



# 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.

### The Terrace Roof Project

Our existing Center was constructed and opened in its current location to the public in September of 2000. As intended, the rooms in our building are used regularly throughout the weekdays by our community and members for fitness, wellness, educational workshops, art and nutritional programs as well as social & recreational activities.

Since our opening, the Center has been exposed to severe weather such as high winds, heavy snow falls and downpours. Unfortunately, our beautiful concrete tile roof was not properly installed and such weather over the years has caused our roof to leak throughout the building. We have made several attempts to find and fix the areas of the roof that were leaking. Sadly, every time a leak was fixed, a new leak sprung up after the next downpour or snow melt.

After consulting with our architect, it was discovered the only proper way to fix this issue would be to completely remove the existing roof, replace the damaged wood eaves and fascia material, then install the proper underlayment along with new architectural composition asphalt shingles.

The cost of the roof project is estimated at \$357,702.75. In order to raise money for this much needed project, the Terrace Member Committee has been working hard to come up with some fundraising ideas. After narrowing down the list, the committee has decided on the following events to be held over the next four months: Terrace Member Cookbook (pg.8), Swap Meet / Yard Sale (pg.3), Home and Business Expo Raffle (pg. 7), Spaghetti Feed and Live Auction Dinner, Pancake Breakfast, Extra Change from my Pocket Box and a Country Western Dance.

The committee is also looking for volunteers to help with these events. Volunteer duties could include typing recipes for the cookbook, organizing and sorting yard sale items, selling raffle tickets, hanging posters, collecting donations and much more. There is a lot of work to do in a short amount of time; any help is truly appreciated.

#### Board of Directors

**Jennifer Back**  
Chair

**Cindy Hyslop**  
Vice Chair

**James Young**  
Treasurer

**Lynn Mahlberg**  
Member

**Catherine Vosburg**  
Member

**Katrinka Russell**  
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#### Center Staff

**Charnice Gustafson**  
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**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

## May Birthday Celebrations

Francis, Richard	1	Urrizaga, Evelyn	14	Church, Michael	23
Steeves, Ellie	1	Mendez, Genaro	15	Carson, Jeffrey	23
Mick, Lawrence	1	Cash, Orvis	15	Billington, Madelyn	23
Hunley, Michael	1	Morris, Sherry	15	Cooley, Allan	24
Moon, Theresa	2	Eddleman, Rick	15	Steers, James	24
Woodward, Helen	2	Wrenfrow, Sandra	15	Kellers, Marjorie	24
Hirsch, Elizabeth	2	Hoskins, Gary	16	Sanders, Carol	24
Gary, Donna	2	Maples, Johanne	16	Fagoaga, Betty	24
Bernhard, Wendy	3	Demick, Marlene	16	Mason, Jeannette	24
McBride, Caren	3	Davidson, Nancy	17	Cardona, Art	25
Jeffers, Dixie	3	Etchemendy, Margaret	17	Calvert, Terri	25
Murray, David	4	Kath, David	17	Peterson, Janet	26
Dean, Donna	4	Valdez, Avelino	17	Magney, Michael	26
Howell, Sherry	5	Cornejo, Colleen	17	Pratt, Delbert	27
Hutchison, Claud	5	Maple, James	17	Benvenuto, Frank	27
Koy, Gary	6	Elam, Karen	17	Gutierrez, Sharlene	27
Holdaway, Rick	6	Sethaler, Patricia	17	Smith, Wayne	27
Goicoechea, Mary	7	Montes de Oca, Fred	18	LeBret, Barbara	27
Behonek, James	7	Wornek, Lynn	18	Gutierrez, Alejandro	28
White, Rena	7	Bochman, Donna	18	Maas, Janet	28
Chamness, Ilona	8	Harmer, Deborah	18	Nedli, Karen	28
Tervort, Ellen	8	Sharp, Richard	19	Sawyer, Renee	29
Sallee, Ruth	8	Fierro, Michael	19	Byrnes, Donna	29
Byas, Fiona	8	Campbell, Loraine	20	Jones, Rex	29
Thompson, Kerry	8	Pepin, Robert	20	Purcell, Denise	29
McNeil, Lenore	9	Mason, Jeannette	20	Wilmot, Sandy	29
Goglio, Frank	9	Frederick, Willis	20	Musgrove, Michael	29
Hansford, Rodger	10	Sanchez, Simon	20	Campbell, Barbara	29
Meranda, Maryann	10	Lowe, Robert	20	Hennighausen, Terri	29
Harper, Charles	10	Penn, Robert	20	Cosner, Marillyn	29
Swenson, Robert	10	Scissons, Anthony	21	Casavan, Elmer	30
Williams, John	10	Vandergriff, Sheri	21	Vosburg, Catherine	30
Cody, Katrina	10	Stepp, Teresa	21	Murphy, Marianne	30
Cress, Mary Lou	11	Rodgers, Terry	21	Bowers, Wallace	30
Ahlin, Tom	11	Hernandez, Raul	21	Brady, James	30
Munz, Lynn	11	Knight, Elaine	22	Goyeneche, Simone	30
Inman, Jack	12	Morales, E. Joe	22	Scilacci, Josephine	31
Santos, Gloria	12	Morales, Joe	22	Meierhoff, Ralf	31
de Leon, Samuel	12	Jones, Russell	22	Ratcliff, Scarlett	31
Sutherland, Janis	13	McGinty, Celia	22	Ridings, Debbie	31
Gunn, Alan	13	Boner, Mary	23	Meierhoff, Ralph	31
Fox, Jeanne	14	Hirschman, Betty	23	Hetrick, Francis	31

