



Happy Independence Day month! We are halfway through the year (less than 180 shopping days until Christmas)! July is named for Julius Caesar, who created the Julian Calendar. The Julian Calendar moved away from a lunisolar (calendar based on a combination of lunar and solar events) to a strictly solar calendar. It added two months, while also creating leap days, and was used for nearly 1600 years. The calendar used by most of the world today is the Gregorian Calendar (named after Pope Gregory), which is basically the Julian Calendar, with 3 leap years removed every 400 years (I'll discuss the Gregorian Calendar more in October). Interestingly, only a month after members of the Roman Senate assassinated Caesar, the Senate changed the name of the seventh month to July in honor of the month he was born.

In modern times, July features two national holidays. Canada Day on July 1, when neighbors above, and from, our northern border celebrate the creation of Canada through the Constitution Act. Here in the United States we celebrate on the Fourth of July, America's Independence. July is also National Picnic Month (so get outside for a picnic) and National Ice Cream Month, with multiple days celebrating ice cream and individual flavors throughout the month! The Full Moon in July is referred to as the Buck Moon, as antlers generally grow fastest on members of the Cervidae Family (deer) in the northern hemisphere this month. Finally, Neil Armstrong left the first footprints on the moon in July of 1969. Here at your Senior Center, we are preparing for construction to take place in early August. With the kitchen closed, we will be making extra frozen meals for our Meals on Wheels members. We will have more information in the August Newsletter concerning this closure. We are also preparing for the 21st annual Senior Olympic Games! Registration for the Games is available online now and there will be a Registration Event held on July 19 here at the Senior Center from 10 a.m. until 5 p.m. Events run from July 26th-30th. We are trying to be more efficient with volunteer time; therefore, we are requesting that all registrations be done electronically. Your Center staff is here to help you, so please see Matt or Carissa for help registering.

Have you ever gone out for a picnic, or perhaps a hike, and wondered what animal left the track in front of you? You have an opportunity to learn about animal tracks, including a track casting activity on July 12, courtesy of the Nevada Department of Wildlife. This is just one of the many activities that are offered in July here at your Center. Other activities include Bridge, Bunco, Dominoes, and Pinochle. Socialization, Health Screening, and Educational opportunities include: the Cancer Support Group meeting on July 7; Kristen Roe, providing Medicare Assistance on both July 21 and July 28; Nevada Care Connection being on site on July 14; the Senior Center Board meeting on July 17; and Dr. Patton's visit on July 27. Don't forget that we think we serve the Best Lunch in Town, both in our dining room and our Meals on Wheels program. Thanks to the William N. Pennington Foundation, we offer all seniors 60 and better access to the free pantry, with more than 30 items available. Whatever brings you to your Center, we are here to help keep you Independent! Have a great month!

#### 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.

The Terrace at Ruby View - 1795 Ruby View Dr. Elko  
775.738.3030 - [www.elkoseniors.org](http://www.elkoseniors.org)

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
<b>Games &amp; Recreation</b>					
Bridge (Duplicate)	W	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00
Bridge	M-Th	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	2 <sup>nd</sup> M	June 12th	12:45 p.m.	Dining Room	BYOS
Beginning Bridge Class	Monday	Ongoing	9:30-11:30 a.m.	Dining Room	Free
Dominoes	W	Ongoing	1:00-3:00 p.m.	Dining Room	Free
Penny Ante Poker	M & Th	Ongoing	9:00-11:00 a.m.	Dining Room	BYOS
Pinochle	Th	Ongoing	9:00 a.m.	Dining Room	BYOS
<b>Exercise</b>					
Stretch & Strength	Th	Ongoing	1:00 – 2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	8:00 – 8:45 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	8:45–9:15 a.m.	Large Activity Room	Free
Tai Chi Techniques	M, T, Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
<b>Arts &amp; Crafts</b>					
Watercolor Painting & Drawing	W & Th	July 12th	9:00 a.m.–3:00 p.m.	Art Room	BYOS
Char's Craft Class	2 <sup>nd</sup> Tues.	July 11th	10:00 – 11:30 a.m.	Art Room	Varies
Quilting/Sewing Class	W	Ongoing	9:00 a.m.–3:00 p.m.	Technology Room	BYOS
Ruby Mt. Fiber (Knitting Group)	W	Ongoing	11:30 a.m.–2:00p.m.	Technology Room	BYOS
Happy Hookers	F	Ongoing	9:00 – 11:30 a.m.	Dining Room	BYOS
<b>Connecting &amp; Support</b>					
Cancer Support Group	F	July 7th	11:00-12:00 noon	Craft Room	Free
Bible Study	T	Ongoing	1:00 – 3:00 p.m.	Tech. Room & Zoom	Free
Friends Day Out - Java Music Club	F	Ongoing	1:00 – 3:00 p.m.	Art Room	Free
TOPS (Taking off Pounds Sensibly)	Th	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Garden Club	Varies	Aug 4th	12:00 noon	Technology Room	Free
Memoir Writing	4 <sup>th</sup> Thurs.	July 27th	1:00 - 2:00 p.m.	Technology Room	Free
ESAP Board Meeting	3 <sup>rd</sup> Mon	July 17th	2:00 – 3:30 p.m.	Senior Center/Zoom	Free
Dr. Patton's Podiatry	Varies	July 27th	1:00 – 3:30 p.m.	Podiatry Room	\$10.00
Nevada Legal Services	Varies	Aug. 9th	10:00 a.m. - 12:30	Office	Free
Nevada Care Connection	2 <sup>nd</sup> F	July 14th	11:00 a.m.–1:00 p.m.	Dining Room	Free
Kristen Roe (Medicare Help)	3rd & 4th F	July 21 & 28	11:00 a.m.–1:00 p.m.	Dining Room	Free
RPEN	2 <sup>nd</sup> Wed.	12-Jul	1:00 - 2:00 p.m.	Dining Room	Free
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free
Kiwanis	M	Ongoing	12:00 noon	Technology Room	\$10.00
Rotary (Noon Club)	W	Ongoing	12:00 noon	Large Activity Room	\$10.00
Rotary (Desert Sunrise)	Th	Ongoing	6:30 a.m.	Dining Room	\$10.00



