MARCH

DOUGLAS COUNTY NEVADA TRIAD

SHERIFF'S DEPARTMENT

SENIOR CITIZENS

FIRE DEPARTMENTS

2022

TRIAD Senior Programs

TRIAD is a volunteer service organization combining a cooperative agreement between the Douglas County Sheriff's Office, East Fork Fire and Paramedic District, Tahoe Douglas Fire District, Douglas County Senior Services, State Of Nevada Aging and Disability, Carson Valley Medical Center, Douglas County Ministerial, Lake Tahoe Nevada Senior Center and Senior Volunteers. All of the programs are committed to enhancing the quality of life for our senior citizens. To sign up for or learn more about the TRIAD programs call (775) 782-9900.

The following are current TRIAD programs offered free to the public:

- The File of Life
- Citizens Law Enforcement Academy
- Senior for a Day Program
- Senior Education Seminars
- Senior I.C.E. Program
- Good Neighbor Program
- Smoke Detector Assistance
- Care Trak System
- The Community Care System

Senior Spirit

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

Senior Rock Climbing

Written By Georgianna Drees-Wasmer, Recreation Coordinator

Have you ever rock climbed before? Ever used an indoor rock wall? Maybe you have seen the new rock wall in our building and thought to yourself "That looks like fun but I'm too old to learn now" or "I'm not strong enough and I don't want to get hurt". Well guess what, there is NOTHING you can't do!!

We are excited to offer an opportunity to learn how to climb here at our center! We will be putting together an interest list for an introduction to climbing class specifically for seniors. This class will teach you the basics and safety in climbing and will include instructor led climbing time. All equipment will be provided.

If you have any interest in learning more about our rock wall and how to climb, please sign up at the recreation front desk. Once we have enough seniors for a class we will call and schedule a time and date for you to join.

There are many benefits of rock climbing for all ages. The sense of accomplishment is one of the most exciting to share. We look forward to helping you have your first experience on the wall!

Spring Time

Spring is fast approaching and we are excited for the warmer weather and blooming trees!

We want to remind you to "SPRING FORWARD" as daylights savings time starts on March 13th. That means its time to move our clocks ahead one hour!

We also want to welcome you to the back patio of the Senior Dining Room. As the weather warms up, we encourage you to get outside for some bocce ball, corn hole, and other yard games or simply to soak up some vitamin D and enjoy the serenity of the pond. You are welcome to take your lunch outside as well.

Happy Spring!

March 2022

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. ***Those seniors unable to pay will not be denied service.**

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. 783-6455.

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. 783-6455.

Important Contacts In Our Community

Aging and Disability Services Division: HCBW	775-687-0800	Douglas County Senior & Community Center	782-5500	Grief Support:	530-543-5605
Crisis Call:	800-992-5757	Elder Abuse:	888-729-0571	Guardianship:	775-782-6216
DART Transportation:	783-6456	Elder Protective Services:	687-0800	HUD Housing:	887-1795
Carson Valley Adult Day Club:	782-1329	Energy Assistance:	684-0731	Nevada Job Link:	684-0400
Douglas County Community Health Nurse:	782-9038	Family Support:	782-8692	Ron Wood Family Resource Center:	884-2269
		Fire Department:	782-9996	Senior Legal Helpline:	877-693-2163
		Food Closet:	782-3711	Senior RX	866-303-6323 Opt. #2
				SHIP:	775-284-1892

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

SENIOR ADVISORY BOARD MEMBERS - *Bruce Beamer (Chairman), Doug Sonnemann (Vice Chairman), Rick Towner (YAH Representative), Carole Voge (Council member), Felix "Paul" Lockwood (Council member), Ann Carroll (Council member), Patrick Cates (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), Tammy McComb (Food Services Supervisor), Georgianna Drees-Wasmer (Recreation Coordinator), Liz Baumgartner (Administrative Services Manager) & Patti Gurule (Senior Secretary)*

Classes & Groups

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 from 10:30am to 11:30am in the south room.

Bridge
Join us for a game of bridge Mondays from 12pm-5pm in the North Room.

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.

Genoa Douglas Ukulele Group
Free & open to all! Other instruments welcome. Join a fun group and learn new songs to play and sing! Tuesdays & Wednesdays, 1pm to 3pm in the North Room

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 - 3 pm in the North Room. Laptops will be provided or you may bring your own.

Jewelry Making Class
Join Loveda as she helps guide you in making your own jewelry. All supplies are provided and this is a free class for seniors.
Every Wednesday in the ceramics room
9am to noon.

Movers and Shakers

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

Ceramics

Join Alice on Tuesdays and Fridays from 8am to 3pm. Paint your own ceramics and enjoy socializing. Ceramics pieces are available for purchase and paint supplies

Chinese Mah Jongg
Join us for Chinese Mah Jongg on Wednesdays from 10:45am to 2pm
In the small craft room.

CRIBBAGE: If you like to play Cribbage, then come and join us on Wednesday nights in the Senior Dining Room at 6pm - 8pm. All ages are welcome.

