



Hours of Operation: Monday – Friday, 8:00 am – 4:00 pm

MISSION STATEMENT: To provide nutritious meals, socialization, health screening, and education. We act as a catalyst for access, opportunity, health and independence for older adults.

Thank you Terrace Volunteers!

April is volunteer recognition month and we have many wonderful volunteers to thank. These are the people who keep things going at our center and without them we would not have our diverse and excellent programs.

Anderson, Pam	Gunn, Allen	Russell, Katrinka
Arano, Luciano	Gunn, Kaye	Sam, Shirley (Betty)
Back, Jennifer	Hill, James	Schain, Frances
Barrington, Emma	Hunt, Patricia	Schollars, Sharon
Bessert, Trudy	Hyslop, Cindy	Smith, Melanie
Benvenuto, Frank	Jackson, Brenda	Smith, Wayne
Benvenuto, Judith	Jackson, Pamela	Snyder, Rebecca
Bernhard, Wendy	Johnson, Diana	Snyder, Steven
Calderon, Rudy	Keeney, Edith	Stone, JR
Carter, Dan	Keeney, William	Stramel, Judith
Carter, Randy	Leyva, Marilyn	Strang, Gloria
Cassadore, Darlene	Mahlberg, Lynn	Ugalde, Judy
Chamness, Ilona	Mason, Priscilla	Unruh, Darlene
Coffin, Patrick	Meek, Dee	Vanskike, Valeda
Combs, M. Joyce	Moore, Elizabeth	Vosburg, Catherine
Compton, Sally	Munz, Lynn	Weiner, William
Davis, Kathryn	Negrete, Isabel	Willis, Larry
Dick, Vern	Negrete, Jose	Wilson, Julie
Evening, Phyllis	Niday, James	Young, James
Gary, George	Piffero, Lita	Yroz, Danielle
Gliko, Ruby	Rand, Pamela	Yroz, James
	Ridge, Linda	

We have a special Volunteer Appreciation dinner planned to honor and thank our volunteers on Saturday, May 4th. Each volunteer who has logged their time in the computers will automatically receive an event invitation in the mail. If you have volunteered in the past year and do not see your name listed above, we would like to apologize. Please stop by the front office and let us know right away, we will correct our error.

Board of Directors

Jennifer Back
Chair

Cindy Hyslop
Vice Chair

James Young
Treasurer

Lynn Mahlberg
Member

Catherine Vosburg
Member

Katrinka Russell
Member

Center Staff

Charnice Gustafson
Executive Director

Carissa Cassadore
Program Coordinator

Uriel Villano
Kitchen Coordinator

Marjorie Birdsill
Lead Cook

Candi Ashby
Kitchen Aide / Driver

Josie O'Donnell
Kitchen Aide / Driver

Debbi Constable
Kitchen Aide / Driver

Jesse Morgan
Dishwasher

April Birthday Celebrations

Jugran, Maurice	1	Halls, William	9	Wilson, Harold	21
Hill, James	2	Kump, Ann	10	Lake, Harvey	21
Mick, Norma	2	Zunino, Stanley	11	Starbuck, David	22
Jones, Francis	3	Toothman, Doris	13	Lougy, Monty	22
Barth, Candace	3	Plaster, Jane	14	Lugauer, Max	23
Wilson, Raymond	3	Johnston, Vanessa	14	Meginness, Sharon	23
Everett, Rick	4	Tsosie, Wayne	15	Cutler, Lavon	24
Bernius, Edwin	4	Snyder, Steven	15	Wright, Alvin	24
McConnell, Joanne	4	Cross, Susanne	15	Swafford, Carolyn	25
Negrete, Jose	7	Walsh, Roland	16	Robinson, Gerald	27
Curtis, Anne	8	Lauha, Eric	18	Hoover, Rose	28
Edwards, Debbie	8	Sever, Douglas	20	Call, Dorothy	29

In Loving Memory

Jim Collins
February 1, 2019

Maxine Garcia
March 1, 2019

Charline Hull
March 14, 2019

Friends Day Out

 **Featuring Java Music Club** Every Friday from 12-4 pm

Hosted by Nevada Rural Counties RSVP Program

What is "Friends Day Out?"

