

THE TERRACE AT RUBY VIEW Senior and Active Lifestyle Center

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.

Proud Partners
With



My doctor won't take Medicare! What do I do?

At least once each week, someone calls or stops into the Senior Center office to say, "I need a physician who will take Medicare." Many of us have lived in Elko long enough to raise children and others have moved in more recently from another community. Either way, the difficulty to find a medical provider who will take a new or keep an existing Medicare patient is a growing concern. We may mistakenly think that this problem of physician shortage is unique to our community. However, an article authored by Texas resident Caroline Mayer and published on June 11, 2013 in Forbes | Investing Online Magazine states, "Even more distressing is the complaint I've been hearing over and over: Some doctors are now refusing to take Medicare patients. They're balking at the federal health program's mandatory, low reimbursement rates and high paperwork burdens."

Surprised? Don't be. Regulatory pressures resulting from the Health Care Act, increasingly complicated reporting requirements and changes in diagnosis coding detail have caused many medical professionals and their practice managers to throw their hands up in surrender and to join the ranks of health care providers who neither can afford nor keep up with the demands of Medicare reporting.

But there is hope! Nationwide, and most certainly in our community, physicians, city, county, state and community leaders are rallying together to bring additional care providers to the patients who need them. Recruiting professionals and their families into rural Nevada has always been a challenge but together we will be successful. In the meantime, we will continue to do all we can to help you find and access the services you need to stay healthy and enjoy your life in our beautiful Nevada community!



In service for you,
Kerry

ANNOUNCEMENTS

September Birthdays

Sam, Shirley (Betty)	1	Harris, Richard	13	Paxton, Sallie	22
Syme, Sherry	1	Pinne, Jonathan	13	Lickly, Kay	22
Robison, Cynthia	1	Farmer, Barbara	13	Juaristi, Joe	23
Holverson, Ronald	2	Mergenthal, Donna	13	Genung, Janet	23
Carson, Kathleen	3	Burns, Jim	13	Syme, Marvin	23
Homer, Sheldon	5	Riewe, Diane	13	Baker, Ed	24
McCauley, Herlinda	5	Stricker, Juanita	14	Rollman, Paulette	24
Fast Horse, Patricia	5	Musgrove, Carol	15	Wells, Edward	25
Orr, Marvin	5	Dutra, Barbara	16	Bruning, Leoren	25
Hylton, Jo	6	Perry, Patty	16	Thomas, Darlene	25
Martinez, Lupe	6	Richter, Robb	17	Reitmeier, Diane	25
Rosado, Joaquin	8	Madsen, David	17	Dempsey, Dixie	26
Mize, Sharon	8	Skelton, Roberta	18	Cooley, Joyce	26
Anderson, Phyllis	8	Rennebaum, Thomas	18	Breschini, Phyllis	26
Redfern, Richard	8	Negrete, Isabel	18	Heaton, Katherine	26
Cimo, Edie	9	Smith, Craig	19	Samper, Pauline	27
Wright, David	9	Feasel, Mary	19	DeYoung, Karen	27
Carlsen, Jack	10	Malkmus, Jessie	20	Baker, Marian	29
Benvenuto, Judy	10	Martinez, Margarita	20	Carrillo, Frank	30
Neff, Donald	11	Vanskike, Valeda	20	Aldous, Carol	30
Allen, Jaunita	12	Schultz, Fran	21	Gibson, Carolyn	30
Flint, Keith	12	Moon, Pat	22	Galloway, Barbara	30

Welcome New Members

Diana Johnson

Donna Bair

Craig Bair

John Craner

David Smith

Cecelia Smith

Gayle Zomar

Patricia Whitlock

Nancy Roberts

Jeff Carson

Kathleen Carson

Maureen Dempsey

Sally Compton

Sherry Kallio

Robert Crouch

Gordon Dear

Joyce Roberts

Deanna Cunliffe

Judy Hemenway

Craig Smith

Delores Watson

In Loving Memory

Clark Groves

July 30, 2015

Sue Martino

August 23, 2015

Do You Have Problems With Your Feet Related to Diabetes?

