Getting older doesn’t mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation’s older citizens. This year’s theme, “Age Out Loud,” emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The Reno Senior Citizen Advisory Committee and Washoe County Senior Advisory Board will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community’s older members.

Throughout the month, many organizations will conduct activities and share information designed to highlight local programs and resources. We encourage you to get involved by picking up an OAM booklet from any local senior center and attending one of our exciting events.

To learn more about how one may participate and celebrate this wonderful month, contact 775.328.2575.
Join in the fun and WIN!

Each event you attend, you will receive a raffle ticket. Some events you will receive two! Keep an eye out for the (    ) double tickets throughout the booklet. Bring your raffle tickets to the closing ceremonies where you could win fantastic prizes!

Icon Key:

- Health
- Wellness
- Music
- Nature
- Social
- Information
- Entertainment
- Double Ticket Events
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May 1

Kick Off Celebration/Information Faire 9:00AM-1:00PM

Washoe County Senior Services invites you to the Opening Ceremony celebrating Older Americans Month 2017. This year’s theme is “Age Out Loud”. As a part of the Opening Ceremonies, Washoe County Senior Services will be hosting an Information Faire. Get connected to the many services available to seniors in Washoe County at the Information Fair. With numerous participating agencies, you are sure to find a volunteer opportunity, connect to Veterans services, or find an activity to help you stay safe and active.

**Today’s Events**

Welcome
Pledge of Allegiance
Emcees ~ Amanda Sanchez and Dick Stoddard from Channel 8 News
Introduction of Dignitaries
Proclamation read by Katie Pace from Senator Heller’s office
Entertainment provided by Jeff Wayne
Information Faire

Stuff-A-Bus will be accepting donations for new items; including sweaters, bus passes, jackets, gift cards, cleaning supplies, adult diapers and hygiene products. Donate a new item today and receive a raffle ticket towards the drawing at the Closing Ceremonies!

**Join us for a special lunch at the Senior Center celebrating OAM**
Beef Ribeye Roast/DemiGlace with Horseradish Sauce
Roasted Garlic/Cheddar Mashed Potatoes
Sautéed Vegetable Medley
Dinner Rolls
Assorted Mini Desserts

*Meal is offered to seniors 60 and older for a suggested $2.00 donation. Individuals under 60 may purchase a meal for $4.00.*
May 1

Zumba Gold 5:30PM-6:30PM

Zumba is known for its zesty Latin music and helps dramatically enhance health in a dance party atmosphere. The moves and pacing are modified to suit the needs of active older participants as well as those starting their fitness journey. Join the party and dance your way into shape with Zumba! Classes are hosted by Patricia Gallimore.

Location: Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
Fee: $10.00 Monthly Fee
Additional Dates: Wednesdays—May 8th, 15th, 22nd

May 2

Could You Be Making Yourself Sicker? 12:00PM-1:30PM

Did you know there could be harmful interactions when combining prescription medications and self-prescribed over-the-counter (OTC) medications, supplements and herbal therapies, including some foods and beverages? Learn how to identify and prevent these unwanted side effects and what important information you should be sharing with your healthcare providers. Bring a list of your current medications (strength, dosage and when started) and sign-up for a free comprehensive medication review. Sponsored by the Sanford Center for Aging Medication Therapy Management Program.

Location: 2nd Baptist Church, 1265 Montello St., Reno
Fee: FREE
Additional Dates:
May 10th at the Gerlach Senior Center, 385 E. Sunset Blvd. 11:00AM-1:00PM

Archery 2:00PM-4:00PM

Get excited about archery! Come on out for fun and exercise at High Desert Archery. Our friends at High Desert Archery offer basic instruction and free equipment use. We want you to gather your momentum and get involved in this exciting sport.

Location: High Desert Archery
Fee: $10.00—Scholarships apply

Pick up times and locations:
1:00PM— Evelyn Mount Northeast Community Center (1301 Valley Rd.)
1:15PM— Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
1:30PM— Neil Road Recreation Center (3925 Neil Rd.)