"Friends Day Out" featuring Java Music Club offers hands-on fun learning for persons living with [Alzheimer's](#) and other forms of [Dementia](#) or care recipients with a variety of other disabilities such as [Cancer](#), [COPD](#), [Parkinson's](#) or [Diabetes](#). We use a unique combination of themes, photography, music, readings, and a traditional talking stick. Additionally, it offers the primary [caregiver](#) support, [respite care](#), referrals, independent living services, and a much-needed weekly [BREAK!](#)

RSVP provides volunteers who are trained to host the event, facilitate the classes, assist with supervision, and provide the primary caregivers with a regular break. We kindly request that all participants complete an RSVP client application before the program begins. Program held at the Terrace.

To sign up or if you have questions:

Steven Nichols – RSVP Program Director for Respite Innovations Project

775-315-7615 or snichols@nvrsvp.com

The Terrace Member Committee

The Terrace Member Committee began in November 2018 when the director of the center wanted a better way to communicate questions and concerns from the general membership to center staff. On the other side of the coin, a way was needed to help disseminate and share information from the staff to the general membership.

The Terrace Member Committee is a volunteer group of the center's registered participants. They meet monthly on the first Wednesday of the month after lunch.

The Committee discusses various center activities, program goals, review the daily comment/suggestion cards, and concerns of the members.

The Terrace Member Committee pg. 2

Brenda Jackson



Brenda loves to sew and visit her horses. She enjoys crocheting with the Happy Hookers. She also likes to volunteer during monthly Bingo (food sales), the Christmas Bazaar (selling raffle tickets), the Blockers (sewing) and wiping tables at The Terrace a couple times a week.

Brenda enjoys the environment that The Terrace has to offer, particularly when people visit and when they participate in a variety of activities.

She would like to see The Terrace reach their goal for getting a new roof, and hopes that more community members participate with Terrace activities, including attending lunch and the many activities offered.

Dee Meek



Dee likes crocheting, knitting, reading and working on puzzles. While at the Terrace, enjoys interacting with other people, the good food and the various activities provided. Those activities include, Rummikub, Yoga, Happy Hookers, word puzzles and jigsaw puzzles.

She would like to see the addition of an extra room or two in the Terrace, "We are often out of space for all the activities."

Dee also volunteers as a Librarian, Kitchen Aide (fills cream and sugar holders,) table pins and making coffee (when Lou isn't available.)

Dee says, "We are so fortunate to have this center -a nice building, good food, lots of activities, devoted personnel, and interaction with others. "Somehow we need to convince the senior public to visit and that we are not just a bunch of old fogies."

Larry W. Willis



Larry's interests include collecting slot cars, fishing and being a Little League umpire. At the Terrace, he enjoys the friendly people, lunch and the games he gets to participate in, including Penny Ante Poker and Mexican Train.

Larry also volunteers for various activities at the Terrace. He would also like to see more people enrolled and more involvement at the Terrace.

Lita Piffero



Lita's hobbies and interests include, collecting bird houses and yard decorations, collecting vintage purses, and she loves growing plants and flowers in the summer.

At the Terrace, Lita enjoys "The people!" as well as the library of knowledge available if people take the time to listen, because it is a great place to learn new things. She also says, "of course the food, which is also great." She also loves to play cards and games and volunteer at the Bazaar and tries to fill in where she is needed.

In the future, Lita would like to see the Terrace "Become more self-sufficient for future needs, and upkeep." She would also like to see more ideas to attract more members.

Terrace Cinema

Green Book

April 4th – 5th at 12:45 p.m.

PG-13 | 2h 10m

Summary:

Bouncer Tony Lip is hired by African-American musician Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week concert tour. The mismatched men form a friendship as Tony learns first-hand the racism Don must endure to perform.

Instant Family

April 11th -12th at 12:45 p.m.

PG-13 | 1h 57m

Summary:

Idealistic couple Ellie and Pete find themselves overwhelmed when they open up their home to foster teenager Lizzy and her two younger siblings, Juan and Lita. With the help of fellow foster parents and agency workers, they learn to navigate the joys and pitfalls of parenting to become a modern family.

