



HUMAN SERVICES
AGENCY

Senior News and Events

MAY 2024

May is Older Americans Month

See some of the events happening at the Reno Senior Center on page 7!



POWERED BY CONNECTION: MAY 2024

Washoe County Senior Service Centers

Reno

1155 East 9th St. Bldg E, 89512

(775) 328-2575

OPEN M-F (8:00am-5:00pm)

Lunch: 11:15am-12:30pm

Call (775) 328-2786

- Hot Meal: No reservation required.
- Salad Meal: Make reservation by 8:30am

For Lunch, the remaining sites require reservations for hot meal and salad meal. Call to make your reservation by 8:30am, day of.

Cold Springs

3355 White Lake Pkwy 89508

(775) 971-8542

OPEN M-F (call site for details)

Lunch: 10:00am-2:00pm

Call (775) 328-2786

Westbrook

315 Westbrook Lane 89506

(775) 328-2786

OPEN FOR LUNCH – 11:00am-1:00pm

Sparks

97 Richards Way 89431

(775) 353-3110

OPEN M-F (8:00am-5:00pm)

Lunch: 11:15am- 12:00pm

Call (775) 353-3113

Gerlach

385 E. Sunset Blvd 89412

(775) 557-2206

OPEN FOR LUNCH

(call site for details)

Sun Valley

115 W 6th Ave 89433

(775) 673-9417

OPEN M-F (8:30am-12:30pm)

Lunch: 10:00am- 12:00pm

Call (775) 328-2786

Lazy 5/Spanish Springs

7100 Pyramid Way 89436

(775) 328-2786

OPEN M-F (Hours will vary)

Lunch: 11:15am-12:30pm

Call (775) 328-2786

Mobile Harvest and Produce on Wheels

Fresh produce is delivered to senior communities and senior centers across Northern Nevada. No income restrictions. ID and Registration required. Pick up a schedule calendar for times and locations at the Information/Resource Wall in the Washoe County Senior Center or visit fbnn.org/gethelp/programschedules



Pet Food

Washoe County Animal Control distributes free pet food for seniors every third Tuesday of the month.

Where: Washoe County Senior Center

When: May 21st, 8:00am-9:00am, or until supplies last.

Food Bank Truck (Commodity Supplemental Food Program)

Through the CSFP, the Food Bank of Northern Nevada provides ONE BOX of nutritious food to low-income seniors monthly. Gross monthly income limits:

\$1,473 (one person)

\$1,984 (two people)

Sign up at distribution. ID required.

Where and When:

Washoe County Senior Center - Third Thursday, May 16th, 8:00am -11:00am

Sun Valley Senior Center - Third Wednesday, May 15th, 9:00am-10:00am

Assistance League Food Program

Every third Tuesday of the month, the Assistance League supplies seniors with TWO BAGS of groceries with essentials.

Gross monthly income limits:

\$2,000 (one person)

\$2,554 (two people)

Only one set of bags per person. ID, Proof of Income, and Registration required.

Where: Washoe County Senior Center, 1155 East 9th Street

When: Third Tuesday, May 21st, 8:00am-9:30am



Washoe Senior Ride

WSR is a subsidized taxi program of the Regional Transportation Commission (RTC). It provides alternative, reliable, and affordable transportation to WC residents who are 60 years and older, RTC ACCESS clients (any age), and WC Veterans (any age).

Where to Apply:

RTC 4th Street Station
200 East 4th Street
Reno, Nevada

When: Monday -Friday

8am - 11:30am & 1pm - 4pm

Phone: (775) 348-7433

Access to Health Care Network has a FREE Senior Transportation program for Seniors with Medicare

They provide transportation services to:

- Doctor Appointments, Outpatient
- Procedures, Picking up Medications
- Therapies and Grocery Shopping

For more information on this free transportation program, contact Access to Healthcare at www.accesstohealthcare.org or call 1-877-385-2345

Did you know?

RTC has an Uber Program! They will subsidize 75% of your fare (up to \$9) for trips with Uber that start and end in the Reno-Sparks area.

AARP has a Driver Safety Course for Seniors

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way, and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

Call (775) 800-4808 to register.

Where: Washoe County Senior Center
1155 East 9th Street

When: Monday, May 20th, 12:30pm-4:30pm

Become eligible for an auto insurance credit!