Additional Dates: Every Thursday—May 9th, 16th, 23rd and 30th
May 2

Preventing Elder Financial Abuse 1:00PM-2:00PM
Topics discussed will include what is elder financial abuse, warning signs of financial abuse, recognizing financial fraud and preventing financial abuse. Presented by Wells Fargo.
Location: Sparks Library—1125 12th Street, Sparks
Fee: Free
Additional date: May 11th at the Northwest Reno Library

May 3

Nevada Museum of Art—Free Entry! 10:00AM-6:00PM
This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.
Location: 160 West Liberty Street
Contact: 775-329-3333
Fee: FREE entry all day for Seniors
Additional dates: Wednesdays ~ May 10th, 17, 24th and 31st

Home is Where I Want to Be… Safe, Happy and Tripping Free 11:00AM-12:00PM
Most of us want to be independent and remain in our homes as long as we are safe and comfortable. Come join The Continuum Home Modification and Safety Team to learn about safety and convenient solutions: For prevention of falls and injuries, ideas for coping with chronic health issues that affect your independence, easier ways of taking care utilizing adaptive equipment, tips and tools for ease of cooking and cleaning, ideas for home modifications ranging from free to $$$$$$. Free self-home assessment form!
Location: The Continuum, 3700 Grant Dr., Reno
Contact: 775-849-4700
Fee: FREE
**May 3**

**Senior Bowling**
1:00PM-4:00PM

Come bowl with your friends or make new ones! Not a league, no handicapping or prizes! Just bowling for fun and exercise.

Location: High Sierra Lanes
Fee: $7.50 for 3 games/scholarships apply
Pick up times and locations:
12:15PM— Evelyn Mount Northeast Community Center (1301 Valley Rd.)
12:30PM— Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
12:45PM— Neil Road Recreation Center (3925 Neil Rd.)

Additional Dates: Every Wednesday—May 10th, 17th, 24th and 31st

**May 4**

**National Automobile Museum**
9:30AM-5:30PM

Stroll down the streets of the award winning National Automobile Museum. Enjoy the sights and sounds of the eras and be amazed at more than 200 eye-popping cars. Seniors are FREE each Thursday during Older American’s month

Location: National Automobile Museum, 10 South Lake St., Reno
Fee: FREE
Contact: 775-333-9300

Additional dates: Thursdays ~ May 11th, 18th, and 25th

**Discover Your Park Walk**
10:00AM-11:30AM

Thanks to the generous sponsorship of the Reno Senior Citizen Advisory Committee, Truckee Meadows Parks Foundation will be leading a series of interpretive walks through our local parks specifically designed for seniors during May’s Older Americans Month. These one-mile, one-hour walks will provide seniors with a fun and educational way to explore our parks while receiving the physical and mental benefits of spending time outdoors. The walk schedule and directions are at tmparksfoundation.org.

Location: Idlewild Park: 115 Idlewild Ave. Reno
Fee: FREE

Additional Dates:
May 11th: Valleywood Trail, 6512 Valleywood Dr., Reno
May 18th: Virginia Lake Park, 1980 Lakeside Dr., Reno
May 25th: Oxbow Nature Study Area, 3100 Dickerson Rd., Reno
**May 4**

**Ice Cream Social in Cold Springs**  
11:00AM-12:00PM

Come enjoy some good ice cream and conversation at the Cold Springs Community Center. Sponsored by Catholic Charities.

Location: Cold Springs Community Center, 3355 White Lake Parkway  
Fee: FREE  
Contact: 775-971-8542

**May 6**

**Swing From the Heart An Afternoon Of Social Dance and Community Connection**  
2:00PM-4:30PM

Students from UNR's Gerontology Academic Program along with a professional dance instructor are hosting “You” and members of your community for free dance lessons, refreshments, and a photo booth to commemorate the event. We hope to see you “Swinging From The Heart!”

Hosted by the City Of Reno’s Evelyn Mount Northeast Community Center; UNR’s Gerontology Academic Program, Neighborhood Network of Northern Nevada, Catholic Charities and Washoe County Senior Services.