# In Loving Memory



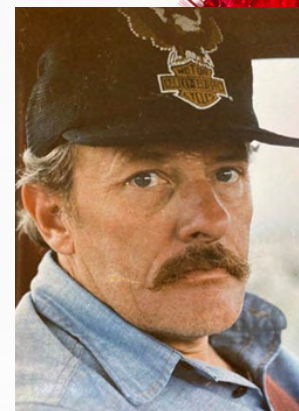
**JAMES QUINTANA**  
MAY 2, 2023



**HARVEY BLAND**  
APRIL 15, 2023



**MICHAEL MARFISI**  
JUNE 12, 2023



**DOUGLAS OWEN**  
JUNE 12, 2023



**CHRIS FOTHERINGHAM**  
MAY 11, 2023



**GARY HOSKINS**  
JUNE 1, 2023



**MARGE PRUNTY**  
JUNE 12, 2023



**JUDITH HIRE**  
JUNE 3, 2023



**NOELLA JEAN GARRARD**  
JUNE 2, 2023



**JUDY LONG**  
MAY 9, 2023

A 13-WEEK MULTI-DENOMINATIONAL CHRISTIAN FAITH-BASED GRIEF SUPPORT PROGRAM HAS BEEN OFFERED TO THE MEMBERS OF THE CENTER. THIS PROGRAM WOULD BE LED BY ONE OF OUR REGULAR MEMBERS. SUGGESTED DONATION OF \$20 COVERS THE COST OF THE WORKBOOK THAT YOU WOULD KEEP.



# Photo Fun!







# The Terrace Cinema

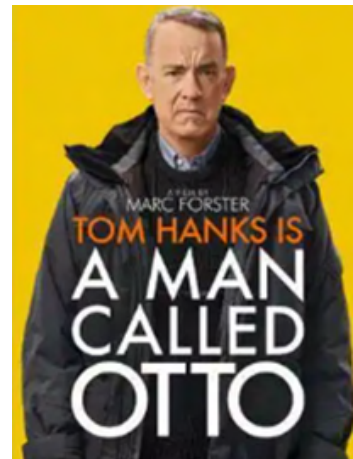


**BORN ON THE FOURTH OF JULY (1989)**  
JULY 6TH & 7TH AT 12:45 PM  
R | 2H 25M

THE BIOGRAPHY OF RON KOVIC. PARALYZED IN THE VIETNAM WAR, HE BECOMES AN ANTI-WAR AND PRO-HUMAN RIGHTS POLITICAL ACTIVIST AFTER FEELING BETRAYED BY THE COUNTRY FOR WHICH HE FOUGHT.



