

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

This past year has been especially hard on our seniors in Washoe County, but this has not stopped our community and partners from developing events for our Seniors for Older Americans Month 2021!

We hope our seniors will celebrate themselves and the resilience they have demonstrated over the last year!

Please visit the Washoe County Human Services Agency Website for a list of events and videos:

<https://tinyurl.com/WCOAM21>

List of Events

May 3, 2021

Older Americans Month 2021 Kick-off with a message from Senator Catherine Cortez-Masto:

<https://youtu.be/yqZV80mlMdM>

May 3, 2021

Renown

Heart to Heart Yoga (Consent Form Required)

10:00am–11:00am

<https://tinyurl.com/HTHOAM1>

May 4, 2021

Renown

It Starts with Hello – Virtual Gathering Series

12:00pm

<https://zoom.us/j/89034701576>

May 5, 2021

Senior Advisory Board

3:00pm-5:00pm

Meeting ID: 782 0794 4707

Passcode: 600758

Phone in 669 900 9128 (PST)

<https://tinyurl.com/SABOAM21>

Renown

Heartfulness Meditation - Learn How to Meditate

10:30am-11:00am

<https://bit.ly/2XqneUN>

May 6, 2021

Learn to Advocate for Seniors

2:30pm-3:30pm

Meeting ID: 822 0694 0279

Passcode: 319344

Phone - 669 900 9128 US (PST)

<https://tinyurl.com/LASOAM21>

Renown

It Starts with Hello – Virtual Gathering Series

12:00pm

<https://zoom.us/j/89034701576>

May 10, 2021

Renown

Heart to Heart Yoga (Consent Form Required)

10:00am – 11:00am

<https://tinyurl.com/HTHOAM2>

May 11, 2021

Renown

It Starts with Hello – Virtual Gathering Series

12:00pm

<https://zoom.us/j/89034701576>

May 12, 2021

Renown

Heartfulness Meditation – Learn How to Meditate

10:30am-11am

<https://bit.ly/2XqneUN>

May 13, 2021

Age Friendly Reno

2:30pm-3:30pm

Meeting ID: 822 0694 0279

Passcode: 319344

Phone - 669 900 9128 US (PST)

<https://tinyurl.com/AFOAM21>

Renown

It Starts with Hello – Virtual Gathering Series

12:00pm

<https://zoom.us/j/89034701576>

Alzheimer's Association

10 Warning Signs of Alzheimer's (Registration Required)

10:00am-11:00am

<https://tinyurl.com/KTS21MAY13>

Alzheimer's Association

Healthy Living for Your Brain and Body (Registration Required)

11:00am-12:00pm

<https://tinyurl.com/HBB21MAY13>

May 14, 2021

Alzheimer's Association

10 señales de advertencia del Alzheimer (Registación Mandatoria)

10:00am-11:00am

<https://tinyurl.com/SKTS21MAY14>

May 17, 2021

Renown

Heart to Heart Yoga (Consent Form Required)

10:00am – 11:00am

<https://tinyurl.com/HTHOAM3>

May 18, 2021

Renown

It Starts with Hello – Virtual Gathering Series

12:00pm

<https://zoom.us/j/89034701576>

May 19, 2021

Renown

Heartfulness Meditation – Learn How to Meditate

10:30am – 11:00am

<https://bit.ly/2XqneUN>

May 20, 2021

Friendly Visitor Calling Project

2:30pm-3:30pm

Meeting ID: 822 0694 0279

Passcode: 319344

Phone - 669 900 9128 US (PST)

<https://tinyurl.com/FVCPOAM21>

Renown

It Starts with Hello – Virtual Gathering Series

12:00pm

<https://zoom.us/j/89034701576>

May 21, 2021

Stuff A Bus for Seniors Drive-By Donation Drive

Sam's Club

4835 Kietzke Lane

Reno, NV 89509

2:00pm – 7:00pm

May 24, 2021

Renown

Heart to Heart Yoga (Consent Form Required)

10:00am – 11:00am

<https://tinyurl.com/HTHOAM42>

May 26, 2021

Renown

Heartfulness Meditation – Learn How to Meditate

10:30am-11:00am

<https://bit.ly/2XqneUN>

Other Events & Resources for Older Americans Month 2021!

RTC FlexRIDE Ride-Along in Somerset/Verdi for Washoe County Older Americans Month:

<https://youtu.be/9mlKAT5mppM> & <https://youtu.be/uBNBqYtUCDY>

AARP Free Events for Seniors: <https://tinyurl.com/AARPOAM21>

Note-Able Music Therapy Service Videos:

“Bye-Bye” – The Note-Ables: <https://youtu.be/mGftiBwZaIQ>

“Rock N Roll Music” – The Note-Ables: <https://youtu.be/2RmB8qifZkg>

“Day-O” – The Note-Ables: <https://youtu.be/A9EGdLjTzmY>

Bluebird Radio Hour Promo: <https://youtu.be/Mjshr6ehOmo>

Renown May Events:

<https://tinyurl.com/RenownOAM21>

Center for Healthy Aging Sunflower Competition: <https://youtu.be/CMkzflZQ23g>

Senior Outreach Services: <https://youtu.be/jWcJQhvG2Yg>

Center for Healthy Aging: <https://youtu.be/S2MtN9279Ng>