Diabetes Education & Nutrition

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

"Coping with Change" Senior Support Group

This group meets every **2nd & 4th Wednesday of each month from 3:30pm** in the CVMC Room. This group is sponsored by the Carson Valley Medical Center - Vitality for Life. This group is geared towards helping people navigate grief following major changes or loss in ones life.

Young at Heart

Rick Towner - President

Frank Peralta - Vice President

March Activities

14th - YAH Board Meeting 9:30am

15th- Movers & Shakers: Parkinson's Support Group

Saturday Bingo - Mar 19th

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

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

Sign up at the Gift Shop!

BINGO!!

Mondays, Wednesdays & Fridays
1pm - 2pm
$.50 per playing card.

Our Events & Support

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

We support the Hot Soup Program, which costs $2,000 a month. Adopt an Elder Project, 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. In 2020, YAH purchased cabinets for the ceramics room. They also funded our new check in system, Senior Stats.

Howie's Gift Shop

Open Monday - Friday, 9am - 1:15pm (Possibly closed for lunch)

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 CVMC Room at the Douglas County Senior Center.

Board Meetings are open to the public.

If you are age 50 and over and want to give back to the Seniors in Douglas County, the YAH Board may be the volunteer opportunity you didn't know you were looking for.

Young at Heart wants to remind you to renew your memberships for 2022!

You can renew at the gift shop.

Check out our website for links to Smiths, Smile Amazon, 2022 Christmas Craft Fair, pictures from recent events and much more!

youngatheartseniorcitizens.org

Let's Go!

March 24th - Meadowood Mall Trip

We will leave the Senior Center at 9:30am and head to Hobby Lobby then Meadowood Mall. We will return around 4pm. The cost of this trip is $10. Lunch is not provided but available for purchase at the food court. You are welcome to bring a lunch as well. Please sign up at the Community Center front desk.

April 14th - Van Gogh & Vino Painting

Join us for painting with Teresa of Van Gogh and Vino. She will be instructing step by step to create your own spring masterpiece. This will take place at the Senior Center Ceramics room at 11am. Lunch will be catered for this event. The cost of this trip is $35 per person. Please sign up at the Community Center front desk.

2022 MARCH

SENIOR ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 12:00 PM 'STITCHES' KNITTING *Ceramics Room* 12:00 PM LUNCH *Senior Dining Hall* 12:00 - 5:00 PM BRIDGE *North Room* 1:00 PM BINGO *Senior Dining Hall*	9:00 AM - 3:00 PM CERAMICS *Ceramics Room* 10:30AM - 11:30AM Senior Line Damcing *South Room* 12:00 PM LUNCH *Senior Dining Hall* 3rd Tues. **CVMC Room** Parkinson's Support Group 1:00 PM	9:00 AM - 12:00 PM JEWELRY MAKING *Ceramics Room* 10:45 AM - 2:00 PM CHINESE MAH JONGG *Small Craft Room* 12:00 PM LUNCH *Senior Dining Hall* 1:00 PM BINGO *Senior Dining Hall* 1:00 PM - 4:00 PM UKULELE GROUP *North Room* 4:00 PM - 6:30 PM CRIBBAGE	10:00 AM - 12:00 PM ICE CREAM SOCIAL *Senior Dining Hall* 12:00 PM LUNCH *Senior Dining Hall* SATURDAY, Mar 19th BINGO 11:00 AM	9:00 AM - 3:00 PM CERAMICS *Ceramics Room* 12:00 PM LUNCH *Senior Dining Hall* 1:00 PM BINGO *Senior Dining Hall*

SENIOR Activity

Shopping Trip
Meadowood Mall & Hobby Lobby
DATE: Thurs. Mar. 24th
TIME: 9:30am departure
PRICE: $10.00

Painting Day
Van Gogh and Vino
DATE: Thurs. Apr. 14th
TIME: 11am ceramics room
PRICE: $35.00

*PLEASE NOTE: You MUST Register & Pay to Reserve Your Spot.

2022 MARCH

SENIOR DANCE & FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 AM* WALKING TRACK 10:30 AM* SENIOR EXERCISE *Ranch View & South Rooms* 12:30 - 2:00 PM* WALKING TRACK	10:00 - 11:00 AM* WALKING TRACK 10:30 AM YOGA *Ranch View Room* 1030 - 11:30 AM* Senior Line Dance *South Room* 12:30 - 2:00 PM* WALKING TRACK 6:00 PM COUNTRY LINE DANCING *Gym Floor*	10:00 - 11:00 AM* WALKING TRACK 10:30 AM* SENIOR EXERCISE *Ranch View & South Rooms* 12:30 - 2:00 PM* WALKING TRACK	10:00 - 11:00 AM* WALKING TRACK 10:30 AM YOGA *Ranch View Room* 12:30 –1:30 PM TAP CLASS - *BEGINNER* *South Room* 1:30 –2:30 PM TAP CLASS - *INTER.* *South Room* 12:30 - 2:00 PM* WALKING TRACK 6:00 PM COUNTRY LINE DANCING *Gym Floor*	10:00 - 11:00 AM* WALKING TRACK 10:30 AM* SENIOR EXERCISE *Ranch View & South Rooms* 12:30 - 2:00 PM* WALKING TRACK

FREE CLASSES

DID YOU KNOW ?

