

PUBLICATION FOR SENIORS 50+

*Fall 2019*  
OCTOBER, NOVEMBER & DECEMBER

# SENIOR *Connect*



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## FACILITIES



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) 657-4640 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

This quarterly fall edition includes information and activities for October, November, & December. 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

# SAVE THE DATE

## 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

## Surprise Traveling Birthday Party

**Wednesday, October 16 2-3:30pm**

**Location: TBA upon arrival**

**Fee: \$10.00 non-birthday participants, \$1.00 birthday participants (16249)**

*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 October- December 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 1:15pm, TPPAC

1:30pm, NRRC 1:45pm

## Brunch and a Movie

**Thursday, November 7 8:30am-3pm**

**Location: Eldorado Buffet and Riverside Theater**

**Fee: \$20.00 (16841)**

*Scholarships apply*

Registration ends November 6 5pm

**Pick-up times and locations:**

EMNECC 8:30am, TPPAC

8:45am, NRRC 9am

## Thanksgiving Lunch

**Tuesday, November 26**

**11:30am-1:30pm**

**Location: California Building at Idlewild Park - 45 Cowan Dr.**

**Fee: Free (19380)**

The Central Rotary Club invites local seniors to the annual Thanksgiving lunch. Enjoy the holiday with delicious food with friends!

Please call EMNECC, TPPAC or NRRC to register for this event!

Seating is limited to 250.

## Brunch and a Movie

**Thursday, December 5 8:30am-3pm**

**Location: Eldorado Buffet and Riverside Theater | Fee: \$20.00 (16841) Scholarships apply**

*Scholarships apply*

Registration ends December 4 5pm

**Pick-up times and locations:**

EMNECC 8:30am, TPPAC

8:45am, NRRC 9am

NEVER TOO OLD FOR GOLD

# 2020 SENIOR WINTER GAMES



JAN. 28-FEB 14, 2020

SIGN UP OR FOR MORE INFO AT  
[RENO.GOV/SENIORGAMES](http://RENO.GOV/SENIORGAMES)

[SENIORSERVICES@RENO.GOV](mailto:SENIORSERVICES@RENO.GOV)

(775) 657-4602

NEVER  
TOO  
OLD  
FOR  
GOLD  
2020  
WINTER  
GAMES



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

SENIOR GAMES IS A GREAT WAY TO PARTICIPATE IN NEW SPORTS/ACTIVITIES, EARN MEDALS AND MAINTAIN AN ACTIVE AND HEALTHY LIFESTYLE.

#NEVER2OLD4GOLD



# ACTIVITIES

## Ukulele

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**Wednesdays**

**Location: EMNECC**

**Fee: Drop-in**

**Intermediate: 1-2pm**

**Beginners: 2-3pm**

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](mailto:WilliamPapa@msn.com)

## Ballroom Dancing

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

**Tuesdays 2-3:30pm**

**Fridays 6-7:45pm**

*(Except Oct. 25)*

## Ceramic Workshop

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**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Wednesday**

**9:30am-12:30pm**

**Location: McKinley Arts & Culture Center**

**Fee: \$45.00 (3 classes - 3 hrs per class)**

*Code: October (18795), November (18796), December (18797)*

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

## Square Dance/ Western Square

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**Tuesdays 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](mailto:Sqthru4@Gmail.com)

## Reno Senior Dance Club

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**2<sup>nd</sup> and 4<sup>th</sup> Sunday 2-5pm**

**Oct. 13, Oct 27, Nov. 10, Nov. 24,  
Dec. 8 & Dec. 22**

**Location: NRRC**

**Fee: \$5.00**

**Free lessons 1:15-2pm**

Join friendly, active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon along with light refreshments.

## This-N-That Crafters Exchange Group

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**Wednesdays 1-3pm**

**Location: NRRC**

**Fee: Drop-in**

Are you a crafter who would like to share your techniques and ideas or just 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.

## Sunshine Quilters

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**Mondays 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

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**Mondays 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.

## Bean Bag Baseball Practice

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

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

**Mondays & Fridays 1:30-4pm**

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

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

## Senior Discovery TV Media Volunteers

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**Tuesday October 8, November 12, December 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

## Conversation Café

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**Tuesdays 9:30-11am**

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

Conversation Cafe is a lively, hosted, drop-in conversation among diverse people about our feelings, thoughts, and actions in this complex, changing world. Come in and share coffee, pastries, and ideas as we explore a different topic each week.

