

# Senior Spirit



Douglas County Senior Services 1329 Waterloo Lane, Gardnerville 782-5500 Ext. 3

“That is one good thing about this world...there are always sure to be more springs.”

– L.M. Montgomery



## Meet Susie



Susie is one of our food service workers who has been with us for almost 8 years. She puts in a lot of work to have delicious meals served daily here at the Senior Center. She has been in our Valley for 46 years and calls it home. Her and her family moved here from California after the Sylmar earthquake. Her favorite part of working at the center is her co-workers. On her free time, Susie loves to walk her pups, read, and listen to music with a fire on her patio. She loves Mexican food and loves to be outdoors even when it's Winter. Thank you Susie for all your hard work!



Congratulations to Kathy Caires for being the Quilt Winner for our January/February Reading Challenge!!



Our very own Volunteer Andrea Rajeski was sworn in on Friday March 22nd as Douglas County's newest SAFE Advocate. A safe advocate is a Senior Advocate for the Elderly. It is a huge task and we are so proud to call her one of our own! Congratulations Andrea! Thank you for loving and caring about our seniors!

**April 2024**

# DOUGLAS COUNTY SENIOR SERVICES

## Congregate Dining:

Lunch is served each Monday-Friday starting at 12pm at the Senior Center located at 1329 Waterloo Lane. \*The **suggested donation** for lunch is \$3.00 for anyone 60 or older, and \$7.00 for those under 60. **Lunch is Served at TRE Community Center Monday, Tuesday & Thursday at Noon as well as North County Lunch in the Indian Hills GID Building Wednesdays and Fridays at Noon.** \*Those seniors unable to pay will not be denied.

**Homemaker Assistance:** The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance. The suggested donation for this service is \$4.00 per hour. Call Social Services: 775-782-9825

## Meals on Wheels:

All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$3.00 per meal. For new clients call Social Services: 775-782-9825.

## Important Contacts In Our Community

Aging and Disability Services Division: HCBW  
775-687-0800

Crisis Call: 800-992-5757

DART Transportation: 775-783-6456

Carson Valley Adult Day Club:  
775-782-1329

Douglas County Community Health Nurse:  
775-782-9038

Douglas County Senior & Community Center  
775- 782-5500

Elder Abuse: 888-729-0571

Elder Protective Services: 775+687-0800

Energy Assistance: 775- 684-0731

Family Support: 775-782-8692

Fire Department: 775-782-9996

Food Closet: 775- 782-3711

Grief Support: 530-543-5605

Guardianship: 775-782-6216

HUD Housing: 775- 887-1795

Nevada Job Link: 775- 684-0400

Ron Wood Family Resource Center:  
775- 884-2269

Senior Legal Helpline: 877-693-2163

Senior RX 866-303-6323 Opt. #2

SHIP: 775-284-1892

Social Services: 775- 782-9825

State Welfare: 775-684-0800

Suicide Prevention: 775- 783-1510

**COUNTY COMMISSIONERS** - Wesley Rice (Chairman), Mark Gardner (Vice Chairman), Danny Tarkanian, Sharla Hales, Walt Nowosad

**SENIOR ADVISORY BOARD MEMBERS** - Doug Sonnemann (Chairman), Ann Carroll (Vice-Chairman), Felix "Paul" Lockwood (Council Member), Antionette Casselberry (Council Member), Elisabeth Lernhardt (Council Member), Andrea Rajeski (Council Member), Jenifer Davidson (County Manager), Scott Morgan (Assistant County Manager) Brook Adie (Community Services Director) & Paul Osserman (YAH Representative)

**SENIOR SERVICES / ADMINISTRATION** - Brook Adie (Community Services Director), Amanda Reid (Community Services Manager), Linda Skaggs (Transportation Supervisor), Thomas Warner (Food Service Supervisor), Georgianna Drees-Wasmer (Administrative Services Manager) Jennifer Calabrese (Senior Recreation Coordinator), Liz Begovich (Volunteer Coordinator) & Patti Gurule (Senior Secretary)

## Birthday Day!

Join us in celebrating birthdays with cake & ice cream!

**Wednesday  
April 10th!**



# DART Express Service

The DART Express Routes have returned to full capacity service.

