

# OLDER AMERICANS MONTH



**POWERED BY CONNECTION: MAY 2024**

## **Older Americans Month 2024**

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
- Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.

## Older Americans Month 2024

### Transportation Options

Do you want to attend Older Americans Month events, but don't know how you will get there? Our community partners are here to help!

RTC FlexRIDE- In addition to regular bus routes all over Washoe County, RTC has free rides for seniors 60+ on the Sparks/Spanish Springs curb-to-curb FlexRIDE vans until June 30, 2024. See <https://rtcwashoe.com/public-transportation/flexride-on-demand-service/> or call 775 335 0035 to schedule rides. FlexRIDE for seniors age 60+ in North Valleys, Northwest Reno and starting in May 2024 in south Reno, costs \$1.50 for a day pass. Put funds on your RTC mobile Token Transit app or buy tickets in advance at bus terminals, 9<sup>th</sup> Street Senior Center, Savemart, Winco, or Smiths. Call 775 348 0477

RTC Senior Ride/Taxi Bucks/Lyft/Uber: RTC offers \$60 per month of free taxi rides inside Washoe County to residents 60+, veterans or ACCESS clients of any age. Apply in-person at RTC's 4<sup>th</sup> Street Reno terminal. Those with Lyft or Uber accounts, can get \$60 per month of free Lyft or Uber rides instead of taxis. The \$60 does not roll over, so you start with a new \$60 each month. Contact 775 348 0477 or go online <https://rtcwashoe.com/public-transportation/washoe-senior-ride-taxi-bucks-program/> and <https://rtcwashoe.com/public-transportation/rtc-washoe-lyft-and-uber-rides-voucher-programs/>

Neighbor Network of Northern Nevada (N4) offers Reno/Sparks elders 60+ a monthly \$80 of free Lyft rides inside Washoe County, and another \$80 worth for \$40. Folks with disabilities of any age pay \$40 for \$80 of Lyft monthly. 775 453 4774  
<https://neighbornv.org/>

Access to Health Care has free transportation for folks with Medicare to medical appointments, getting prescriptions and groceries. 877 385 2345  
[www.accesstohealthcare.org](http://www.accesstohealthcare.org). Check with your own medical plan to see if they offer this benefit. Call 2-1-1 for more statewide services.

UNR's Sanford Center for Aging offers free transportation for Washoe residents 60+ who live within 15 miles of UNR main campus and need transportation for medical appointments, groceries, or errands. Contact them 14 days ahead at 775 784 7557 or [sanfordmobility@unr.edu](mailto:sanfordmobility@unr.edu). Sanford also offers free wellness programs and medication management for seniors.

Parking for OAM at 9<sup>th</sup> Street is available in front of the Senior Center and across 9<sup>th</sup> street and Sutro at WestHills.



# Celebrate Older Americans Month at Washoe County Library!

To register for a featured event, visit [washoelibrary.org/olderamericansmonth](http://washoelibrary.org/olderamericansmonth)



## Book a Librarian

**Downtown Reno** Contact a library to make an appointment, and a librarian will do their best to help you navigate online job applications, file for unemployment, set up an email, apply for government assistance, and more. Remember, library staff cannot assess, review, or complete items for you.  
**Duncan/Traner**  
**Incline Village**  
**North Valleys**  
**Senior Center**  
**South Valleys**  
**Sparks**

## South Valleys Library Events

### Time-out Tuesday for Adults

Tuesday, May 7, 4-5 pm    Tuesday, May 21, 4-5 pm  
Tuesday, May 14, 4-5 pm    Tuesday, May 28, 4-5 pm

### Film Noir: Lost in the Shadows

*The Maltese Falcon* (1941)  
Saturday, May 4, 1-3 pm

Bridge Group  
Every Friday  
1-4 pm  
Have fun learning and playing bridge with a friendly group of fellow bridge players. All skill levels are welcome.

## Downtown Reno Library Events

**Downtown Reno Social Club**  
Sunday, May 5, 10:30 am-noon

**Pioneer Center Golden Encore**  
Monday, May 6, 11 am-noon  
*Take a Trip Down Memory Lane-  
The Classic American Songbook*  
presented by Erika Paul & David Aller



## Spanish Springs Library Events

### Master Gardener Series & Help Desk

**Sunday, May 12**

1 pm – Master Gardener Help Desk  
1:30 pm – Native Bees and How to Host Them  
2 pm – What Colors Attract Specific Pollinators  
2:30 pm – Gardening with Herbs



## Incline Village Library Events

### Creative Aging for Adults

#### Watercolor with Jackie

Friday, May 3, 2-3:30 pm    Friday, May 24, 2-3:30 pm  
Friday, May 10, 2-3:30 pm    Reception Event:  
Friday, May 17, 2-3:30 pm    Friday, May 31, 2-3:30 pm

### Write Your Life: Memoir Workshop

Monday, May 13, 2-4 pm

### Time-out Tuesday for Adults

Tuesday, May 7, 4:30-5:30 pm    Tuesday, May 21, 4:30-5:30 pm

## North Valleys Library Events

### First Friday Bingo Night

Friday, May 3, 4:30-5:30 pm

### Fifth Friday Bunco Night

Friday, May 31, 4:30-5:45 pm

Looking for more fun & games? Visit [washoelibrary.org/funandgames](http://washoelibrary.org/funandgames) for more game events at a library near you!



## Sparks Library Events

### Make & Mingle for Adults

Sunday, May 26, 1-2:30 pm

### Throw-it-Together Thursdays

Thursday, May 2, 3-4 pm    Thursday, May 16, 3-4 pm

Catch a repeat of *How to Avoid Scams* presented by the Better Business Bureau at the Sparks Library on Tuesday, May 21, 11 am-noon

## Northwest Reno Library Events

### Enlighten & Engage: For Adults

Tuesdays in May, 1-2 pm

May 7 – Spring Arts and Crafts    May 21 – Fun and Games  
May 14 – How to Avoid Scams    May 28 – Technology Assistance

### Weekend Wind-Down

Sunday, May 19, 2-3 pm

## Virtual Event

### Nevada Historical Society

Thursday, May 16, noon-1 pm  
*The Reno Historical Website and App*  
presented by Alicia Barber



## Join a book club!

Scan the QR code or go to [washoelibrary.org/bookclub](http://washoelibrary.org/bookclub) for information about book clubs hosted around Washoe County Library System.



## Older Americans Month 2024 – List of Events

**\*If an event does not have a price on it then it is FREE! For Seniors\***

### Multiple Day Events

#### **Senior Art Show – Free every Monday through Friday in May**

View the Reno Senior Citizen Advisory Committee's Senior Art Show and/or submit an entry for the show. The exhibit is open from **April 22<sup>nd</sup> -June 7<sup>th</sup>**.