## In Loving Memory

**Larry Monroe**  
March 25, 2019

**Gayle Parish**  
March 31, 2019

**George Malkmus**  
April 14, 2019

## Healthy Eating on a Budget

### Part 1: Plan Your Weekly Meals

Before making a grocery list, write down meals you want to make this week. Buying for the week means you'll make fewer shopping trips and buy only the items you need.

Here are some basic tips for creating your menu and grocery list:

- 1. See what you already have.** Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money by using these items in the upcoming week's meals.
- 2. Use a worksheet to plan your meals.** The Create a Grocery Game Plan Worksheet is great for planning your week and figuring out what items you may need to buy. You can pick up a sheet in the front office of the Terrace.
- 3. Create a list of recipes to try.** Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys and foods that are good buys.
- 4. Visit What's Cooking? for recipe inspiration.** Search recipes by ingredient using What's Cooking? USDA Mixing Bowl -- an interactive tool to help with healthy meal planning, cooking, and grocery shopping. Be sure to include some family favorites along with the new recipes.
- 5. Think about your schedule.** Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You also can prepare meals in advance to heat and serve on your busiest days.
- 6. Plan to use leftovers.** Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy, and save you time preparing another meal.

For more information visit [Choose MyPlate.gov](http://ChooseMyPlate.gov)  
<https://www.choosemyplate.gov/budget-weekly-meals>



## DONATE

Drive-thru Donation Drop Off  
Monday – Friday  
May 13<sup>th</sup> – June 7<sup>th</sup>  
8 am to 3 pm  
Clean & Usable  
Items Only

## SELL BECOME A VENDOR

Booth Spaces are  
\$25 for a 16'x16'  
outdoor space.

Vendor application  
and full payment due  
by May 25, 2019

## SHOP

GIANT SWAP MEET  
YARD SALE

Saturday, June 15<sup>th</sup>  
7 am – 2 pm

### The Terrace at Ruby View

1795 Ruby View Drive, Elko  
775-738-3030

[www.elkoseniors.org](http://www.elkoseniors.org)  
Find us on Facebook at  
The Terrace at Ruby View

*Proceeds from this event will go  
towards funding needed to  
replace the roof of the Terrace at  
Ruby View, Elko's Senior and  
Active Lifestyle Center*

# Terrace Cinema

## Welcome to Marwen

May 2<sup>nd</sup> – 3<sup>rd</sup> at 12:45 p.m.

PG-13 | 2h 1m

### Summary:

After surviving a brutal attack from a group of Nazi thugs, Mark Hogancamp works through his trauma in the most imaginative way possible. By building a miniature world where he's a war hero, he finds allies and soon rebuilds his confidence to trust other people and to bring his assailants to justice.

