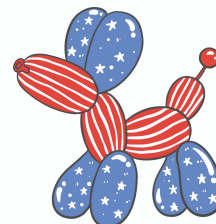




ELKO SENIOR CENTER



We are in the heat of summer now! I hope that you all are enjoying summer and the outside opportunities that it provides. Please continue to remain mindful of the effects of heat on our bodies. Stay hydrated and try to avoid the hours between 10:00 a.m. and 4:00 p.m. Not only does an early morning excursion provide the recommended 10-15 minute exposure (3 times per week), it also can help you sleep better according to some studies.

This month's State Symbol is the Sagebrush, scientific name *Artemisia tridentata* or *trifida*, is often called Great Basin Sagebrush, or Big Sagebrush. Many people associate Nevada's desert climate with sagebrush, though it is defined as being a species that thrives in semi-arid steppes. Sagebrush generally flowers in July, producing small seed-like fruits. Plants can also produce sprouts nearby, essentially cloning themselves. The plant is long-lived, often living to more than 100 years! Generally, the taller the plant, the better the soil, and taproots can be as long as 13 feet. There is dispute around different varieties, though generally six subspecies are recognized. Sagebrush became the state flower in 1959, along with last month's State Tree, the Pinion Pine, and the State Song, which we will discuss next month.

If you have come into the Dining Room for lunch over the past month, you will have noticed that the Food Waste Study has been completed. Overall, we threw out 584 pounds of food between the Kitchen pan waste and the Member plate waste. Starches and breads were the largest category, making up nearly 30% of the total waste. Not surprising, dessert was the smallest category, coming in at only 27 pounds over the six-week study, with fruit being the second lowest waste category at 48 pounds. A number of insights were gleaned from this study. One of the most impactful for me was that only 2 out of 3 people are drinking the milk. This means that 33% of you are not getting the nutrients that milk provides. We want to learn more about this, so if you don't drink the milk offered at the Center, please take a moment to tell us why. Because of the amount of food waste coming from the Kitchen, we are considering a reservation system. This is an item that we would like a newly re-formed Leadership Advisory Council to address. Yes, you read that correctly, we are bringing a group of you together to help present Member ideas. This will be separate from the Board of Directors and will advise the Executive Director directly. If you are interested, please see me. Another observation is that contributions are only about 36% of the total meal cost. This is not sustainable, though at this time, we are not increasing the suggested donation; in fact, we are doing the exact opposite and moving away with a suggested donation. Instead, we are asking all diners 60 and better to give what they can, when they can. We know that many of you are already paying more than what was previously asked for and we are appreciative of that. Please continue to donate what you can, when you can. Thank you!

We are still collecting Member surveys on the new location, so anticipate an update next month. I presented three "townhall" meetings to present the information that has led me to make these recommendations and to answer any questions. Thank you to those of you who were able to attend. As always, please do not hesitate to come visit me if you have any questions or concerns, about this subject, or anything else. It is your Center and I want to make sure you are comfortable knowing what is going on.

We hope that you all have a wonderful month and Happy Independence Day!

Matt

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.