By Sheri Rogers, RN, Royal Innovations, Boise, Idaho

The **American Diabetic Association** is the authority on safe, effective and current information related to Diabetes. Anyone seeking more information on Diabetes should begin with this reliable source.

One of the many complications of Diabetes is the damage to the nerves and decreased blood circulation in the legs and feet caused by elevated blood sugars. Over time lower extremities and feet may become “numb” and have pain, tingling or weakness. Diabetics often report a lack of sensation and inability to feel a wound, cut or even a rock in their shoe.

It is estimated that 30% of those with diabetes over the age of 40 will develop problems in their feet. Lower limb wounds not properly treated can deteriorate quickly and in many cases result in amputation.

Taking care of your feet, if you suffer from Diabetes or Neuropathy (the nerve damage caused by elevated blood sugars) is very important. For those with wounds or complications, boosting the blankets with an adjustable blanket support device is one strategy to achieve optimal results.

Here are a few tips for caring for your feet:

- Make sure you have a Podiatrist involved in the regular care of your feet. Tell them about any concerns you have, as soon as they are noted.
- Check your feet daily for wounds, cuts, bruises, swelling etc... If you can't see your feet, try using a mirror or have someone else help look them over.
- Wash and dry your feet daily with a mild soap. Be sure to dry them completely, especially between the toes where moisture can lead to problems and infections.
- Trim nails straight across. Be careful not to nick your skin. If you cannot reach your feet, get help trimming nails.

This may be a task that you need to schedule with your podiatrist or foot clinic.

- Avoid going barefoot. Wear clean socks and comfortable fitting shoes with toe protection. Diabetic shoes have a wide toe box that provides adequate space and protection.
- Shake out your shoes to ensure there are no loose objects, small rocks etc... inside that could cause pressure or sores.
- Lift legs to reduce swelling throughout the day. Propping them on pillows or lifting the foot of your recliner is helpful.
- At night, consider using an adjustable blanket support device to boost the blankets up and off of legs and feet. This will allow airflow, decrease pressure caused by the weight of blankets and support wound healing efforts. Visit www.theblanketbar.com for more information.



The Elko County Manager's Office has created "E-Comment" a convenient way for YOU to let your Commissioners know exactly where you stand on an agenda item BEFORE the public meeting occurs. The comment period begins when the agenda is posted to the Elko County website per N.R.S. 241 and closes 24 hours before the meeting, in order to allow the Commissioners a chance to read the comments and get more information if they need it. The option will make its debut on the September 2 and 3, 2015 agendas.

Just go to: http://elkocountynv.net/meetings/board_of_commissioners/index.php. All participants are required to register (only one time) and all comments become part of the public record. If you do not already have access to a computer, there are public computers available at The Terrace at Ruby View and the Elko County Library.

MEDICATION THERAPY MANAGEMENT



Educate Before You Medicate

Do you sometimes feel anxious, confused or depressed? Do you experience dizziness or do you fall occasionally? Are you tired for no reason or is your thinking foggy? All of these symptoms may be related to your medications.

Being a participant in your own health care and educating yourself about your medications is important. Good communication with your physicians, pharmacists and other health providers can improve your health.

The Sanford Center for Aging Medication Therapy Management (MTM) Program offers elder-specific medication reviews for Nevadans age **60** and older who are taking five or more prescription medications.