Location: Evelyn Mount Northeast Community Center  
Fee: FREE

**May 8**

**Sparks City Council Meeting**  
2:00PM

This is your chance to learn more about your community and let your voice be heard at the Sparks City Council meeting. The reading of the Older American Month Proclamation is on the agenda.

Location: Sparks City Council Chambers: 431 Prater Way, Sparks

**Wills & Estate Planning**  
2:30PM-4:30PM

In this seminar, an attorney will explain the benefits of having a will, probate and not probate assets. The seminar will touch upon the differences between a Will and a Trust. Presented by Nevada Legal Services.

Location: Washoe County Senior Services Center—Reno  
Fee: FREE
May 8

Sparks High School Alumni Hall of Fame Ceremony 4:00PM

Come down and welcome the newest inductees to the Sparks High School Hall of fame. Nominations can be from the Distinguished Alumni, Athlete or Friend. Following the ceremony, in the Sparks theater, a reception will follow in the School Cafeteria.

Location: Sparks High School ~ 820 15th St., Sparks

Meditation 5:30PM-6:30PM

Exhale ~ We will explore the key elements of correct posture to ensure a strong, stable and comfortable foundation for practice.

Location: Larry D. Community Center, 1200 12th St., Sparks
Fee: FREE
Contact: 775-353-7780

May 9

Budgeting on a Fixed Income 5:30PM-6:30PM

Topics discussed will include prioritizing expenses/budgeting, living on a limited income, savings, managing debt, preparing for retirement and maximizing available resources. Presenter: Financial Guidance Center, Alma Diaz.

Location: Spanish Springs Library—7100-A Pyramid Way
Fee: FREE
Contact: 775-424-1800

May 10

Reno City Council Meeting 12:00 Noon

Hear ye, hear ye, now is your chance for your voice to be heard! All are invited to be part of your community’s political process. On the agenda; the reading of the Older American Month Proclamation!

Location: Reno City Council, 1 East 1st Street, Reno

Could You Be Making Yourself Sicker? 11:00AM-1:00PM

This event is also offered on May 2nd—Please see the full description on page 7. Location: Gerlach Senior Center ~ 385 E. Sunset Blvd., Gerlach
Contact: 775-557-2206
May 10

Nevada Museum of Art—Free Entry! 10:00AM-6:00PM

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month. 

Additional dates: Wednesdays ~ May 3rd, 17, 24th and 31st

Location: 160 West Liberty Street
Contact: 775-329-3333
Fee: FREE entry all day for Seniors

Alzheimer’s Association—The Basics 2:00PM-3:00PM

Basics for Spanish Speakers: Spanish Description:

La enfermedad de Alzheimer y demencia no son una parte normal del envejecimiento. Sintomas Básicos: Pérdida De Memoria, Demencia, y Enfermedad de Alzheimer sera presentado en español por la Asociación de Alzheimer, para cualquier persona a quien le gustaría saber más sobre la enfermedad de Alzheimer y demencia.

Presentadora: Anakaren Lamas
Location: Alzheimer’s Association—1301 Cordone Avenue, Reno
Fee: FREE

Kundalini Yoga 4:30PM-5:45PM

Come learn and enjoy Kundalini Yoga an uplifting blend of spiritual and physical practices which incorporates movement, dynamic breathing techniques and meditation. The goal is to build physical vitality and increase consciousness. Presented by: Tod Sherman

Location: The Continuum—3700 Grant Drive, Suite A, Reno
Fee: FREE

Additional Dates: Wednesdays, May 17th, 24th and 31st

May 11

Pickleball Open Play 8:00AM-11:00AM

Pickleball combines elements of badminton, tennis and table tennis all in one sport. It’s loads of fun and provides a great workout! Sponsored by the Sparks Park and Recreation Center.

