

BLAZE A TRAIL

MAY 2016



www.acl.gov/olderamericansmonth

Older Americans Month 2016

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, *"Blaze A Trail,"* emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While Washoe County Senior Services and other agencies in our community serve older adults year-round, in May, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. Throughout the month, Washoe County Senior Services, City of Reno, Parks and Recreation and City of Sparks, Parks and Recreation will conduct activities and events designed to highlight older adults' health, well-being, and opportunities for success. To learn more about how one may participate and celebrate this wonderful month, contact 775.328.2575.

BE A TRAILBLAZER!

	EVENT NAME	ADDRESS	PHONE #
EMNCC	Evelyn Mount Northeast Community Center	1301 Valley Road.	775.334.2262
IVGID	Incline Village General Improvement District	980 Incline Way.	775.832.1310
NRRC	Neil Road Recreation Center	3925 Neil Road.	775.689.8484
TPPAC	Teglia's Paradise Park Activity Center	2745 Elementary Drive.	775.356.3176
WCSS-R	Washoe County Senior Services-Reno	1155 E. 9th Street.	775.328.2575
WCSS-S	Washoe County Senior Services-Sparks	97 Richards Way.	775.353.3110
WCSS-G	Washoe County Senior Services-Gerlach	385 E. Sunset Blvd.	775.557.2206
CSCC	Cold Springs Community Center	3355 White Lake Pkwy.	775.971.8542
SVNC	Sun Valley Neighborhood Center	115 West 6th Avenue.	775.673.9417
CSPR	City of Sparks Parks & Recreation	98 Richards Way.	775.353.2376

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

TABLE OF CONTENTS

Activity Location Key.....	2
Washoe County Calendar.....	4
City of Reno Events Calendar	5
Activity/Program Descriptions.....	8
Senior Activity Passports.....	15
Senior Summer Games Information.....	17

*Passport events will be highlighted in Purple.

Attending these events will earn you a signature on your passport and a chance to win prizes at the Closing Ceremonies.

Icon Key:

Health



Music



Social



Entertainment



Wellness



Nature



Information



May 2016
Washoe County Senior Center
www.washoecounty.nv/seniorsrv 1155 E. 9th. Street Reno, Nevada 89512 775-328-2575

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 AARP Drivers Safety Program 9:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00 Nevada HOPES Blood Pressure Clinic 11:15 Senior Lunch Program 12:00 Poker	3 8:30 Crochet Club 8:30 Texas Hold-Em 9:30 Lone Vision Support Group 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:00 Hawaiian Music by KANAKA 11:15 Senior Lunch Program 1:00 Tole Painting	4 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 10:00 Scrabble 11:15 Senior Lunch Program 12:00 Bingo & Mah Jongg 2:30 Washoe County Senior Services Advisory Board Mtg.	5 8:30 Texas Hold-Em 9:30 SNAP - Food Stamp Sign-Up Workshop 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 12:00 Mah Jongg 1:00 Free Line Dancing & Lesson	6 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 10:15 "Mickey Luffkin Plays the Violin" 11:15 Senior Lunch Program 12:00 Bingo 7:30pm Senior Dance Club of Nevada- Live Music
9 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 12:00 Poker 2:00 Retired Public Employees of Nevada Meeting 2:30 Nevada Legal Services WFL/Estate Planning Education Clinic	10 8:30 Crochet Club 8:30 Texas Hold-Em 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:00 Hawaiian Music by KANAKA 11:15 Senior Lunch Program 1:00 Tole Painting	11 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 10:00 Scrabble 11:15 Senior Lunch Program 12:00 Bingo & Mah Jongg	12 8:30 Texas Hold-Em 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 12:00 Mah Jongg 1:00 Free Line Dancing & Lesson	13 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 11:15 Senior Lunch Program 12:00 Bingo 7:30pm Senior Dance Club of Nevada- Live Music
16 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 12:00 Bingo 12:00 Poker	17 8:30 Crochet Club 8:30 Texas Hold-Em 9:00 Assistance League of Reno/Sparks Food Pantry 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:00 Hawaiian Music by KANAKA 11:00 Nevada Active & Retired Federal Employees Assoc. 11:15 Senior Lunch Program 1:00 Tole Painting 2:30 Washoe County Library Sr. Center Branch AARP led Social Media Class - Introduction to Facebook	18 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 10:00 Scrabble 11:15 Senior Lunch Program 12:00 Bingo 12:00 Mah Jongg 10:00 Washoe County Library Downtown Branch AARP led Social Media Class - Introduction to Twitter 6:00pm Reno - Grief Support Group	19 8:30 Texas Hold-Em 9:00 Food Bank of Northern Nevada - Distribution 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 12:00 Mah Jongg 1:00 Free Line Dancing & Lesson 1:30 Washoe County Library Sr. Center Branch AARP led Social Media Class - Intermediate Facebook	20 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 10:15 "Mickey Luffkin Plays the Violin" 11:15 Senior Lunch Program 12:00 Bingo 7:30pm Senior Dance Club of Nevada- Live Music
23 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 AA Meeting 10:00 Medicare/SHIP Counseling 10:30 "I Gave Myself a Good Rock & Roll" 11:15 Senior Lunch Program 12:00 Bingo 2:30 Nevada Legal Services Power of Attorney Education Preparation Clinic	24 8:30 Crochet Club 8:30 Texas Hold-Em 9:30 Nevada HOPES Blood Pressure Clinic 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 1:00 Tole Painting 6:00pm Otisney Support Group	25 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 "Grumpy Old Men" Music & Dancing 10:00 Scrabble 11:15 Senior Lunch Program 12:00 Bingo & Mah Jongg	26 8:30 Texas Hold-Em 9:30 Nevada HOPES Blood Pressure Clinic 10:00 "Accordion Players" 10:00 Medicare/SHIP Counseling 11:15 Senior Lunch Program 12:00 Mah Jongg 1:00 Free Line Dancing & Lesson	27 8:30 Texas Hold-Em 9:00 Stretch & Tone - Exercise 10:00 Medicare/SHIP Counseling 10:00 AA Meeting 10:30 Karaoke 11:15 Senior Lunch & Birthday Celebration 12:00 Bingo 7:30pm Senior Dance Club of Nevada- Live Music 10:30 Karaoke
<div style="display: flex; justify-content: space-between; align-items: center;"> <div> Memorial Day Thank You For Your Service! </div> <div style="text-align: center;">  </div> <div> Special Or New Events </div> </div>				