Elko Senior Center - 1795 Ruby View Dr. Elko
775.738.3030 - www.elkoseniors.org

JULY ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
Games & Recreation					
Hand & Foot Canasta	Mondays	Ongoing	9:00-11:00 a.m.	Dining Room	Free
Mahjong	Tuesdays	Ongoing	9:00-11:00 a.m.	Dining Room	Free
5 Crowns	Wednesdays	Ongoing	9:00-11:00 a.m.	Dining Room	Free
Spinner Dominoes	Thursdays	Ongoing	9:00-11:00 a.m.	Dining Room	Free
Quixx	Fridays	Ongoing	9:00-11:00 a.m.	Dining Room	Free
Bridge (Duplicate)	Weds.	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00
Bridge	Mon.-Thu.	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	1st Mon.	July 7	12:45 p.m.	Dining Room	BYOS
Beginning Bridge Class	Monday	Ongoing	9:30-11:30 a.m.	Dining Room	Free
Dominoes	Weds.	Ongoing	1:00-3:00 p.m.	Dining Room	Free
Penny Ante Poker	T & Th.	Ongoing	9:00-11:00 a.m.	Dining Room	BYOS
Pinochle	Thursdays	Ongoing	9:00 a.m.	Dining Room	BYOS
Exercise					
Stretch & Strength	Thursdays	Ongoing	12:30-2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	9:00-9:45 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	9:45-10:15 a.m.	Large Activity Room	Free
Tai Chi Techniques	M-Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Square Dancing	Thursdays	Ongoing	6:00 p.m.-8:00 p.m.	Large Activity Room	Free
Arts & Crafts					
Watercolor Painting & Drawing	Wednesdays	Ongoing	9:30 a.m.-3:00 p.m.	Art Room	BYOS
Char's Craft Class	Varies	July 8	10:00-11:30 a.m.	Art Room	Varies
Connecting & Support					
Bible Study	Tuesdays	Ongoing	1:00-3:00 p.m.	Tech. Room & Zoom	Free
TOPS (Taking off Pounds Sensibly)	Thursdays	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Friends Day Out - Java Music Club	Fridays	Ongoing	1:00-3:30 p.m.	Art Room	Free
Cancer Support Group	Varies	TBD	11:00-12:00 noon	Craft Room	Free
Garden Club	Varies	Sept. 5	11:30	Large Activity Room	Free
Produce on Wheels	2 nd Weds.	July 9	11:30 a.m.-12:30 p.m.	Porte Cochere	Free
Alzheimer's Support Group	4 th Weds.	July 23	1:00-3:00 p.m.	Technology Room	Free
Access to Healthcare	2 nd Friday	July 11	11:00 a.m.-1:00 p.m.	Dining Room	Free
Open Sewing	3 rd Mon.	July 21	9:00 a.m.-3:00 p.m.	Craft Room	Free
Dementia Friendly Elko	3 rd Weds.	July 16	1:00-2:00 p.m.	Technology Room	Free
Nevada Legal Services (By Appt.)	Varies	July 9	9:00 a.m.-2:00 p.m.	Technology Room	Free
Memoir Writing	4 th Thurs.	July 24	1:00-2:00 p.m.	Technology 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
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free
Travel Club	3rd Friday	July 18	1:00 p.m.	Large Activity Room	Varies
Elko County Democratic Party	3rd Tuesday	July 15	5:30 p.m.	Technology Room	Varies

In Memoriam

June

JULY 1

SARA GHRIST
MABEL QUIRK

JULY 2

KATHRYN DAVIS
LESLIE JONES
THAD ROGERS

JULY 3

CLARENCE ADAMS

JULY 4

WILLIAM GALVIN
BETH WOODWARD

JULY 5

CHARLINE HULL
JAMES SHYNE

JULY 6

BETTY BREEDEN

JULY 8

ARLENE COFFMAN

JULY 9

ROBLEY BURNS
ANN JAYO
FRANK SODERQUIST

JULY 10

MIKE HARPHANT

JULY 11

BETTY INMAN
ANNE SCHOTT

JULY 13

DELLA BLAIR
RONALD GOERY
JOANN KERN
CHARLES WILMOT

JULY 14

BILL FOGLE
SHARON HASTINGS
CLARA ROMERO

JULY 15

ELLEN MOORE

JULY 16

DORIS JACKSON
BRUCE SANDERS
ROY SMITH

JULY 17

ROBERT MARCOUX

JULY 18

ROBERT BELLINGER
GALE CHILES
BETTY COOPER

JULY 19

JERRY BYRNES

JULY 20

HELEN SMITH
NELLIE STARKEY

JULY 21

ELLEN MUTH
DEE PHILLIPS
ANDREW PUCCINELLI

JULY 22

ARNOLD CARRILLO
RAY MAZUCH
PAT STRANG

JULY 23

CHARLES FONG
GLENN A IBARRA

JULY 24

MARY CRAIG
MARY ANNE HOOT
NORMA RIZZI

JULY 25

PHIL ARANGUENA
EDITH LYNCH

JULY 27

JANIS BOUCHER

JULY 28

LEONARD JOHNNIE JR
FRANCES WHITNEY

Birthdays



Frank Aguirre
June 2, 2025



Susan Smales
June 2, 2025



Elaine Knight
May 20, 2025

PHOTO FUN!