### Actors:

Steve Carell, Leslie Mann, Diane Kruger, Eiza González, Gwendoline Christie, Merritt Wever

## Holmes & Watson

May 9<sup>th</sup> – 10<sup>th</sup> at 12:45 p.m.

PG-13 | 1h 33m

### Summary:

While investigating a murder at the Buckingham Palace, Sherlock Holmes and his trusted partner Dr. John Watson discover a far more heinous crime afoot. Further digging reveals a plot to assassinate the Queen of England, and together they must use their skills of deduction to prevent her majesty's imminent demise.

### Actors:

Will Ferrell, John C. Reilly, Rebecca Hall, Rob Brydon, Kelly Macdonald, Lauren Lapkus

## Escape Room (2019)

May 16<sup>th</sup> – 17<sup>th</sup> at 12:45 p.m.

PG - 13 | 1h 40m

### Summary:

Six strangers, including a student, a slacker and a businessman, receive mysterious invitations in the mail to a new "immersive" escape room in which the last remaining player will receive \$1 million. They soon discover the game's stakes are deadly and the various rooms were created by a master manipulator to reveal each person's past secrets and true character.

### Actors:

Deborah Ann Woll, Logan Miller, Adam Robitel, Jessica Sutton, Taylor Russell, Jay Ellis, Tyler Labine

## What Men Want

May 23<sup>rd</sup> at 12:45 p.m.

R | 1h 57m

### Summary:

Female sports agent gains the power of telepathy after meeting a psychic and now she can hear what men are thinking. Will she be able to find a way to stand out from her colleagues, get a new NBA star signed and find romance, or is her new gift a blessing or a curse?

### Actors:

Taraji P. Henson, Aldis Hodge, Richard Roundtree, Wendi McLendon-Covey, Tracy Morgan

## Cold Pursuit

May 30<sup>th</sup> – 31<sup>st</sup> at 12:45 p.m.

R | 2h 10m

### Summary:

After a drug cartel murders his son, a dedicated family man must take on a new role as a retribution-driven killer. Now a new man, this father fearlessly hunts down and attempts to eradicate the cartel despite the high costs involved on both sides.

### Actors:

Liam Neeson, Emmy Rossum, Laura Dern, Tom Bateman, Domenick Lombardozzi, Raoul Max Trujillo, Aleks Paunovic, John Doman, Benjamin Hollingsworth, Nathaniel Arcand



