

Senior Spirit



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

"March was an unpredictable month, when it was never clear what might happen. Warm days raised hopes until ice and grey skies shut over the town again."

— Tracy Chevalier



30 YEARS OF SERVICE!!

Last month we celebrated Scott Morgan as we said so long to him here at the Community Center. Scott was recently promoted as Assistant County Manager, and they couldn't have chosen a better candidate. Scott has been with the County as the Community Services Director for 30 years!



Meet Lauri



Lauri is one of our wonderful volunteers out in TRE. Lauri has been in the area for about 28 years, with her first 21 years starting out in Carson City before moving to TRE. They came to the Carson Valley eager to buy a home with property. She loves to serve others which is why she became a volunteer. She has met so many wonderful people and made friendships while doing so. She loves to garden a paddleboard and enjoys spending time with her husband and dogs. If she had to choose a food as her favorite, it would be Mexican food. One thing people may not know is she is a die hard BRONCOS fan! Thank you Lauri for all your hard work and service to our outlining Community!

March 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 (Interim Community Services Director) & Paul Osserman (YAH Representative)

SENIOR SERVICES / ADMINISTRATION - Brook Adie (Interim 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
March 13th!



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

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:

March 11th- Board Meeting

March 13th- 50/50 Raffle

March 16th- Saturday Bingo

YAH Saturday Bingo

March 16th

Monday, Wednesday, Friday 1-2PM



Check out our website for

links to Smiths,

Smile Amazon, 2024

Christmas Craft Fair,

and much more!

youngatheartseniorcitizens.org



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.

Beginner Ukulele Lessons

This is a free 6 week class for beginners. Basic skills will be taught with the goal to join the Ukulele Group. Wednesdays 11:15am-Noon starting February 14th-March 20th in the North 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 **1st and 3rd 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**

Our next available class to sign up for is July 8th! Please sign up at the Senior Front

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.



"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.



Would you like to learn pickleball fundamentals?

Come to our Pickleball Clinics

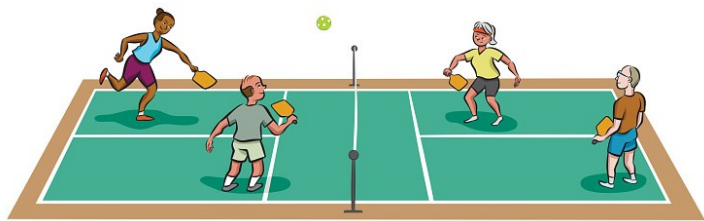
Tuesdays 11am - 12pm

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

JOIN US FOR A

St. Patrick's Day Lunch

Friday, March 15th @ Noon

Douglas County Senior Center
Dining Room
1329 Waterloo Lane
Gardnerville, NV 89410

A poster for St. Patrick's Day Lunch. It features a green background with a garland of shamrocks at the top. The text is in green and black. At the bottom, there are two illustrations: a black pot of gold with gold coins and a green leprechaun hat with a gold buckle and gold coins.

JOIN US FOR A

Easter Lunch

Friday March 29, 2024
12pm

DOUGLAS COUNTY
SENIOR CENTER DINING ROOM
1329 WATERLOO LANE
GARDNERVILLE, NV 89410

A poster for Easter Lunch. It features a light beige background with floral decorations at the top and bottom. The text is in brown and black. At the bottom, there are two illustrations: a white bunny with a purple bow and a green Easter egg.



UNDERSTANDING YOUR MORTGAGE: LIVING ON A FIXED INCOME

SPEAKERS:
NATALIE DUFTY & AMANDA KENNISON
GREATER NEVADA MORTGAGE

WHEN:
MARCH 15TH, 2024
2:30pm - 4:30pm

WHERE:
Senior Center Dining Room
1329 Waterloo Lane Gardnerville, NV

TOPICS COVERED

- Refinancing / Cash Out
- HELOC's
- Cash Reserves
- How to spot Fraud
- AND MORE



For more information
CONTACT:
Sara Johnson, Case Manager
775.782.9825



Licensed by the Department of Financial Protection and Innovation under the California
Residential Mortgage Lending Act

FREE TAX **PREPARATION!!**

Carson Valley AARP

Tax Foundation

Call for an Appointment

(775) 790-0199

YOUNG AT HEART COMMUNITY SATURDAY BINGO

DOUGLAS COUNTY SENIOR CENTER
1329 Waterloo Lane Gardnerville, NV
SATURDAY MARCH 16TH

DOORS OPEN AT 11AM
Early Bird Games at Noon
15 Bingo Games/4 Early Games
6 Regular Games/ 4 Special Games
1 Blackout
1 50/50 selection at the break

**BLACKOUT PAYS
\$900 IN 58
NUMBERS OR
LESS**

All bingo sheets, 50/50, cash ball \$1.00 each

UNDERSTANDING YOUR VETERANS BENEFITS

Friday, March 22nd
2:30 - 4:30 p.m.

Senior Center Dining Room
1329 Waterloo Lane - Gardnerville, NV

Hosted by Douglas County Social Services

TOPIC OF DISCUSSION <ul style="list-style-type: none"> • Filing • Spousal Benefits • Death Benefits • VA Medical • and more 	SPEAKER: D'Nese Davis Vice President Veterans Transition Resource Center
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OPEN TO THE PUBLIC - ALL AGES EVENT
For more information, contact:

Sarah Johnson Douglas County Case Manager 775-782-9825	D'Nese Davis VTRC Vice President 702-343-5642
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Senior Trips



March 18th– Dancing with the Stars Live

Join us Monday March 18th at the Tahoe Blue Event Center to see the ballroom brought to life in this brand-new production featuring your favorite Dancing with the Stars pros, PLUS special guest stars! With dazzling routines in every single, jaw-dropping talent, and non-stop entertainment, it's sure to be an unforgettable night full of all the magic of the TV show and more!

We will leave the center around 6pm for the 8pm show. Dinner is not included but can be purchased at the venue.

\$40 per person

March 28th– Paint & Lunch

Come join us for some painting fun! We will be painting with Teresa from Van Gogh & Vino on Thursday, March 28th at 11am in the North Room.

A lunch will be provided.

\$35 per person