## Weekly Card Games

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

**Bridge:** Tuesdays 12pm

**Cribbage:** Mondays 1pm

**Euchre:** Tuesdays 1pm

**Minnesota:** Mondays & Thursdays 1pm

**Pinochle:** Wednesdays & Fridays 1pm

## Neil Road Book Club

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**Every 3<sup>rd</sup> and 4<sup>th</sup> Thursday 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.

### October:

Sold on a Monday by Kristina

McMorris

### November:

The Pioneers by David McCullough

### December:

No book club

For more information you can call Patti McClelland at (775) 626-3267.

## Open Lab

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

**Thursdays 12-3pm**

**Mondays, Wednesdays & Fridays**

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

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

**October 14, 16, 18 (16329)**

**November 11, 13, 15 (16330)**

**December 9, 11, 13 (16331)**

**Location: NRRC | Fee: \$20.00**

*Scholarships apply*

Do you sit down at a computer and just don't know where to start? New users are often overwhelmed by technology but we have a class for you! In the Computer Essentials Class, we talk about technology to get you familiar with common terms. You will learn how to use the windowing environment, learn to create and modify a document, and learn what web browsing is all about.

## Digital Photo Management

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**Tuesday & Thursday, October 22 & 24 9:30-11:30am**

**Location: NRRC | Fee: \$15.00**

*(16319) 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. Learn different ways to download your images, plus basic photo enhancement including cropping and editing.

# FITNESS

## Healthy Walking Program

**Wednesdays 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](mailto:Marta@AddingLifeToYears.com)

**Thursdays 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](mailto: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.