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# May 2019 ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
<b>Games &amp; Recreation</b>					
Bingo	2 <sup>nd</sup> T	May 14 <sup>th</sup>	12:30– 3:00 pm	Large Activity Room	\$5.00
Evening Bingo	4 <sup>th</sup> Th	May 23 <sup>rd</sup>	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	1 <sup>st</sup> T	May 7 <sup>th</sup>	6:00 – 7:30 pm	Art Room	Prize
<b>Health &amp; Wellness</b>					
Podiatry Clinic	3 <sup>rd</sup> Th	May 16 <sup>th</sup>	By Appointment	Front Office	\$10.00
<b>Exercise</b>					
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
<b>Arts &amp; Crafts</b>				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
<b>Connecting &amp; Support</b>					
Member Council Meeting	1 <sup>st</sup> W	May 1 <sup>st</sup>	12:45 – 1:30 pm	Technology Room	Free
Dementia Friendly Elko	1 <sup>st</sup> T	May 7 <sup>th</sup>	1:00 – 3:00 pm	Technology Room	Free
Parkinson’s Support Group	1 <sup>st</sup> T	May 7 <sup>th</sup>	10:00 – 11:00 am	Technology Room	Free
ESAP Board Meeting	2 <sup>nd</sup> M	May 13 <sup>th</sup>	2:00 – 3:30 pm	Large Activity Room	Free
RPEN	2 <sup>nd</sup> W	May 8 <sup>th</sup>	12:30 – 2:00 pm	Large Activity 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 May 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Alternative <b>Chef Salad</b> Please place your order for a Chef Salad before 11 a.m. at the Center & 9 a.m. for Homebound		<b>1</b> Pork Chop & Mushroom Gravy Mashed Potatoes Herb Vegetable Medley Garden Salad Fruit Cocktail Texas Sheet Cake	<b>2</b> Baked Fish Fillet Creamy Coleslaw French Baked Potatoes Garden Salad Strawberries Ice Cream	<b>3</b> <b>Cinco de Mayo</b> Taco Casserole Spanish Rice Seasoned Zucchini Mixed Green Salad Watermelon Slice WW Dinner Roll Assorted Dessert
<b>6</b> Oven Fried Chicken Mashed Potatoes Seasoned Peas Spring Salad Fruit Cocktail Biscuit Cookie	<b>7</b> Roast Pork Tenderloin Baked Beans Country Trio Vegetables Garden Salad	<b>8</b> Herb Seasoned Fish Rice & Lentil Pilaf Seasoned Zucchini Dinner Salad Diced Pears Southern Peach Cake	<b>9</b> Swiss Steak Baked Potato Herbed Vegetable Medley Garden Salad Ice Cream	<b>10</b> <b>Mother's Day</b> Chicken Pesto Florentine with Penne Pasta Cascade Vegetables Caesar Salad Bread Stick Assorted Dessert
<b>13</b> Pulled Pork Sandwich Sweet Corn Ranch Style Beans Creamy Coleslaw Diced Peaches Cookie	<b>14</b> Battered Fish Old English Chips Seasoned Cucumbers Garden Salad Fruit Cocktail Lemon Bars	<b>15</b> Cheeseburger With All the Fixings French Fries Baked Beans Pineapple Chunks Coffee Cinnamon Cake	<b>16</b> Italian Fried Chicken Spaghetti Riviera Vegetables Caesar Salad Orange Sections Sundae Bar <small>Sponsored by Edward Jones</small>	<b>17</b> Baked Pork Chop Braised Red Cabbage Sour Cream Potato Salad Garden Salad Assorted Dessert
<b>20</b> Lemon Baked Fish Brown Rice & Lentil Pilaf Seasoned Green Peas Spinach Salad Pears	<b>21</b> Meat Loaf Baked Potato Green Bean Casserole Spring Salad Bread Jell-O with Fruit	<b>22</b> Roast Turkey Mashed Potatoes & Gravy Nantucket Vegetables Garden Salad Éclair Dessert	<b>23</b> <b>May Birthday</b> BBQ Pork Ribs Mac & Cheese Savory Green Beans Creamy Coleslaw Tropical Fruit Cup Birthday Cake Ice Cream	<b>24</b> <b>Breakfast</b> <b>9:00 – 10:30 am</b> French Toast Casserole Sausage Patty Scrambled Eggs Fresh Fruit Oatmeal
<b>27</b> Center Closed <b>Memorial Day</b>	<b>28</b> Chicken Alfredo Linguine Noodles Seasoned Peas Caesar Salad Diced Peaches Bread Stick Peach Cobbler	<b>29</b> Apple Topped Pork Chop Sweet Potatoes Lettuce & Tomato Salad Mandarin Oranges	<b>30</b> Shrimp Basket Old English Chips Creamy Cole Slaw Green Pea Salad Fruit Cocktail Ice Cream	<b>31</b> Stuffed Pepper Spinach Spaghetti Garden Salad Apricots WW Bread Assorted Dessert

## Events of Interest

### Elko Mexican Folkloric Ballet

**Friday, May 3<sup>rd</sup> at 12 p.m.**

The Mexican Folkloric Ballet under the direction of Valentian Ortiz will be performing during our annual Cinco de Mayo celebration at the Center.

### Spring Concert

**Tuesday, May 7<sup>th</sup> at 12 p.m.**

The Mountain View Elementary Choir will be visiting the Center to perform their Spring Concert.

### 2019 Home & Business Expo

#### Terrace Roof Project Raffle

**Saturday, May 11<sup>th</sup> from 9 a.m. – 5 p.m.**

**Sunday, May 12<sup>th</sup> from 9 a.m. – 4 p.m.**

The event will take place over Mother's Day weekend at the Elko Convention Center. The Terrace at Ruby View is currently looking for volunteers that would like to help man our booth. We will be promoting the programs and activities offered at the Center, the Dementia Friendly Elko Group and selling raffle tickets for the Roof Project. We are also collecting donated items that can be used as raffle prizes.

