

PUBLICATION FOR SENIORS 50+

Summer 2019
JULY, AUGUST & SEPTEMBER

SENIOR *Connect*

COMPETE IN THE 2019
SENIOR SUMMER GAMES

View pg 6 for more details

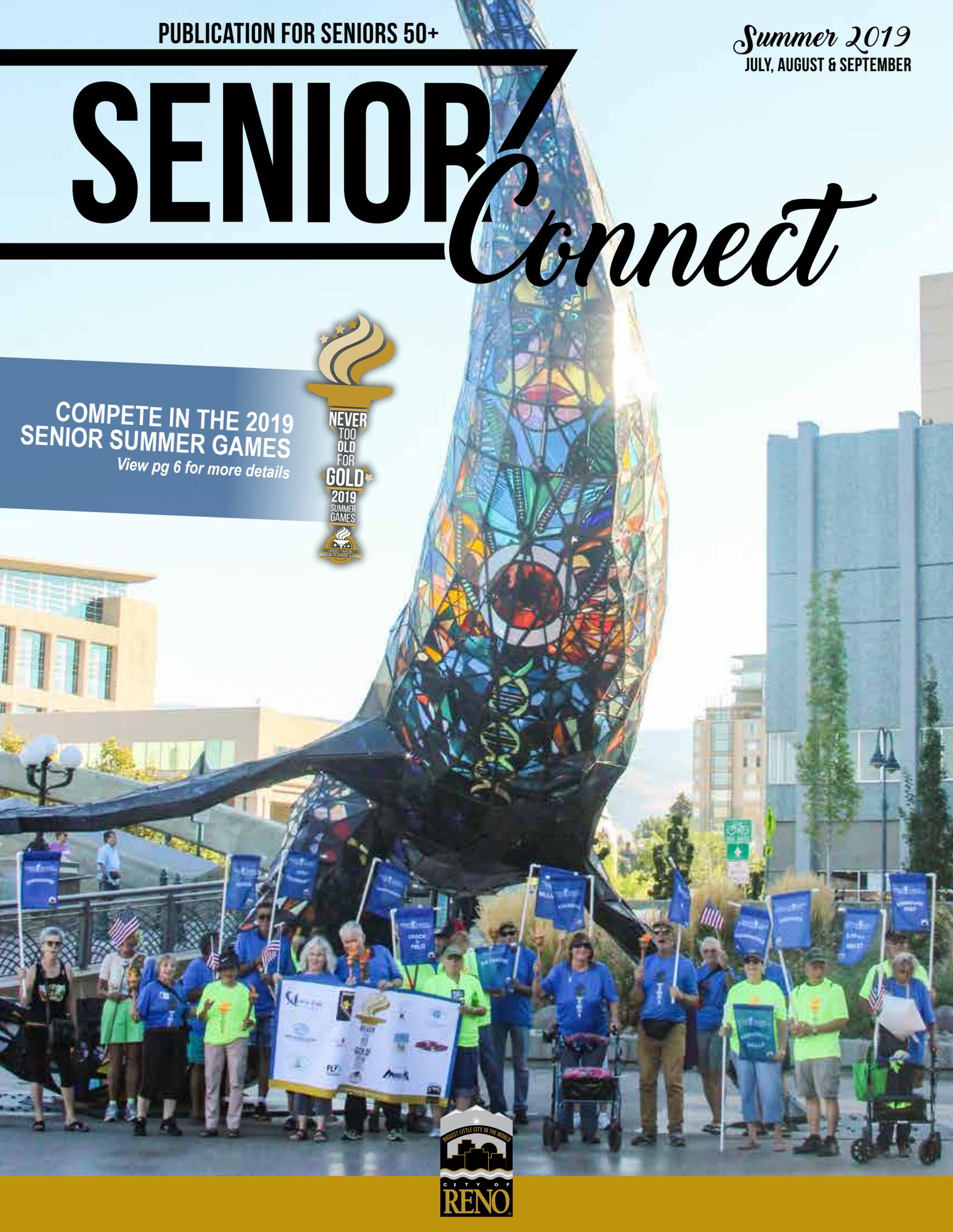


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SAVE THE DATE/
HAPPENING
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TOWN

MUSIC, ARTS
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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.