**A MAN CALLED OTTO (2023)**  
JULY 13TH & 14TH AT 12:45 PM  
PG-13 | 2H 5M



BASED ON THE COMICAL AND MOVING #1 NEW YORK TIMES BESTSELLER, A MAN CALLED OTTO TELLS THE STORY OF OTTO ANDERSON (TOM HANKS), A GRUMPY WIDOWER WHO IS VERY SET IN HIS WAYS. WHEN A LIVELY YOUNG FAMILY MOVES IN NEXT DOOR, HE MEETS HIS MATCH IN QUICK-WITTED AND VERY PREGNANT MARISOL, LEADING TO AN UNLIKELY FRIENDSHIP THAT WILL TURN HIS WORLD UPSIDE-DOWN. EXPERIENCE A FUNNY, HEARTWARMING STORY



**THE PATRIOT (2000)**  
JULY 20TH & 21ST AT 12:45 PM  
R | 2H 45M

PEACEFUL FARMER BENJAMIN MARTIN IS DRIVEN TO LEAD THE COLONIAL MILITIA DURING THE AMERICAN REVOLUTION WHEN A SADISTIC BRITISH OFFICER MURDERS HIS SON.



**THE SANDLOT (1993)**  
JULY 27TH & 28TH AT 12:45 PM  
PG | 1H 41M



IN THE SUMMER OF 1962, A NEW KID IN TOWN IS TAKEN UNDER THE WING OF A YOUNG BASEBALL PRODIGY AND HIS ROWDY TEAM, RESULTING IN MANY ADVENTURES.



# Happy Birthday

**America's**  
**Birthday**

**JULY 01**  
**JUNE MARTIN**  
**JEFF OSMONSON**

**JULY 02**  
**PATRICIA DIEHL**  
**RICHARD SHURTLIFF**  
**VIRGINIA DURPHY**  
**BRUCE SMOTHERS**  
**JESSIE MYERS**  
**CAROL FARRELL**

**JULY 03**  
**JOYCE NELSON**  
**RAYMA HUGHES**

**JULY 04**  
**JOSE NEGRETE**  
**NICK OBORN**

**JULY 05**  
**ALAN EDWARDS**  
**LYNETTE VEGA**

**JULY 06**  
**SANDRA HEFLIN**  
**JEANNE HART**

**JULY 07**  
**DEANNA FINCHER**  
**RON SJOL**  
**SHIRLEY KESSLER**

**JULY 08**  
**REMA WHITE**  
**DONALD PETERS**  
**STEVEN GUITAR**

**JULY 09**  
**MAVISLEE JONES**  
**MICHAEL KERNA**  
**ARGENIA FRANK**

**JULY 10**  
**RUBY GLIKO**  
**DEE DOMINGO**  
**JAMES (KENT) HUGHES**

**JULY 11**  
**FRANCES LEYVA**  
**ANNA SILER**

**JULY 12**  
**JAN BOYER**  
**CAROLYN FREY**  
**FLORENCE GALVIN**  
**VICKI URBAN**  
**JULIA SMITH**  
**CINDY BUCKLES**

**JULY 13**  
**RONALD GOERY**  
**CHARLES WILMOT**  
**LEIGH GRIMES**

**JULY 14**  
**JULIE HERRERA**

**JULY 15**  
**DIANE ARMUTH**  
**BONNIE PETZNICK**  
**FREDDRICK BECKER**

**JULY 16**  
**ALTA GLASS**  
**ROBERT SHERRILL**  
**GEORGE POSTON**  
**ARLETTA LIPPARELLI**  
**JEFF VEGA**

**JULY 17**  
**DENNIS CURTIS**  
**LINDA RIDGE**  
**ELSIE JOHNSON**  
**MARIAN MCKENZIE**  
**DAVID IZATT**  
**DONALD WEBB**  
**GERALD SEIL**  
**PAMELA IVY**

**JULY 18**  
**KATRINA BARTLETT**  
**RAY KEHN**  
**SHARRON SCOTT**  
**LINDA DERRICK**  
**TERYL GIBSON**

**JULY 19**  
**DAVID CIMO**  
**JULIE CHURCHFIELD**

**JULY 20**  
**BARBARA MAPLE**  
**BARTON MCAFEE**  
**MARY SEIL**

**JULY 21**  
**GARY MANNING**  
**EDITH SCHAIN**  
**KAREN CRACRAFT**  
**BETTY RIVERS**

**JULY 22**  
**KARAN FERREIRA**  
**LINDA LOPEZ**  
**JAMES ALBITRE**

**JULY 23**  
**JAMES WRENFROW**  
**KIMBERLY GARCIA**  
**JULIE SANTTI**

**JULY 24**  
**GERALDINE KATH**  
**TANA DOERR**  
**ALLEN RUSHTON**

**JULY 25**  
**DEAN CERNICK**

**JULY 26**  
**CHONG PRATT**

**JULY 27**  
**MARLENE DURAN**  
**MARTHA SCHOTT- BERNIUS**  
**BILL MELLENTIN**  
**STEVE SUDWEEKS**  
**DARLENE BARNES**

