

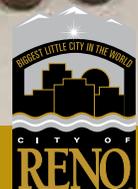
Winter 2020  
JANUARY, FEBRUARY & MARCH

# SENIOR *Connect*



Stay active and  
compete in the  
**2020 SENIOR  
WINTER GAMES**

*More information inside*



## Apply for a Scholarship

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. Please call Norah at 334-2046 and she will guide you through our simple and easy process to assist with payment for our programs.

Look for the **\$** for those programs that scholarships apply.

## Facility Passes

Purchase passes at NRRRC or EMNECC

**\$8.00: Full Facility**  
**Use 10 punch**

Includes weight/cardio  
EMNECC & NRRRC and  
EMNECC pool

**\$24.00: Full Facility** **\$**  
**Use Quarterly**

Includes weight/cardio  
EMNECC & NRRRC and  
EMNECC pool

**\$150.00: Full Facility** **\$**

Includes all city pools,  
weight/cardio at EMNECC &  
NRRRC 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



### City of Reno 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 and email addresses. 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.

## Senior Connect Newsletter

This quarterly fall edition includes information and activities for January, February and March. 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

# STAY ACTIVE AND COMPETE IN THE 2020 SENIOR WINTER GAMES

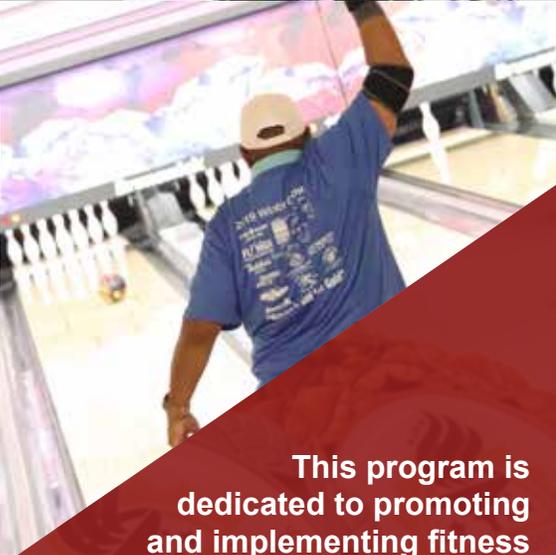
JANUARY 28 - FEBRUARY 14

Sign up or for more information at  
[Reno.Gov/SeniorGames](http://Reno.Gov/SeniorGames)

[SeniorServices@Reno.Gov](mailto:SeniorServices@Reno.Gov)

(775) 657-4602

*#Never2Old4Gold*



This program is dedicated to promoting and implementing fitness programs and activities for people 50 years and older. From beginner to advanced, the games encourages participants to try something new and have fun! Scholarships apply.

Enjoy activities such as: archery, badminton, basketball skills, card games, billiards, bowling, indoor go karts, pickleball and so much more!



# SAVE THE DATE

## Brunch and a Movie

**Thursday, January 2 8:30am- 3pm**

**Location:** Eldorado Buffet and Riverside Theater | **Fee:** \$20.00 (19437)

**Pick up times and Locations:**

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

## Birthday Party

**Wednesday, January 15 2-4pm**

**Location:** Kimmie | **Fee:** Drop-in for seniors with birthdays in January, February, or March. \$10.00 for non-birthday guests (19616)

Join Senior Services as they host a quarterly birthday party including an activity and cake! We will be heading to a tour of the Kimmie Candy Factory! Even if it is not your birthday, come join the fun!

**Pick up times and Locations:**

EMNECC 1:15pm, TPPAC 1:30pm, NRRC 1:45pm

## 7<sup>th</sup> Annual Chili Cook-Off

**Friday, January 24 1:30-3:30pm**

**Location:** TPPAC | **Fee:** Drop-in (19696)

Are you wanting to “warm up” with some good tasting chili and have some fun? If so, join us and our panel of judges to decide whose chili is #1. Contestants are free-must register in TPPAC office.

*Pioneer Center Presents:* 

## The Play that Goes Wrong

**Saturday, January 25 2-5pm**

**Location:** Pioneer Theater | **Fee:** \$50.00 (20001)

The Play That Goes Wrong mixes comedy with murder mystery. This play promises gut-busting laughs and tons of fun for all ages!

**Pick up times and Locations:**

EMNECC 12pm, TPPAC 12:15pm, NRRC 12:30pm

## 2020 Reno-Tahoe Senior Winter Games

**January 28-February 14**

**Location:** Various sites and venues

The Reno-Tahoe Senior Games include a wide variety of competitions for seniors 50+. Enjoy archery, bowling, pickleball, table tennis, snowshoeing, cross country skiing and so much more! Call (775) 657-4602 for more information.