*Time: 9:00am-4:00pm Monday-Friday*

*Contact: email: baumanni@reno.gov / 775-351-4771*

*Location: Mckinley Arts and Culture Center East and West Gallery*

#### **Free Art Exhibit every day in May & June**

Celebrate the Art of Older Artist's unleashing their Creative Spirit in the later stage of life by visiting this art exhibit. The artists' reception for this exhibit is May 17<sup>th</sup>.

*Time: -Spanish Springs Library hours: Sunday 10am-5pm; Monday 10am-6pm; Tuesday 10am-7pm; Wed.-Fri. 10am-6pm; closed Saturdays.*

*Contact: email: art@varyCarol.com / 775-721-5338*

*Location: Spanish Springs Library 7100 A Pyramid Way Sparks NV 89436*

#### **Red Hawk Golf and Resort-Cost-Every Day in May**

Enjoy guest rate for green fees for the month of May, and you must mention this special to receive the discount. Also 20% off villas. Not valid with other discounts. Contact Stacy Dunster for more info.

*Contact: email: sdunster@resortatredhawk.com / 775-626-6000*

*Time: May 1-31st (the hours the resort is open)*

*Location: 6600 N Wingfield Pkwy Sparks, NV 89436*

#### **First Fruits Sustainable Farms – Free every Saturday in May**

Taste the fruits of sustainable farming and learn how to regenerate the land and soil. In addition, pet food vendors will offer nutritional products for our four-legged companions.

*Contact: email: barbaradperez2@gmail.com / 775-433-3515*

*Time: 9:00am-1:00pm -May 4, 11, 18, and 25*

*Location: Outlets at Legends located near Scheels 1310 Scheels Drive Sparks, NV*

**National Automobile Museum – Free every Thursday in May**

Stroll the streets of this award-winning museum and see more than 200 eye-popping cars!

*Contact: email: colleen@automuseum.org / 775-333-9300*

*Time: 9:00am-5:00pm -May 2, 9, 16, 23, 30*

*Location: 1 Museum Drive Reno, NV 89501*

**TMCC EPIC/Community Education – Harmonica – 3 Saturdays in May**

Practice in a group without reading music for \$69.

*Contact: email: rsorensen@tmcc.edu / 775-824-3833*

*Time: 10:00am-noon 5/4, 5/11 and 5/18*

*Location: TMCC Meadowood Center 5270 Neil Road Reno, NV*

**TMCC EPIC/Community Education**

**Nevada Ghost Towns and Mining Camps:** Learn history and visit nearby sites for \$99.

*Contact: email: rsorensen@tmcc.edu / 775-824-3833*

*Time: Classroom session May 16 from 6:00pm to 9:00pm, and a field trip to local ghost towns on May 18 from 9:00am to 4:00pm.*

*Location: TMCC Meadowood Center 5270 Neil Road Reno, NV*

**UNR Fleischmann Planetarium & Science Center – Exhibits free for seniors 60+ every Saturday in May; \$10 for seniors for theater screenings all day**

See the outstanding meteorite exhibit, an interactive Gravity Well, NASA modules where participants drive on the Moon or Mars, replicas of famous spaceships from science and science fiction and more! Public screenings in the Full-Dome Theatre start at 11:00am (\$10 senior tickets).

*Time: 10:00am-8:30pm -May 4, 11, 18, 25*

*Contact: email: planetarium@unr.edu / 775-784-4812*

*Location: 1664 N Virginia Street Reno, NV 89557 UNR Campus north of Lawlor events center, parking on 3<sup>d</sup> floor of West Stadium parking complex off 15<sup>th</sup> street; turn right as you enter parking structure and go to west side of 3<sup>d</sup> floor.*

**Nevada Historical Society- Free every Wednesday in May**

Learn about Nevada's unique and incredible heritage in a museum rich with local history!

*Contact: email: [cmagee@nevadaculture.org](mailto:cmagee@nevadaculture.org) / 775-688-1190*

*Time: 10:00am-4:00pm -May 1, 8, 15, 22, 29*

*Location: 1650 N Virginia Street Reno, NV 89503*

### **Nevada Museum of Art – Free every Wednesday in May**

See this amazing museum full of world-class art in the heart of Reno!

*Time: 10:00am-6:00pm -May 1, 8, 15, 22, 29*

*Contact: email: [chelseylundin@nevadaart.org](mailto:chelseylundin@nevadaart.org) / 775-329-3333*

*Location: 160 W Liberty Street Reno, NV 89501*

### **Zumba Gold - G Fusion Fitness & Health – Free every Wednesday in May**

Try a free Zumba Gold class! Combine exercise with rhythms that make you smile!

*Contact: email: [patriciagauimore1@gmail.com](mailto:patriciagauimore1@gmail.com) / 775-846-2952*

*Time: 10:30am-11:30am -May 1, 8, 15, 22, 29*

*Location: Teglia's Paradise Park 2745 Elementary Drive*

### **Sparks Heritage Museum – Free every Friday in May**

Discover the rich heritage and diversity of Sparks and the Truckee Meadows.

*Contact: email: [christine@sparksmuseum.org](mailto:christine@sparksmuseum.org) / 775-355-1144*

*Time: 11:00am-4:00pm -May 3, 10, 17, 24, 31*

*Location: 814 Victorian Avenue Sparks, NV 89431*

### **Ice Cream Socials – First three Tuesdays in May - Free**

Join us for free super swirl ice cream and socializing!

*Contact: email: [baumanni@reno.gov](mailto:baumanni@reno.gov) / 775-351-4771*

*Time: 11:00am-1:00pm -May 7 at Paradise Park; May 14 at Dorothy McAlinden*

*Park; May 21 at Neil Road Recreation Center*

*Locations: - Paradise Park: 2745 Elementary Drive, Reno; Dorothy McAlinden Park: 1400 Stead Blvd., Reno; Neil Road Recreation Center: 3925 Neil Road, Reno.*

### **Ageless Repertory Theater (ART) presents "Senior Follies"-Free**

Enjoy experienced actors perform a live reading of a wonderful comedy, **Senior Follies**, by Billy St. John, where the rocking is not done in chairs at the Pleasant Valley Retirement Home. ART is Reno's Premier Readers' Theatre. **Events are free but donations are welcome.**

*Contact: email: [ronaldsmith@charter.net](mailto:ronaldsmith@charter.net) / 775-348-6625*

*Time: 1:00pm -Tuesday, May 7th and Friday, May 10th*

*Location: Reno Little Theater 147 E. Pueblo Street Reno, NV*

**Center for Healthy Aging - Dig in to Grow Healthy – Free Every Monday in May**

Learn about successful vegetable gardening with Master Gardener, Randy Robison. Explore ways to incorporate healthy eating and physical activity to improve well-being, with some low-impact exercises and other hands-on activities.