Aquaman

April 18th – 19th at 12:45 p.m.

NR | 2h 23m

Summary:

To preserve the balance between the surface world and the ancient civilization of Atlantis, Arthur Curry returns to his home to challenge his half-brother King Orm. With very few allies and resources, his only hope of defeating the tyrannical ruler is with the Trident of Atlan.

The Mule

April 25th – April 26th at 12:45 p.m.

R | 1h 56m

Summary:

A 90-year old retired veteran desperately takes on a delivery job to save his failing business. What he thought was a simple job, turned out to be a drug run for a Mexican cartel. After becoming successful at it, he comes to the attention of a ruthless DEA agent, and that's when the mistakes of his past come back to haunt him. He must now redeem his sins before either the law or the cartel catch up to him.



Spring Choir Performance

Join us for lunch on April 16th and enjoy a beautiful performance by Spring Creek Elementary Choir beginning at 12:00 p.m.

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April 2019 ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
Games & Recreation					
Bingo	2 nd T	April 9 th	12:30– 3:00 pm	Large Activity Room	\$5.00
Evening Bingo	4 th Th	April 25 th	5:30 – 8:00 p.m.	Dining Room	\$10.00
Bridge – Duplicate	T	Ongoing	4:30 – 8:30 pm	Dining Room	Free
Bridge - Party	F	Ongoing	12:30 – 3:30 pm	Small Activity Room	Free
Cribbage	T	Ongoing	9:30 – 11:30 am	Dining Room	Free
Mexican Train Dominoes	M	Ongoing	12:45 – 3:45 pm	Dining Room	Free
Penny Ante Poker	Th	Ongoing	9:00 – 11:00 am	Small Activity Room	\$1.00
Pinochle	T, F	Ongoing	8:30 – 3:30 pm	Art Room	Free
Health & Wellness					
Podiatry Clinic	3 rd Th	April 18 st	By Appointment	Front Office	\$10.00
Blood Pressure Check	2 nd Th	April 11 th	10:00 – 12:00 pm	Lobby	Free
Exercise					
Beginning Square Dance	F	Ongoing	9:30 – 11:30 am	Small Activity Room	Free
Get Up and Move	T, W, Th	Ongoing	3:00 – 3:30 pm	Large Activity Room	Free
Stretch Program	M,W, F	Ongoing	9:15 – 10:00 am	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	10:15 – 11:15 am	Large Activity Room	Free
Sunrise Troop	M,W, F	Ongoing	7:30 – 8:30 am	Large Activity Room	Free
Tai Chi Techniques	M, T, W, Th	Ongoing	10:30 – 11:30 am	Large Activity Room	Free
Tai Chi with George	T	Ongoing	2:30 – 3:30 pm	Small Activity Room	Free
Arts & Crafts					
BYOS = Bring Your Own Supplies					
Beginners Watercolor Class	Th	Ongoing	9:30 – 3:30 pm	Art Room	BYOS
Blockers – Sewing & Quilting	T	Ongoing	9:00 – 10:00 am	Technology Room	BYOS
Happy Hookers	Th & F	Ongoing	9:30 – 10:30 am	Dining Room	BYOS
Paint, Art & Craft Group	M	Ongoing	9:30 – 3:30 pm	Art Room	BYOS
Water Color Painting	W	Ongoing	9:30 – 3:30 pm	Art Room	BYOS
Connecting & Support					
Member Council Meeting	1 st W	April 3 rd	12:45 – 1:30 pm	Technology Room	Free
Dementia Friendly Elko	1 st Th	April 4 th	8:00 – 10:00 am	Technology Room	Free
Parkinson’s Support Group	1 st T	April 2 nd	10:00 – 11:00 am	Technology Room	Free
ESAP Board Meeting	2 nd M	April 8 th	2:00 – 3:30 pm	Large Activity Room	Free
RPEN	2 nd W	April 10 th	12:30 – 2:00 pm	Large Activity Room	Free
Special Activity					
Technology Class	2 nd Th	April 11 th	12:45 – 1:45 pm	Technology Room	Free
Medicare 101	3 rd W	April 17 th	6:00 – 7:30 pm	Large Activity Room	Free
Chapel Car Presentation	4 th W	April 24 th	12:45 – 1:45 pm	Technology Room	Free

For the Best Lunch in Town!