## Northbound - DART Express

	Tillman	CV Medical	Walmart	Senior Center	Smiths	CVI	Library	CV Swim	Ironwood
Route #1	7:10am	7:20am	7:25am	7:35am	7:40am	7:55am	n/a	8:00am	8:05am
Route #3	11:00am	11:10am	11:15am	11:25am	11:30am	11:45am	11:50am	11:45am	12pm
Route #6	4:30pm	4:40pm	4:55pm	5:00pm	5:10pm	5:20pm	5:20pm	5:30pm	on-call

## Northbound - DART Express

	PWL	CV Medical	Walmart	Senior Center	Smiths	CVI	Library	CV Swim	Ironwood
Route #4	2:10pm	2:15pm	2:20pm	2:30pm	2:40pm	2:50pm	2:55pm	3pm	3:15pm

## Southbound - DART Express

	Ironwood	CV Swim	Library	CVI	Smiths	CV Swim	Walmart	CV Medical	Tillman
Route #2	8:05am	8:10am	n/a	8:15am	8:30am	8:35am	8:45am	8:50am	9:00am
Route #5	3:15pm	3:20pm	3:30pm	3:40pm	3:50pm	3:55pm	4:05pm	4:15pm	4:30pm

Transportation is provided for all seniors 60 and older. (Registration pack must be turned in prior) Round trip medical transportation is available. **Due to demand, we request a 3 day notice on appointments to ensure service.**

Call 783-6456.

### Fares:

- Adults: (age 12 & over).....\$2.00 per ride
- Seniors \* .....\$1.00 donation
- Student ID Discount.....\$1.00 per ride
- Medicare.....\$1.00 per ride
- Disabled.....\$1.00 per ride

\* Services will not be denied because someone chooses not to contribute.



775.783.6455  
775.783.6456

## Are you a Veteran? Are you able to load a bus and plane?

Honor Flight Nevada’s mission is to transport America's veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifices. Helping every single veteran in America, willing and able of getting on a plane or a bus, visit THEIR memorial. This is a free trip for Veterans!

Visit: [www.honorflightnv.org](http://www.honorflightnv.org)

to learn more and to fill out an application.

\*If you need help filling out the online application please visit the admin office of the senior center.





# Young at Heart



Back Row: Paul Osserman, Mike Damon, Kathryn Clark, Frank Peralta, Jerry DeCock, Debbie Shope, Steve Ritchie

Front Row: Iris LeCheminant, Renee Kelley, Davelyn Miyashiro, Bill Sugden, Alice Artellan, Marjorie Bean

## MISSION STATEMENT

"Provide, promote and facilitate activities that benefit seniors of Douglas County."

Young at Heart (YAH) is a non-profit organization that raises funds for seniors in the community of Douglas County. YAH also sponsors various events and groups that benefit the seniors as well.

Membership: \$10 annually

\*Covers the cost for the Ice Cream Social/ Bingo & Christmas Lunch.

Sign up at the Gift Shop!



### Our Events & Support

Weekly & monthly bingos, 90+ birthday meals, 100+ birthday celebrations, Mother's Day/Father's Day celebration, birthday ice cream social, holiday craft fair/raffle, Christmas lunch & Christmas bags for homebound seniors.

We support the Hot Soup Program, which costs \$2,000 a month. Sight Impaired Support Group, as well as the Parkinson Support Group. In addition, we manage the Gift Shop, run by volunteers.

Each year the Douglas County Senior Center, has a "wish list" that is not covered by their budget. YAH has purchased cabinets and tables for the ceramics room as well as the check in system for lunch.

### Howie's Gift Shop

Open Monday - Friday, 9am - 1pm

Thank you all for supporting our gift shop. We have over 140 artists displaying their work!

### The Young at Heart Board Meeting

Meets every second Monday of each month, at 9:30 am in the CV Health Room

Board Meetings are open to the public.

### Upcoming Events:

April 8th- Board Meeting

April 10th- 50/50 Raffle

April 13th- Swap meet & Craft Fair

April 20th- Saturday Bingo

April 26th- Country Dance

### **YAH Saturday Bingo**

**April 20th**

Monday, Wednesday, Friday 1-2PM



Check out our website for

links to Smiths,

Smile Amazon, 2024

Christmas Craft Fair,

and much more!