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.

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.

SCHOLARSHIPS

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.

SENIOR CONNECT NEWSLETTER

Welcome to the Summer edition of the quarterly Senior Connect Newsletter. This edition includes information and activities for July, August & September. 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.

Get your Senior Connect newsletter by email, online or at any City of Reno facilities

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



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 go to Reno.Gov/NAB or contact Reno Direct at (775) 334-INFO (4636).

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

DINNER AND A SHOW RUTHIE FOSTER PERFORMING AT THE NUGGET EVENT CENTER

Thursday, July 11 6-10pm

Location: Nugget Resort and Casino

Dinner at 5pm | Show at 7pm
Nugget Event Center/Rotisserie Restaurant

Fee: \$25.00 for dinner, the show is a free event (18782)

Scholarships apply

Ruthie Foster is a multi-talented singer and songwriter and she will be performing live in the new Nugget Event Center.

Pick-up times and locations:

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

SURPRISE TRAVELING BIRTHDAY PARTY

Wednesday, July 17 2-4pm

Location: To be announced upon arrival

Fee: \$10.00 non-birthday participants, \$1.00 birthday participants (16248) 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 join us and share in an activity, ice cream and cake. Attendees with birthdays July-September are invited, plus anyone else that wants to celebrate. Attendees must register and be picked-up at one of our locations to participate.

Pick-up times and locations:

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

BALL GAME CHICAGO CUBS @ SAN FRANCISCO GIANTS

Monday, July 22 7am-9pm (Game starts at 1pm)

Location: San Francisco AT & T Stadium | Fee: \$125.00 (18783)

Scholarships apply

Let's join San Francisco against the Chicago Cubs in an exciting game of baseball at the famous AT&T Stadium. This includes continental breakfast on the bus, lunch food voucher at the game and dinner on the way home.

Pick-up times and locations:

EMNECC 7am, TPPAC 7:15am, NRRC 7:30am

We must have 25 paid participants by July 15 to be able to purchase tickets and take the bus trip.

V&T RAILWAY TRIP CARSON CITY TO VIRGINIA CITY

Friday, July 26

Arrive in Carson: 9am

Depart Virginia City: 2pm

Location: Carson City & Virginia City | Fee: \$60.00 (18139)

Scholarships apply

We will drive to Carson City, then board the train to Virginia City. While in Virginia City, you can walk or take the shuttle to C St. for shopping, touring the beautiful historic sites of the city, and dining (on your own). Please bring a sun hat, 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, NRRC at 7:45am

BRUNCH AND A MOVIE

Thursday, August 1 8:30am-3pm

Location: Eldorado Buffet and Riverside Theater | Fee: \$20.00

(16839) Scholarships apply

Registration ends July 31.

Pick-up times and locations:

EMNECC 8:30am, TPPAC

8:45am, NRRC 9am

SILVER LEGACY PRESENTS THE RIGHTEOUS BROTHERS

Thursday, August 8

Dinner at 6pm | Show 8pm

Location: Eldorado Buffet and Silver Legacy Grande Exhibition Hall | Fee: \$52.00 (18784)

Scholarships apply

Listen to the Rock and Roll Hall of Fame duo of Bill Medley and Bobby Hatfield. After Hatfield's death, Medley found Bucky Heard and together, enjoy hits like "Lovin' Feelin',"

"Unchained Melody," "Rock and Roll heaven," "The Time of My Life," and much more.

Pick-up times and locations:

EMNECC 5:15pm, TPPAC

5:30pm, NRRC 5:45pm

BRUNCH AND A MOVIE

Thursday, September 5 8:30am-3pm

Location: Eldorado Buffet and Riverside Theater | Fee: \$20.00

(16840) Scholarships apply

Registration ends September 4.

Pick-up times and locations:

EMNECC 8:30am, TPPAC

8:45am, NRRC 9am

GODMOTHER OF SOUL

Friday, September 6 7-10:30pm

Location: Grand Sierra Resort

Fee: \$70.00 (18785) Scholarships apply

Singer-songwriter Patti LaBelle and the lead vocalist of Patti LaBelle and the Bluebelles has sold more than 50 million records worldwide. LaBelle has collaborated with a number of prominent musicians, including Michael McDonald, Mary J. Blige, Mariah Carey and Aretha Franklin. Don't miss this soulful evening!