*Contact: email: [jjenkins.cha@gmail.com](mailto:jjenkins.cha@gmail.com) / 775-525-1340*

*Time: 1:00pm-2:00pm -May 6, 13, 20 and June 3rd*

*Location: Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

**Circle of Life Hospice Presents Senior Idol Talent Show – Tuesdays in May & June**

Show off your talent, whether its singing, playing an instrument, poetry reading or anything in between and try out to be chosen as a Senior Idol! Tryouts on 5/21, 5/28, 6/04, with grand finale on 6/11 where the top three seniors/senior groups will win cash prizes! 1<sup>st</sup> place \$250, 2<sup>nd</sup> place \$125, and 3<sup>rd</sup> place \$75.

*Contact: email: [jaldana@colhospice.com](mailto:jaldana@colhospice.com) / 775-233-9795*

*Time: 1:00pm-3:00pm -May 21 & 28; June 4 & 11*

*Location: Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

**Medicare Bingo sponsored by My Insurance Solutions – First Three Tuesdays in May - Free**

Come and have fun with Judy Bowen and Robert Silva hosting Medicare Bingo games at Holiday by Atria Senior Living! For accommodation of people with special needs at meetings call 775-852-1712 Mon-Fri 8:00am-5:00pm.

*Contact: email: [judybowen@myinsurancesolutionsinc.com](mailto:judybowen@myinsurancesolutionsinc.com) / 775-852-1712*

*Time: 3:00pm - May 7, 14, and 21*

*Location: Sky Peaks -1520 Sky Valley Drive Reno, NV 89523*

**TMCC EPIC/Community Education**

**Lettering As Art:** Calligraphy with brush, watercolors, and tip marker for \$99.

*Contact: email: [rsorensen@tmcc.edu](mailto:rsorensen@tmcc.edu) / 775-824-3833*

*Time: 5:30pm-7:30pm May 16th and May 23rd*

*Location: TMCC Meadowood Center 5270 Neil Road Reno, NV*

**TMCC EPIC/Community Education - Summer Flowers in Watercolor – Four Wednesdays in May**

Discover techniques to paint realistic flowers for \$129.

Contact: email: [rsorensen@tmcc.edu](mailto:rsorensen@tmcc.edu) / 775-824-3833

Time: 6-8pm 5/8, 5/15, 5/22 and 5/29

Location: *TMCC Meadowood Center 5270 Neil Road Reno, NV*

### **The Discovery – Free every Wednesday in May**

The Discovery, Nevada's largest hands-on science center, boasts ever changing exhibitions focused on science, technology, engineering, art, history and invention, all designed to inspire curiosity, creativity and the joy of lifelong learning in all who visit.

Time: 4:00pm-8:00pm -May 1, 8, 15, 22, 29

Contact: email: [pturner@nvdm.org](mailto:pturner@nvdm.org) / 775-398-5940

Location: *490 S Center Street Reno, NV 89501*

### **Free Line Dance Classes – Free Every Thursday in May**

Free line dancing classes for seniors!

Contact: email: [baumanni@reno.gov](mailto:baumanni@reno.gov) / 775-351-4771

Time: 3:00pm-4:00pm -May 2, 9, 16, 23, 30

Location: *1301 Valley Road Reno, NV 89512 (Evelyn Mount Northeast Community Center in Bullfrog Room)*

### **TMCC EPIC/Community Education Classes – Four Thursdays in May – Fees Apply**

**Photography 2: Beyond the Basics-** Learn new lighting, action, and evening techniques for \$99.

Contact: email: [rsorensen@tmcc.edu](mailto:rsorensen@tmcc.edu) / 775-824-3833; Call 775-829-9010 for scholarship information.

Time: 6:00pm-8:00pm 5/2, 5/9, 5/16 and 5/23

Location: *TMCC Meadowood Center 5270 Neil Road Reno, NV*

## Wednesday, May 1, 2024

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery

### **OAM Kickoff Information Fair & Lunch**

Enjoy visiting tables to meet experts and, pick up information, and ask questions about activities, events, and resources in Washoe County, designed especially for older adults. Take a break and join us for a delicious free lunch.

*Time: 10:00am-1:00pm; Lunch 11:15am-12:30pm*

*Contact: email: [hsa-sroam@washoecounty.gov](mailto:hsa-sroam@washoecounty.gov) / 775 328-2575*

*Location: Washoe County Senior Center, Multipurpose RM, 1155 E. 9<sup>th</sup> Street Reno NV 89512*

### **Center for Healthy Aging - Sunflower Celebration Competition**

Join the Sunflower Celebration Competition! Who can grow the largest, tallest, or most colorful sunflower? The Center for Healthy Aging will give free sunflower growing kits at the Older Americans Month info fair.

*Time: 10:00am-1:00pm*

*Contact: email: [jjenkins.cha@gmail.com](mailto:jjenkins.cha@gmail.com)*

*Location: Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

### **Washoe County Senior Advisory Board Meeting**

Meet the seniors who give their unput to Washoe County Senior Services and the WC Commission on senior issues. We want to hear from you!

*Time: 3:00-5:00pm*

*Contact: 775-328-2575*

*Location: Washoe County Senior Center, Game RM, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

## Thursday, May 2, 2024

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography

### **Sr. H2O Fitness**

Increase stamina and fitness level while having fun in the water through this exercise program for seniors. Drop-ins will not be accepted when the class is full.

*Contact: email: [tramociotti@cityofsparks.us](mailto:tramociotti@cityofsparks.us)*

*Time: 9:00am-10:00am -May 2nd*

*Location: **Alf Sorensen Community Center,1400 Baring Blvd., Sparks, NV 89434***

**Friday, May 3, 2024**

**See Multiple Day Events on Fridays: Senior Art Show, Art Exhibit, Red Hawk, Sparks Heritage Museum**

### **Circle of Life Hospice Death Cafe**

Please join us for tea, cookies, lunch, and interesting, confidential discussions on death, dying, and living, to help you get comfortable with the many facets of death and dying, overcome your fears about dying, and understand that only by embracing death can you fully live.

*Contact: email: [jaldana@colhospice.com](mailto:jaldana@colhospice.com) / 775-233-9795*

*Time: 1:00pm-3:00pm May 3rd*

*Location: **Sparks Senior Center, 97 Richards Way Sparks, NV 89431***

### **Connections Central Conversation**

Come join other seniors for a small group conversation on the theme of "moments of kindness in your life". Connections is a new community event offering a chance to connect in person, share our stories and engage in inspiring conversation!

*Contact: email: [debra@connectionscentral.org](mailto:debra@connectionscentral.org) / 512-888-3985*

*Time: 1:00pm-2:30pm May 3rd*

*Location: **Sparks Library, 1125 12<sup>th</sup> Street Sparks, NV 89431***

**Saturday, May 4, 2024**

**See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium, TMCC Harmonica**

### **TMCC EPIC/Community Education –**

**Pressed Floral Art** - Create coasters, a wall frame, and a pendant for \$49.

**High Desert Plant Selection** -Find out which plants will thrive in your yard for \$49.

*Contact: email: rsorensen@tmcc.edu / 775-824-3833*

*Time: 9:00am-noon May 4th*

*Location: TMCC Meadowood Center 5270 Neil Road Reno, NV*

### **Alzheimer's Association- Spanish Bilingual Event**

Join us for an Awareness Program: Healthy Body is Healthy Brain Program in Spanish. Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline with Alzheimer's Ten Healthy Habits.