Nevada Care Connection

NCC works with older adults, people with disabilities, and family caregivers to explore their options, plan for care, and connect with the support services that meet their needs.

Dial: 2-1-1 (*ask for your local “Nevada Care Connection Resource Center” or visit nevadacareconnection.org)

Did you know?

Washoe 311 can help you connect with the Washoe County senior service resources you need! From benefit programs to medication assistance to community meals, they have the connection information you’re looking for.

Just dial 3-1-1

Sexual Health Testing

Washoe County Health District is conducting free testing. For more information and scheduling call (775) 328-2400.

Where: Washoe County Senior Center
1155 East 9th Street

When: Every Thursday, 1pm-5pm

Mobile CARE Chest

CARE Chest is a Northern Nevada nonprofit agency serving individuals in need by providing medical resources, including incontinence protection and diabetic testing supplies, FREE of charge.

Where: Washoe County Senior Center,
1155 East 9th Street

When: Every Third Thursday, 8:30am-11am.

This month: May 16th

Saint Mary’s Hospice Grief Group

Smiles From Heaven is available to offer and share support within a safe, closed community. With your help we can continue to be there for each other, reminding you that you are not alone on this journey.

Where: Washoe County Senior Center
1155 East 9th Street, Game Room

When: Every first and third Tuesday of the month, from 1pm - 3pm

This month: May 7th & 21st



Activities at the Washoe County Senior Centers

Join us at the Washoe County Senior Centers. We're filling up our calendars with group activities like Fitness, Bingo, Bean Bag Baseball, Live Music, Crafts, and so much more! Please visit our website, call, or visit one of our Senior Centers for a full list of activities and schedules, as they vary by site. See you there!

[Re]Build – Rebuilding Together

Rebuilding together is a non-profit organization with a mission to repair the homes of people in need!

Where: www.rtnnv.org

Phone: (775) 395-9808

Blood Pressure Clinic

We are pleased to host a Blood Pressure Clinic every Monday from 10:00am – noon at the Reno Senior Center. Please look at the calendar on page 7 for other locations!

Poetry Workshop!

Join Terry Brooks for FREE poetry workshops on the second Monday of the month from 1pm-2pm at the Senior Center!

Maya Angelou, Emily Dickinson, Robert Frost, Langston Hughes... and you!

Marriage Ceremonies

The County Clerk's office conducts marriage ceremonies at the 9th Street Senior Center. Please call to set up an appointment through the Marriage Commissioner's Office at (775) 784-7272.

Washoe County Human Service Agency Case Workers

Washoe County HSA provides assistance in the form of access or care coordination in circumstances where seniors and/or their caregivers are experiencing diminished functioning capacities, personal conditions or other characteristics, which require need for services by formal service providers.

For more information call (775) 328-2575.

Where: Washoe County Senior Center
1155 East 9th Street

When: Mon-Fri, 9am-12pm and 1pm- 4pm

Income-Based Housing Resources

- NVHousingSearch.org is a free search tool that helps to find rental homes that fit an individual's needs and budget.
- The Reno Housing Authority owns and operates numerous affordable housing developments throughout Washoe County.

For more information call (775) 329-3630.

Activities

Lunch Served Daily

Monday-Friday: 11:15am-12:30pm

MAP - Medicare Counseling

Monday-Tuesday: 10am-2pm

Wednesday: 10am-12pm

Texas Hold 'Em

Monday-Friday: 8am-10am

Stretch & Tone Exercise

Monday, Wednesday, and Friday:

9am-10am

Bingo

Monday, Wednesday, and Friday: 12pm-1:30pm

Catholic Charities Benefit Enrollment

Wednesday 10am-12pm

Bean Bag Baseball

Tuesday & Friday: 1:30pm-4pm

Ukulele Group

Monday: 2pm-4pm

Crochet Club

Tuesday: 9am-11am

Grumpy Old Men -Big Band

Live

Wednesday: 10:15am-11:30am

Scrabble

Wednesday: 10am-1pm

Mahjong

Thursday: 12pm-3pm

Line Dancing and Lessons

Thursday: 1pm-3:30pm

Jus' Right -Hawaiian Music Live Band

Friday: 10am-12pm

Calendar of Events (See Blood Pressure Clinic Schedule on page 7)