May 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Colin Ross Spring Fling Concert Great American Song Book	11	12 Genoa Hot Springs RGJ Columnist Anne Pershing Chat with the "Grandma with Attitude"	13	14
15	16	17	18	19 Musical Tribute "Petty vs Eagles" Harrah's Casino Dinner and a Show	20 Banana Splits "Going Banana's" At Paradise Park	21
22	23 "It's Drive In Time" Pack a picnic dinner!	24	25	26	27	28
29	30	31 Closing Ceremonies & BBQ Lunch				

2016 OLDER AMERICANS MONTH OPENING CEREMONIES

April 29

Kick Off Celebration

9:00AM-1:00PM



Washoe County Senior Services invites you to the Opening Ceremony celebrating Older Americans Month 2016. This year's theme is "Blaze a Trail". Older Americans Month brochures will be available providing the complete schedule of activities and events that will help you stay connected and active within our local community!

Location: WCSS Reno-1155 E. 9th St. Building "E"

Fee: FREE

Contact: 328.2575

Older Americans Month Information Fair

9:00AM-1:00PM



As a part of the Opening Ceremonies, Washoe County Senior Services will be hosting an Information Fair. Get connected to the many services available to seniors in Washoe County at the Information Fair. With over 40 participating agencies you are sure to find a volunteer opportunity, connect to Veterans services, or find an activity to help you stay safe and active.

Location: WCSS-Reno

Fee: FREE

Contact: 328.2575

***Passport events will be bolded in Purple. Attending these events will earn you a signature on the passport and a chance to win prizes at the Closing Ceremonies.**

May 2

Celebrate Law Day - Ask A Lawyer Workshop 10:00am - 2:00pm



Nevada Legal Services, Washoe County Second Judicial District Court and Washoe County Law Library in partnership with local Pro-Bono Attorney's will be available for private one to one counseling.

Topics include: Family - Consumer - Bankruptcy - Wills - Estate - Probate

Location: One South Sierra Street. Reno 3rd Floor - Training Room

Fee: Free



May 3

Health Fair

9:00am-2:00pm

Come to Baldini's Casino and attend a health fair hosted by Senior Spectrum. Everything from flu shots and blood pressure checks to music and food will be there waiting for you!

Location: Baldini's Sports Casino and Restaurant 865 S. Rock Blvd. Sparks

Fee: FREE



May 5

Alzheimer's Association - Know the Ten Signs

1:30pm-2:30pm

Attend this interactive workshop to learn the 10 warning signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have this disease and find out how to recognize the signs in yourself and others.

Location: WCCS-Sparks 97 Richards Way

Fee: FREE



May 6

Intergenerational Ball

7:00pm - 10:00pm

Prepare to celebrate all ages at the Great-Gatsby-Style Intergenerational Ball! A legendary event with live music, dancing, raffle prizes, dance contest and more!