**JULY 28**  
**JAMES BURNETT**  
**CHRISTOPHER PRESSLEY**  
**LEO HART JR**

**JULY 29**  
**AUDREY SAVARY**  
**WILFRED (SLIM) BAKER**  
**JUANITA JONES**  
**DONNA MITCHELL**

**JULY 30**  
**DAVID PATTON**  
**MARIO ORDUNO**

**JULY 31**  
**LARRY HIRE**  
**JANET THOMPSON**  
**TIM AVERY**  
**JEFF LYNN**



## ITEMS TO MAKE NOTE OF

THE 21ST ANNUAL ELKO SENIOR GAMES ARE COMING! THE GAMES WILL BE PLAYED WEDNESDAY, JULY 26 THROUGH SUNDAY, JULY 30 THIS YEAR. EARLY REGISTRATION BEGINS JULY 19, 2023 AND WILL BE HELD AT THE CENTER. PLEASE SEE THE OFFICE IF YOU HAVE ANY QUESTIONS.



### Thank You,

WILLIAM N. PENNINGTON  
FOUNDATION  
NEVADA GOLD MINES  
HUNT & SONS  
WESTERN STATES PROPANE  
THE CLEAN TEAM  
LAMOILLE WOMEN'S CLUB  
THE JONES FAMILY IN  
MEMORY OF GARY HOSKINS  
GENESIS HOME HEALTH  
SERVICES  
JAN BAKER  
ANTHEM BROADBAND

### Blast from the Past



### FREE MOVIE!!

In Celebration of our Senior Citizens

**August 12, 2023**

Doors open at 2pm

Movie starts at 2:30pm

call 775-738-4091 to  
reserve your seats

Elko Convention &  
Visitors Authority  
700 Moren Way

Reminder: Newsletter information. Did you know that if you opt to get the Newsletter via email, it will save the Center paying postage and it allows us to attach more brochures and flyers of interest and activities to all?

It is also available on our website

<http://www.elkoseniors.org/>

Call us at 775.738.3030 to make the change or just send an email to: [Terracedirector@elkoseniors.org](mailto:Terracedirector@elkoseniors.org)



# ITEMS TO MAKE NOTE OF



WOULD YOU LIKE TO SUPPORT THE LOCAL VFW POST 2350 AND PURCHASE A RED FRIDAY SHIRT? WE HAVE THEM AVAILABLE AT THE CENTER FOR \$5.00 EACH. STOP BY THE OFFICE TO PURCHASE ONE!

IN MAY 2023, WE SERVED 5,571 MEALS AT AN AVERAGE COST OF \$7.34. WE RECEIVED AN AVERAGE OF \$2.93 PER MEAL IN MEAL DONATIONS.

Happy  
INDEPENDENCE  
DAY

Bible Study  
Zoom ID:  
985 3530 4924  
Password:  
3DmkDX



WAFED BANK WILL CONTINUE TO GIVE MONTHLY PRESENTATIONS ON FINANCIAL SECURITY, AVOIDING FRAUD, ESTATE PLANNING, AND OTHER BANKING TOPICS. THESE PRESENTATIONS OCCUR ON THE SECOND MONDAY OF EACH MONTH .

SOCIAL ZOOM CALL  
TUESDAYS AND  
FRIDAYS AT 4:00PM  
ZOOM ID: 824 8842  
1823  
PASSWORD: 024871



Look for us on Facebook:  
**THE TERRACE AT RUBY VIEW**  
and stay up to date with all  
the latest news & activities



# BINGO

**\$ CASH PRIZES \$**

**Game Packets \$10 each**

Each Packet - 10 games/3 cards per game

Bingo Daubers Available for Purchase

Must be 21 or older to play

Please NO outside FOOD

Snack & Beverage Purchases Available

**Elko**

**Thursday,  
July 27<sup>th</sup>**

Doors open at 5 pm – Game  
starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

**Spring Creek**

**Wednesday,  
July 12<sup>th</sup>**

Doors open at 5:30 pm –  
Game starts at 6 pm

SCA Boardroom

401 Fairway Blvd. – S.C.

For more information  
please call us at  
775-738-3030



**Board of Directors Bulletin**

**The date of the next Board meeting is July 17, 2023 (subject to change; always check for the agenda). We will meet in-person and, per request, provide Zoom access. Please submit the request one week prior to the meeting. Check the website under BOARD to get the agenda information. The Minutes from the last few meetings will also be posted. They are in PDF format so you will need ADOBE READER (or another type of PDF program, in order to be able to read it). If you need a hard copy, you can always call the Center at 775-738-3030 to request a copy. All of the Directors of the Board have contact information provided on the website under BOARDS. Please feel free to reach out to any of them if you have questions or concerns, or even suggestions! Thank you for your support as we work to provide the best service possible.**