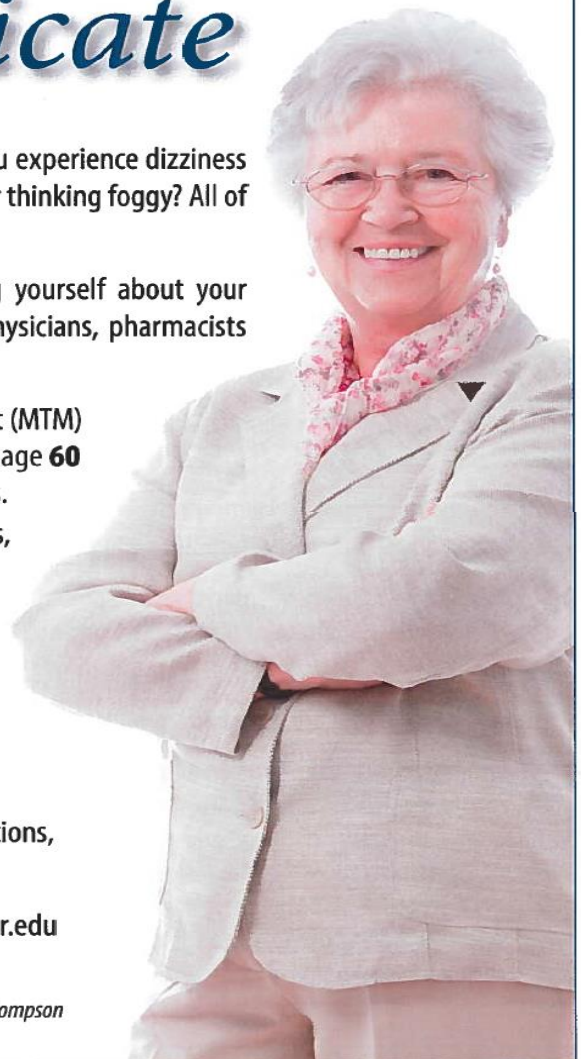
The reviews are **FREE** for those at risk of adverse drug reactions, with special priority for low-income, rural and minority participants.

Our clinical certified geriatric pharmacist will review your entire drug regimen (prescription drugs, over-the-counter medications, vitamins and herbal supplements) for safety and effectiveness, and call you to review the findings.

You and your physician will receive a report with recommendations, and we'll follow up with you to check your progress.

For information, call (775) 784-1612 or email gengelbrecht@unr.edu







MTM is funded by the Nevada Aging & Disability Services Division and the Marion G. Thompson Charitable Trust, and is offered in partnership with Integricare Clinical Associates



Sanford Center
for Aging
University of Nevada, Reno

dhs.unr.edu/aging
(775)784-4774
sanford@unr.edu

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>New! Diabetic Friendly Meals Just look for this symbol</p> 	<p>1 HONEY APRICOT CHICKEN WILD & LONG GRAIN RICE CALIF. BLEND VEG. GREEN SALAD FRUIT</p>	<p>2 SPAGHETTI W/MEAT SAUCE BAKE ACORN SQUASH GARLIC BREAD SALAD FRUIT</p>	<p>3 ORANGE CHICKEN MANDARIN SALAD SOUP OF THE DAY TEXAS TOAST FRUIT</p>	<p>4 BREAKFAST SERVED  FROM 9-10:30 BISCUIT WITH SAUSAGE GRAVY SCRAMBLED EGGS SAUSAGE PATTY  OATMEAL  ORANGE JUICE</p>
<p>7 Center Closed for Labor Day</p>	<p>8 SWEDISH MEATBALLS W/BUTTERED NOODLES WINTER BLEND VEG. GREEN SALAD</p>	<p>9 B.B.Q. CHICKEN ROASTED VEG. BROCCOLI SALAD FRUIT GREEN SALAD</p>	<p>10 SWISS STEAK BAKED POTATO HERB VEG MEDLEY GREEN SALAD FRUIT</p>	<p>11 <u>LUAU</u> TERIYAKI CHICKEN SKEWER SLICED GLAZED PORK STEAMED RICE VEG. TRAY FRUIT TRAY</p>
<p>14 PEPPER STEAK BROWN RICE PILAF RIVIERA BLEND VEG FRUIT GREEN SALAD</p>	<p>15 BREADED CHICKEN PATTY MASHED POTATOES W/GRAVY MIXED VEG. GREEN SALAD FRUIT</p>	<p>16 HERB SEASONED FISH BROWN RICE PILAF BUTTERED PEAS GREEN SALAD FRUIT</p>	<p>17 <u>BIRTHDAY</u> B.B.Q. PORK RIBS SCALLOPED POTATOES CALIF BLEND VEG GREEN SALAD FRUIT</p>	<p>18 LOW-CARB BEEF STROGANOFF BAKED ACORN SQUASH SPINACH SALAD FRUIT</p> 
<p>21 BAKED HAM W/HOT MUSTARD MAC & CHEESE SUNSHINE CARROT GREEN SALAD FRUIT</p>	<p>22 B.B.Q. BEEF SANDWICH BUTTERED CORN CREAMY COLESLAW GREEN SALAD FRUIT</p>	<p>23 CHICKEN ALFREDO W/ FETTUCCHINE NOODLES CALIF. BLEND VEG TEXAS TOAST CEASAR SALAD FRUIT</p>	<p>24 HAMBURGER W/ALL THE FIXINGS BAKED BEANS FRUIT SUNDAE BAR SPONSORED BY EDWARD JONES</p>	<p>25 POLYNESIAN CHICKEN BROWN RICE PILAF ZUCCHINI GREEN SALAD FRUIT</p> 
<p>28 HOME STYLE MEATLOAF BAKED POTATO SAVORY GREEN BEANS GREEN SALAD</p>	<p>29 CRISPY OVEN CHICKEN MASHED POTATOES W/ GRAVY MIXED VEG.</p>	<p>30 ITALIAN BEEF BAKE PEAS & CARROTS SPINACH SALAD FRUIT</p>	<p>FOR THE BEST LUNCH IN TOWN! Persons 60 and over suggested minimum donation of \$3.00, under 60 \$6.00. Served anytime between 11:30 to 12:30 p.m. Monday – Friday Everyone Welcome</p>	