Come join us for a meal and conversation in our bright and open dining room. Meals are served anytime between 11:30 to 12:45 p.m. Monday – Friday. Table service for guests unable to serve themselves due to a disability is from 11:30 – 11:40 a.m. Everyone is welcome to enjoy our home-style cooking. Diners over the age of 60, suggested minimum donation of \$3.00, and for diners under the age of 60 the cost of the meal is \$6.00.

The Terrace April 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chili Cheese Baked Potato Broccoli & Cheese Garden Salad Diced Peaches Tapioca Pudding	2 Pesto Chicken Florentine with Penne Pasta Herbed Peas Ceasar Salad Melon Chunks Cookie	3 Mambo Pork Roast Corn Muffin Broccoli Green Salad Spiced Applesauce	4 Herb Seasoned Fish Orzo with Basil & Parmesan Seasoned Peas Garden Salad Diced Pears Ice Cream	5 Shredded Beef Enchilada Ranch Style Beans Mexicorn Green Salad Assorted Dessert
8 Baked Chicken Tenders French Fries Garden Salad Cucumbers Sour Cream Salad Apple Empanadas	9 Teriyaki Pork Chop Lentil & Brown Rice Cantonese Blend Vegetables Garden Salad Applesauce Pudding	10 Breaded Shrimp Old English Chips Tomato Vinaigrette Creamy Coleslaw Fresh Orange Marble Cake	11 Meat Loaf Baked Potato Edamame Mix Caesar Salad Root Beer Float	12 Honey Apricot Chicken Seasoned Zucchini Baked Yams Spinach Salad Melon Chunks Assorted Dessert
15 Sweet & Sour Spareribs Brown Rice Carrots & Peas Spring Salad Fresh Apple Lime Jell-O	16 Lemon Baked Fish Roasted Tomato Orzo Normandy Blend Vegetables Fruit Cocktail Turtle Parfait	17 Pot Roast Potatoes and Herbs Carrots Mixed Greens Salad Diced Pears Oatmeal Cookie	18 Oven Fried Chicken Mashed Potatoes Northwest Blend Vegetables Garden Salad Sundae Bar <small>Sponsored by Edward Jones</small>	19 Easter Dinner Baked Ham Au Gratin Potatoes Country Trio Vegetables Dinner Salad Easter Cupcake
22 BBQ Pulled Pork Enchilada Spanish Rice Refried Beans Green Salad Spiced Applesauce	23 Spaghetti With Meat Sauce Rivera Blend Vegetables Caesar Salad Diced Pears Texas Sheet Cake	24 Southwest BBQ Chicken Sandwich Baked Beans Carrot & Celery Sticks Watermelon Pudding	25 April Birthday Pork Chow Mein Edamame Spinach Salad Pineapple Chunks Birthday Cake Ice Cream	26 Tuna Salad Sandwich With Tomato & Lettuce Lentil Soup Mandarin Oranges Assorted Dessert
29 Roast Beef with Au Jus Roasted Redskin Potatoes Green Beans Garden Salad Butterscotch Pudding	30 Chicken Enchilada Casserole Brown Spanish Rice Southwest Blend Vegetables Tex Mex Salad Poke Cake	Daily Alternate Chef Salad Please place your order for a Chef Salad before 11 a.m. at the Center & 9 a.m. for Homebound Fish alternate available on Fridays for those who wish to observe Lent. Please sign-up a week in advance to insure you receive a fish meal. To sign -up you can call 738-3030 or visit the front office at the Center.		

Events of Interest

Blockers – Sewing & Quilting

Every Tuesday from 9:00 - 10:00 a.m.

Arlene Lotspeich of Elko Sew & Vac, will teach us basics in using the sewing machine, sewing vocabulary, cutting and measuring tools, and the importance of ironing as we create our projects.