Pick-up times and locations:

EMNECC 4:15pm, TPPAC

4:30pm, NRRC 4:45pm

HEALTH WELLNESS AND YOU PRESENTS SENIOR FALL PREVENTION WORKSHOP

Tuesday September 24, 11am-12pm

Location: TPPAC | Fee: Drop In Fee

More than one out of four people 65 and older falls each year, and over 3 million are treated in emergency department. Avoid being a statistic. Hosted by Renown Medical Center Trauma department, come learn strategies to reduce the risk of falling. Lunch will be served.

BRUNCH AND A MOVIE

Thursday, October 3 8:30am-3pm

Location: Eldorado Buffet and Riverside Theater | Fee: \$20.00

(16841) Scholarships apply

Registration ends October 2 5pm

Pick-up times and locations:

EMNECC 8:30am, TPPAC

8:45am, NRRC 9am

APPLE HILL

Friday, October 11

Location: High Hill Ranch in Placerville, CA

Arrival 11am | Departure 4pm

Fee: \$65.00 (18786) Scholarships apply

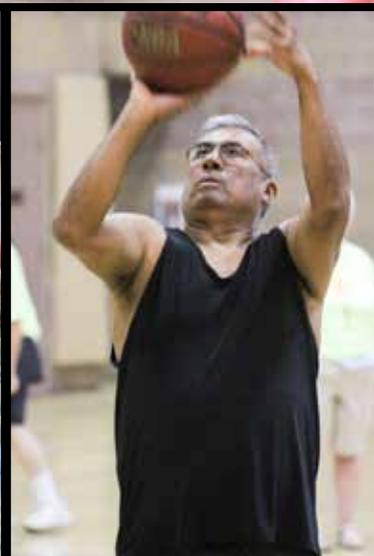
High Hill Ranch is owned and operated by the Visman family and is one of the largest ranches on The Hill. They offer produce stands, small shops and booths for shopping. We will participate in a guided tour for additional shopping and hay rides. Lunch is on your own and can be purchased on the site.

Pick-up times and locations:

EMNECC 7am, TPPAC 7:15am,

NRRC 7:30am

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



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



COMPETE IN 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.

REGISTRATION PACKETS ARE FOUND AT:
PRCS FACILITIES | RENO.GOV/SENIORGAMES
(775) 657-4602 | SENIORSERVICES@RENO.GOV

(775) 657-4602 | Reno.Gov/SeniorGames | SeniorServices@Reno.Gov | [#Never2Old4Gold](https://www.instagram.com/never2old4gold)





Music, Arts & CRAFTS

THIS-N-THAT CRAFTERS EXCHANGE GROUP

Every Wednesday 1-3pm
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)

Code: July (16272), August (16273)
September (16274)

To register, please call: (775) 334-2417

ACOUSTIC GUITAR WORKSHOP

Wednesday, July 10 1pm
Location: EMNECC
Fee: Drop-in

Ukulele instructor volunteer William Papa is offering a one-time only Acoustic Guitar Workshop. Intermediate-level proficiency is recommended.

SQUARE DANCE

Every Tuesday 6-8:30pm
Location: TPPAC
Fee: \$6.00 per person weekly

Attention previous and current square dancers. Come join for fun and square dancing. Couples and singles are welcome. Casual attire and an opportunity to make new friends.

Contact Carol Wilson:
(775) 746-5653 | Sqthru4@Gmail.com

RENO SENIOR DANCE CLUB

2nd and 4th Sunday 2-5pm (Please note it will be on the 3rd Sunday in July 21)

Location: NRRC | Fee: \$5.00
Free lessons 1:15-2pm

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

UKULELE

(Ukulele lessons will be suspended until September 4)

Intermediate: 1-2pm
Location: EMNECC | Fee: Drop-in

Beginners: 2-3pm
Location: EMNECC | Fee: Drop-in

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

BALLROOM DANCING

Every Tuesday 2-3:30pm
Location: EMNECC | Fee: Drop-in

Every Friday 6-7:45pm
Location: EMNECC | Fee: Drop-in



Lifelong LEARNING

SUNSHINE QUILTERS

Every Monday 1-4pm

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 10am-12pm

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 1-3pm

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 9:30-11am

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.