Location: WCSS-Reno

Fee: Senior Dance Club Members \$ 7.00 - Guest \$10.00



May 10

Senior Aquacise

10:00am-11:00am

Sponsored by the City of Sparks and Recreation Department, enjoy a slower paced workout that increases fitness level and strength. The class includes stretching, warm up, workout, and cool down.

Location: Alf Sorensen Community Center

1400 Barning Blvd. 89434

Fee: FREE

May 10

Colin Ross Senior Music Spring Fling Concert 6:30pm-8:30pm



Come hear our delightful show in celebration of another spring. We will be singing songs from the Great American Songbook including selections from great Broadway, Blues and Swing artists. Sing along to familiar favorites and enjoy the show. Light refreshments will be served.

Location: NRRC-3925 Neil Rd.

Fee: \$5.00

A special thanks to Brookdale Senior Living for providing cookies & pies for raffle!!

May 12

Bucket List Genoa Hot Springs 8:15am-3:00pm



Let's go back to Genoa Hot Springs again, and take a day off to relax. We will transport you to and from the Genoa Hot Springs where you will spend your morning and early afternoon enjoying the warm waters and a scrumptious lunch. The water of the hot springs are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals of the water!

Location: Genoa Hot Springs

Fee: \$50.00 (includes lunch at the Hot Springs)/Scholarships available

Arrive 10:00 a.m. / Depart: 2:00 p.m.

Pick-up times and locations

EMNCC: 8:15 a.m.

TPPAC: 8:30 a.m.

NRCC: 8:45 a.m.

The Nugget-Older Americans Month Fair 10:00am-2:00pm



Join us at The Nugget Casino for information from Red Cross, Sparks Fire Department, and Sparks Police Department. Presentations and information will be available on everything from 911, to in home safety, to fire safety!

Location: The Nugget Casino, Ponderosa Ballroom

Fee: FREE



May 12

Grandma With Attitude- RGJ Columnist, Anne Pershing 1:30pm-3:00pm

Join Anne and a special guest at 1:30 p.m. for donuts, health bars, coffee or tea and chat! Current events and future topics will also be discussed. Join us for a great time!

Location: EMNCC

Fee:\$1.00 Please RSVP 775-334-2262



Free Line Dancing - Lessons

1:00pm-1:30pm

Free Line Dancing

1:30pm-3:30pm

Free lesson from 1:00-1:30 to learn basic line dancing skills and from 1:30-3:30 put your new moves to use with classic and modern line dancing.

Location: WCSS-R Multipurpose Room

Fee: FREE

May 15



Aces Ball Game

1:00pm-4:00pm

Take me out to the ball game! Sunday, May 15th we will attend Senior Day at the Reno Aces game.

\$10 gets you your ticket, "Aces Bucks" for food and a souvenir hat. This deal is a home run so be a sport! Come cheer for your home team!

Location: Aces Ball Field

Fee: \$10.00 (Includes Ticket, Food, and Baseball Cap)

Shuttles available from EMNCC, TPPAC, NRRC, 11:00 a.m. to 12:00 p.m.

May 16



Presentation: What is SARA?

1:00pm-2:30pm

SARA, Solutions and Resources Associates is a non-profit organization that provides a free community information and resources service. Need help planning for your financial future, caring for aging parents, or questions about the healthcare system?

Location: More to Life Adult Day Health Center 1963 E. Prater Way, Sparks Nevada 89434 775.358.1988

Fee: FREE

May 17

Getting started with Facebook (Beginners) 1:30pm-3:30pm



Are your family members and friends on Facebook while you're still wondering what's in it for you? In this hands-on, introductory workshop, you'll learn the basics of Facebook and how the social network can help you connect with people you know and stuff you like – from news to special offers.

This program is intended for seniors who are familiar with computers but just getting started with social media. Classes will be led by AARP-trained volunteer instructors and assistants. Students who don't yet have an email or Facebook account will have the option of showing up ½-hour early for assistance. Registration is required online through **www.LibCal.com**

Location: WCSS-R, Senior Center Library

Fee: FREE

May 18

Twitter: It's not just for the birds! (Beginners) 10:00am-12:00pm



If you enjoy following breaking news as it happens, sharing your opinions about entertainment, sports, politics and products, Twitter is a great social network for you! It is a form of instant communication used by businesses, government agencies, public figures and everyday people. In this hands-on, introductory workshop, you'll learn the basics of Twitter, how to compose and send your own tweets, how to follow individuals and companies that interest you, and how to find the information you're looking for.