ITEMS TO MAKE NOTE OF

KATHERINE ROHDE	CONNIE JOHANNESSEN	GEORGE SCHNEIDER
KIM MONTOYA	RAYMOND SMARR	MICHELLE FOSTER
TIMOTHY CALLIS	ESTHER ROHRS	RONDA SCHNEIDER
JEFF SAMORA	ARSENIO GALLEGOS	MITCH POSEY
RETA MEYERS	CHRISTY BOUGE	DANIEL SALAS
DIANE OBORN	ELINOR DAVIS	LORAIN GEORGE
JAMES BOWERS	GENNIEVE GALLEGOS	JOHNNA SCOTT
KENYA TRUXAL	DOLORES BOUGE	KAREN SOMERS
D'ANN LEDFORD	MAIA WEBSTER	ETHAN DAVIS
JENNIFER FRANCOM	HEIDI BUTTERFIELD	ANNETTE LARRINAGA
KATHY TERRY	CYNTHIA DELAMORA	TONY LARRINAGA
ROBERT WHITE		DIANE KEOGH
CAROL HOCKETT		

NEW MEMBERS

THANK YOU!

WILLIAM N. PENNINGTON FOUNDATION
NEVADA GOLD MINES
HUNT & SONS
EJC FOUNDATION
WESTERN STATES PROPANE
LAMOILLE PRESBYTERIAN CHURCH
BRIDGE PLAYERS
BINGO RAFFLE DONORS
UEC MOVIE THEATERS
NNRH FOR FATHER'S DAY CELEBRATION





HAPPY BIRTHDAY

JULY 1

JOHN KEMPFERT
JUNE MARTIN
JEFF OSMONSON

JULY 2

GARY BELL
PATRICIA DIEHL
VIRGINIA DURFEE
BENITA ERICKSON
SHARON HORN
CAROLYN PATTERSON
BRYANT SHURTLIFF

JULY 3

SONYA DIAZ
JUDY GRENFELL
RAYMA HUGHES
JOYCE NELSON
CATHERINE PHILLIPS
LEWIS VOLMER

JULY 4

SHERI BOWERS
ZELDA JOHNNY
ALLISON MEYER
JOSE NEGRETE
BRIAN NORTON
MILTON OBORN
ALAN EDWARDS
GENNIEVE GALLEGOS
THERESA JATKOLA

