

# Senior Spirit



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



"We all get the exact same 365 days. The only difference is what we do with them"  
-Anonymous

- Start a gratitude journal
- Make time for family
- Build a better budget
- Practice Mindfulness
- Cook something new each week
- Read more books
- Drink more water
- Volunteer
- Get better sleep
- Join a club
- Prioritize your health
- Exercise your brain
- Take the stairs
- Plan a vacation
- Lift Weights
- Walk More



## CONGRATS JOSH!



I'm sure most of you have seen Josh running all over our building completing many different jobs and tasks over the past 2 years and always with a smile. He was recently promoted to Recreation Coordinator on the Gym side of the Community Center. Gardnerville became his landing pad after covid hit when he decided to move here to be closer to his Mom who has lived here over 10 years. His favorite part of his job is interacting with the community on a daily basis and getting to know our members. Outside of the community center Josh keeps busy being a personal trainer. He loves working out and even used to do amateur bodybuilding. Outside of the gym, he has an affinity for wine & wine tasting and is a bleeding heart animal lover. His favorite restaurant is Farmstead in his hometown of Napa, CA specializing in farm to table cuisine. A fun fact about Josh that most probably don't know is that he can speak Norwegian. If you haven't met Josh, you're going to want to as he is someone who will leave a lasting impression. We can't wait to watch him grow at the Center and see what awesome things he brings to our Community.

**January 2024**

# DOUGLAS COUNTY SENIOR SERVICES

## Congregate Dining:

Lunch is served each Monday-Friday starting at 12pm at the Senior Center located at 1329 Waterloo Lane. \*The **suggested donation** for lunch is \$3.00 for anyone 60 or older, and \$7.00 for those under 60. **Lunch is Served at TRE Community Center Monday, Tuesday & Thursday at Noon as well as North County Lunch in the Indian Hills GID Building Wednesdays and Fridays at Noon.** \*Those seniors unable to pay will not be denied.

**Homemaker Assistance:** The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance. The suggested donation for this service is \$4.00 per hour. Call Social Services: 775-782-9825

## Meals on Wheels:

All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$3.00 per meal. For new clients call Social Services: 775-782-9825.

## Important Contacts In Our Community

Aging and Disability Services Division: HCBW  
775-687-0800

Crisis Call: 800-992-5757

DART Transportation: 775-783-6456

Carson Valley Adult Day Club:  
775-782-1329

Douglas County Community Health Nurse:  
775-782-9038

Douglas County Senior & Community Center  
775- 782-5500

Elder Abuse: 888-729-0571

Elder Protective Services: 775+687-0800

Energy Assistance: 775- 684-0731

Family Support: 775-782-8692

Fire Department: 775-782-9996

Food Closet: 775- 782-3711

Grief Support: 530-543-5605

Guardianship: 775-782-6216

HUD Housing: 775- 887-1795

Nevada Job Link: 775- 684-0400

Ron Wood Family Resource Center:  
775- 884-2269

Senior Legal Helpline: 877-693-2163

Senior RX 866-303-6323 Opt. #2

SHIP: 775-284-1892

Social Services: 775- 782-9825

State Welfare: 775-684-0800

Suicide Prevention: 775- 783-1510

**COUNTY COMMISSIONERS** - Mark Gardner (Chairman), Wesley Rice (Vice Chairman), Danny Tarkanian, Sharla Hales, Walt Nowosad

**SENIOR ADVISORY BOARD MEMBERS** - Doug Sonnemann (Vice Chairman), Paul Osserman (YAH Representative), Carole Voge (Council member), Felix "Paul" Lockwood (Council member), Ann Carroll (Council member), Jenifer Davidson (County Manager), Scott Morgan (Community Services Director)

**SENIOR SERVICES / ADMINISTRATION** - Scott Morgan (Community Services Director), Brook Adie (Community Services Assistant Director), Amanda Reid (Community Services Manager), Linda Skaggs (Transportation Supervisor), Thomas Warner (Food Service Supervisor), Georgianna Drees-Wasmer (Administrative Services Manager) Jennifer Calabrese (Senior Recreation Coordinator), Liz Begovich (Volunteer Coordinator) & Patti Gurule (Senior Secretary)

## Birthday Day!

Join us in celebrating birthdays with cake & ice cream!

**Wednesday  
January 10th!**



# DART Express Service

The DART Express Routes have returned to full capacity service.