**Board of Directors**

Jennifer Back/Chair - Cindy Hyslop/Vice Chair - Katrinka Russell - Treasurer  
Monica Wright-Coscarat - Marsha Davis - Brian Riley - Billie Jean Crawford

**Senior Center Staff**

Matt McCarty/Executive Director - Carissa Cassadore/Member Program Mgr.  
& Janis Shurtliff/Receptionist

Uriel Villano/Kitchen Manager - Josie O'Donnell/Assistant Lead Cook  
Candi Ashby, Sami Wrenfrow, Samantha Oneida, Jessie Myers /Kitchen Aide  
& Drivers, Donna Bochman/Dishwasher

**NEW MEMBERS**

BECKY CUMMINGS  
CINDY NEISESS  
PAULINE AGUIRRE  
ANGIE BERRY  
JAMES HILL  
KELLY HOWARD  
JAMES OLSEN  
LAWRENCE CARPENTER  
ALVIN STENINGER  
MICHELLE STUMPP



PAMELA SUTTER  
DANNY DAWSON  
PRICE MONTROSE  
PATRICIA MCCABE  
GAIL MONTROSE  
JEAN MORRISON  
VICKI KINNEY  
ROBIN HAVIRD  
DIANA JAMES

DOUG LOUCKS  
SHIRLEY POIRIER  
GLORIA AIKENHEAD  
KEITH AIKENHEAD  
MARJORIE COLLISON  
DIANA KEOGH  
MARK HAMMOND  
JERRY THOMPSON





**For the Best Lunch in Town!**

Lunch Meals are served Monday – Friday, between 11:30 a.m. to 12:45 p.m.

Diners over the age of 60 - suggested \$4.00 donation. For diners under the age of 60, the cost of the meal is \$8.00.

**The Terrace July Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>4th of July Breakfast</b> <b>9:30-10:45 am</b> Biscuits & Gravy Oatmeal Scrambled Eggs Grapes Strawberry & Blue Berry Parfait Cup	<b>4</b>  <b>Center Closed</b>	<b>5</b> Pork Tenderloin Mashed Sweet Potatoes Green Peas Mixed Green Salad Spiced Apples	<b>6</b> Crab Salad Croissant Baked Potato Garden Salad Apricot Ice Cream	<b>7</b> Country Fried Steak Mashed Potatoes Corn Coleslaw Assorted Dessert
<b>10</b> Chicken Tenders Oven Baked Fries Green Salad Creamy Coleslaw Pears Cookie	<b>11</b> Pork Tenderloin Sweet Potatoes Green Beans Green Salad Banana Lemon Poke Cake	<b>12</b> Shrimp Basket Piccadilly Chips Coleslaw Mandarin Oranges Vanilla Pudding	<b>13</b> Spaghetti with Meat Sauce Zucchini Colorful Salad Bread Stick Jell-O with fruit	<b>14</b> Orange Chicken Brown Rice Pilaf Spring Salad Pineapple Poppy Seed Salad Assorted Dessert
<b>17</b> Pizza Pasta Salad Carrot Raisin Salad Diced Peaches Rice Krispy Treat	<b>18</b> Lemon Baked Fish Long Grain Brown Rice Green Peas Tossed Salad Grapes Lemon Bar	<b>19</b> Hot Dog Chili Broccoli Salad Sauerkraut Strawberries Eclair Dessert	<b>20</b> Chicken Noodle Casserole Zucchini & Tomatoes Caesar Salad Orange Sections Cornbread <b>Sundae Bar Sponsored by Tim Hatch w/ Edward Jones</b>	<b>21</b> BBQ Ribs Potato Devine Sunshine Carrots Spinach Salad Fruit Assorted Dessert
<b>24</b> Country Fried Steak Mashed Potato Cozumel Blend Green Salad Apple Sauce Chocolate Peanut Butter Cookie	<b>25</b> BBQ Grilled Hamburger Baked Beans Carrot & Celery Sticks Cantaloupe Apple Dump Cake	<b>26</b> Italian Fried Chicken Spaghetti Noodles Normandy Vegetables Caesar Salad Garlic Bread Jell-O with Fruit	<b>27 BIRTHDAY</b> BBQ Pulled Pork Sandwich Oven Baked Fries Three Bean Salad Garden Salad Cake & Ice Cream	<b>28</b> Swedish Meatballs Over Noodles Steamed Broccoli Tossed Salad Diced Pears Assorted Dessert
<b>31</b> Meatloaf Baked Potato Green Beans Mandarin Oranges Oatmeal Cookie				