JULY 6

CAROLYN BOWERS
DANE HALING
JEANNE HART
ANN JACOBO
SANDRA SCHROEDER
KATHERINE SORENSON

JULY 7

HARVEY BARNES
NEVADA PEARCE
LEONARDO SERNA
RONALD SJOL

JULY 8

MINDY BECKSTEAD
DONNA BOGDON
REBECCA CAMPBELL
STEVEN GUITAR
CERELINA MCKEAN
DONALD PETERS
CHARLES SANCHEZ
MICHAEL SMITH

JULY 9

ARGENIA FRANK
KENNETH HALL
MAVISLEE JONES
MICHAEL KERNA
IRENA MCCLOUD
LISE OAKES
DAN O'DONNELL

JULY 10

DEE DOMINGO
RUBY A. GLIKO
JAMES (KENT)
HUGHES

JULY 11

JUANITA RAY
SANDRA SUTHERLAND

JULY 12

RUSSELL HELLER
ANNA SILER
SHELLY TAYLOR
ALLONA KAE ATENCIO
SUSAN BROUSE
CINDY BUCKLES
CAROLYN FREY
FLORENCE GALVIN

JULY 13

JULIA SMITH
VICKI URBAN

JULY 14

PAUL PRYZMONT
JAMES GREEP
JULIE HERRERA
BARB HOLLINGSHEAD
ALLEN JOHN

JULY 15

LEROY MCQUEEN
MARK WOODROW
JEANNE AMBROSE
FREDDRICK BECKER
LUANA CONSTABLE
RANDY LOPEZ
MELISSA WALSH
GINGER YOUNG

JULY 16

ALTA GLASS
ARLETTA LIPPARELLI
GEORGE POSTON
JACK THOMAS

JULY 17

CHRISTINE ATINE
DENNIS CURTIS
PAMELA IVY
DAVID IZATT
ELSIE JOHNSON
GERALD SEIL

JULY 18

BEVERLY ADAMS
RAY KEHN
SYLVIA MARTINEZ
SHARRON SCOTT

JULY 19

DAVID CIMO

JULY 20

BARBARA MAPLE
BARTON MCAFFEE
ROCKY PRAY
ENRIQUE RAMIREZ
MARY SEIL

JULY 21

KAREN CRACRAFT
GARY MANNING
SHELLY MYERS

JULY 22

JAMES ALBITRE
KARAN FERREIRA
DIXIE HUSON
LINDA LOPEZ
CONNIE O'NEILL
GERALDINE WALTHER
KIRSTEN WYMAN

JULY 23

DANIEL SALAS
JAMES WRENFROW

JULY 24

TANA DOERR
CURT GAGE
ALESHA JACOBSEN
GERALDINE KATH
KENNETH MORGAN

JULY 25

DEAN CERNICK
JACK CUMMINGS
COLLEEN GOODWIN
CARL JOHNSON
BOBBY MARTINEZ
ROBERT REEVES
IVA THOMAS

JULY 26

CHONG PRATT

JULY 27

DARLENE BARNES
LEE CLAPP
JUDY DOWNEY
MARLENE DURAN
MARTHA SCHOTT-
BERNIUS
STEVE SUDWEEKS

JULY 28

DOLORES BOUGE
JAMES BURNETT
DAVID NEISESS
CHRISTOPHER
PRESSLEY

JULY 29

JENNIFER ANDERSON
WILFRED (SLIM)
BAKER

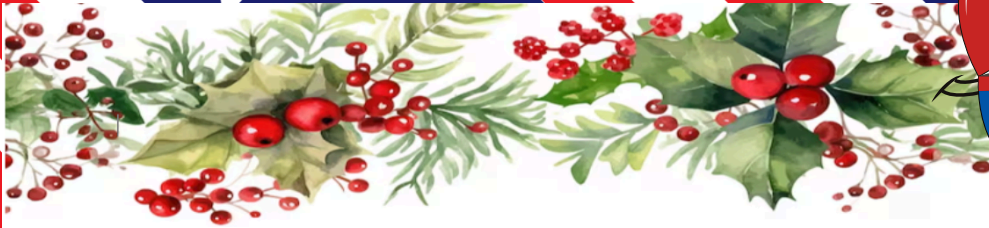
JULY 30

TIMOTHY CALLIS
JAN DELEON
SUZETTE HEINTZ
JUANITA JONES
DONNA MITCHELL
AUDREY SAVARY

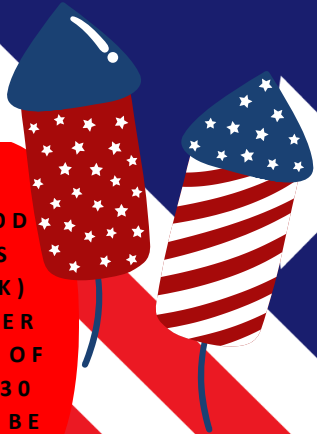
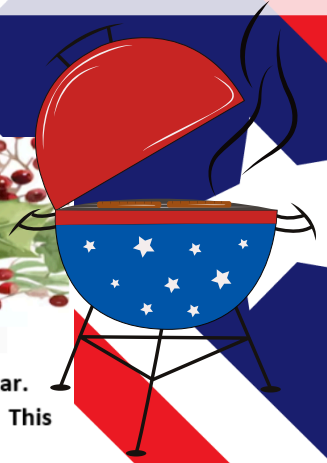
JULY 31

KIM FREY
LAVERNE MARTIN
MARIO ORDUNO
RICHARD SANDOZ
CAROL ALMAND
TIM AVERY
SEAN GARCIA
JANET THOMPSON

ITEMS TO MAKE NOTE OF



We are asking for assistance with items for the Senior Table at the Christmas Bazaar. This year we will feature different requests for hand-made items in various months. This month we would like to request wood crafts. Items donated will be collected throughout the year and then placed on our Senior Table for sale at a price determined by the buyer. If you are interested, please see the Front Office.