Location: Alf Sorensen Community Center, 1400 Baring Blvd., Sparks
Fee: FREE
Contact: 775-353-2385
**May 11**

**Genoa Hot Springs Lunch and Spa**

10:00AM - 2:00PM

Let’s go to Genoa Hot Springs and take a day off to relax. We will transport you to and from the Genoa Hot Springs where you will spend your afternoon enjoying the waters of the hot springs which are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals of the water and eat a scrumptious lunch. Sponsored by the City of Reno Parks and Recreation Department.

Location: Genoa / David Walley’s Hot Springs

Fee: $30.00 (includes lunch at the Hot Springs) Scholarships apply

Arrive 10:00AM/ Depart: 2:00PM

8:15AM — Evelyn Mount Northeast Community Center (1301 Valley Rd.)
8:30AM — Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
8:45AM — Neil Road Recreation Center (3925 Neil Rd.)

**Preventing Elder Financial Abuse**

1:00PM - 2:00PM

This event is also being offered on May 2nd at the Sparks Library. Please see Page 8 for a full description.

Location: Northwest Reno Library—2325 Robb Dr.

Fee: FREE

Contact: 775-787-4100

**May 13**

**Walking History Tour and Sparks Museum**

11:00AM - 1:00PM

Celebrate “Senior Day at the Museum” and learn about the history of downtown Sparks. This one-hour walking tour includes 18 buildings and spots that have played an important role in the history and development of Sparks and Nevada.

Your guide, Scott Carey, grew up in Sparks and since working on the Sparks Centennial Commission has been actively working on projects to preserve and enhance the history of this great community. Following his tour, the Sparks Heritage Museum will be open at 12 providing self-guided tours of the museum and guided tours of the train across the street from the museum. Meet at 11:00AM, Museum opens at Noon.

Location: In front of Sparks Museum, 814 Victorian Ave., Sparks

Fee: FREE
May 14
Reno Aces Baseball Game 1:00PM-4:00PM

Come on out to the Reno Aces vs New Orleans baseball game enjoy this afternoon game which includes a cap and food voucher. Sponsored by the Senior Citizen Advisory Committee.

Location: Greater Nevada Field (Aces Ball Park)
Fee: $10.00 (includes ticket, food voucher and baseball cap)
Contact: 775-334-2260

Pick-up Times and Locations: Shuttles begin at 11:00AM from:
Evelyn Mount Northeast Community Center (1301 Valley Rd.)
Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
Neil Road Recreation Center (3925 Neil Rd.)

May 15
Senior Safety Fair 1:30PM-4:00PM

Come hear experts make presentations and answering all your concerns and questions about home safety and security, elder abuse and scams, crime prevention and fire safety, and even CPR training.

Location: Washoe County Senior Services Center — Reno

May 16
Washoe County Commissioners Meeting 10:00AM

Be part of the process! The public is welcome and encouraged to let your voices be heard at the monthly meetings. This month, hear the Older American Month Proclamation.

Location: Washoe County Complex, 1001 E. Ninth Street, Building A, Reno

Senior Aquacise 10:00AM-11:00AM

Enjoy a slower paced workout that increases fitness level and strength. The class includes stretching, warm up, workout an cool down. Please mention at check in that you are attending for OAM. Fees will be covered by the City of Sparks Park and Recreation Department.

Location: Alf Sorensen Community Center, 1400 Baring Blvd.
Fee: FREE
May 16

Senior Legal Issues Panel  
1:30PM-2:30PM

Attend our Seniors open forum on a wide variety of topics such as landlord/tenant, consumer debt, wills, advance directives affecting seniors and an array of other seniors' concerns; a host of experts will take your questions and give you the answers and information you need.

Location: Washoe County Senior Services Center—Reno  
Fee: FREE

Health, Wellness and You Info Faire  
11:00AM-12:30PM

Health, Wellness and You Information Faire is designed with you in mind. Insightful and useful information that you can use in your everyday life will be presented by various vendors. Come join us at this worthwhile adventure and enjoy pleasant company, refreshments, prizes and giveaways.