Daily Meal Alternative

Chef Salad

Crisp greens are topped with tender, slow-roasted turkey, savory ham, cheddar cheese, swiss cheese, a hard-boiled egg, tomatoes, carrots and celery. Served with your choice of dressing and garlic toast.

Please call before 11:00 a.m. to order for the Center or 9:30 a.m. for Meals on Wheels

MENU & ACTIVITIES ARE SUBJECT TO CHANGE

ACTIVITY

MONDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:15 - 10:00 AM	Stretch Program	Ongoing	Small Activity
	10:00 – 10:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	10:15 - 11:15 AM	Strength Program	Ongoing	Small Activity
	10:30 - 11:30 AM	Tai Chi Techniques	Ongoing	Medium Activity
	2:00 – 4:00 PM	ESAP Board Meeting	9/14	Medium Activity
12:15 – 1:15 PM	Bingo Mania	9/21	Medium Activity	

TUESDAY	Times	Activities	Dates	Locations
	10:30 – 11:30 AM	Tai Chi Techniques	Ongoing	Large Activity
	10:30 – 11:30 AM	Yahtzee	Ongoing	Medium Activity
	10:00 – 3:30 PM	Pinochle	Ongoing	Small Activity
12:30 PM	Classes (see pg. 9)	Ongoing	Medium Activity	

WEDNESDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:15 - 10:00 AM	Stretch Program	Ongoing	Small Activity
	10:00 – 10:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	10:15 - 11:15 AM	Strength Program	Ongoing	Small Activity
	10:30 - 11:30 AM	Tai Chi Techniques	Ongoing	Large Activity
12:30 PM	Lunch & Learn (see pg. 11)	Ongoing	Medium Activity	

Ruby Mountain Balloon Festival Luncheon

The Terrace at Ruby View has the honor of hosting lunch for over thirty balloon pilots coming from Nevada, California, Oregon, Utah, Idaho, Washington, New Mexico and Arizona on Thursday, September 24th. The pilots would love to share their experiences, stories and answer your questions about ballooning. If you are interested in hosting a pilot at your table, please see Char to make arrangements.