**Drive Thru & Chef or Chicken Apple Salad**  
**order before 9:00 am**

The Terrace at Ruby View | 775-738-3030

1795 Ruby View Dr. Elko | www.elkoseniors.org

**IMPORTANT DATES:**

JULY 1 – CANADA DAY

JULY 1 – NATIONAL POSTAL WORKER DAY

JULY 2 – NATIONAL WILDLAND FIREFIGHTER DAY

JULY 4 – INDEPENDENCE DAY

JULY 6 – INTERNATIONAL KISSING DAY

JULY 7 – WORLD CHOCOLATE DAY

JULY 8 – INTERNATIONAL SKINNY DIP DAY

JULY 10 – NATIONAL PINA COLADA DAY

JULY 11 – MLB ALL STAR GAME

JULY 11 – NATIONAL CHEER UP THE LONELY DAY

JULY 13 – NAT'L BARBERSHOP APPRECIATION DAY

JULY 15 – NATIONAL TAPIOCA PUDDING DAY

JULY 19 – NAT'L HOT DOG DAY (SEE OUR MENU!)

JULY 23 – GORGEOUS GRANDMA DAY

JULY 23 – NATIONAL PARENTS' DAY

JULY 26 – NATIONAL AUNT AND UNCLE'S DAY

JULY 27 – NAT'L KOREAN WAR ARMISTICE DAY

JULY 27 – NATIONAL CRÈME BRULÉE DAY

JULY 30 – NATIONAL CHEESECAKE DAY



**NEWSLETTERS  
BROUGHT TO YOU  
WITH THE HELP  
OF OUR AMAZING  
NEWSLETTER  
TEAM!  
THEY HELP US  
SORT, PREP, FOLD,  
ORGANIZE, &  
MORE  
THANK YOU!**



**Need Transportation?**  
**Call G.E.T. My Ride –**  
**777-1428**  
 For Door to Door Service  
 New riders need to register  
 24 hours in advance.

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.



Looking to Volunteer?  
 Are you looking for something  
 to do part time? We need  
 volunteer help here at the  
 Center in the office and  
 Kitchen. Call us at 738-3030 to  
 find out more!

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

**AT RUBY VIEW**  
**THE TERRACE**  
 Center for Active Living  
 Elko Senior Activity Programs, Inc.  
 1795 Ruby View Drive  
 Elko, Nevada 89801





# THE TERRACE

AT RUBY VIEW Senior and Active  
Lifestyle Center

THE ELKO SENIOR CENTER HAS A FREE PANTRY FOR THOSE 60 AND OVER AND PICKUPS CAN HAPPEN ONCE PER WEEK.  
YOU DO NOT NEED TO BE A MEMBER OF THE SENIOR CENTER TO REQUEST FOOD BUT YOU HAVE TO BE AT LEAST 60.

NO REGISTRATION NEEDED. IN ADDITION, WE ALSO SERVE A HOT LUNCH FROM

11:30AM- 12:45PM MONDAY-FRIDAY.

SPONSORED BY THE WILLIAM N. PENNINGTON FOUNDATION.

**PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE. PICKUP IS USUALLY THE  
FOLLOWING DAY WE ARE OPEN. (BOLD INDICATES MONTHLY ITEMS)**

- ☐ Broth Soups
- ☐ Cream Soups
- ☐ Canned Vegetable
- ☐ Canned Corn
- ☐ Canned Fruit
- ☐ Canned Beans
- ☐ Tuna (4, 5 oz. cans)
- ☐ Tomato Sauce
- ☐ Stewed Tomatoes
- ☐ Pastas (assorted)
- ☐ Cereal (Corn Flakes)
- ☐ Rice
- ☐ Shampoo/Conditioner (Suave)
- ☐ Toilet Paper (6 rolls)
- ☐ Paper Towels (2 rolls)
- ☐ Cheese (1 lb)

- ☐ Butter (1 lb)
- ☐ **Saltine Crackers**
- ☐ **Oatmeal (42 oz)**
- ☐ **Oatmeal (12 pkts)**
- ☐ **Instant Milk**
- ☐ **Flour (5 lb)**
- ☐ **Sugar (4 lb)**
- ☐ **Instant Potatoes**
- ☐ **Ramen (12 packets)**
- ☐ **Jams/Preserves**
- ☐ **Peanut Butter**
- ☐ **Bath Soap (4 bars)**
- ☐ **Laundry Detergent (50 oz.)**
- ☐ **Dish Soap (24 oz.)**
- ☐ **Denture Adhesive**
- ☐ **Denture Cleaner**

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PHONE #: \_\_\_\_\_

**21st  
Annual**

# ELKO

*Senior Games* Nevada

For seniors age 50  
and better

**July 26-30, 2023**

## GAME ON!

Indoor Archery  
Basketball  
Bicycling  
Billards/Pool  
Bowling  
Brain Games  
Cornhole  
Darts  
Golf  
Horseshoes  
Jeopardy  
Novice HIIT  
Pickleball  
Pistol Shoot  
Swimming  
Table Tennis  
Tennis  
Track & Field  
River Walk

Gold, Silver and Bronze medals awarded for each event, men/ women. Age brackets will be determined by participants enrolled and after registration. The age brackets will also be based on five year increments as determined by Senior Olympics Committee organizers.