We offer FREE SENIOR Exercise Classes & Gym Walking Track

*Classes marked in RED are FREE

DOUGLAS COUNTY SENIOR CENTER

1329 Waterloo Lane, Gardnerville, NV. 89410 775-782-5500

March 2022 MENU

Douglas County Senior Center *Milk and ww bread available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Creole Pea Salad Red Beans & Rice Mixed Fruit Cup Cupcakes	2 Baked Fish, Tartar Sauce Baked Potato w/Sour Cream & Chives Brussels Sprouts Lemon Berry Tart	3 Italian Rice and Beef Tossed Salad w/ Red Wine Vinaigrette Carrots, Dinner Roll Spiced Applesauce	4 Sweet n Sour Pork Brown Rice Pilaf Broccoli, WW Bread Colorful Salad w/French Peaches
7 Crab Stuffed Tomato Lettuce, Hard Boiled Egg Carrot Sticks w/ Ranch Fresh Melon Banana Nut Muffin	8 Warm Apple Cider Roasted Turkey & Gravy Bread Stuffing, Corn, Colorful Salad w/ Honey Mustard Dressing Cranberry Sauce	9 Birthday Day Roasted Pork Loin Fruit Salad, Dinner Roll Mashed Potato & Gravy Applesauce Cake & Ice Cream	10 Oven Fried Chicken Baked Butternut Squash Peas & Carrots Garden Salad w/Honey Dressing, Wheat Bread, Orange Mango Cup	11 Beef Pot Roast, Gravy (Potato, Carrot, Celery, Onion) Romaine, Swiss & Bacon Dinner Roll, Spiced Peaches Cake & Ice Cream
14 Sausage& Pepper Over WW Elbow Macaroni Mixed Green Salad LS Italian Broccoli Spears Banana	15 Stuffed Bell Pepper White Rice Tropical Fruit Salad 7-Grain Roll Apple Crisp	16 Salmon w/Angel Hair Pasta Asparagus Fresh Orange	17 *St. Patrick's Day* Corned Beef & Cabbage Jell-O Fruit Salad Crammed Horseradish Red Potato, Rye Bread Carrots, Apple Juice Lime Sherbet	18 Turkey & Stuffing Casserole Waldorf Salad Dinner Roll Cranberry Sauce Dessert
21 Turkey Bean Soup BLT Sandwich Orange Spinach Salad Canned Pears	22 Swiss Steak w/ Tomato Sauce, Whole Wheat Roll Broccoli, 3 Bean Salad Spring Salad w/Garlic French Dressing Cantaloupe	23 Cheese Ravioli w\ Pasta Sauce, Garlic Bread Spinach Salad w/Oranges Carrots	24 Tomato Soup Tuna Salad Sandwich On WW Bread, Lettuce, Tomato. Apple Slices w/ Peanut Butter Cup Ice Cream	25 White Chicken Chili Cheese & Onions Marinated Tomato Salad Cornbread Peach Cobbler
28 Pesto Chicken Florentine W/Penne, Tossed Salad Creamy Italian Dressing Fresh Strawberries 7 Grain Bread	29 Ham & Scalloped Potatoes Waldorf Salad Green Beans Croissant Applesauce & Cookie	30 Taco Casserole Spanish Rice Seasoned Zucchini Cantaloupe	31 Swedish Meatballs Over Egg Noodles Strawberry Spinach Salad Green Beans Dinner Roll Applesauce Oatmeal Cookie	

Our Kids Club Before Afterschool Program & Adventure Camp is looking for volunteers!

This is a great opportunity to give back to the Douglas County community by investing in the lives of children. If you enjoy working with school age children, Kindergarten through 6th Grade, then we would love to hear from you.

As a volunteer, you'll have the opportunity to interact with children in our before/after school program and Adventure Camp while participating in fun activities such as:

- Arts & Crafts
- Cards & Board Games
- Sports
- Homework Help
- Field trip chaperone

Our AM Kids Club Before School Program operates Monday – Friday: 7:00 -8:50 AM
Our PM Kids Club After School Program operates Monday – Friday: 3:00-6:00 PM

If you would like to volunteer or would like more information please call 782-5500 Ext. 1 or email dhubbard@douglasnv.us

Soft Serve Thursdays

Who says you can't eat dessert first?!

Join us every Thursday,

10am - 12pm

For soft serve ice cream sundaes in the senior dining room!

DART Express Service

The DART Express Routes have returned to full capacity service.

DART Transportation will be taking the following safety precautions including:

- Passenger Health Assessment will be conducted at time of boarding, including temperature check and questions.
- Facemasks are required for all passengers while boarding, riding on and exiting the bus.
- Drivers are required to wear facemask and gloves.
- Buses will be disinfected throughout the day.

For more information, call DART Transportation at 783-6456.

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

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Transportation is provided for all seniors 60 and older. Round trip medical transportation is available.

Due to demand, we request a 3 day notice on appointments to ensure service. Call 783-6456.

Douglas Area Rural Transit
DART
Going The Extra Mile

775.783.6455
775.783.6456

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.