PLANNER

THURSDAY	Times	Activities	Dates	Locations
	By Appointment	Podiatry Clinic	9/17	Office
	9:00 – 11:00 AM	Penny Ante Poker	Ongoing	Small Activity
	10:30 – 11:30 AM	Tai Chi Techniques	Ongoing	Large Activity
	10:30 – 11:30 AM	Rummikub	Ongoing	Medium Activity
	12:30 PM	Terrace Cinema Movie (see pg. 8)	Ongoing	Large Activity

FRIDAY	Times	Activities	Dates	Locations
	7:00 – 11:15 AM	Pickleball	9/18	Dining Room
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	8:00 – 12:00 AM	Pinochle	Ongoing	Large Activity
	9:15 – 10:00 AM	Stretch Program	Ongoing	Small Activity
	10:00 – 10:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	10:15 – 11:15 AM	Strength Program	Ongoing	Small Activity
	12:30 PM	Terrace Cinema Movie (see pg. 8)	Ongoing	Large Activity
12:30 – 3:00 PM	Bridge	Ongoing	Small Activity	

EVERYDAY	Times	Activities	Dates	Locations
	7:00 – 3:00 PM	Coffee Bar	Ongoing	Lobby
	7:00 – 3:00 PM	Book Exchange	Ongoing	Small Activity
	7:00 – 3:00 PM	Wii Games	Ongoing	Small Activity
	7:00 – 3:00 PM	Public Computers	Ongoing	Small Activity
	7:00 – 3:00 PM	Daily Crossword Puzzle	Ongoing	Lobby
	7:00 – 3:00 PM	Chess/Checkers	Ongoing	Lobby
	7:00 – 3:00 PM	Puzzle/Table Games	Ongoing	Small Activity
7:00 – 3:00 PM	Horseshoes	Ongoing	Horseshoe Pits	

Offsite Location:

Raul's Strength & Fitness Center
 1031 Railroad Street Suite 104
 Elko, NV. 89801



Photo Policy:

We take photos and video at programs that are provided or partnered by us for promotional use. If you do not want your photo taken, please provide written notice to Char prior to start of the program.



Every Thursday & Friday afternoon at 12:30 pm (unless otherwise noted) we will create a movie theatre atmosphere, where you can enjoy free movies on our BIG screen.

The Water Diviner– September 3

R Running Time – 1:51

Starring: Robert Duvall, James Franco, Josh Hartnett, Luciana Duvall, Adriana Barraza

Four years after the bloody Battle of Gallipoli, Australian farmer Joshua Connor risks his own life to search for his three beloved sons, who never returned home from the war. Arriving in Istanbul, he is thrust into a vastly different world, where he encounters others who have suffered their own terrible losses in the conflict. With seemingly insurmountable obstacles in his path, Connor embarks on an emotionally charged and dangerous trek across the battle-scarred Turkish landscape to find the truth and, perhaps, his own peace

Far From the Madding Crowd – September 10-11

PG-13 Running Time – 1:59

Starring: Carey Mulligan, Matthias Schoenaerts, Michael Sheen, Tom Sturridge, Juno Temple

Independent, beautiful and headstrong Bathsheba Everdene attracts three very different suitors; Gabriel Oak, a sheep farmer, captivated by her fetching willfulness; Frank Troy, a handsome and reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. This timeless story of Bathsheba's choices and passions explores the nature of relationships and love- as well as the human ability to overcome hardships through resilience and perseverance. Based on the novel "Far From the Madding Crowd," written by Thomas Hardy.

Cinderella (2015) September 17-18

PG Running Time – 1:45

Starring: Cate Blanchett, Lily James, Richard Madden, Helena Bonham Carter, Nonso Anozie

After the death of her mother, Ella's father remarries, and Ella welcomes her stepmother and her daughters, Anastasia and Drisella, into the family home. But when Ella's father unexpectedly passes away, she finds herself at the mercy of a jealous and cruel new family. Despite being relegated to serving the family, Ella is determined to honor her mother's dying words to "have courage and be kind." She will not give in to despair nor despise those who mistreat her. And then there is the dashing stranger, Kit, she meets in the woods, who is not an apprentice at the Palace as she believes, but a prince. It appears her fortunes may be about to change when the Palace sends out an invitation for all maidens to attend a ball, raising Ella's hopes of seeing the charming Kit again. Alas, her stepmother forbids her to attend and rips apart her dress. But then a kindly beggar woman steps forward and - armed with a pumpkin and a few mice - changes Cinderella's life forever

