THE TERRACE AT RUBY VIEW

Senior and Active Lifestyle Center

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 to everyone who helped spread the word and to those who came to play games, dine with us, and volunteer hours. We couldn't do this without your support and encouragement.

Special Thank You To Our Nifty Fifties Sponsors

Please join me as we publicly recognize the sponsors who generously donated to make this event possible:

Southwest Gas Corporation
A+ Total Care
Canyon Construction
Highland Estates
Pizza Barn
PACE Coalition
Maggie Creek Ranch
Total Eyecare
Nevada Bank & Trust
Read & Powell
Family Dental Care

Board of Directors

Jennifer Back
Chair

Cindy Hyslop
Vice Chair

Catherine Vosburg
Member

Katrinka Russell
Member

Vicki Salazar
Member

Center Staff

Charnice Gustafson
Interim Director

Carissa Cassadore
Program Coordinator

Marjorie Birdsill
Lead Cook

Candi Ashby
Kitchen Aide / Driver

Josie O'Donnell
Kitchen Aide / Driver

Debbi Constable
Kitchen Aide / Driver

Jesse Morgan
Dishwasher

August Birthday Celebrations

Paris, Rama	1
Church, Susan	1
Mayer, Mary	1
Hankins, Helen	2
Farnsworth, Susanna	2
Reitmeier, Donald	2
Stone, Peggy	3
Wright, Judy	3
Budd, Bill	3
Aguirre, Robert	4
Molner, Dan	4
Boyce, Francis	4
Keaton, Hal	4
Mowry, Thomas	4
White, Merle	5
Tybo, Roderick	6
Lopez, Anthony	6
Unruh, Darlene	6
Leyva, Marilyn	6
Harris, Kay	6
Harris, Kaye	6
Halls, Helen	6
Lomeli, Paul	7
Paoli, Kay	7
Wright, Annie	7
Mauser, Michael	8
Schain, Gene	9
Hunt, Carol	10
Stake, Dwight	10
White, Frank	10
Evening, Phyllis	10
Merrill, Bea	10
Vaughan, Johnnie	10
Solari, Gloria	11
Huston, Sally	11
Shurtliff, Janis	11
Patton, Ann	11
Reynolds, Dea Ann	11
Lara, Rodolfo	12
Carter, Dan	12
Walker, Judy	12
Pete, Mona	15
Schollars, Sharon	15
Osmonson, Pamela	15
Cabrera, Teresa	15
Bondo, Judy	15
Carmack, Robert	16
Humphrey, Rick	16
Lino, Dana	16
Pinne, Brenda	17
Sena, John	17
Reynolds, Virginia	17
Hurley, Billy Joe	17
Goodale, Doris	17
Arano, Luciano	17
Purdy, Nita	18
Carter, Michael	18
Wheeler, IloSue	18
Cummins, James	18
Lewis, Carol	18
Dondell, Boyd	18
Bourke, Linda	19
Diekhans, Nadine	19
Robinson, Myrna	19
Hauser, Laura	20
Johnson, Diana	20
Stanton, Jim	20
Konakis, Stanley	20
Hartley, David	21
Parman, Thetis	21
Luna, Vic	22
Wiese, Wayne	23
Lara, Maria	24
Hansford, Cindy	24
Fobes, Dennis	24
D'Astro, Charles	24
Sullivan, Marjorie	24
Alvarez, Fernando	24
Herr, Dolores	25
Culver, Glenda	25
Mueller, Bill	25
Adams, Shirley	25
Prunty, Marge	25
Cash, Phyllis	26
Jewett, Patricia	26
Davidson, Ellen	28
Wilkie, Marlene	29
Jones, Ray	29
Wright Jr, William	29
Chapin, Delma	29
Piffero, Lita	30
Grover, Joy	30
Caruso, Rich	30
Jones, Tuinita	30
Holdaway, Penny	31
Lage, Neva	31

In Loving Memory

Rose Juaristi
July 6, 2019

Rigoberto Salazar
July 13, 2019

Duane Kern
July 17, 2019

Blockers – Sewing & Quilting

Have you wanted to learn to sew or quilt? Do you have a technique or trick that you would like to share with others? Then Blockers may be able to help you. New members are welcome to join the group to share and participate in observational learning. Participants are encouraged to bring their own tools and supplies such as cutting mats, cutting ruler, scissors, sewing machine, seam ripper, etc.