This program is intended for seniors who are familiar with computers but just getting started with social media and all classes will be led by AARP-trained volunteer instructors and assistants. Students who don't yet have a Twitter account will have the option of showing up ½-hour early for assistance. Registration is required online through **www.LibCal.com**

Location: Downtown Reno Library 301 S. Center St. Reno 89501

Fee: FREE

May 19



Learn to love Facebook (Intermediate)

1:30pm-3:30pm

There's a lot to love about Facebook, but are worries about privacy and wading through unwanted or irrelevant posts getting in your way? In this hands-on, intermediate-level workshop, you'll learn tips and tricks to fix what's annoying and get more from the social network.

This program is intended for seniors who are familiar with computers or just getting started with social media. Classes will be led by AARP-trained volunteer instructors and assistants. Students who don't yet have an email or Facebook or Twitter account will have the option of showing up ½-hour early for assistance. Registration is required through **www.LibCal.com**

Location: WCSS-Reno Senior Center Library

Fee: FREE



Dinner and a Show: Petty vs. Eagles

6:00pm-10:00pm

Two of the world's greatest rock 'n' roll bands of all time face off as Harrah's Reno hosts tributes to the Eagles and Tom Petty and the Heartbreakers.

Location: Harrah's Reno Hotel & Casino

Contact: 775-786-3232

Fee: \$52.00



May 20

With Banana Splits in the Park

2:00pm-4:00pm

They are going BANANAS at Paradise Park! Come enjoy a beautiful day at the park and have a banana split! Come see old friends and meet some new ones!

Location: TPPAC

Fee: FREE

MAY 23

Jeff Wayne– Sings Classic Rock and Roll 10:30am-11:30am

Join us for this free concert when Jeff Wayne will entertain with his virtually endless mix of Classic Rock and Roll hits!

Location: WCSS-Reno

Fee: FREE



Strength and Conditioning Training for Seniors 5:30pm-6:30pm

Sponsored by the Sparks Parks and Recreation Department. Bring yourself and some water and we'll supply a fun workout. Classes are designed to develop core strength, flexibility, mobility, and overall strength throughout your body.

Limited to (15) participants

Location: Larry D. Johnson Community

Center 1200 12th Street Sparks 89431

Fee: FREE



It's Drive-In Time! 8:00pm

Yes, we are going to the drive-in to watch a movie under the stars on the big screen. **Pack yourself a picnic dinner and join us at Teglia's Paradise Park.** We will then caravan around the corner to the El Rancho Drive-In, and enjoy the movie and free popcorn. Don't forget your lawn chairs!

Location: TPPAC

Fee: \$6.00/Scholarships Apply



May 24

Alzheimer's Association - Memory Café 9:30pm-11:30am

Staying connected and having fun makes a difference. The Alzheimer's Association Memory Cafes are socialization opportunities for people with younger onset or in the earlier stages of dementia or memory loss and their care partners to connect and share with other people in similar situations. The bonds formed in Memory Café often last throughout the disease journey and become additional support for those involved.

Location: WCSS-Sparks

Fee: FREE



May 25

SOS Presents Broadway

10:00am-11:00am



There is a growing population of older adults in Nevada and throughout the nation who have a wealth of knowledge, experience, and talent. They deserve respect and recognition. A good time to show these individuals how much we care is during National Older Americans Month in May. To do this a "Broadway Show" in their honor is presented with a number of seniors performing.

Kenn Pettiford, world class Jazz entertainer and Master of Ceremonies extraordinaire.

No refreshments will be served at this event.

Location: Laxalt Auditorium, Nelson Building, 401 W. 2nd St., Reno

Contact: Seating is limited so please RSVP Sina Ward at (775-784-7506) or email sinaw@unr.edu by Friday, May20th.

May 26



Become a Senior Volunteer Ambassador!

Information workshop

11:30am-12:30pm

Volunteer Senior Ambassadors significantly enhance the quality and quantity of services provided to Washoe County's seniors.

Senior Ambassadors will deliver hot meals, provide regular one-on-one personal interaction with home-bound seniors, lead activities at Washoe County Senior Centers and provide many other valuable services to seniors.

Volunteers help reduce social isolation, provide much needed welfare checks and increase the quality of services that are currently provided to seniors in need throughout Washoe County.

Location: WCSS-Reno

Fee: Free



“Antarctica Slideshow Presentation”

12:00pm-1:30pm

Visit glorious Antarctica via slides and narration with a two time visitor Karan McCallum. It's anything but a barren wasteland.

Majestic scenery, penguins, and exploration are the topics.