[youngatheartseniorcitizens.org](http://youngatheartseniorcitizens.org)

[Youngatheartdouglascounty@gmail.com](mailto:Youngatheartdouglascounty@gmail.com)



### Senior Line Dance

Join us for a senior line dancing class. Learn new routines, make new friends & have fun! This free class is on Tuesdays & Thursdays from 10:30am to 11:30am in the South Room.

### **Diabetes Education & Nutrition**

This group meets the 1st Thursday of each month at 1pm in the CV Health Room. Join Sarah Montgomery from Carson Valley Health Room to learn ways to manage diabetes.



### Movers and Shakers

The Movers and Shakers Group is our Parkinson's support group which meets the **3rd Tuesday** at 1pm in the CV Health Room. Come listen and share experiences and learn how to live with his chronic condition.

# Classes and Groups

### Free Senior Exercise Class



Work on stretching, strengthening, flexibility, range of motion and balance. Join us on Monday, Wednesday and Friday for **Senior Exercise** in the Ranch View Room. Class is from 10:30-11:30am and is free of charge.

\*Donations are accepted and go to the hot soup program.

### Ceramics



Join Alice on Tuesdays and Fridays from 9am to 3pm. Paint your own ceramics and enjoy socializing. Ceramics pieces are available for purchase and paint supplies provided.

### JEWELRY CLASS

These classes will take place on the 2nd and 4th Wednesdays at 9am in the Ceramics Room. See **Marjorie Bean** for more info.



### American Mah Jongg

Join us for American Mah Jongg on Wednesdays from 12pm to 2pm In the Small Craft Room.

### Bridge

Join us for a game of bridge Mondays from 12-5pm in the North Room or Party Bridge Tuesdays 12-4pm in the South Room.

### Genoa Douglas Ukulele Group

Free & open to all! Join a fun group and learn new songs to play and sing! Wednesdays, 12pm to 2pm in the North Room.

Diane Sewell—  
dks5151@charter.net



### **CRIBBAGE:**

If you like to play Cribbage, then come and join us on Wednesday nights in the Senior Dining Room from 6pm - 8pm.

### Stitches Knitting Group

Join us on Monday Mornings from 9:00AM to Noon in the Ceramics Room. Bring your knitting, crocheting or other projects for a morning of exchanging patterns, tips, ideas, and conversation!



### American Sign Language Class

Join Instructor Darlene Wynkoop as she brings her sign language to our Center. Growing up with deaf parents, she has learned and taught sign language for many years. Come learn basic sign language, letters and simple conversation. **Every Wednesday** in the South Room from 1:30-3:00pm



# Classes and Groups

### "Growth Through Change" Program

This group meets the **1<sup>st</sup> and 3<sup>rd</sup> Wednesday** of each month starting at 3:30 pm in the CV Health Room. This program offers tangible tools to help navigate life's ups and downs. All welcome – no cost to attend.

### Genealogy Group

Have you ever wanted to create a family tree or find out family history? Come join this group and learn where to start your family search. This group will meet the **1st Thursday** of each month from 1pm - 4 pm in the Ceramics Room. Laptops will be provided or you may bring your own.



### AARP Drivers Training Class

Monday May 6th– SOLD OUT

Monday July 8th- 5 spots left

Monday September 23rd- Open



### "Coping with Change"

This group meets every **2nd & 4th Wednesday** of each month from 3:30pm in the CV Health Room. This group is geared towards helping people navigate grief following major changes or loss in ones life.



### Story Starters

Join us on Thursdays from 10:30-11:30am in the Senior Conference Room for an interactive writing/discussion group where participants are encouraged to share memories and experiences from their unique lives in a non-judgmental and supportive setting. The group can be a place of discovery and understanding as we develop greater appreciation for our own lives and that of others. No experience needed. Just bring a pen/paper and come experience a safe place and meet new friends.

Would you like to learn pickleball fundamentals?

Come to our Pickleball Clinics

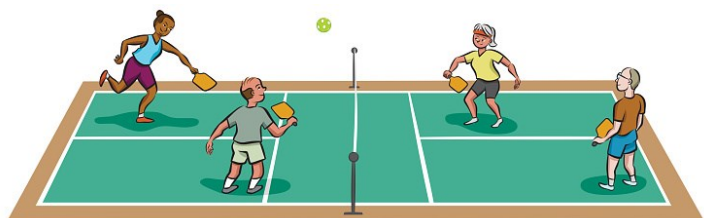
Tuesdays 11am - 12pm

Clinics are free to Community Center members.