Location: Teglia’s Paradise Park Activity Center, 2745 Elementary Dr.  
Fee: FREE

May 17

Alzheimer’s Association Difficult Conversations  
1:30PM-3PM

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss; going to the doctor for a diagnosis, deciding when to stop driving and making financial plans for future care.

Location: Alzheimer’s Association—1301 Cordone Ave., Reno  
Fee: FREE

Nevada Museum of Art—Free Entry!  
10:00AM-6:00PM

This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.

Additional dates: Wednesdays ~ May 10th, 17, 24th and 31st

Location: 160 West Liberty Street  
Contact: 775-329-3333  
Fee: FREE entry all day for Seniors
May 17

Mayor Challenge Bike Ride 9:00AM-1:00PM

Join Mayor Shieve for a casual bike ride from Reno to Sparks beginning at 9:00AM at the City Plaza in front of City Hall and will conclude at Sparks City Hall.

Location: Reno City Hall Plaza, 10 N. Virginia St., Reno

May 18

National Automobile Museum 9:30AM-5:30PM

Seniors are FREE each Thursday during Older American’s month!

Location: National Automobile Museum, 10 South Lake St., Reno
Fee: FREE
Contact: 775-333-9300

Additional dates: Thursdays ~ May 4th, 11th, and 25th

Line Dancing Class 1:00PM-3:30PM

It’s time to get your boot-scootin’ boogie on! Beginners can learn the basic steps of country western line dancing in a fun and informal setting from 1:00PM-1:30PM. Take that knowledge and stick around to learn a new line dance that keeps your heart pumpin’ and boots scootin’!

Location: Washoe County Senior Services—Reno
Fee: FREE

May 19

Nevada Humanities Salon: Aging Creatively 6:00PM-7:30PM

Nevada Humanities, in partnership with the Retired & Senior Volunteer Program (RSVP) of Washoe County, is pleased to announce the next event in the Nevada Humanities Salon series, entitled “Aging Creatively.” Moderated by Paul Baker Prindle, Director of UNR, this discussion will bring together an eclectic panel of individuals who recognize the value of “actively aging,” leading dynamic lives, participating fully in their communities, and challenging stigmas often associated with getting older. The panelists include Jim Brown, a Senior Olympian, Dr. Peter Reed, Director of the Sanford Center for Aging, and Lynne Gray, Vice President of the Osher Lifelong Learning Institute at UNR. Includes audience discussion and light refreshments.

Location: Sundance Books and Music, 121 California Ave., Reno
Fee: FREE
Contact: 775-784-1807
May 20

Lunch and Musical, “Cinderella” 11:30AM-4:00PM
Rodgers + Hammerstein’s CINDERELLA is the Tony Award®-winning Broadway musical that’s delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love—plus some surprising new twists! This hilarious and romantic Broadway experience is perfect for anyone who’s ever had a wish, a dream... or a really great pair of shoes.

Location: River Grille and Pioneer Center
Fee: $65.00 (Scholarships apply)
Contact: 775-334-2262

Pick-up times and locations:
11:00AM—Evelyn Mount Northeast Community Center (1301 Valley Rd.)
11:00AM—Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
11:00AM—Neil Road Recreation Center (3925 Neil Rd.)

May 22

Sanford Center for Aging Open House 9:00AM-11:00AM
The Sanford Center for Aging enhances the quality of life and well-being among elders through education, research, and community outreach through a variety of programs, services, educational coursework and geriatric clinical services. Come meet the Sanford Center staff, tour the Geriatric Specialty Clinic and learn about the many programs and services available.

Location: Sanford Center for Aging, Center for Molecular Medicine Building—UNR, 1664 N. Virginia St. Rm #150
Contact: 775-784-6375

Living Wills/Power of Attorney 2:30PM-4:30PM
In this seminar the attendees will learn about important long term planning tools such as powers of attorney and living wills also known as advance directives. The will explain the benefits of having a power of attorney for medical or financial matters. Presented by Nevada Legal Services and the Senior Law Project.