## Northbound - DART Express

	Tillman	CV Medical	Walmart	Senior Center	Smiths	CVI	Library	CV Swim	Ironwood
Route #1	7:10am	7:20am	7:25am	7:35am	7:40am	7:55am	n/a	8:00am	8:05am
Route #3	11:00am	11:10am	11:15am	11:25am	11:30am	11:45am	11:50am	11:45am	12pm
Route #6	4:30pm	4:40pm	4:55pm	5:00pm	5:10pm	5:20pm	5:20pm	5:30pm	on-call

## Northbound - DART Express

	PWL	CV Medical	Walmart	Senior Center	Smiths	CVI	Library	CV Swim	Ironwood
Route #4	2:10pm	2:15pm	2:20pm	2:30pm	2:40pm	2:50pm	2:55pm	3pm	3:15pm

## Southbound - DART Express

	Ironwood	CV Swim	Library	CVI	Smiths	CV Swim	Walmart	CV Medical	Tillman
Route #2	8:05am	8:10am	n/a	8:15am	8:30am	8:35am	8:45am	8:50am	9:00am
Route #5	3:15pm	3:20pm	3:30pm	3:40pm	3:50pm	3:55pm	4:05pm	4:15pm	4:30pm

Transportation is provided for all seniors 60 and older. (Registration pack must be turned in prior) Round trip medical transportation is available. **Due to demand, we request a 3 day notice on appointments to ensure service.**

Call 783-6456.

## Fares:

Adults: (age 12 & over).....	\$2.00 per ride
Seniors * .....	\$1.00 donation
Student ID Discount.....	\$1.00 per ride
Medicare.....	\$1.00 per ride
Disabled.....	\$1.00 per ride

\*Services will not be denied because someone chooses not to contribute.



775.783.6455  
775.783.6456

## Are you a Veteran? Are you able to load a bus and plane?

Honor Flight Nevada's mission is to transport America's veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifices. Helping every single veteran in America, willing and able of getting on a plane or a bus, visit THEIR memorial. This is a free trip for Veterans!

Visit: [www.honorflightnv.org](http://www.honorflightnv.org)

to learn more and to fill out an application.

\*If you need help filling out the online application please visit the admin office of the senior center.





# Young at Heart



Back Row: Paul Osserman, Mike Damon, Kathryn Clark, Frank Peralta, Jerry DeCock, Debbie Shope, Steve Ritchie

Front Row: Iris LeCheminant, Renee Kelley, Davelyn Miyashiro, Bill Sugden, Alice Artellan, Marjorie Bean

## MISSION STATEMENT

"Provide, promote and facilitate activities that benefit seniors of Douglas County."

Young at Heart (YAH) is a non-profit organization that raises funds for seniors in the community of Douglas County. YAH also sponsors various events and groups that benefit the seniors as well.

Membership: \$5 annually (Starting January 1, 2024 this will increase to \$10)

\*Covers the cost for the Ice Cream Social/ Bingo & Christmas Lunch.

### Our Events & Support

Weekly & monthly bingos, 90+ birthday meals, 100+ birthday celebrations, Mother's Day/Father's Day celebration, birthday ice cream social, holiday craft fair/raffle, Christmas lunch & Christmas bags for homebound seniors.

We support the Hot Soup Program, which costs \$2,000 a month. Sight Impaired Support Group, as well as the Parkinson Support Group. In addition, we manage the Gift Shop, run by volunteers.

Each year the Douglas County Senior Center, has a "wish list" that is not covered by their budget. YAH has purchased cabinets and tables for the ceramics room as well as the check in system for lunch.

### Howie's Gift Shop

Open Monday - Friday, 9am - 1pm

Thank you all for supporting our gift shop. We have over 140 artists displaying their work!

### The Young at Heart Board Meeting

Meets every second Monday of each month, at 9:30 am in the CV Health Room

Board Meetings are open to the public.

### Upcoming Events:

January 8th– Board Meeting

January 10th– 50/50 Raffle

January 20th– Saturday Bingo

### **YAH Saturday Bingo**

**January 20th**

Monday, Wednesday, Friday 1-2PM



Check out our website for

links to Smiths,

Smile Amazon, 2023

Christmas Craft Fair,

and much more!

[youngatheartseniorcitizens.org](http://youngatheartseniorcitizens.org)



### Senior Line Dance

Join us for a senior line dancing class. Learn new routines, make new friends & have fun! This free class is on Tuesdays & Thursdays from 10:30am to 11:30am in the South Room.

### **Diabetes Education & Nutrition**

This group meets the 1st Thursday of each month at 1pm in the CV Health Room. Join Sarah Montgomery from Carson Valley Health Room to learn ways to manage diabetes.



### Movers and Shakers

The Movers and Shakers Group is our Parkinson's support group which meets the **3rd Tuesday** at 1pm in the CV Health Room. Come listen and share experiences and learn how to live with his chronic condition.

# Classes and Groups

### Free Senior Exercise Class



Work on stretching, strengthening, flexibility, range of motion and balance. Join us on Monday, Wednesday and Friday for **Senior Exercise** in the Ranch View Room. Class is from 10:30-11:30am and is free of charge.

\*Donations are accepted and go to the hot soup program.

### Ceramics

Join Alice on Tuesdays and Fridays from 9am to 3pm. Paint your own ceramics and enjoy socializing. Ceramics pieces are available for purchase and paint supplies provided.



### JEWELRY CLASS

These classes will take place on the 2nd and 4th Wednesdays at 9am in the Ceramics Room. See Marjorie Bean for more info.



### American Mah Jongg

Join us for American Mah Jongg on Wednesdays from 12pm to 2pm In the Small Craft Room.