*Time: 10:00am -May 4<sup>th</sup>*

*Contact: email: cpmarcus@alz.org / 775-254-0329 ext. 9852*

*Location: 639 Isbell Road Reno, NV 89509*

### **Silver Dollar Chorus**

Join us for a barbershop style, acapella vocal music show for seniors performed by a Reno men's chorus.

*Time: 10:30am -May 4th*

*Contact: email: irishmountaineer@gmail.com / 775-287-3718*

*Location: Sparks Heritage Museum 814 Victorian Avenue 89431*

### **Jewish Learning Center**

Join us for a discussion about Judaism, designed for individuals who are interested in exploring the Jewish faith, learning about a new religion, or seeking to gain more knowledge. The class is open to people of all faiths and backgrounds, and no prior knowledge of Judaism is required. Contact Rabbi Levi Sputz for more info.

*Contact: email: JewishLearningnn@gmail.com / 347-262-4531*

*Time: 1:00pm May 4th*

*Location: Sparks Library Meeting Room, 1125 12<sup>th</sup> Street Sparks, NV*

## **Sunday, May 5, 2024**

### **Northern Nevada Jewish Film Festival**

The Northern Nevada Jewish Film Festival features four diverse Jewish-themed films, including Q&A. This year's festival films give insight into Jewish identity, history, and culture. An opportunity to celebrate Jewish film, culture, and art.

Contact Mara Langer for more info or visit this website:

[www.jewishnevada.org/nnfilmfestival](http://www.jewishnevada.org/nnfilmfestival)

Contact: email: [Mara@jewishnevada.org](mailto:Mara@jewishnevada.org) / 415-867-3358

Time: 9:45am May 5th

Location: *National Automobile Museum 1 Museum Drive Reno, NV 89501*

## Monday, May 6, 2024

See Multiple Day Events on Mondays: Senior Art Show, Art Exhibit, Red Hawk, Dig In

### Tai Chi

Come try a free tai chi class at the recreation center!

Contact: email: [sandersm@reno.gov](mailto:sandersm@reno.gov) / 775-657-4654

Time: 8:00am-9:00am -May 6th

Location: *1301 Valley Road Reno, NV 89512 (Evelyn Mount Northeast Community Center)*

### Chair Yoga

Join us for a gentle, free chair yoga class!

Contact: email: [sandersm@reno.gov](mailto:sandersm@reno.gov) / 775-657-4654

Time: 10:00am-11:00am -May 6th

Location: *1301 Valley Road Reno, NV 89512 (Evelyn Mount Northeast Community Center)*

### Golden Encore presented by Pioneer Center - Free

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor-made for seniors. Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the "feel good" music performed by this dynamic duo.

Time: 2:00pm-3:00pm -May 6th

Contact: website: [events.washoecountylibrary.us/calendar](https://events.washoecountylibrary.us/calendar) / 775-327-8330

Location: *Downtown Reno Library, 301 S Center Street Reno, NV 89501*

### Judith Schumer- Free - Open to the Public with RSVP

**"Beyond Courage: Jewish Resistance and Heroes During the Holocaust"** -The program presents the stories of Jews who fought back against the Nazis. Keynote speaker: Doreen Rappaport is an award-winning author of more than 85 books.

Contact: email: [judith.schumer18@gmail.com](mailto:judith.schumer18@gmail.com) / 775-815-6587

Time: 7:00pm-9:00pm -May 6th

Location: *Atlantis Hotel, 3800 S Virginia Street Reno, NV 89512*

**Tuesday, May 7, 2024**

<p><b>See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Ice Cream Socials, Medicare Bingo, Senior Follies</b></p>
--

### **OAM Senior Volunteer Fair**

If you've been thinking about volunteering your time but don't know how to find the right volunteer opportunity for you, come to the Senior Volunteer Fair and talk with representatives from local groups serving seniors here. Volunteering can help you make friends, learn new skills, utilize current skills, and even feel healthier and happier. Participating organizations: AARP Nevada; Access to Healthcare; NAACP; Nevada Volunteers; Reno Food Systems; Sanford Center for Aging; Seniors in Service; Washoe County Senior Center; and more!

Contact: 775-971-4190

Time: 10:00am-12:00pm -May 7th

Locations: *Regency at Caramella Ranch, 2433 Ivory Sage Court Reno, NV 89521*

### **WCSAB in partnership w/ Regency at Caramella Ranch**

Join us for a mini-volunteer fair at the clubhouse at this 55+ community! This is a partnership of the Washoe County Senior Advisory Board and Regency at Caramella Ranch! We will have a variety of local non-profit, government, and civic organizations with info about volunteer opportunities for seniors and to benefit seniors. Some organizations participating are: Washoe County Senior Center, Sanford Center for Aging, Seniors in Service, AARP, and Access to Healthcare. There will also be a volunteer portal of Nevada Volunteers with info about local organizations looking for volunteers to support their causes. Contact Megan Philpott for more info.

Contact: email: [Megan@NevCM.com](mailto:Megan@NevCM.com) / 775-971-4190

Time: 10:00am-12:00pm -May 7th

Location: *Regency at Caramella Ranch -2433 Ivory Sage Court Reno, NV 89521*

## **Getting There: How Transportation Options Can Improve Quality of Life for Older Adults - Bilingual Event - Spanish and Tagalog - Free**

The Regional Transportation Commission of Washoe County (RTC), Neighbor Network of Northern Nevada (N4) and other organizations will provide older adults with information and resources to access transportation options available in Washoe County. You can learn about various transportation technologies and how they can help you plan your trips more efficiently throughout the Reno-Sparks area.

*Contact: email: [strinidad@rtcwashoe.com](mailto:strinidad@rtcwashoe.com) / [amy@neighbornv.org](mailto:amy@neighbornv.org) / 775-332-2173*

*Time: 11am-1pm -May 7th*

*Location: (Washoe County Senior Center) 1155 E 9<sup>th</sup> Street Reno, NV 89512*

**Wednesday, May 8, 2024**

<p><b>See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery</b></p>
--

## **Introduction to Pickleball City by Reno Parks & Recreation- Free**

Stop by and meet our Pickleball team of instructors, play a game of Pickleball! and enjoy some fun, interactive pickleball activities. Information will also be provided on upcoming classes and how to get involved in this fast-growing popular sport.

*Contact: 775-433-4964*

*Time: 9:00am-11:30am -May 8th*

*Location: **Plumas Gym, 575 Monroe Street Reno, NV 89509***

## **Reno Gem & Mineral Society Presentation**

Discover the world of minerals making changes to our lives through technological advances with common minerals we use daily. Nature is slowly changing our environment, but sometimes quicker changes cause significant catastrophes.