## Brunch and a Movie

**Thursday, February 6 8:30am- 3pm**

**Location:** Eldorado Buffet and Riverside Theater | **Fee:** \$20.00 (19438)

**Pick up times and Locations:**

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

## Murder on the Orient Express

**Sunday, February 9 2-4pm**

**Location:** Reno Little Theater  
**Fee:** \$25.00 (20609)

With a train full of suspects, it's the perfect mystery for the world famous detective Hercule Poirot, n'est-ce pas? Wax your mustache, hold on to your passport, and get ready for a suspenseful, thrilling ride aboard the legendary Orient Express!

**Pick up times and Locations:**

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

*Health Wellness & You:*

## Apply or Renew Scholarships

**Tuesday, February 11 11am-1pm**

**Location:** TPPAC | **Fee:** Free (20610)

Did you know if you are a City of Reno Resident and if qualified, you can get up to 60% off all activities for the year! Norah Lloyd will help you apply and answer any questions you have. Lunch included.

## Brunch and a Movie

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

**Location:** Eldorado Buffet and Riverside Theater | **Fee:** \$20.00 (19439)

**Pick up times and Locations:**

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

## St. Patrick's Day Potluck

**Friday, March 13 1:30-3:30pm**

**Location:** TPPAC | **Fee:** Drop-in (20611)

Come join us for some holiday fun-Irish style! Don't forget to wear green and bring a dish to share!

*Dinner and a Show:*

## Dancing with the Stars Live

**Saturday, March 21 6:30-10pm**

**Location:** GSR | **Fee:** \$65.00 (20612)

The show will feature fan-favorite professional and troupe dancers in a brand-new production showcasing every type of dance style as seen on the hit ABC show – from ballroom and jazz to modern and hip-hop.

**Pick up times and Locations:**

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

*8th Annual*

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

**Saturday, March 21 11am-1:30pm**

**Location:** Baldini's Casino  
**Fee:** Free (20613)

Baldini's Casino is graciously hosting this event and encourages you to bring friends and family. We will honor National Women's Heritage Month by recognizing outstanding women making a difference in our local community. Seating is limited, please call one of our facilities to RSVP.

## Senior Discovery TV Media Volunteers

Tuesday January 7,  
February 4 & March 3 2pm  
Location: 14th floor - Reno  
City Hall

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

## Reno Senior Citizen Advisory Committee

Every 2<sup>nd</sup> Tuesday of the  
Month 2pm

Location: Reno City Hall

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

## Ballroom Dancing

Tuesdays 2-3:30pm

Fridays 6-7:45pm

Location: EMNECC | Fee: Drop-in

## 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

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.

## 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.

## Bread Drop

Tuesdays 9am

Location: TPPAC | Fee: Free

Tuesdays 12pm

Location: NRRC | Fee: Free

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

## Ceramic Workshop 💰

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Wednesday 9:30am-12:30pm

Location: McKinley Arts & Culture Center

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

Codes: Jan (19541), Feb (19542), Mar (19543)

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

## Chair Yoga 💰

Wednesdays 1:30-2:15pm

Location: EMNECC

Codes: Jan (19684), Feb (19685), Mar (19686)

Thursdays 10-10:45am

Location: NRRC

Codes: Jan (19672), Feb (19673), Mar (19674)

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

## Computer Essentials Made Simple 💰

Monday, Wednesday & Friday

9:30-11:30am

Location: NRRC | Fee: \$20.00

Codes: Jan (19778), Feb (19779), Mar (19780)