Location: Washoe County Senior Center—Reno
Fee: FREE
May 23

Shuffleboard—Mixed Doubles Tournament 10:00AM-12:00PM

Come join in the fun of this mixed doubles tournament, and have some good healthy fun and exercise. We will have prizes for the winners and light snacks for all. We hope to see you there.

Location: Evelyn Mount Northeast Community Center (1301 Valley Rd.)
Fee: $10.00 (Scholarships apply)

Senior Legal Issues 10:30AM-11:30AM

Come join Homa Woodrum, Advocacy Attorney at Aging and Disability Services Division, and George McNally of Senior Law Project for a discussion on senior legal issues.

Location: Sun Valley Senior Center, 115 W. 6th Ave., Sun Valley
Fee: FREE

“The Open House” at Reno Little Theater 1:00PM-3:00PM

Enjoy this unique and witty performance where we learn of a nuclear family that has been nuked into non-existence and replaced by a new clan that looks suspiciously like the old.

Location: Reno Little Theater, 147 E. Pueblo St.
Fee: Admission is Free; however donations accepted.
Additional date: May 26th

May 24

Go Kart Racing 10:00AM-12:00PM

Would you like to experience this exciting sport at the Need 2 Speed indoor track. This event features high-performance electric karts. The karts are capable of 45 MPH speed. Come go with us and experience the rush of electric kart racing today!

Location: Need 2 Speed: 6895 Sierra Center Pkwy, Reno
Fee: $20.00 (Scholarships apply)
9:00AM — Evelyn Mount Northeast Community Center (1301 Valley Rd.)
9:15AM — Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
9:30AM — Neil Road Recreation Center (3925 Neil Rd.)

Nevada Museum of Art—Free Entry! 10:00AM-6:00PM

Enjoy the unique and incredible displays every Wednesday this month.
Additional dates: Wednesdays ~ May 3rd, 10th, and 31st
May 24

Subsidized Housing Options 11:00AM-12:00PM
The Reno Housing Authority understands the need for affordable housing options for Seniors in our community. The presentation will include an overview of the various housing options provided by the Reno Housing Authority, including Family and Senior Public Housing, the Housing Choice Voucher program and Project Based Vouchers. Presented by Amy Jones, Executive Director, Reno Housing Authority.

Location: North Valleys Reno Library—1075 North Hills Blvd., Suite 340
Fee: FREE
Contact: 775-972-0281

May 25

Sparks Ice Cream Social 11:20AM
Join us at the Sparks Senior Center for an old fashioned Ice Cream Social, furnished by the City of Sparks Park and Recreation.

Location: Washoe County Senior Services Center—Sparks, 97 Richards Way
Fee: FREE
Contact: 775-353-3110

National Automobile Museum 9:30AM-5:30PM
Seniors are FREE each Thursday during Older American’s month!

Location: National Automobile Museum, 10 South Lake St., Reno
Fee: FREE
Contact: 775-333-9300
Additional dates: Thursdays ~ May 4th, 11th and 18th

RTC and Northern Nevada Food Bank Tour 12:30-2:30PM
Groups will take a brief (30 minute) tour of the warehouse. They will learn about the food and procedures that take place for housing and distribution of the food. There will also be an explanation of volunteer services. Light snacks are provided at the end of the tour. RSVP is not required but it is helpful. Space is limited.

RSVP to: Washoe County Senior Services Center—775-328-2575
Pick Up Time and Locations: 12:30PM: Washoe County Senior Services Center—Reno, returning back at approximately 2:30PM.
May 25

Iron Chef Cooking Demonstration  1:30PM-2:30PM

Join Catholic Charities Senior Meals Chef, Kim Vandenhazel, as he cooks delicious stir fry meals for your tasting and viewing pleasure. An array of fresh vegetables and fruits will be selected from a seasonal farmers market. Enjoy samples of the home-style stir fry at the cooking demonstration as Iron Chef Kim demonstrates how to make quick and healthy meals in minutes.