Sessions will comprise of:

- Learning about the sewing machine (features – stitches, tension, bobbin, threading and general maintenance). The importance of ironing. Bring scrap fabric to the first session if you can, for practice.
- Project: Nine Patch with Sashing (could be for a mat, small pillow...)
- Cut pattern pieces from your cotton fabric selection (color/print/solid)
- Sew (and iron) your pattern pieces, sashing and backing together

Seriously interested? Here is a list of tools and supplies you will need:

- ✓ 12" x 18" cutting mat
- ✓ 12 x 5" cutting ruler
- ✓ Scissors
- ✓ Basic sewing machine
- ✓ ¼" sewing foot guide
- ✓ Seam Ripper
- ✓ Cotton fabric (5-fat quarters)
- ✓ 1 cotton thread
- ✓ Rotary cutter

This is to help you plan ahead for next month. There is no fee for class. First class is April 2nd. Questions? Contact Brenda or Priscilla during lunch, at the Terrace.

Basics of the Computer and Email Setup

Thursday, April 11th at 12:45 p.m.

Join our Technology expert, Mickey Hale as he reviews the basics of a personal computer along with setting up and navigating your very own personal email account. This class has limited space and signups are required in advance. Participants are encouraged to bring their own smart phone, tablet, or laptop.

Medicare 101

Wednesday, April 17th at 6:00 p.m.

Learn the basics of Medicare
Instructors:

Jan Brizee, Nevada Office of Consumer Health
Vicki Salazar, Aging & Disability Resource Center
Hosted by the Medicare in Elko Workgroup

Topics will include:

- Who is eligible?
- How do I sign up?
- What is covered under Parts A, B, & D?
- Do I need a supplemental plan?
- Is there help for low-income?

The evening presentation is open to everyone. Call 385-8870 for more information.

The Chapel Car

Wednesday, April 24th at 12:45 p.m.

Did you know that there were 13 chapel cars that followed the transcontinental railroad west between 1890 and 1954, serving Christian communities and planting new churches on the frontier? One of the chapel cars visited Elko, and another one founded the First Baptist Church of Las Vegas. Wendy Bernhard will show a video and speak from her experience as docent in a restored chapel car which is now in Wisconsin. Learn about the uniqueness of this form of railroad car, its relationship to the railroad industry, and the conditions of life on the cars. Wednesday, April 24, at 12:45 p.m.

H&R Block Tax Assistance

Every Thursday from 10:30 a.m.-12:30 p.m.

H&R Block will be at the Center to assist adults 60 or older with their taxes. Pricing for service is based on income. Please be sure to bring all of your documents.

Evening 50/50 Bingo

Thursday, April 25th at 5:00 p.m.

Join us for a fun evening of Bingo. Game packs can be purchased for \$10 each. Each game pack has 10 games with 3 bingo cards for each game. The games will begin at 5:30 p.m. This is a cash prize bingo, players must be 21 or older to play. The snack bar opens at 6:00 p.m. serving all beef hot dogs, chips and soda. A meal deal can be purchased for \$5. Outside food is not allowed.

Ask A Lawyer

Do you have legal questions? Attorneys will be present to answer questions and assist with legal paperwork regarding civil legal issues

WEDNESDAY, APRIL 3RD, 2019

10:00AM – 12:00PM

Sponsored by Nevada Legal Services

The Terrace at Ruby View Senior Center

1795 Ruby View Drive

Elko, NV 989801



Walk-in's Welcome - appointments are not required but helpful

Elko Senior Activity Programs, Inc. (ESAP), was formed as a nonprofit corporation in Nevada to provide nutritious meals, socialization, health screening and education for older adults. As an IRS-approved 501.c.3, tax-exempt charity, your donation to ESAP may be tax-deductible, pursuant to the provisions of section 170.c. of the Internal Revenue Code of 1986, 26 U.S.C. 170.c. Please check with your accountant.

THE TERRACE
AT RUBY VIEW
Center for Active Living
Elko Senior Activity Programs, Inc.
1795 Ruby View Drive
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