LEARN TO PLAY PICKLEBALL

Mondays 11:30-1pm

Location: NRRC

Fee: \$10 per session (Session- 2 consecutive Mondays)

Codes: July 1, 8 (18369), July 15, 22 (18370), August 5, 12 (18371), August 19, 26 (18372), Sept 9, 16 (18373), Sept 23, 30 (18374)

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.

BEAN BAG BASEBALL PRACTICE

Tuesdays 1-3:30pm & Fridays 10am-12:30pm

Location: TPPAC | Fee: Drop-in

Mondays & Fridays 1:30-4pm

Location: NRRC | Fee: Drop-in

NEIL ROAD BOOK CLUB

August 22 & September 26 10-11:30am

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.

July:

No book club in July

August:

The Pilot's Wife, by Anita Shreve

September:

Educated, by Tara Westover

We will be sharing this book with the group when we meet. For more information you can call Patti McClelland at (775) 626-3267.

SENIOR DISCOVERY TV MEDIA VOLUNTEERS

Tuesday July 9, August 6, September 3 2pm

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

OPEN LAB

Every Thursday 12-3pm

Mondays, Wednesdays and Fridays (after Computer Essentials Made Simple at 3pm)

Location: NRRC

Fee: \$5.00 per lab

Open 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.

COMPUTER ESSENTIALS MADE SIMPLE

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

July 8, 10, 12 (16326)

August 12, 14, 16 (16327)

September 9, 11, 13 (16328)

Location: NRRC | Fee: \$20.00

Scholarships apply

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.

DIGITAL PHOTO MANAGEMENT

Tuesday & Thursday, July 16 & 18 9:30-11:30am

Location: NRRC | Fee: \$15.00

(16318) Scholarships apply!

Learn basic skills for getting images from your camera to your computer. Bring your camera, cell phone, cables or memory chips and the instruction manual. And learn different ways to download your images, plus basic photo enhancement including cropping and editing.



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

July 3 3pm - Washoe County Senior Services (*Joint meeting*)

August - No meeting

September 10 3pm - NRRC

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

BREAD DROP

Every Tuesday at 9am

Location: TPPAC | Fee: Free

Every Tuesday at 12pm

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 9am-12pm

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

Location: NRRC

*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 (775) 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 (775) 848-1260 or Marta@AddingLifeToYears.com

Every Thursday at 9:45am

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 (775) 583-7624 or JMiles.Cha@Gmail.com

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 (775) 334-2262 for inquiries & registration.

TAI CHI CLASS

Every Monday 6-7pm

Every Tuesday and Thursday 1-2pm

Location: EMNECC

Every Friday 9-10am

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.

CHAIR YOGA

Every Wednesday 1:30-2:15pm

Location: EMNECC

EMNECC Codes: July (16043), August (16044), September (16045)

Every Thursday 10-10:45am

Location: NRRC

NRRC Codes: July (16169), August (16170), September (19171)

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 (775) 303-2845 or PamPearson89@Gmail.com

MAT YOGA

Mondays, Wednesdays & Fridays 10-11am | Location: NRRC

NRRC Codes: July (16147), August (16148), September (16149)

Mondays, Wednesdays & Fridays 12-1pm | Location: EMNECC

EMNECC Codes: July (16006), August (16007), September (16008)

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 (775) 303-2845 or PamPearson89@Gmail.com

POOL SCHEDULES

Schedules and information are available at Reno.Gov/ParksAndRec or call (775) 334-2262 for more information.

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 10-11am

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.

ZUMBA GOLD FITNESS

Every Thursday 10-11am

Location: TPPAC | Fee: \$10.00 monthly

Codes: July (17032), August (17033), September (17034)

Every Tuesday 11:15am-12:15pm

Location: EMNECC | Fee: \$10.00 monthly

Codes: July (17059), August (17060), September (17061)

Every Thursday 12:30-1:30pm

Location: NRRC | Fee: \$10.00 monthly

Codes: July (18787), August (18788), September (18789)

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