Location: WCSS-Sparks

Fee: FREE



Sparks Senior Center Ice Cream Social

11:45am-12:15pm

Sponsored by the City of Sparks Parks and Recreation Department. Join us for an old fashioned ice cream social and make some new friends.

Location: WCSS-Sparks

Fee: FREE

May 27



“Remembering When...” Presentation

10:30am - 12:30pm

The Sparks Fire Department has adopted **“Remembering When”** a Fire and Fall Prevention program for Older Adults, developed by the National Fire Protection Association Education Department and the Centers for Disease Control and Prevention.

The program is centered around 16 key safety messages - eight fire prevention and eight fall prevention.

Location: WCSS-Sparks

Fee: Free

2016 Older American's Month Closing Ceremonies

Come join the fun as we celebrate the closing of another Older Americans Month. Stop by and thank the many volunteers, sponsors and seniors that helped make these events a success. A BBQ lunch will be included along with a raffle for some great items!

Tuesday, May 31, 2016

11:00am to 1:00pm

Evelyn Mount Northeast Community Center

775-657-4602

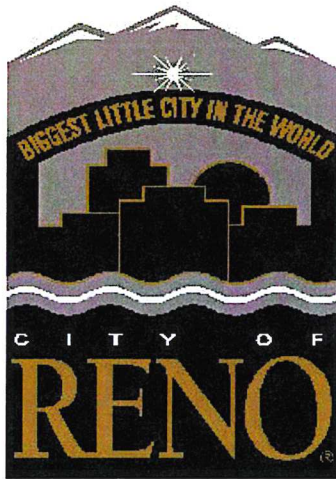
FREE!

SENIOR PASSPORT

Attend at least 8 of the events below, get them stamped or initialed by the staff at the activity, and bring the passport with you to the closing ceremonies (that can count as one of your activities). You must be present to win. But don't limit yourself - get out and have fun!

NAME _____

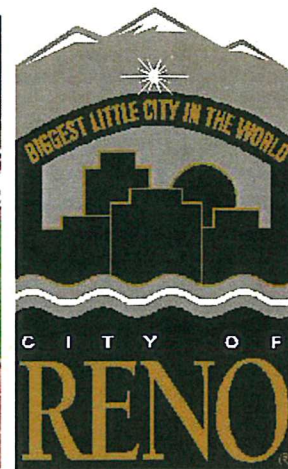
Information Fair	Baldini's Health Fair	Alzheimer's Association	Grandma with Attitude - Chat	
Friday April 29	Tuesday May 3	"Know the Ten Signs"	Anne Pershing	
		Thursday May 5	Thursday May 12	
<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	
Reno Aces	Getting Started with	Twitter	Learn to Love	'With Banana Splits
Baseball Game	Facebook Beginners	for Beginners	Facebook	In the Park
Sunday May 15	Tuesday May 17	Wed. May 18	Thurs. May 19	Friday May 20
<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>
Alzheimer's Assoc.	SOS Presents	Become	Remembering	2016 Older Americans
"Memory Café"	Broadway	Sr. Volunteer	When	Month
Tuesday May 24	Wed. May 25	Presentation	Presentation	Closing Ceremonies
		Thursday May 26	Friday May 27	Tuesday, May 31st
<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>	<div style="border: 1px solid black; width: 100px; height: 40px;"></div>



The City of Reno also offers the following activities:

For more information on City of Reno Senior Services Programs, please contact City of Reno Senior Services at 775-657-4602 or email seniorservices@reno.gov. Sign up to get your monthly Senior Connect Newsletter by mail or email. You can also visit our web site at www.reno.gov/seniors. Other activities include:

- Archery
- Bean Bag Baseball
- Bowling
- Brunch and Movie
- Chair Volleyball
- Dinners and Shows
- Various other trips and entertainment
- Various card and table games
- Monthly dances, socials and workshops



2016 Reno-Tahoe Senior Summer Games

Tuesday, August 9 to Saturday August 27, 2016

List of Games!

Archery ~ Badminton ~ Baggo
Basketball Skills ~ Beanbag Baseball
Billiards ~ Blackjack ~ Croquet
Go Karts ~ Horseshoes ~ Mini Golf
Pickleball ~ Swimming ~ Table Tennis
Track & Field ~ Walk Race



Senior Games is an event dedicated to promoting and implementing fitness programs and activities.

People 50 years and better compete in their favorite sports within age groups for **gold, silver and bronze medals!**

For more information contact Senior Services at 775-657-4602 or email SeniorServices@reno.gov.

Check out www.reno.gov/seniorgames!



NOTES

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

NOTES

Thanks to our Sponsors!