*Contact: email: [snorm11@hotmail.com](mailto:snorm11@hotmail.com) / 775-560-4782*

*Time: 10:00am-11:00am May 8th*

*Location: **Washoe County Senior Center, Game Room, 1155 E 9<sup>th</sup> Street Reno, NV 89512***

**Golden Encore presented by Pioneer Center – Hello Hollywood Hello**

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor-made for seniors. Karen Burns shares the rich show business history in the Reno/Tahoe region and costumes from the world-famous star show "Hello Hollywood, Hello! A Tribute to the Magic World of Movies!" that opened at the MGM Grand Hotel-Reno in 1978. This sparkling rhinestone program brings seniors together to relive shared memories and celebrater a culture they helped to create while also enjoying a new entertainment experience!

*Contact: email: cbrantner@cityofsparks.us / 775-353-2385*

*Time: 11:30am-12:30pm -May 8th*

*Location: Alf Sorensen Community Center, 1400 Baring Blvd Sparks, NV 89434*

### **Living Well NV Advance Directive Workshop – Please RSVP before May 8.**

Attend a free advance directive workshop where we will explain what it is, why it's important, and how to fill one out. Complete your own advance directive during the workshop. **RSVP to Shawna Alto please.**

*Contact: email: Shawna.alto@gmail.com / 775-762-3845*

*Time: 2:00pm-3:30pm -May 8th*

*Location: 1125 12<sup>th</sup> Street Sparks, NV 89431 (Sparks Library)*

### **TMCC EPIC/Community Education**

**Cake Decorating w/Marshmallow Fondant:** Apply multiple colors and designs to cupcakes for \$49.

**Cookie decorating for Mother's Day:** Design with airbrushing, stencils, fondant, and molds for \$49.

*Contact: email: rsorensen@tmcc.edu / 775-824-3833*

*Time: 6:00pm-8:00pm May 8th*

*Location: TMCC Meadowood Center 5270 Neil Road Reno, NV*

**Thursday, May 9, 2024**

<p><b>See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography</b></p>
--

### **RPEN Sparks Chapter Breakfast- Fee**

Are you a retired public employee? If so, come on over to see us and join your fellow retirees for a breakfast meeting of the Sparks chapter of the Retired Public Employees of Nevada. You pay for your own breakfast.

*Contact: email: rpen.sparks@gmail.com / 775-843-8444*

*Time: 8:30am -May 9th*

*Location: 205 Nugget Avenue Sparks, NV (Denny's)*

### **Utilizing a 1031 Exchange to Aid Your Retirement**

Learn how to reposition your real estate to better meet whatever your current financial objectives are utilizing the 1031 Tax Deferred Exchange. We will discuss capital gain tax, buying a residence or vacation home with a 1031, eliminating headaches of owning real estate, estate planning with 1031 and buying/selling in other states.

*Contact: email: russell.marsan@ipx1031.com / 530-755-8355*

*Time: 1:00pm-2:30pm -May 9th*

*Location: 5441 Kietzke Lane Suite 100 Reno, NV 89511 (TICOR Title)*

### **Senior Shopping and Ice Cream**

Are you a senior and looking for a free clothing shopping experience? Join us for a free-of-charge clothing shopping day with an ice cream social!

*Contact: email: myra@gsccreno.org / 775-530-7623*

*Time: 3:00pm-5:00pm -May 9th*

*Location: Good Shepherd's Clothes Closet, 540 Greenbrae Drive Sparks, NV 89431*

**Friday, May 10, 2024**

**See Multiple Day Events on Fridays: Senior Art Show, Art Exhibit, Red Hawk, Sparks Heritage Museum, Senior Follies**

### **Golden Encore presented by Pioneer Center**

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor made for seniors. Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the "feel good" music performed by this dynamic duo.

*Contact: 775-353-3110*

*Time: 12:30pm-1:30pm -May 10th*

*Location: Sparks Senior Center, 97 Richards Way Sparks, NV 89431*

### **Reno Pool Party - Free**

Join us for a fun senior Pool Party at the Northwest Pool sponsored by the Reno Senior Citizen Advisory Committee. We'll have an open swim, a pool party to enjoy the water, poolside refreshments, and have fun with friends!

*Contact: email: baumanni@reno.gov / 775-351-4771*

*Time: 1:00pm-3:00pm -May 10th*

*Location: Northwest Pool, 2925 Apollo Way Reno, NV 89503*

**Saturday, May 11, 2024**

**See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium, TMCC Harmonica**

### **Wilbur D. May Arboretum and Botanical Garden Tour & May Museum Tour**

Join us for a free tour of the museum at 11am-1pm, then visit the beautiful arboretum and botanical garden from 1pm-2:30pm! Visitors can explore the whole collection at their own pace, just mention "Older Americans Month" at the door! Exhibits include hunting mounts and artifacts from around the globe, as well as details of Wilbur's life and legacy. The tour will meet at the West Entrance to the park, which is right outside of the Museum. Visitors can either do both tours or just one.

*Contact: hhill@washoecounty.gov / 775-785-4153*

*Time: Museum Tour 11am-1:00pm then Arboretum Tour: 1pm-2:30pm -May 11th*

*Location: May Museum, Arboretum and Botanical Garden, 1595 N Sierra Street Reno, NV 89503*

**Monday, May 13, 2024**

**See Multiple Day Events on Mondays: Senior Art Show, Art Exhibit, Red Hawk, Dig In**

### **Free Water Fitness Classes- 3 different class times**

The City of Reno offers free water fitness class drop-ins all day May 13<sup>th</sup>. The classes are low impact "aquajoints". Non-English speakers can follow instructor demonstrations.

*Contact: email: kazL@reno.gov / 775-657-4651*

*Times: 10:30am, 11:45am, 1:00pm May 13th*

*Location: Evelyn Mount Northeast Community Center, 1301 Valley Road Reno, NV 89512*

**Better Business Bureau: How to Avoid Scams - Free**

Come learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams.

*Contact: email: tjohnston@mw.bbb.org / 775-284-0277*

*Time: 11:00am May 13th*

*Location: Sierra View Library, Meeting Room, 4001 S Virginia Street Reno, NV 89502*

**Free Poetry Workshop**

Join us for a free poetry workshop with Terry Brooks, a member of the City of Reno Senior Citizen Advisory Committee for a free poetry workshop. For seniors to unleash their creativity, discuss poetry, and share your thoughts with one another!

*Contact: email: baumanni@reno.gov / 775-351-4771*

*Time: 1:00pm-2:00pm -May 13th*

*Location: Washoe County Senior Center, Conference Room, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

**Tuesday, May 14, 2024**

**See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Ice Cream Socials, Medicare Bingo**

**Open Door Café: Golden Encore presented by Pioneer Center**

Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the “feel good” music performed by this dynamic duo.

*Contact: email: deerprogram@unr.edu / 775-682-9444*

*Time: 11:00am-1:00pm -May 14th*

*Location: McKinley Arts & Culture Center, 925 Riverside Drive Reno, NV 89503*

**Better Business Bureau – Scam Prevention**

Learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams.