Little Boy – September 24-25

PG-13 Running Time – 1:47

Starring: Jakob Salvati, Emily Watson, Cary-Hiroyuki Tagawa, Michael Rapaport, David Henrie

In this tale of the indescribable bond of love between a father and son, a 7-year-old boy is willing to do whatever it takes to end World War II so he can bring his father home

CLASSES

Nevada Legal Services

Wednesday, September 2nd, 2:00 p.m.

Please join Nevada Legal Service to for an educational presentation to learn more about self-representation in court.

What you will learn:

- How to prepare & try a winning case
- Elko Court procedures
- How to prepare for trial
- Present your case

Elko County Library
720 Court St., Elko

Please call 753-5880 to register.

The Skeptic's Guide to American History – DVD Series

September 15 – December 15

Tuesdays, 10:30-11:15 am

For most Americans, the history of the United States is built on a set of long-accepted beliefs about events, each of which resonates in the nation's collective memory. But what if those beliefs—however familiar—don't really tell the whole story? Our knowledge of history—or what we believe to be history—is the lens through which we view and interpret the world. And when that lens is distorted with misleading information, it has powerful effects on how we perceive the present and how we make decisions in the future, from choosing whom to vote for to interpreting the latest developments in today's news and opinion pieces.

The cost of this video course is a one-time fee of \$10 and includes 24 topics. Participants can pick and choose which topics to join at the Terrace at Ruby View. A list of topics is available at the front desk.

A Card for Every Occasion

Tuesday, September 22nd, 12:30 p.m.

Char will share her techniques on making a special card for any occasion. All materials and tools will be provided to complete each card you choose to make. Examples of her work will be on display in the lobby at the center prior to class. Please sign up with Char by September 18th for this free class at the Terrace at Ruby View. Space is limited.

Word 2010 - Basics

Tuesday, September 29th, 12:30 p.m.

Word 2010 is a word processing application in the Microsoft 2010 Office suite that lets you easily create professional-looking documents using various themes, visual designs, formatting tools, and sharing features.

What you will learn:

- Ribbons & Tools
- Text Basics
- Formatting Text
- Saving
- Modifying Page Layout
- Checking Spelling and Grammar
- Printing

Please sign up with Char by September 25th for this class at The Terrace at Ruby View. The cost of this class is \$5.00. Space is limited.

Classes Coming in October

- **Word 2010 – Intermediate**
- **Word 2010 - Advance**

Meals on Wheels Program

The Terrace at Ruby View's Meals on Wheels program helps to promote and maintain your independence and health by providing you with a delicious and nutritious daily meal. And, since we're delivering directly to you in your home, we are checking on your safety as well.

If you are 60 or older and demonstrate a need such as the inability to shop for, or prepare your own meals or are homebound, you September be eligible for the program. For more information call The Terrace at Ruby View at 738-3030.



G.E.T. My Ride

Tickets are available at The Terrace at Ruby View for members. Members can purchase a book of 12 tickets for a suggested donation of \$5.00. No one will be turned away for the inability to pay. Please make checks payable to Elko County.

To arrange for transportation to go to the grocery store, doctor's office or other appointments, please call....

777-1428

New Riders need to register 24 hours in advance.

Podiatry Clinic

Thursday, September 17, 2015

Offered by Dr. Patton for those age 60 or over, includes evaluation and nail clipping. To schedule an appointment call The Terrace at Ruby View at 738.3030.



Diabetic Comfort Footwear

Diabetes increases the risk of foot complications including poor circulation and neuropathy. Every year Medicare covers 1 pair of Diabetic shoes and 3 pairs of soft cushion inserts. For more information please call Anacabe's-Elko General Merchandise at 775-738-3295.