Location: Washoe County Senior Services Center—Reno, Patio
Fee: FREE

Picnic in the Park: Celebrating Older American’s Month  10:30AM-1:00PM

Catholic Charities of Northern Nevada and the Retired and Senior Volunteer Program (RSVP) of Washoe County invite you to join us for a picnic at Rancho San Rafael Regional Park. A picnic lunch will be provided and students from the Ecology, Evolution and Conservation Biology Program at the University of Nevada, Reno will offer guided nature walks. Come share in the fun and games! Registration is required and space is limited. Please register with Suellen by May 12th: rsvp@unr.edu or (775) 784-1807.

Location: Peavine Pavilion, Rancho San Rafael Regional Park, 1595 N Sierra Street
Fee: FREE but registration required

Retired and Senior Volunteer Program (RSVP) Orientation  3:00PM-4:00PM

Please join us for our monthly volunteer orientation to learn about how you can improve lives and strengthen our community through volunteer service. RSVP helps to foster meaningful volunteer experiences by helping people discover the place where their skills, experience and available time match the needs in our community. Please register in advance for the orientation by e-mailing rsvp@unr.edu or calling (775) 784-1807.

Location: UNR Center for Molecular Medicine, 1664 N. Virginia St. Rm #150
Fee: FREE and registration encouraged
May 26
Paradise Park Goes Bananas 1:00PM-3:00PM
Come join us as we go bananas in the park. Create your own banana split and enjoy some music while you eat it. Sponsored by the City of Reno.
Location: Teglia’s Paradise Park Activity Center (2745 Elementary Dr.)
Fee: FREE

May 30
Stuff A Bus with the Reno Aces & the Reno 1868 FC’s 4:00PM-7PM
Be a part of an amazing program that gives back to your community! Join the Reno Aces Baseball team and the Reno 1868 FC’s Soccer team as we continue to collect new items and Stuff-A-Bus at the Greater Nevada Field. Bring your new items (sweatshirts/pants, gift cards, jackets, bus passes, cleaning supplies, etc.) to donate today!
Location: Greater Nevada Field, 250 Evans Ave., Reno

How to Succeed as a Senior Without Really Trying 10:00AM-11:30AM
Older Americans Month gives recognition and respect to elders who have a wealth of talent, ability, experience and knowledge. This spectacular performance show will feature the diverse talents of individuals from this group in an entertaining and humorous manner, emphasizing the positive aspects of aging. Sponsored by the Sanford Center for Aging Senior Outreach Services. Breakfast generously provided by MorningStar Senior Living of Sparks. RSVP by Friday, May 26 to 784-7506, by email to sinaw@unr.edu or at https://howtosucceedsenior.eventbrite.com.
Light breakfast/networking available at 9:00AM, performance at 10:00AM
Location: Laxalt Auditorium, Nelson Building, 401 W. Second St., Reno

May 31
Nevada Museum of Art—Free Entry! 10:00AM-6:00PM
This is the perfect time for you to take advantage of this amazing museum, right in the heart of Reno. Enjoy the unique and incredible displays every Wednesday this month.
Additional dates: Wednesdays ~ May 3rd, 10th, 17th, and 24th
Location: 160 West Liberty Street
Contact: 775-329-3333
Fee: FREE entry all day for Seniors
OAM Closing Ceremonies
Come join the fun as we celebrate the closing of another Older Americans Month. Stop by and thank the many volunteers, sponsors and seniors that helped make these events a success. A BBQ lunch will be included along with a raffle for very cool prizes. Be sure to bring all your raffle tickets with you!

Wednesday, May 31, 2017
10:00am to 1:00pm
Evelyn Mount Northeast Community Center
775-657-4602
FREE!

Take a Look at What Your Washoe County Library Has to Offer!