Contact: email: [tjohnston@mw.bbb.org](mailto:tjohnston@mw.bbb.org) / 775-284-0277

Time: 1:00pm May 14th

Location: *Northwest Reno Library, Meeting Room 2325 Robb Drive Reno, NV 89523*

### **Citizen Advisory Committee Monthly Meeting- City of Reno**

Learn what scams are impacting people the most and leave with 10 tips that can help you avoid most scams.

Contact: email: [baumanni@reno.gov](mailto:baumanni@reno.gov) / 775-351-4771

Time: 2:00-4:00pm May 14th

Location: *Mckinley Arts & Culture Center, Board Room, 925 Riverside Drive Reno, NV 89503*

## **Wednesday, May 15, 2024**

<p>See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery</p>
---

### **SafeTALK - Suicide Alertness for Everyone – Register now!**

Nevada has higher than average rates of suicide among those 65 and older, and the Nevada Office of Suicide Prevention's SafeTALK will help you to recognize when a person is struggling and how to reach out to help them keep safe by promptly connecting them to further support. **Registration is required**, so call, email or visit the website at <https://suicideprevention.nv.gov/> Find it under "SP Trainings".

Contact: email: [t.morgan@health.nv.gov](mailto:t.morgan@health.nv.gov) / 775-684-2238

Time: 10:00am-1:00pm May 15th

Location: *Spanish Springs Library, 7100A Pyramid Way Sparks, NV 89436*

### **Sierra Arts Foundation & City of Reno Arts Engagement Day - Bilingual Event in English/Spanish**

Join us for a fun and engaging art event where you can design and paint a terracotta pot and make a decorative wooden photo frame. To register, please call the phone number below.

Contact: email: [baumanni@reno.gov](mailto:baumanni@reno.gov) / 775-351-4771

Time: 10:00am-12:00pm May 15th

Location: *Silverada Manor Community Room, 1400 Silverada Blvd Reno, NV 89512*

### **Back Stage Gang Ukelele Group**

Listen and sing-along with these inspiring musicians as they radiate warmth and joy with their ukeleles!

*Contact: email: [barbaraperez2@gmail.com](mailto:barbaraperez2@gmail.com) / 775-433-3515*

*Time: 11:30am-12:30pm May 15th*

*Location: Sparks Senior Center, 98 Richards Way Sparks, NV*

## **Thursday, May 16, 2024**

**See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography, TMCC Lettering Art, TMCC Ghost Towns**

### **City of Reno/Adaptive Cycling Center- Free OAM Day!**

Tour the Adaptive Cycling Center equipment rental hub at the Rosewood Nature Study Area. The center offers a membership-based program for seniors and persons with disabilities to access adaptive bikes and jump directly on nearby bike trails and ride with friends and family.

*Contact: email: [wolfea@reno.gov](mailto:wolfea@reno.gov) / 775-333-7765*

*Time: 8:00am-12:00pm May 16th*

*Location: Rosewood Nature Study Area, 6800 Pembroke Drive Reno, NV*

### **Retired Living Truth Seminar Series-The Truth about Senior Community Living: Get the Inside Scoop**

Many seniors are choosing to downsize, right size or otherwise simplify their lives after retirement by moving to retirement communities. With so many to choose from---all with different amenities and pricing structures---how do you know which one is right for you? Come listen to staff and residents of local senior living communities, to get the inside scoop on what it's like to locate, relocate to, and live in a retirement community.

*Contact: email: [info@RetiredLivingTruthSeries.com](mailto:info@RetiredLivingTruthSeries.com) / 775-432-6398*

*Time: 10:00am-11:30am May 16th*

*Location: Reno Sparks Convention Center 4590 South Virginia Street Reno, NV 89502*

### **Senior Aquacise Class - Free**

Enjoy a slower paced workout that increases fitness level and strength, with stretching, warm-up, workout, and cool down.

Contact: email: [tramociotti@cityofsparks.us](mailto:tramociotti@cityofsparks.us)

Time: 10:00am-11:00am May 16th

Location: *Alf Sorensen Community Center, 1400 Baring Blvd. Sparks, NV 89434*

### **Connections Central Storyteller and Group Conversations**

This Connections Community event welcomes all people to hear from a featured storyteller on "The Art of Living Well" and afterwards break into small groups to talk about what resonated for them and share their stories. Enjoy complimentary food and refreshments.

Contact: email: [debra@connectionscentral.org](mailto:debra@connectionscentral.org) / 512-888-3985

Time: 5:00pm-6:30pm May 16th

Location: *Brewery Arts Center, 449 W King Street Carson City, NV*

### **Strike Out Fraud Bowling Night - Free**

Join AARP Nevada for a free and fun night out as we "Strike Out Fraud"! Learn the latest about fraud and scams happening in Northern Nevada and what you can do to protect yourself. Plus, enjoy bowling and refreshments. Space is limited and registration is required. Register here: <https://events.aarp.org/5-16-24StrikeOutFraud>

Contact: email: [rfranco@aarp.org](mailto:rfranco@aarp.org) / 702-218-2749

Time: 5:30pm-7:30pm May 16th

Location: *Coconut Bowl at Wild Island, 1855 E Lincoln Way Sparks, NV 89434*

## **Friday, May 17, 2024**

<p>See Multiple Day Events on Fridays: Senior Art Show, Art Exhibit, Red Hawk, Sparks Heritage Museum</p>
---

### **Dementia Conversations – Register now! - Free**

Care partners will learn how to have important dementia conversations with their loved one who is living with Alzheimer's or another form of dementia---including driving, doctor visits, and legal and financial planning. Refreshments will be served! To register go to: <https://tinyurl.com/2wwha4c8>

Contact: email: [saseverance@alz.org](mailto:saseverance@alz.org) / 775-241-1508

Time: 10:00am-11:30am May 17th

Location: *639 Isbell Road, Suite 240 Reno, NV 89509*

### **Sparks Parks and Recreation/Ice Cream Social - Free**

Join us for socializing and ice cream!

*Contact: email: [tramociotti@cityofsparks.us](mailto:tramociotti@cityofsparks.us)*

*Time: 11:30am-12pm May 17th*

*Location: Sparks Senior Center, 97 Richards Way Sparks, NV 89431*

### **AARP Nevada Caregiver Connection Luncheon - Free**

Come meet fellow caregivers and passionate supporters of family caregivers while AARP discusses programs, resources, and how we are advocating for family caregivers over a delicious lunch.

*Contact: email: [jpadron@aarp.org](mailto:jpadron@aarp.org) / 702-539-6764*

*Time: 11:30am-1:30pm May 17th*

*Location: Access to Healthcare (inside Reno Town Mall), 4001 S Virginia Street*

### **Presentation: Downsizing Isn't Easy... But Doable! - Free**

Patti Thaheld, a certified personal property appraiser, will explain how seniors can overcome resistance to downsizing their beloved possessions, moving to a new location, and reducing frustration, confusion, and trauma in the process.