## Pool Schedules

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

## Tai Chi Class

**Mondays 6-7pm**

**Tuesdays & Thursdays 1-2pm**

**Location: EMNECC**

**Fridays 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.

## 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.

## 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

## Chair Yoga

**Wednesdays 1:30-2:15pm**

**Location: EMNECC**

*EMNECC Codes: Oct. (16046), Nov. (16047), Dec. (16048)*

**Thursdays 10-10:45am**

**Location: NRRC**

*NRRC Codes: Oct. (16172), Nov. (16173), Dec. (16174)*

**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: Oct. (16150), Nov. (16151), Dec. (16152)*

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

*EMNECC Codes: Oct. (16009), Nov. (16010), Dec. (16011)*

**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

## Zumba Gold Fitness

**Thursdays 10-11am**

**Location: TPPAC | Fee: \$10.00  
monthly**

*Codes: Oct. (17037), Nov. (17036), Dec. (17035)*

**Tuesdays 11:15am-12:15pm**

**Location: EMNECC | Fee: \$10.00  
monthly**

*Codes: Oct. (17062), Nov. (17063), Dec. (17064)*

**Thursdays 12:30-1:30pm**

**Location: NRRC | Fee: \$10.00  
monthly**

*Codes: Oct. (18790), Nov. (18791), Dec. (18792)*

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

## Learn to Play Pickleball

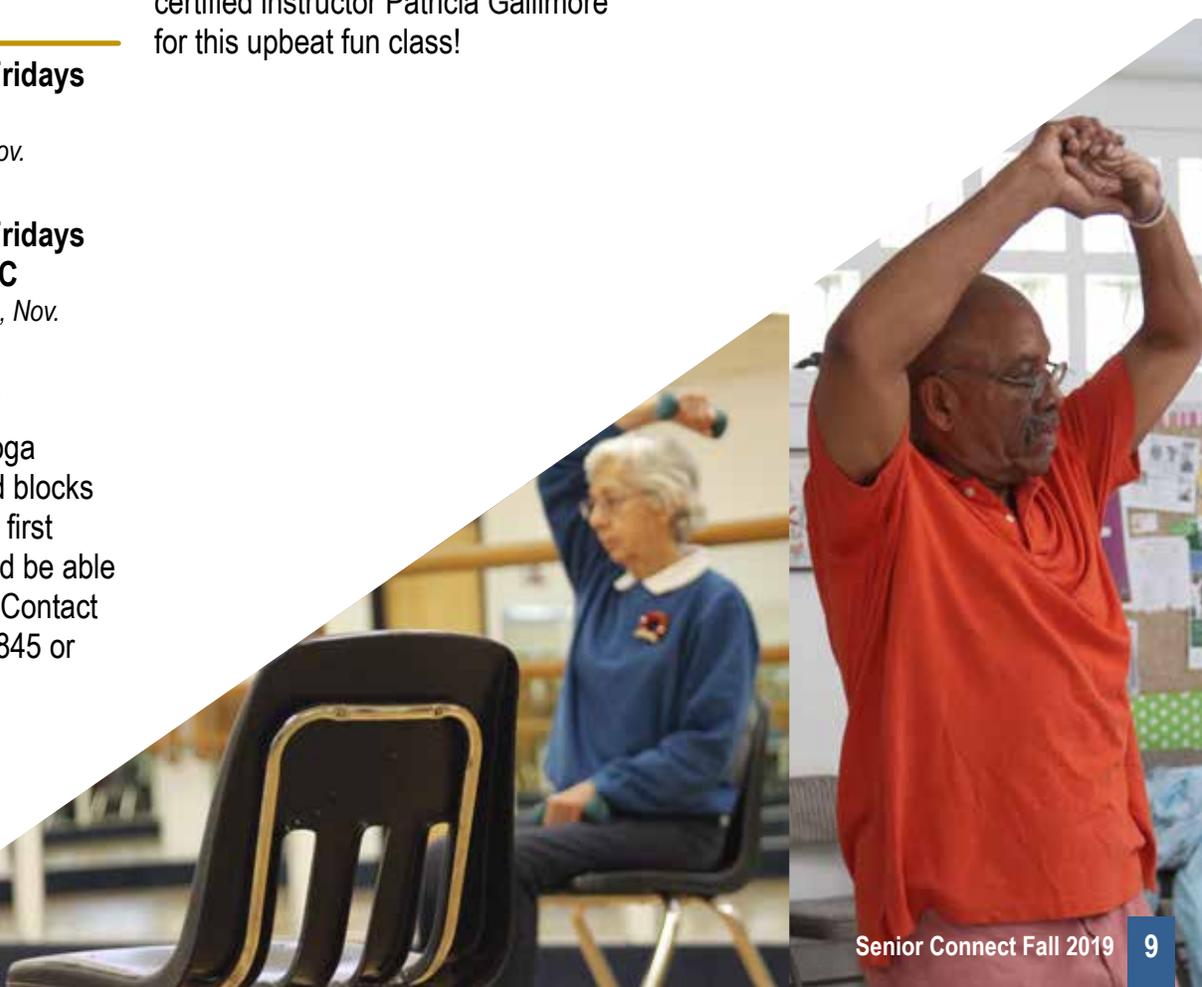
**Mondays 11:30-1pm**

**Location: NRRC**

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

*Codes: Oct. 7, 14 (18777), Oct. 21, 28 (18778), Nov. 18, 25 (18779), Dec. 9, 16 (18780), Dec. 23, 30 (18781)*

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.



# RESOURCES

## Reno Senior Citizen Advisory Committee

**October 2 - Evelyn Mount Northeast Community Center** (*Joint meeting*)

**November 12 at 2pm - Reno City Hall**

**December - No Meeting Scheduled**

All Seniors are welcome to speak at meetings and ask questions! Contact Brad Fitch [FitchB@Reno.gov](mailto:FitchB@Reno.gov)

## Bread Drop

**Tuesdays at 9am**

**Location: TPPAC | Fee: Free**

**Tuesdays 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](http://TaxPayerAdvocate.IRS.Gov)

## Northern Nevada Veterans Resource Center

**3<sup>rd</sup> Tuesday each month 10am-12pm**

**4<sup>th</sup> Wednesday of the month  
12:30-2:30pm**

**Location: NRRC back parking lot**

- Mobile Harvest Food Bank
- Supplemental Nutrition Assistance Program (SNAP)
- Care Chest of Northern Nevada