Terry Ross (pictured on the left) just completed this Tee-Shirt quilt that she made using shirts that belonged to herself and her mother. Terry started this project with the Blockers and was able to complete it with in a two month period.

The Blockers meet every Tuesday from 9:30 a.m. – 11:00 a.m. in the Technology Room, drop-ins are welcomed.

First Annual
2019 Veterans Day Ball

The Elko Veteran Corps, in collaboration with PACE Coalition, is hosting the first annual, 2019 Elko Community Veterans Day Ball on Saturday, November 9th, 2019 at the Elko Convention Center.

This community event will be an evening of fun featuring a catered dinner (Dreez), music (DJ Pedro Marin), dancing, professional photos, and raffles! Attendee's must be 18 years or older. Suggested attire for the evening is Semi-formal or 'Nevada formal'.

Tickets for the event can be purchased for $50 per person (per person ($400 for a table of 8) from Tammi at PACE Coalition (775-777-3451) using cash, check or credit card (or credit card by phone) of from a Veterans Day Ball Planning Committee member with cash or check.

For the 2019 Veterans Day Ball, the hosts are soliciting veteran military photos from all eras for a slide show presentation to run throughout the evening. If you have photos to share from your military service (or of another veteran) please email them to Charlie Ekburg at Charlie@sweetlifhtphotography.com (photos must be in .jpef format with a minimum 1000 ppi)

Please join the **Elko Veteran Corps** Facebook group which features information for veteran discounts at local businesses, veteran owned businesses, and other helpful Elko Community veteran information and events.

GET Greater Elko Transit
My Ride
ELKO County NEVADA
Need Transportation?
Call G.E.T. My Ride –
777-1428
For Door to Door Service
New riders need to register
24 hours in advance.

Proud Partners With
NEWMONT
BARRICK
Nevada Aging and Disability Services Division
SOUTHWEST GAS
UNT & SONS INC.
Gary KONAKIS AUTOMOTIVE INC.
UNION PACIFIC

Terrace Cinema

Little

August 1st – 2nd at 12:45 p.m.
PG-13 | 1h 49m
Summary:
A successful but ruthless executive who looks down and torments everyone beneath her, especially her abused yet loyal assistant, gets magically transformed back into her 13-year old self. She must now rely on the very people she bullied as she struggles to reclaim her life

Actors:
Marsai Martin, Issa Rae, Regina Hall, Tone Bell, JD McCrary, Justin Hartley, Tracee Ellis Ross, Luke James, Mikey Day, Thalia Tran

Poms

August 8th – 9th at 12:45 p.m.
PG- 13 | 1h 31m
Summary:
After moving to a retirement community, a woman is inspired to relive her high school days and start a cheerleading team with the fellow residents. The team takes off, but a shocking secret about the captain threatens to derail their training in this comedy film.

Actors:
Rhea Perlman, Diane Keaton, Charlie Tahan, Bruce McGill, Jacki Weaver, Celia Weston, Patricia French, Alisha Boe, Alexandra Ficken, Phyllis Somerville

Lying and Stealing

August 15th – 16th at 12:45 p.m.
R | 1h 40m
Summary:
An aspiring actress trying to escape her dubious con artist past and an art thief attempting to leave the game team up in Los Angeles to pull off the heist to end all heists, to gain their liberation.

Actors:
Theo James, Emily Ratajkowski, Isiah Whitlock, Jr., Fred Melamed, Aris Alvarado, Fernanda Andrade, Tim Bader

A Dog's Journey

August 22nd – 23rd at 12:45 pm
R | 1h 48m
Summary:
Bailey is a dog that has grown old through the years who makes a promise to his owner that he will find and protect his granddaughter no matter what. As Bailey's soul jumps through multiple lives, he always finds his way to her as she goes through the highs and lows of life.