*Contact: email: [patti@thaheldestateconsultant.com](mailto:patti@thaheldestateconsultant.com) / 775-722-2066*

*Time: 1:00pm-2:00pm May 17th*

*Location: Sierra View Library inside Reno Town Mall, 4001 S Virginia Street Reno, NV*

### **"Fun with a Smudge - Art in Oil Pastels" Reception**

Meet artist Carol Foldvary-Anderson, walk through the exhibit of her work, and enjoy light refreshments.

*Time: 3:30pm-5:30pm May 17<sup>th</sup> Reception*

*Contact: email: [art@varyCarol.com](mailto:art@varyCarol.com) / 775-721-5338*

*Location: Spanish Springs Library, 7100 A Pyramid Way Sparks NV 89436*

### **Spring Fling Sponsored by Circle of Life**

Get ready to put on your dancing shoes and twirl the night away! Whether you are an experienced dancer, or just looking to have a good time, seniors can come enjoy music, appetizers, and create lasting memories with friends and loved ones!

Contact: email: [jaldana@colhospice.com](mailto:jaldana@colhospice.com) / 775-233-9795

Time: 5-6:30pm -May 17th

Location: *Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

**Saturday, May 18, 2024**

See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium, TMCC Harmonica, TMCC Ghost Towns

### **Reno/Sparks Out of the Darkness Walk - Free**

Join us for a journey of remembrance, hope and support that unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. For support and resources, please visit: [www.afsp.org](http://www.afsp.org).

Contact: email: [cblackburn@colhospice.com](mailto:cblackburn@colhospice.com) / 916-300-2841

Time: 9:00am May 18th

Location: *Sparks Marina 300 Howard Drive Sparks, NV*

### **Prominence Mall-Walking Party- Free**

Heart healthy mall walking program: Raffle, prizes, vendors, and open and free to all!

Contact: email: [mary.granger@UHSINC.com](mailto:mary.granger@UHSINC.com) / 775-772-8990

Time: 10:00am-2:00pm May 18th

Location: *Meadowood Mall, Center Court, 5000 Meadowood Mall Circle Reno, NV 89502*

### **Celebrate Washoe Valley - Free**

Meet your Washoe Valley neighbors, enjoy free entrance to the park and learn about resources in the great outdoors.

Contact: email: [karenandchris@charter.net](mailto:karenandchris@charter.net) / 775-772-7715

Time: 10:00am-2:00pm May 18th

Location: *Washoe Lake State Park, 4855 Eastlake Blvd. New Washoe City, NV 89704*

### **TMCC EPIC/Community Education**

**Native American Spirituality:** Explore these traditions and take part in a circle dance for \$59.

Contact: email: [rsorensen@tmcc.edu](mailto:rsorensen@tmcc.edu) / 775-824-3833

Time: 12:30pm-4:30pm May 18th

Location: *TMCC Meadowood Center 5270 Neil Road Reno, NV*

## Sunday, May 19, 2024

### Inaugural Senior Community Garden Party Kick Off

Join us for a fun garden event at the farm! With canopies and chairs, enjoy a community garden space for seniors where you will learn ergonomic stretches, and how to grow food for a senior to be healthy and happy. Contact Jolene for more info.

Contact: 775-771-2580

Time: 2pm-4pm -May 19th

Location: *-Reno Food Systems 3295 Mayberry Drive (farm)*

## Monday, May 20, 2024

See Multiple Day Events on Mondays: Senior Art Show, Art Exhibit, Red Hawk, Dig In

### Golden Encore presented by Pioneer Center - Free

Golden Encore is the Pioneer Center's lifelong learning entertainment program tailor made for seniors. Jazz musicians, Erika Paul and David Aller, take seniors on a trip down memory lane through the Classic American Songbook and jazz standards. Come join us and tap, clap, snap, move, and sing along to the "feel good" music performed by this dynamic duo.

Contact: 775-328-2575

Time: 1:00pm-2:00pm -May 20th

Location: *1155 E 9<sup>th</sup> Street Reno, NV 89512 (Washoe County Senior Center)*

## Tuesday, May 21, 2024

See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Ice Cream Socials, Senior Idol, Medicare Bingo

### Better Business Bureau – How to Avoid Scams - Free

Learn what scams are impacting people the most and leave with 10 tips that can help you avoid most of them.

*Contact: email: tjohnston@mw.bbb.org / 775-284-0277*

*Time: 11:00am May 21st*

*Location: Sparks Library, Meeting Room, 1125 12<sup>th</sup> Street Sparks, NV 89431*

### **Adapted Aquatics Two - Free**

This class is for those who have advanced through the Adapted Aquatics program and need a complete yet non-impact exercise program, featuring shallow water stretching, strengthening, and deep-water aerobic conditioning. Students must be self-sufficient in the water.

*Contact: email: tramociotti@cityofsparks.us*

*Time: 11:30am-12:30pm May 21st*

*Location: Alf Sorensen Community Center, 1400 Baring Blvd. Sparks, NV 89434*

### **Dementia Engagement Education & Research - DEER Program**

Attend the 90-minute Dementia Friends Information Session to equip yourself with knowledge and comfort regarding dementia that will inspire you to walk toward people living with dementia rather than walk away. You will learn the six key messages about: dementia, risk reduction, how it differs from normal aging, effective communication strategies, and practical actions to help people who are living w/dementia in our communities.

*Contact: email: marclemon@nevada.unr.edu / 916-768-3821*

*Time: 1:00–3:00pm -May 21st*

*Location: 3925 Neil Road Reno, NV 89502 (Neil Road Recreation Center)*

### **End of Life Planning Expert Panel and Q&A Session - Free**

The panel of NV State Funeral Board Executive Director, Washoe County Public Administrator, a NV POLST educator, an Estate Attorney, and a Trust Officer will answer questions re: estate planning (wills vs trust); burial issues and pre-needs; Advance Directives and POLST; and other planning questions regarding individuals, couples, special needs children, and blended families.

*Contact: email: kimspon912@gmail.com / 775-527-0865*

*Time: 1:30pm-4:30pm -May 21st*

*Location: Sparks Senior Center, 97 Richards Way Sparks, NV 89431*

## Wednesday, May 22, 2024

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery

### Sparks Senior Citizens Advisory Committee Meeting

This committee gives essential senior citizen input to Sparks City Council on issues related to the senior population and quality of life for seniors. Please attend and share your concerns for Sparks seniors. We want to hear from you!

Contact: email: [adecaf@sbcglobal.net](mailto:adecaf@sbcglobal.net) / 775-560-7862

Time: 9:00am -May 22nd

Locations: *Sparks Legislative Building, 745 4<sup>th</sup> Street Sparks, NV 89431*

### Getting There: How Transportation Options Can Improve Quality of Life for Older Adults- Bilingual Event – English/Spanish and Tagalog

The Regional Transportation Commission of Washoe County (RTC), Neighbor Network of Northern Nevada (N4) and other organizations will provide older adults information and resources on their transportation options in Washoe County. Learn how various transportation technologies can help you plan your trips more efficiently.