## JUST FOR FUN!

**July 19, 2023**

**10:00 am - 4:00 pm**

**Early Registration / Packet Pickup  
The Terrace Senior Center**

**For more information:**

**775-401-3252**

[www.elkoseniorolympicgames.com](http://www.elkoseniorolympicgames.com)  
[elkoseniorolympicgames@gmail.com](mailto:elkoseniorolympicgames@gmail.com)

### OPENING CEREMONIES:

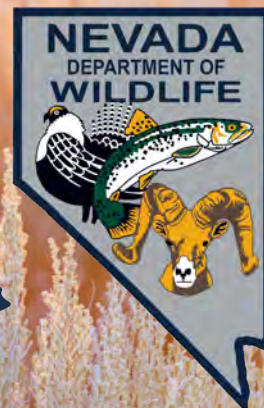
**Wednesday, July 26, 6:00 PM  
The Terrace at Ruby View  
1795 Ruby View Drive**

### CLOSING CEREMONIES:

**Sunday, July 30, 12:00 PM  
Elko City Park #2  
(Chris Sherrin Way)**

[www.elkoseniorolympicgames.com](http://www.elkoseniorolympicgames.com)





# "WILD SUMMER MONTHS"

WITH THE NEVADA DEPARTMENT OF WILDLIFE

Join NDOW for monthly summer presentations at The Terrace at Ruby View! Each month's presentation will also include a hands-on activity.



## June 21st -12:30pm

**Intro to Backyard Birding**

**Cookie Cutter Bird Feeder Activity**



## July 12th -12:30pm

**Skins, Skulls, and Tracks**

**Track Casting Activity**



## August 9th -12:30pm

**Biology of an Owl**

**Owl Pellet Dissections**

### Questions?

Contact Nicole St. John  
[nicole.stjohn@ndow.org](mailto:nicole.stjohn@ndow.org)

775-777-2391





*Blast from the Past*



**FREE MOVIE!!**

In Celebration of our Senior Citizens

**August 12, 2023**

**Doors open at 2pm**

***Movie starts at 2:30pm***



**call 775-738-4091 to  
reserve your seats**

**Elko Convention &  
Visitors Authority  
700 Moren Way**





## SCAMS IN THE AGE OF AI

Scammers are adept at manipulating the latest technological advances to commit their crimes. These days it's happening in the world of artificial intelligence – commonly known as AI.

AI voice cloning is already bringing a new twist to scams that have been around forever. For instance, the grandparent scam calls now can feature the actual voice of the loved one the criminal is impersonating. These tactics are startling, but the ways we protect ourselves haven't changed.

The first sign of any fraud attempt is when an unexpected contact causes an immediate emotional reaction – often fear, panic, or excitement. Maybe training our brains to disengage when we feel that emotional surge could be the best way to disrupt the criminal act.

Otherwise, stay updated on the latest fraud tactics by bookmarking [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork). And know that anytime you are asked to address some urgent financial matter with a gift card, cryptocurrency or peer-to-peer payment app, it's a scam.

## HELP STOP ELDER FINANCIAL ABUSE

More than 369,000 incidents of financial abuse targeting older adults are reported to authorities in the U.S. each year, causing an estimated \$4.8 billion in losses. And those numbers likely understate the problem considerably. However, as we approach World Elder Abuse Awareness Day on June 15, it's good to remember that there are things we can do to stop elder financial exploitation.

Encourage your loved one to designate someone they trust to help them with financial decisions. The federal government's [Eldercare Locator](#) can help you find free or low-cost legal assistance. Suggest they add a trusted contact for their financial institutions if they are unreachable or if questionable activity is detected. A trusted contact is not able to make transactions, but the financial institution can disclose some account information to them.

Also, watch out for someone – even someone you thought you or your loved one could trust – who discourages contact with family and friends, exerts pressure on financial decisions or asks for large sums of money. Most importantly, financial exploitation is a crime and should be reported to your local police or Sheriff or even to 911.