Drop in fee applies to non-members:

\$8/adults & \$6/seniors

Our pickleball players will be volunteering their time to teach the basics. This is an Introduction to the game. Casual and for fun! Come learn and play!



# "FIT 4 LIFE"

With Tessa LoPresto

An exercise program for those living with Parkinson's or other neurological disorders.

All levels of fitness welcome.

Mondays & Wednesdays

12:00-1:00pm Intro

1:00-2:00pm On Going

Located in the Ranch View Room

At the Douglas County Community and Senior Center

1329 Waterloo Lane

Gardnerville, NV 89410

**YOUNG AT HEART**  
*Swap Meet & Craft Fair*  
**FREE ADMISSION**

**SATURDAY APRIL 13, 2024**  
**9AM-3PM**

Lampe Park

100 % of the proceeds go to the programs for Douglas County Seniors

\$25 per vendor space

Bill Sugden 775-790-1355  
billofville4@yahoo.com

The poster features a teal and yellow scalloped border at the top. It includes a megaphone icon, a 'Young at Heart' logo, and a 'FREE ADMISSION' badge. At the bottom right, there is an illustration of a craft fair booth with a striped awning and a group of people.

*Young at Heart*  
**COUNTRY DANCE**  
**FRIDAY APRIL 26, 2024**  
**6-8 PM**

**DOUGLAS COUNTY**  
**SENIOR CENTER DINING ROOM**

**1329 WATERLOO LANE**  
**GARDNERVILLE, NV**

**\$10 PER PERSON**  
**INCLUDES LIGHT SNACK**

**MUSIC BY: CHRISTINA LONG**

The poster has a beige background with decorative vertical lines and diamond shapes. It features the 'Young at Heart' logo and a red cowboy boot illustration at the bottom right.



# Senior Trips



## April 14th– Cinderella (Pioneer Center)



The spring gala season for the A.V.A. Ballet Theatre opens with the classic fairytale Cinderella. The Reno Philharmonic Orchestra will perform the magnificent score to this wonderful ballet. Re-staged and re-choreographed by Alexander Van Alstyne, Cinderella is the captivating story of the hopes of a lowly maid, the love of a prince, and the magic of a simple wand set to Prokofiev's enchanting score. This classic fairytale is filled with mesmerizing dance, romance, and comedy and is fun for the entire family.

\$40 per person– We will leave the center at 12:30pm for a 2:00pm show.

We will stop for a quick bite to eat after the show.

## April 19th– Meadowood Mall

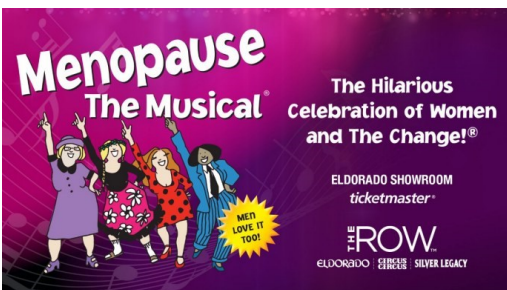
Join us for a day of shopping at the Meadowood Mall and Hobby Lobby on April 19th. We will leave the center at 9:30am and return around 3:30pm.

The cost of this trip is \$10 .

Lunch is not provided but is available for purchase at the mall



## April 21st– Menopause the Musical (Eldorado)



This hilarious hit musical is set in a department store, four women meet while shopping. The women form a unique bond with the entire audience as they rejoice in celebrating that menopause is no longer “The Silent Passage.” Don't miss this hilarious musical comedy in the Eldorado Showroom.

\$50 per person

We will leave the center at 2:30pm for a 4pm show.

We will stop and grab a quick bite to eat after the show.

## May 7th– Aces Baseball Game

Join us for a day at the ball park while the Aces take on the Tacoma Rainiers!

We will leave the center at 9:30am for a 11:05am game.

\$35 per person

Lunch is not provided but is available for purchase at the ball park.





Come join us for

# TEA TIME

SUNDAY, MAY 19TH

10:30AM - 1PM

SENIOR DINING ROOM

\$15 PER PERSON

REGISTER AT THE

COMMUNITY CENTER FRONT DESK.

Come for Tea,  
Treats &  
Small Nibbles

Items to make  
your own hat  
will be  
provided.

Guests over the age  
of 13 are welcome !