Contact: email: [strinidad@rtcwashoe.com](mailto:strinidad@rtcwashoe.com) / [amy@neighbornv.org](mailto:amy@neighbornv.org) / 775-332-2173

Time: 11am-1pm -May 22nd

Location: *97 Richards Way Sparks, NV 89431 (Sparks Senior Center)*

## Thursday, May 23, 2024

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance, TMCC Photography, TMCC Lettering Art

### Washoe County Senior Breakfast - Free

We invite our seniors to join us for a complimentary breakfast in honor of OAM 2024. Breakfast will be served by the Washoe County Staff and will consist of Biscuits & Gravy, Bacon, Fresh Fruit, & Orange Juice.

Contact: 775-328-2575

Time: 8:30am-10:00am -May 23rd

Locations: *Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

### **Better Business Bureau – How to Avoid Scams**

Learn what scams are impacting people the most and leave with 10 tips that can help you avoid most of them.

*Contact: email: [tjohnston@mw.bbb.org](mailto:tjohnston@mw.bbb.org) / 775-284-0277*

*Time: 10:00am May 23rd*

*Location: Sparks Senior Center, Arts & Crafts Room, 97 Richards Way Sparks, NV 89431*

### **Newcomers and Neighbors Club of Northern Nevada – Reserve now**

Join us for a luncheon that happens on the 4<sup>th</sup> Thursday of every month. The NNCNN is a nonprofit social club offering a huge list of activities and opportunities to meet new people. Check out our website for more details: **Reserve your spot for lunch for approximately \$35.50.**

*Contact: email: [reservations@nncnn.org](mailto:reservations@nncnn.org)*

*Time: 10:00am-1:00pm May 23rd*

*Location: Atlantis Hotel and Casino, 2<sup>nd</sup> Floor, 3800 S Virginia Street Reno, NV*

### **11<sup>th</sup> Annual Stuff-A-Bus for Seniors!**

City of Reno and Sparks, RTC, and Washoe County, in partnership with KOLO News 8, will be hosting this donation drive! Clothing, bus passes, gift cards, cleaning supplies, hygiene products, and more will be collected to help seniors in the area! All donated items must be new and unused.

*Contact: 775-328-2575*

*Time: 2:00pm-6:00pm May 23rd*

*Location: Target Sparks South, 1550 E. Lincoln Way Sparks, NV 89434*

## **Friday, May 24, 2024**

**See Multiple Day Events on Fridays: Senior Art Show, Art Exhibit, Red Hawk, Sparks Heritage Museum**

## **Saturday, May 25, 2024**

**See Multiple Day Events on Saturdays: Senior Art Show, Art Exhibit, Red Hawk, First Fruits, Planetarium**

## Sunday, May 26, 2024

### **The Ballroom of Reno**

Go out on Sunday afternoon to dance to all types of music played by a great DJ!

**Admission: \$5**

*Contact: email: [deannabragg@att.net](mailto:deannabragg@att.net)/ 408-596-0317*

*Time: 2:00pm-5:00pm May 26th*

*Location: 2540 Sutro Street Suite 4 Reno, NV 89512*

## Tuesday, May 28, 2024

See Multiple Day Events on Tuesdays: Senior Art Show, Art Exhibit, Red Hawk, Senior Idol

## Wednesday, May 29, 2024

See Multiple Day Events on Wednesdays: Senior Art Show, Art Exhibit, Red Hawk, NV Historical Society, NV Museum of Art, Zumba Gold, TMCC Watercolor, The Discovery

### **Canine Rehabilitation Center & Cat Sanctuary Visit**

Join us for a presentation and tour of the facility at the Canine Rehabilitation Center and Cat Sanctuary where unadoptable shelter animals are brought back to life! Our focus is rescue, recovery, training, and placement of at-risk dogs and cats, providing a refuge and opportunity for dogs and cats who are out of options and desperately need a new start.

*Contact: email: [kristen@crccs.org](mailto:kristen@crccs.org) / [carol@crccs.org](mailto:carol@crccs.org)*

*Time: 11:00am-12:00pm May 29th*

*Location: 555 Old US Highway 395 N Washoe Valley, NV 89704*

## Thursday, May 30, 2024

See Multiple Day Events on Thursdays: Senior Art Show, Art Exhibit, Red Hawk, National Auto Museum, Line Dance

## Friday, May 31, 2024

See Multiple Day Events on Fridays: Senior Art Show, Art Exhibit, Red Hawk, Sparks Heritage Museum

## **Step Back Into Time with our Annual OAM Sock Hop!**

Enjoy ice cream sundaes, music, dancing, and fun! Contact the Washoe County Senior Center for more info.

*Contact: 775-328-2575*

*Time: 2:00pm-4:00pm May 31st*

*Location: Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

## **Any events in June 2024**

<b>Also on Multiple Day Events</b>
------------------------------------

### **Free Art Exhibit every day in May & June**

Celebrate the Art of Older Artist's unleashing their Creative Spirit in the later stage of life by visiting this art exhibit. The artists' reception for this exhibit is May 17<sup>th</sup>.

*Time: -Spanish Springs Library hours: Sunday 10am-5pm; Monday 10am-6pm; Tuesday 10am-7pm; Wed.-Fri. 10am-6pm; closed Saturdays.*

*Contact: email: [art@varyCarol.com](mailto:art@varyCarol.com) / 775-721-5338*

*Location: Spanish Springs Library 7100 A Pyramid Way Sparks NV 89436*

### **Center for Healthy Aging -Dig in to Grow Healthy**

Join us each Monday of May, to discuss and learn about successful vegetable gardening with Master gardener, Randy Robison. We will also explore ways to incorporate healthy eating and physical activity to improve well-being. Classes will include some low-impact exercises and other hands-on activities. Contact Johanna Jenkins for more info.

*Contact: email: [jjenkins.cha@gmail.com](mailto:jjenkins.cha@gmail.com) / 775-525-1340*

*Time: 1:00pm-2:00pm -May 6, 13, 20 and June 3rd*

*Location: Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*

### **Circle of Life Hospice: Senior Idol Talent Show**

Senior Idol is a time to show off your talent, whether its singing, playing an instrument, poetry reading or anything in between we would like to invite you to try out to be chosen on 5/21, 5/28, 6/04, to perform at the grand finale on 6/11. Prizes are: 1<sup>st</sup> \$250, 2<sup>nd</sup> place \$125, and 3<sup>rd</sup> place \$75. Contact Janet Aldana for more info.

*Contact: email: [jaldana@colhospice.com](mailto:jaldana@colhospice.com) / 775-233-9795*

*Time: 1:00pm-3:00pm -May 21 & 28; June 4 & 11*

*Location: Washoe County Senior Center, 1155 E 9<sup>th</sup> Street Reno, NV 89512*