## WEIGHT LOSS SCAMS

Summer has finally arrived, but the beginning of beach season inevitably brings weight loss scams with it. Criminals take advantage of the season to offer bogus solutions for losing weight or getting in shape. Here's how these scams generally work.

A web search on weight loss pulls up legitimate-looking websites often with supposed celebrity endorsements. The websites often encourage you to sign up for a free trial — which, if you read the tiny print, opts you in to getting charged for regular orders or additional products. Lastly, the products themselves, often marketed as “natural” or “organic,” can be unsafe for your body.

Living and eating healthier are laudable goals but take time and commitment. Don't trust offers that promise “fast results” or “miracle” products. If you are looking to slim down, seek advice from a trustworthy source, such as your doctor or a dietitian, before you commit to a weight loss regimen.

## THREATS BEHIND ONLINE QUIZZES

Let's be honest, most of us have done it: taking one of those viral social media quizzes or threads that seem so fun and innocent. Post a picture of your first car. What cartoon princess are you? What record was number one the year you graduated high school?

They may seem like harmless fun, but the Better Business Bureau and digital-security companies warn that criminals sometimes use quizzes to pry loose personal data. Launching a quiz app may give its creators permission to pull information from your profile, offering hackers an opening to steal your online identity. Here are three social media scams to avoid.

Avoid queries about innocent-sounding things like your high school mascot or first car that might be linked to common security questions that banks and financial firms use to protect accounts. Be suspicious of any personal messages appearing to come from celebrities you follow. Criminals often impersonate celebrities online and offer special access for a price or ask for help with a new investment or charitable contributions.

Another classic social media scam involves a direct message from one of your personal contacts asking “is this a picture of you” with a link to click on. Clicking the link takes you to a site that mimics one of the popular social networks and prompts you to log in, a ploy for hackers to get your credentials and access your account.



COMMUNITY HEALTH  
DEVELOPMENT FOUNDATION

2023

# Community Wellness Monthly Event Schedule



## Bariatric Educational Group

Every Second Tuesday

5:00-6:00 PM

## Healthy for Life Class

Every Second Wednesday

5:30-6:30 PM



## Diabetes Education Group (Type 2)

Every Third Tuesday

5:30-6:30 PM

## Diabetes Education Group (Type 1)

Every Fourth Friday

5:30-6:30 PM



### Starting March 2023

Sign up with the QR codes above to join our **free** health groups!

Monthly meetings will be held in the community room at Elko  
Community Health Center: 2098 Idaho St

Elko, NV, 89801

Questions? Email Brittney Plaisted at [brittney.plaisted@elkochc.com](mailto:brittney.plaisted@elkochc.com)



# GET CONNECTED TO FREE MEDICARE COUNSELING, LOCAL RESOURCE INFORMATION, & APPLICATION ASSISTANCE

The Medicare Assistance Program (MAP) Certified Counselors and Nevada Care Connection (NVCC) Navigators will be in your area monthly!



***We will be at:***

**Where: Elko Senior Center**

**Address: 1795 Ruby View Dr**

**Date: 2<sup>nd</sup> & 4<sup>th</sup> Friday**

**Time: 11:00pm – 1:00pm**

**No appointment needed, walk-ins welcome.**

**For more information call 775-753-4085**

Certified Medicare Counselors help with:

- Part D/Part C Enrollments
- Cost saving application assistance
- Tips on how to protect yourself from Medicare fraud
- Medigap Comparisons

NVCC Navigators help Nevadans access resource options and referrals such as:

- Medicaid
- Veterans benefits
- Food Assistance
- Housing
- Transportation
- Caregiving and respite



MAP your way through Medicare!





EXTENSION  
College of Agriculture,  
Biotechnology & Natural Resources



## Free Nutrition Education Classes

University of Nevada Reno, Extension is excited to offer **free** nutrition education courses to **Nevada residents** that will teach families with young children how to shop on a budget. This course has eight 60-minute lessons offered online twice a week for four weeks.

Nevada's Supplemental Nutrition Assistance (SNAP) emergency allotments ended in April 2023. To help stretch your food dollars, this course will provide information on:

- Planning budget friendly meals
- Saving money while grocery shopping
- Increasing fruits and vegetables
- Cooking easy healthy meals

After completing six of the eight lessons, you will receive free kitchen supplies, such as cutting boards, measuring spoons, cookbooks and more!



## Classes start Summer 2023!

Classes will be available

- Morning
- Afternoon
- Evening
- Weekends

## Interested?

Sign up for classes here:



Or email us: [EFNEP@unr.edu](mailto:EFNEP@unr.edu)

*An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.*

*This work is supported by the USDA National Institute of Food and Agriculture. The USDA is an equal opportunity provider.*