### Bridge

Join us for a game of bridge Mondays from 12-5pm in the North Room or Party Bridge Tuesdays 12-4pm in the South Room.

### Genoa Douglas Ukulele Group

Free & open to all! Other instruments welcome. Join a fun group and learn new songs to play and sing! Wednesdays, 12pm to 2pm in the North Room



### **CRIBBAGE:**

If you like to play Cribbage, then come and join us on Wednesday nights in the Senior Dining Room from 6pm - 8pm.

### Stitches Knitting Group

Join us on Monday Mornings from 9:00AM to Noon in the Ceramics Room. Bring your knitting, crocheting or other projects for a morning of exchanging patterns, tips, ideas, and conversation!



### American Sign Language Class

Join Instructor Darlene Wynkoop as she brings her sign language to our Center. Growing up with deaf parents, she has learned and taught sign language for many years. Come learn basic sign language, letters and simple conversation. **Every Wednesday** in the South Room from 1:30-3:00pm



# Classes and Groups

### "Growth Through Change" Program

This group meets the **1<sup>st</sup> and 3<sup>rd</sup> Wednesday** of each month starting at 3:30 pm in the CV Health Room. This program offers tangible tools to help navigate life's ups and downs. All welcome – no cost to attend.

### "Coping with Change"

This group meets every **2nd & 4th Wednesday of each month from 3:30pm** in the CV Health Room. This group is geared towards helping people navigate grief following major changes or loss in ones life.

### Genealogy Group

Have you ever wanted to create a family tree or find out family history? Come join this group and learn where to start your family search. This group will meet the **1st Thursday** of each month from 1pm - 4 pm in the Ceramics Room. Laptops will be provided or you may bring your own.



Would you like to learn pickleball fundamentals?

**Come to our Pickleball Clinics**

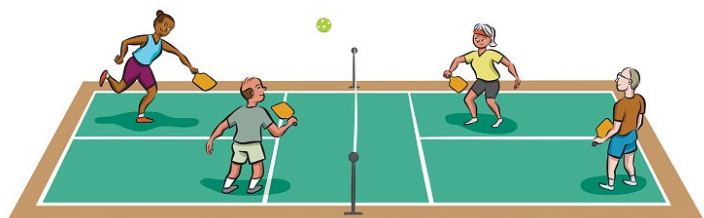
**Tuesdays 11am - 12pm**

Clinics are free to Community Center members.

Drop in fee applies to non-members:

**\$8/adults & \$6/seniors**

Our pickleball players will be volunteering their time to teach the basics. This is an Introduction to the game. Casual and for fun! Come learn and play!



## "FIT 4 LIFE"

With Tessa LoPresto

An exercise program for those living with Parkinson's or other neurological disorders.  
All levels of fitness welcome.

Mondays & Wednesdays

1:00 to 2:00 p.m.

Located in the Ranch View Room

At the Douglas County Community and Senior Center

1329 Waterloo Lane

Gardnerville, NV 89410

# THE SENIOR CENTER WILL BE CLOSED MONDAY JANUARY 15, 2024 FOR MARTIN LUTHER KING JR DAY



ACTIVE LIVING

## HEALTH FAIR

**JANUARY 19, 2024**

**8AM-12PM**

Douglas County Community and Senior Center  
1329 Waterloo Lane Gardnerville, NV 89410

**Multiple  
Vendors &  
Raffle Prizes!**

**Get Free  
Screenings &  
Information**

Come to our FREE Health Fair to discover  
the latest in health and wellness!

For more information: 775-782-5500 ext 1  
To Register as a vendor: jcalabrese@douglasnv.us



# Adult Winter Reading Challenge



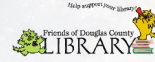
January & February  
2024

Read 2 books per raffle entry!  
Win Prizes!  
Ages 18+

Sign up at:  
[douglascountynv.beanstack.org](http://douglascountynv.beanstack.org)



[library.douglascountynv.gov](http://library.douglascountynv.gov)



Attention Book Readers!! For the months of January and February we are partnering up with the Douglas County Library for a Book Reading Challenge. For every 2 books you read, fill out an entry form at the front desk for your chance to win these beautiful quilts!





# Senior Trips



## January 3rd– SIX– The Musical

Join us for an incredible Broadway musical at the pioneer center. From Tudor Queens to Pop Icons, the SIX wives of Henry VIII take the microphone to remix five hundred years of historical heart-break into a Euphoric Celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over!

We will leave the center at 6pm for the 7:30pm show.

\$70 per person



## January 25th– Painting & Lunch

Come join us for some painting fun! We will be painting Tahoe Love with Teresa from VanGogh & Vino on Thursday, January 25th at 11am in the North Room.

A lunch will be provided.

\$35 per person



## January 31st– Snowshoe & Lunch

This trip is about 2 miles around Spooner Lake. It is all flat land however please be prepared for cold weather and strenuous exercise. This trip is not recommended for anyone who is sensitive to increased elevation.

Wheelchairs & Walkers prohibited—Shoes & Poles will be provided. A bagged lunch will be provided. We will leave the center around 10am.

\$40 per person