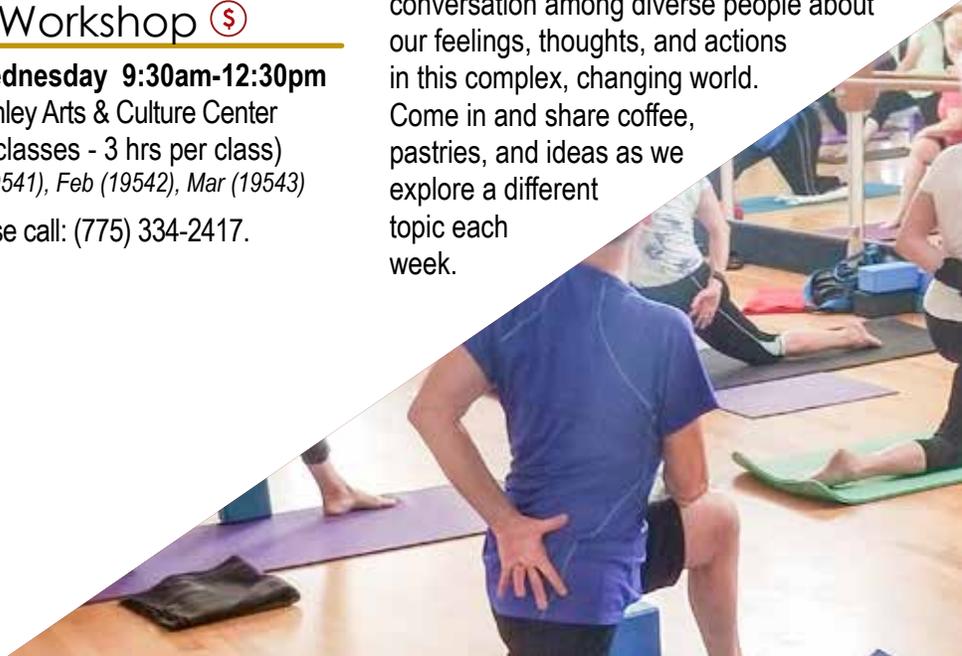
Do you sit down at a computer and just don't know where to start? New users are often overwhelmed by technology but we have a class for you! In the Computer Essentials Class, we talk about technology to get you familiar with common terms. You will learn how to use the windowing environment, learn to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

## Conversation Café

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.



## 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)

## Learn to Play Pickleball

### Mondays 11:30-1pm

**Location:** NRRC

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

*Codes: Jan 6,13 (19755), Feb 3,10 (19756), Mar 9,16 (19757), Mar 23,30 (19758)*

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.

## Neil Road Book Club

### Every 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.

Jan 23: Empty Mansions by Deadman and Paul Clark Newell

Feb 27: Kane and Abel by Jeffrey Archer

Mar 26: Bad Blood by John Carreyrou

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

## Open Lab

### Thursdays 12-3pm

### Mondays, Wednesdays & Fridays

**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.

## Mat Yoga

### Mondays & Wednesdays 10-11am

**Location:** NRRC

*Codes: Jan (19660), Feb (19661), Mar (19662)*

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

*Codes: Jan (19648), Feb (19649), Mar (19650)*

**Fee:** \$25.00 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](mailto:PamPearson89@Gmail.com)

## Northern Nevada Veterans Resource Center

### 3<sup>rd</sup> Tuesday 10am-12pm

### 4<sup>th</sup> Wednesday 12:30-2:30pm

**Location:** NRRC back parking lot

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

## Pool Schedules

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

## Senior Dance Club

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

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

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

Join friendly, active seniors and 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.

## Senior Lunch Program

### Monday-Friday 11:30am

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

Call (775) 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.

## 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.

## Singers of the Sage

### Every 4<sup>th</sup> Tuesday 12-2pm

**Location:** NRRC | **Fee:** FREE

Formally known as "The Voices," join a group of singers as they perform a variety of different genres of music at various events and activities.

## 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.

## Silver State Super Seniors

**Tuesdays, Thursdays & Fridays**  
**8:30-9:45am** | Location: EMNECC  
**Fee:** Drop-in or \$5 per month

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.

## Square Dance/ Western Square

**Tuesdays 6-8:30pm**  
**Location:** TPPAC | **Fee:** \$6.00 weekly

Join us for square dancing, fun and the opportunity to make new friends! Couples and singles are welcome.

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

## Sunshine Quilters

**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.

## 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

## 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.

## 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

## This-N-That Crafters Exchange Group

**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.

## Ukulele

**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

## Volunteer Crochet and Knitting Group

**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.

## Weekly Card Games

**Location:** NRRC | **Fee:** Drop-in  
**Bridge:** Tuesdays 12pm  
**Cribbage:** Mondays 1pm  
**Euchre:** Tuesdays 1pm  
**Minnesota:** Mondays & Thursdays 1pm  
**Pinochle:** Wednesdays & Fridays 1pm

## Zumba Gold Fitness

**Thursdays 10-11am**  
**Location:** TPPAC | **Fee:** \$10.00 monthly  
*Codes: Jan (19604), Feb (19605), Mar (19606)*

**Tuesdays 11:15am-12:15pm**  
**Location:** EMNECC | **Fee:** \$10.00 monthly  
*Codes: Jan (19529), Feb (19530), Mar (19531)*

**Thursdays 12:30-1:30pm**  
**Location:** NRRC | **Fee:** \$10.00 monthly  
*Codes: Jan (19697), Feb (19698), Mar (19699)*

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

