to members of Medicare plans across the US. This includes multiple fitness classes, pool and gym. Silver Sneaker participants must register and swipe their card for each fitness class.

BLOOD PRESSURE CHECK

3rd Wednesday, 12:30-2:30pm

Location: EMNECC | **Fee:** Free

This free clinic is provided by Northern Nevada HOPES.

FITNESS

HEALTHY WALKING PROGRAM

Every Wednesday at 8:30am

Location: Meadowood Mall - Meet at kiosk near Macy's Men's Store

Water & healthy snacks provided.

For more information contact Marta 848-1260 or Marta@AddingLifeToYears.com

Every Thursday at 9:45 am

Location: Rancho San Rafael Park - Meet at covered picnic tables in front of Wilbur D. May Museum

Water & healthy snacks provided.

For more information contact Jess 583-7624 or JMiles.Cha@Gmail.com

ZUMBA GOLD FITNESS

Thursdays, 10:00-11:00am

Location: TPPAC | **Fee:** \$10 monthly
TPPAC Codes: April (17028), May (17029), June (17030)

Tuesdays, 11:15am-12:15 pm

Location: EMNECC | **Fee:** \$10 monthly
EMNECC Codes: April. (17056), May. (17057), June (17058)

Enjoy zesty Latin music with dance movements to move your body. Join certified instructor Patricia Gallimore for this upbeat fun class!

SENIOR WATER FITNESS

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.

CHAIR YOGA

Wednesdays, 1:30-2:15pm

Location: EMNECC
EMNECC Codes: April (16040), May. (16041), June. (16042)

Thursdays, 10:00 am - 10:45 am

Location: NRRC
NRRC Codes: April (16144), May (16145), June (16146)

Fee: \$8.00 month/location

This course is designed to help participants with yoga poses and postures, focusing on gentle movement from a chair or standing beside a chair. Contact Pam Pearson at 303-2845 or PamPearson89@Gmail.com

MAT YOGA

Mondays, Wednesdays & Fridays

10:00-11:00am | Location: NRRC
NRRC Codes: April (16144), May (16145), June (16146)

Mondays, Wednesdays & Fridays

12:00-1:00pm | Location: EMNECC
EMNECC Codes: April (16003), May (16004), June (16005)

Fee: \$30.00 month/location

Learn the fundamentals of yoga stretches. Mats, blankets and blocks are available on a first come, first served basis. Students should be able to get off the floor with ease. Contact Pam Pearson at 303-2845 or PamPearson89@Gmail.com

POOL SCHEDULES

Schedules and information are available at Reno.Gov/ParksAndRec or call 334-2262 for more information.

TAI CHI CLASS

Every Monday, 6:00-7:00pm

Every Tuesday and Thursday 1-2pm
Location: EMNECC

Every Friday, 9:00-10:00am

Location: NRRC

Fee: \$5.00 per class/location

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.

SILVER STATE SUPER SENIORS

Tuesdays, Thursdays & Fridays, 8:30-9:45am

Location: EMNECC | **Fee:** Drop-in

This class includes sitting and standing exercises, the use of Dynabands, Indian Club exercises, balance practice and precision marching.

SIT AND GET FIT

Mondays, Wednesdays & Fridays 8:30-9:30am

Location: TPPAC | **Fee:** Drop-in

Tuesdays & Thursdays 10:00-11:00am

Location: EMNECC | **Fee:** Drop-in

This program strengthens the muscles while sitting, standing or while holding on to the back of a chair, if needed.