Actors:
Josh Gad, Betty Gilpin, Dennis Quaid, Kathryn Prescott, Abby Ryder Fortson, Marg Helgenberger, Henry Lau, Ian Chen

Rocketman

August 29th – 30th at 12:45 pm
R | 2h 1m
Summary:
His music inspires you, his life will surprise you," Rocketman is a one-of-a-kind musical celebration set to Elton John's most beloved songs. Discover how a shy, small-town boy becomes one of the most iconic figures in rock & roll. Featuring an all-star cast, this truly spectacular and utterly electrifying ride is filled with show-stopping musical performances and is "unlike anything you've ever seen"

Actors:
Taron Egerton, Jamie Bell, Richard Madden, Bryce Dallas Howard, Gemma Jones, Steven Mackintosh, Tom Bennett, Matthew Illesley, Kit Connor, Charlie Rowe

August 2019 ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
Games & Recreation					
Bingo	2nd T	August 13th	12:30– 3:00 pm	Large Activity Room	$5.00
Evening Bingo	4th Th	August 22nd	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
PO · KE · NO	1st T	August 6th	6:00 – 7:30 pm	Art Room	Prize
Health & Wellness					
Podiatry Clinic	3rd Th	August 15th	By Appointment	Front Office	$10.00
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	9:30 – 11:00 am	Technology Room	BYOS
Happy Hookers	Th & F	Ongoing	9:30 – 10:30 am	Dining Room	BYOS
Water Color Painting	W	Ongoing	9:30 – 3:30 pm	Art Room	BYOS
Connecting & Support					
Parkinson's Support Group	1st T	August 6nd	10:00 – 11:00 am	Technology Room	Free
RPEN	2nd W	August 7th	12:30 – 2:00 pm	Large Activity Room	Free
ESAP Board Meeting	2nd M	August 12th	2:00 – 3:30 pm	Large Activity Room	Free
Dementia Friends Champions Training	M	August 19th	9:00 – 12:00 pm	Technology Room	Free
Dementia Friends Community Meeting	M	August 19th	1:00 – 3:00 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 August 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Alternative **Chef Salad** Please place your order for a Chef Salad before 11 a.m. at the Center & 9 a.m. for Homebound			**1** California Crab & Rice Salad Egg Roll Vegetable Soup Pineapple Poppy Seed Ice Cream	**2** Cheese Burger Baked Beans French Fries Fruit Cocktail Assorted Dessert
5 Oven Fried Chicken Mashed Potatoes Peas & Carrots Garden Salad Biscuit Chocolate Chip Cookie	**6** Baked Pork Chop Mashed Sweet Potatoes Green Beans Mixed Green Salad Banana Butterscotch Pudding	**7** Grilled Fish Tacos Spanish Rice Lime Cabbage Slaw Tomatoes Vinaigrette Grapes Poke Cake	**8** All Beef Hot Dog Chili Sauerkraut Garden Salad Diced Peaches Root Beer Float	**9** Chicken Parmesan With Noodles California Blend Vegetables Orange Spinach Salad Fruit Cocktail Assorted Dessert
12 BBQ Pulled Pork Sandwich Corn Creamy Coleslaw Spinach Salad Watermelon Chocolate Pudding	**13** Tuna Salad Sandwich Turkey Bean Soup Cantaloupe Chunks Jell-O	**14** Spaghetti With Meat Sauce Riviera Blend Veg. Ceasar Salad Diced Pears Texas Sheet Cake	**15** Pesto Chicken Florentine with Penne Pasta Tossed Salad Strawberries Sundae Bar **Sponsored by Edward Jones**	**16** All You Can Eat Soup Bar Spring Salad Mandarin Oranges Assorted Dessert
19 Lemon Baked Fish Long Grain Rice Green Peas Grapes Tossed Salad Lemon Bar	**20** Meat Loaf Bake Potato Savory Green Beans Garden Salad Watermelon Strawberry Short Cake	**21** Honey Lemon Chicken Garlic & Red Pepper Penne Brussels Sprouts Garden Salad Tapioca Pudding	**22 August Birthday** BBQ Pork Ribs Au Gratin Potatoes Northwest Blend Veg Creamy Coleslaw Fruit Cocktail Birthday Cake & Ice Cream	**23** Smothered Burrito Spanish Rice Green Beans Tex Mex Salad Fruit Cup Assorted Dessert
26 Beef Stroganoff Over Noodles Green Peas Garden Salad Fruit Cup Rice Krispy Treat	**27** Chicken Cordon Bleu Casserole Key West Blend Veg Garden Salad Mandarin Oranges Bread Stick Sherbet	**28** Pork Pot Roast Herb Roasted Potatoes Baby Carrots Garden Salad Diced Pears Cake	**29** Tuna Fish Casserole Colorful Salad Mango Cubes Dinner Roll Ice Cream	**30** Swiss Steak Baked Potato Herbed Vegetables Garden Salad Applesauce Dinner Roll Assorted Dessert

The Terrace at Ruby View | 775-738-3030
1795 Ruby View Dr. Elko | www.elkoseniors.org

Events of Interest

Friends Day Out

Every Friday, starting at 1:00 p.m.