Project Home Repair

Project Home Repair is a group of Newmont Mining Engineers looking to volunteer their time and give back to the community.

Typical Projects:

- Yard Work – raking leaves, trimming trees, general clean up.
- Other Simple Handyman Repairs around the house.

If you are in need of a repair please see Char in the front office of the Terrace at Ruby View or call 738-3030

Mobility Equipment Rentals

Gently-used medical equipment – that usually comes in from donations – is available at the Terrace at Ruby View. Examples of available equipment include: canes, walkers, wheelchairs, and more. For more information, call 738-3030.

A+ Urgent Care will be sponsoring a Free
BLOOD PRESSURE CHECK
along with
PULSE RATE AND OXYGEN SATURATION
at The Terrace at Ruby View on
Thursday, September 10th
10:30 – 12:30 a.m.
Drop-ins are welcome.

CAREGIVER

Lunch & Learn Video Presentations

Presented by Cleveland Clinic

At the Terrace at Ruby View

11:30 AM – 1:00 PM, program begins at 12 Noon

Join us for our Lunch and Learn programs, designed for family and professional caregivers, via video streaming. Topics are of interest to caregivers and families, with special focus on those caring for individuals with Alzheimer’s, Parkinson’s, dementia, multiple sclerosis and other neurocognitive diseases. All sessions are open to the community. We welcome you to enjoy lunch served by the Terrace during these sessions. If you are under the age of 60, lunch is \$6.00. If you are over the age of 60 and choose to register at the Terrace, lunch is a suggested donation of \$3.00. Please see the menu for lunch options on page 5.

September 2015 Schedule

September 9th

Nutritional Misconceptions

Evan Klass, MD, FACP, Associate Professor of Medicine, Director,
Project ECHO Nevada and chief, Division of Endocrinology

Do you understand the difference between medication and nutritional supplements? Are you able to distinguish between promotional health claims and facts? Join us to learn more about these questions and what the limitations of FDA approval are.

September 23rd

Two Women’s Stories: How Alzheimer’s Disease Demanded Creativity

Nancy Nelson and Patricia Stone, Authors

How do you learn to first cope, then thrive with a diagnosis of Alzheimer’s Disease. Meet two women in different situations who used their creativity to make sense out of profound changes to their lives.

Can’t make it to Lunch & Learn? You can also view presentation on
www.keepmemoryalive.org.

The drinks have umbrellas

The theme is set

We’re having a Luau

You’ll never forget!

Please dress-up Hawaiian

As you’ve done in the past

For a day that will be

a tropical blast!

Friday, September 11th at 11:30 a.m.



HELP US PICK OUR NEXT TRIP FOR 2016

Submit your votes by visiting our website at www.elkoseniors.org/Travel.html or call Char at 738-3030

Colorado & the Rocky Mountains- \$525 6 Nights

Get an up-close view of the breathtaking Rocky Mountains on our Garden of the Gods, Royal Gorge, & Colorado Springs bus tour! Includes:

- Lodging
- Deluxe motor coach
- 10 meals
- Guided Tour of Garden of the Gods and Colorado Springs
- Visit to United States Air Force Academy, U.S. Olympic Training Center, Denver Museum of Nature and Science
- Aerial Tram at Royal Gorge
- Incline Railway at Royal Gorge



Montreal Quebec Tour- \$599 plus airfare 5 Nights

Discover the French-inspired culture of these cosmopolitan cities on our bus tour to Montreal, Quebec City, & Canada's Capital - Ottawa! Includes:

- Lodging
- Deluxe motor coach
- 10 meals
- Guided Tour of Montreal, Quebec City, Ottawa, Notre Dame Basilica, and Parliament Hill
- Sight-seeing at Montmorency Falls, Montreal Tower and Montreal's Underground City
- Narrated Cruise on the Stunning St. Lawrence River



Elko Senior Activity Programs, Inc

1795 Ruby View Dr.

Elko, NV. 89801

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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 September 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.