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<thead>
<tr>
<th>Spanish Springs Branch</th>
<th>South Valleys Branch</th>
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<tbody>
<tr>
<td>Young Chautauquans May 16 &amp; 23 5-7PM</td>
<td>Tuesday Night Yarn Crew Tuesdays 5:30PM</td>
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<tr>
<td>Crochet Connection May 4,11, 18 &amp; 25 4-6PM</td>
<td>Bridge Group Fridays 1PM</td>
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<td>Family Games Day May 7 5PM</td>
<td>Adult Coloring May 15 6PM</td>
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<tr>
<td>Knitting Group May 7 &amp; 21 1-3PM</td>
<td>Lifescapes May 11 &amp; 25 10:30AM</td>
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<tr>
<td>Tuesday Book Group May 9 1PM</td>
<td>Healing Hearts May 9 1-3PM</td>
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<tr>
<td>Mystery Book Club May 21 1PM</td>
<td>Healing Hearts May 23 1-3PM</td>
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<td>Scrapbooking May 28 10AM-5PM</td>
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<td>Larry Wilson May 30 5:30PM</td>
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<th>Northwest Reno Branch</th>
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<tr>
<td>Senior Memoir Writing May 3 1-3PM</td>
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<tr>
<td>Raising Backyard Chickens May 3 5-6PM</td>
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<tr>
<td>Preventing Elder Abuse May 11 &amp; 25 2-3PM</td>
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<tr>
<td>Afternoon Book Club May 10 1-2PM</td>
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<tr>
<td>Knitting &amp; Crochet Club May 13 1-3PM</td>
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<tr>
<td>Senior Memoir Writing May 17 5-6:30PM</td>
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<tr>
<td>Eclectic Evening Book Club May 17 5-6:30PM</td>
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<td>Knitting &amp; Crochet Club May 20 1-3PM</td>
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<tr>
<th>North Valleys Branch</th>
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<tr>
<td>Yarn Time May 10 &amp; 24 2-4PM</td>
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<tr>
<td>Mystery Sleuths Book Group May 10 5:45-6:45PM</td>
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<tr>
<td>Reno Housing Authority May 24 11AM-Noon</td>
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<td>Subsidized Housing Options May 24 6PM</td>
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<tr>
<td>Speaker Backyard Chickens May 23</td>
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<td>Great Basin Young Chautauqua May 31 4:30-6PM</td>
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<th>Sparks Branch</th>
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<td>Computer Class May 3, 10, 17, 24,31 1-3PM</td>
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<tr>
<td>Movie Matinee May 8 &amp; 23 1PM</td>
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<tr>
<td>Lifescapes May 9 &amp; 23 2PM</td>
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<td>Hour of Code May 16 &amp; 30 11AM-Noon</td>
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NOTES
SHOW YOUR PRIDE
BELIEVE
RENO
GET YOURS AT THE DMV

BELIEVE in this city by getting a Reno license plate today and get FREE FRIDAY PARKING in City of Reno metered spaces for any vehicle displaying the Reno plate!

Visit the DMV or go to Reno.Gov/Plate for more information.

Presented by the City of Reno and Senior Care Plus

RENO-TAHOE
SENIOR SUMMER GAMES

August 12-26

Reno.Gov/SeniorGames | #Never2Old4Gold
(775) 657-4602
SeniorServices@Reno.Gov

$25 to Register | $10-30 Sports/Events

Join us for the Closing Ceremonies
See entry form or call for ticket prices.

Archery | Basketball Skills | Beanbag Toss | Bowling
Card Games | Fly Casting | Go Karts | Golf | Horseshoes
Mini Golf | Pickleball | Swimming | Table Tennis
Track and Field | Walk Race...AND MORE!
STUFF A BUS FOR SENIORS

DONATION DRIVE

MAY 18-30 | SEVERAL REGIONAL LOCATIONS

MAY 30 | GREATER NEVADA FIELD AT 4-6PM

PLEASE PROVIDE NEW ITEMS ONLY

- SWEAT SHIRTS/PANTS
- JACKETS
- GIFT CARDS
- CLEANING SUPPLIES
- HYGIENE PRODUCTS
- ADULT DIAPERS

FOR MORE INFORMATION:
Reno.Gov/Seniors | WashoeCounty.us/SeniorsRV
775-334-4636 | 775-328-2575

Items distributed by Washoe County Senior Services

334-INFO (4636) | Reno.Gov/Seniors | @CityofReno