## 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.

## 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 11:30am**

**Locations: NRRC and Washoe County Senior Center**

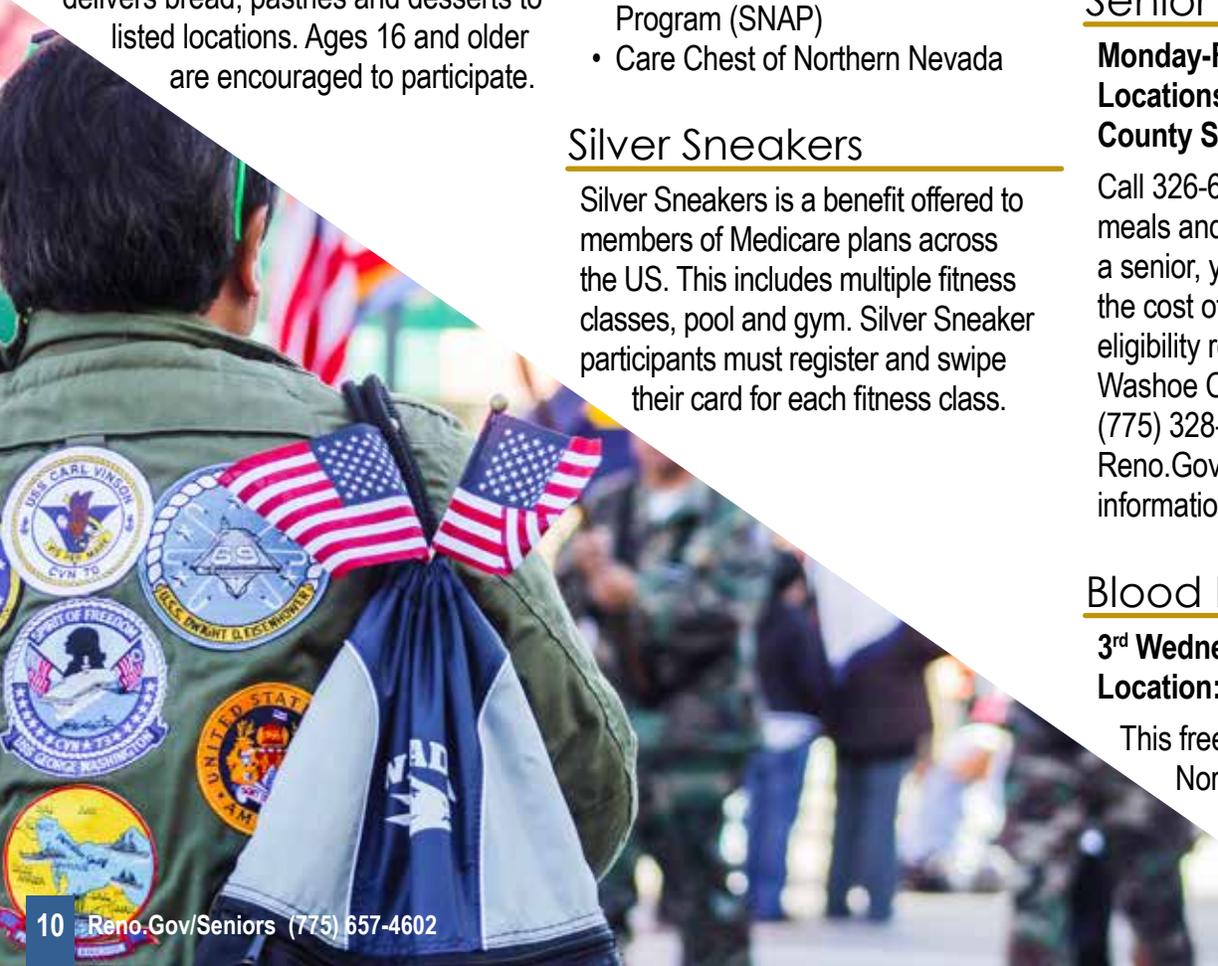
Call 326-6601 a day in advance for hot meals and salads. Even if you are not a senior, you can join us for lunch at the cost of \$4.00 per person. Additional eligibility requirements apply. Call Washoe County Senior Services at (775) 328-2575 or go to [Reno.Gov/Seniors](http://Reno.Gov/Seniors) for more information.

## Blood Pressure Check

**3<sup>rd</sup> Wednesday, 12:30-2:30pm**

**Location: EMNECC | Fee: Free**

This free clinic is provided by Northern Nevada HOPES.





# Attend a NEIGHBORHOOD ADVISORY BOARD 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](http://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  
 1<sup>st</sup> 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  
 3<sup>rd</sup> 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  
 1<sup>st</sup> 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  
 3<sup>rd</sup> 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  
 2<sup>nd</sup> Tuesday of the month at 5:30pm  
 Reno City Hall, Council Chambers - 1 E. First St.