### Stamp Out Hunger

**Saturday, May 11<sup>th</sup>**

The nation's largest single-day food drive, the Stamp Out Hunger Food Drive, is held each year on the second Saturday each May in 10,000 cities and towns in all 50 states.

It provides residents with an easy way to donate food to those in need in the community. Simply leave your donation of non-perishable goods next to your mailbox before the delivery of the mail that Saturday. Letter carriers collect the non-perishable food donations on that Saturday as they deliver mail along their postal routes, and distribute your donations to our local food bank.

There will also be a donation box at the Center in the lobby for those who would like to place non-perishable food donations items in for the Stamp Out Hunger collection. Donations at the Center will be accepted between May 1<sup>st</sup> – 10<sup>th</sup>.

### Mother's Day Luncheon & Fashion Show at Highland Village

**Saturday, May 11<sup>th</sup> at 12 p.m.**

Highland Village of Elko and JC Penney cordially invites you to this special celebration held at Highland Village of Elko Estates, 2870 Ruby Vista Dr. The luncheon will begin at noon followed by the fashion show starting at 1:00 p.m. Seating is limited; please RSVP to 775-753-5500, opt. 3. Special thank you to Khoury's for sponsoring the champagne and to JC Penney for fashions and discount coupons to all attendees.

### Dementia Friendly Information Session

**Thursday, May 16<sup>th</sup> at 3 p.m.**

Learn five key messages about dementia, what it's like to live with dementia and how to translate this new understanding into practical actions that can help people with dementia who are living in our community.

### Questions on Social Security?

**Wednesday, May 22<sup>nd</sup> from 10 a.m. – 12 p.m.**

Free education class on Social Security issues! Attorneys will be present to answer questions and assist with legal paper work regarding civil legal issues. Sponsored by Nevada Legal Services. Please call Amy for an appointment at 775-753-5880.

### Free Tai Chi in the Park

**Wednesday, May 22<sup>nd</sup> at 5:30 p.m.**

A free tai chi session will be held at 5:30 each Wednesday starting May 22 at the Main City Park behind the museum.

### Evening 50/50 Bingo

**Thursday, May 23<sup>rd</sup> 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.

# Terrace at Ruby View Cookbook Fundraiser

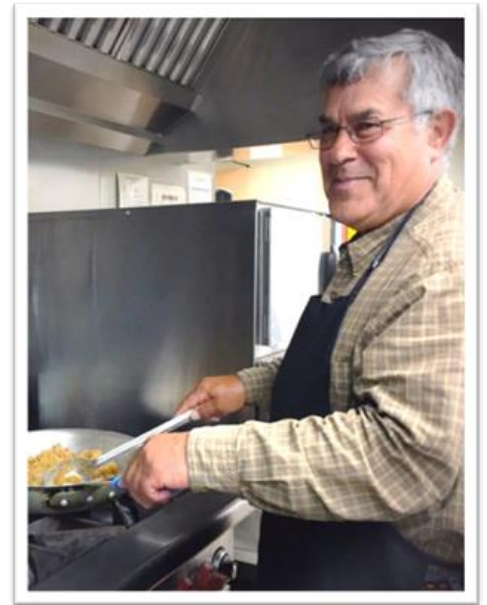
presented by the Terrace Member Committee

The Terrace at Ruby View is preparing a wonderful custom cookbook featuring favorite recipes from our members and friends. The cookbook will be professionally published and it is certain to become a treasured keepsake.

The sections in the cookbook include Appetizers, Dips and Sauces, Dressings, Breads, Soups and Salads, Main Dishes, Basque, Dessert and Miscellaneous. Our goal is to collect 250 recipes by May 22, 2019. Recipes submitted for the cookbook should include category, recipe title, submitted by, ingredients and easy to follow directions. Recipe entry forms are available in the front office of the Center.

After being sent out for printing, the cookbook should be available for purchase by mid-June. The proceeds collected from the cookbook sales will go towards the funds needed to replace the roof of the Center.

Thank you for contributing recipes as this will help to ensure that our cookbook will be a huge success.



**Jim Yroz**  
Winner of June 2015  
Famous Recipes Contest

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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  
Elko, Nevada 89801

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