"Friends Day Out" featuring the Java Music Club is an innovative program designed to provide caregivers a much needed break and their loved ones with an opportunity to get out of the house to enjoy the company of others utilizing the Java Music Club program.

Java Music Club is a research-based peer support activity group program designed for the wellbeing of individuals living with Dementia, Chronic Illness, and may other condition, disease and disorders. Java Music Club is facilitated by volunteers and RSVP staff members. Caregivers do not need to stay.

Walmart Vision at the Center

Tuesday, August 13th from 10:00 a.m. – 12:00 pm

The Optical Technicians from Walmart Vision will in the lobby to receive a free eye exam or eyeglass repair and cleaning.

Dementia Friends Champions Training

Monday, August 19th from 9:00 a.m. – 12:00 p.m.

'Champions' who complete this training are then authorized to provide Dementia Friends Information Sessions to individuals and groups using the licensed, quality materials developed by Dementia Friends USA. A Dementia Friends Information Session is a welcoming, free, one-hour, small-group session (not a formal training) that is facilitated by a volunteer Dementia Friends Champion or a pair of Champions. It covers five key messages about dementia through activities and discussion – very engaging! At the conclusion of the session, Dementia Friends are asked to commit to a dementia-friendly action they can take within their community. If you want to make a difference in Elko County by providing education and raising awareness about dementia, then this training is for you! You do not need any teaching experience or a professional background in dementia to become a Champion. The program is very well developed and comes with a scripted Champion's guide so that all interested community members can serve in this important role. For more information, please contact Jennifer Carson at 775-682-7072 or by email jennifercarson@unr.edu

Evening 50/50 Bingo

Thursday, August 25th at 5 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.

FREE Hearing Checks

Wednesday, August 7 and 21

at Highland Estates Activity Room

- Hearing aid cleanings
- Screening for hearing loss on those without hearing aids
- Financing discount application options available for hearing aids
- Application enquirers for free hearing aids to those who qualify
- Batteries for hearing aids available

Free and Open to the Senior Elko Community
2870 Ruby Vista Dr, Elko, NV 89801
Highland Estates; Activity Room, First Floor
775-753-5500 * 3

The Great Gatsby Dinner Party

Saturday, September 21st at 6 p.m.
Presented by Carlin Senior Center

Play a role as a Murder suspect or come watch the events transpire in with the murder mystery of the Century. Limited Roles. Come dressed in your favorite roaring 20's outfit. $25.00 per ticket. Contact Ella at the Carlin Senior Center (775-754-6465) for tickets and more information.

Volunteer Opportunities

Current Openings at the Center

We are currently looking for dedicated, enthusiastic volunteers who can help with the following areas:

- Silverware Wrappers
- Office Help
- Front Desk Help

A Lesson from Nature

Author Unknown

Did you know?
Sunflowers turn according to the position of the sun. In other words, they "chase the light". You might already know this, but there is another fact that you probably do not know!

Have you ever wondered what happens on cloudy and rainy days when the sun is completely covered by clouds?

Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind?

Well, that's incorrect. This is what happens: They turn towards each other to share their energy.

Nature's perfection is amazing. Now let's apply this reflection to our lives. Many people may become low-spirited, and the most vulnerable ones, sometimes, become depressed. How about following the example of the beautiful sunflowers, i.e. "Supporting and empowering each other". Nature has so much to teach us.

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.

Elko Senior Activity Programs, Inc.
1795 Ruby View Drive
Elko, Nevada 89801

THE TERRACE AT RUBY VIEW Center for Active Living

NONPROFIT ORG
U.S. POSTAGE PAID
ELKO, NV
PERMIT NO. 34