Wednesday May 1

Senior Advisory Board Meeting 3pm Game Room or Zoom -10am-1pm: OAM Info Fair, Center for Healthy Aging, & Medicare Store

Friday May 3

Senior Coalition Meeting 8:30am

Monday May 6

Dig in to Grow Healthy 1pm-2pm

Tuesday May 7

Getting There: Transportation 11am-1pm

Wednesday May 8

Reno Gem & Mineral Society Presentation-Free 10am-11am

Friday May 10

Immunization Clinic 9:30am-12:30pm

Monday May 13

Dig in to Grow Healthy 1pm-2pm
Free Poetry Workshop 1pm-2pm

Tuesday May 14

POA/Estate Plan: 11am-12pm
Saint Mary's Hospice Grief Group: 1pm-3pm

Thursday May 16

Food Bank of Northern Nevada 8:00am
CARE Chest 8am-11am

Friday May 17

Spring Fling-Free 5-6:30pm

Monday May 20

Golden Encore 1pm-2pm

Tuesday May 21

Food Pantry 8:00am
Senior Idol Talent Show 1pm-3pm
Estate Planning Seminar 11am

Thursday May 23

Washoe County Senior Breakfast – Free 8:30-10am

Tuesday May 28

Senior Idol Talent Show 1pm-3pm

Friday May 31

Birthday Friday!
OAM Sock Hop! – Free 2-4pm

Blood Pressure Clinic Schedule (Note: Schedule subject to change)

Medication Management and BP Clinic. Please contact 775-224-6563 or HSA-MedicationManagement@washoecounty.gov

Mondays

April 29

BP CLINIC at the Reno Location
From 10a.m. - 12p.m.

May 6, 13 and 20

BP CLINIC at the Reno Location
From 10a.m. - 12p.m.

May 27

NO CLINIC - MEMORIAL DAY

Wednesdays

May 1 and 29

BP CLINIC at the Sun Valley location
From 11a.m. - 1p.m.

May 8

BP CLINIC at the Cold Springs location
From 11a.m. - 1p.m.

May 15

BP CLINIC at the Lazy 5 location
From 11a.m. - 1p.m.

May 22

BP CLINIC at the Sparks location
From 11a.m. - 1p.m.

Older Americans Month Events

Senior Idol presented by Circle of Life Hospice: May 21, 28, June 4, and 11

Dig in to Grow Healthy by Center for Healthy Aging: May 6, 13, 20, and June 3

Getting There: How Transportation Options Can Improve Quality of Life for Older Americans. This is a Bilingual Event (Spanish and Tagalog): May 7

Reno Gem & Mineral Society Presentation: May 8

Spring Fling by Circle of Life Hospice: May 17

Golden Encore presented by Pioneer Center: May 20

Power of Attorney/Estate Planning Seminar (must RSVP): May 21

Washoe County Senior Breakfast: May 23

Step Back into Time Annual OAM Sock Hop: May 31

This is just a small sample of the amazing events that are happening throughout the Reno-Sparks area during the entire month of May. For more information on these as well as the other events and locations during Older Americans Month, please see the Older Americans Month Brochure available online at washoecounty.gov/seniorsrv or at any Washoe County Senior Center location.

Important Contact Information

Access to Healthcare Network

775-284-8989

Elder Protective Services

888-729-0571

Alzheimer's Association

800-272-3900

Care Chest

775-829-2273

Catholic Charities

775-786-5266

Community Health Alliance

775-329-6300

Community Service Agency

775-786-6023

Crisis Call Center & Suicide Prevention

800-273-8255 or
775-784-8090

Gamblers Anonymous

775-356-8070

National Alliance on Mental Illness

775-470-5600

Nevada Welfare and Social Services

Reno: 775-684-7200

Sparks: 775-824-7400

Nevada State Information Service

211

Northern Nevada HOPES

775-786-4673

Northern Nevada Center for Independent Living

775-353-3599

Retired and Senior Volunteer Program

775-784-1807

RTC Access

775-348-0477

S.O.S. Senior Outreach Services

775-784-7506

State of Nevada Aging and Disability

775-687-0800

Veteran Crisis Hotline

800-273-8255 (TALK)

Washoe County Information Service

311

Washoe Legal

775-332-0606



Pursuant to Title VI of the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, Washoe County Senior Services does not discriminate in the provision of services on the basis of race, color, gender, religion, national origin, or handicap.