THE NORTHERN NEVADA FOOD BANK PRODUCE ON WHEELS TRUCK (THE PRODUCE TRUCK) COMES TO THE SENIOR CENTER ON THE SECOND WEDNESDAY OF EVERY MONTH BETWEEN 11:30 AND 12:30. THE TRUCK WILL BE HERE ON WEDNESDAY, JULY 9.

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!



ITEMS TO MAKE NOTE OF



Join the Leadership Advisory Council! If you are interested in helping to shape the direction of your Center, please come visit with Matt or Carissa.

SENIOR

Gently hand massage
And
Nail care

Address: 1795 Ruby View Dr
Elko NV 89801

Wednesday **2nd** JULY 11:00 am

Cool Canyon Evenings

Friday evenings in August at 6 pm



Powerhouse Picnic Area-Lamoille Canyon

Free family events, everyone welcome

Good kids' activities

Evenings include a campfire and S'mores

Friday, August 1- California Trail Interpretive Center will talk about the gold rush of 1849. Participants will join the gold rush by panning for gold.

Friday, August 8- Local historians Jan Petersen and Judy Byers will show participants the sites of the Elko Lamoille Power Plant and the caretakers house that once stood in today's picnic area.

Friday, August 15- Nevada Department of Wildlife on the animals of the Ruby Mountains. An interactive display of skulls, hides and tracks of local animals.

Friday, August 22- Delynn and Duane Jones will put on the always popular Dutch oven cooking demonstration. Types and sizes of Dutch oven pots, care and maintenance of pots, and techniques for cooking.

Option: Group picnic area gate opens at 5 pm, bring a picnic supper

Group picnic site donated by the U.S. Forest Service

In May 2025, we served 6,068 senior meals at an average cost of \$8.53. We received an average of \$1.98 per meal in meal donations, with an additional \$5.63 in grants, for a total of \$7.62 received per meal.

**God Bless
America!**

4TH OF JULY

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 10th

Doors open at 5 pm –

Game starts at 5:30 pm

The Elko Senior Center

1795 Ruby View Dr. -

Spring Creek

Wednesday,

July 16th

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



ELKO SENIOR CENTER



BOARD OF DIRECTORS BULLETIN

BOARD OF DIRECTORS BULLETIN

THE DATE OF THE NEXT BOARD MEETING IS SCHEDULED FOR JULY 21, 2025. 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 BOARD. 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

BOARD OF DIRECTORS

JENNIFER ROBERSON – CHAIR; MONICA WRIGHT-COSCARAT – TREASURER; MARSHA DAVIS, BILLIE JEAN CRAWFORD, ANNE CURTIS, CATHY MCADOO, AND LYNN TERRAS

SENIOR CENTER STAFF

MATT MCCARTY – EXECUTIVE DIRECTOR; CARISSA CASSADORE – ASSISTANT DIRECTOR; JANIS SHURTLIFF – ADMINISTRATIVE ASSISTANT; LIZ WEAVER – LEAD COOK; JOSIE O'DONNELL – ASSISTANT COOK; CANDI ASHBY – KITCHEN AIDE/DRIVER TRAINER; SAMANTHA WRENFROW – KITCHEN AIDE/DRIVER; STEFANIE MOHR-PERRY – KITCHEN AIDE/DRIVER; LORI MATSON – KITCHEN AIDE/DRIVER; KELLY STEWART – KITCHEN AIDE/DRIVER; CHRISTOPHER PIFFERO – DISHWASHER; JAIME LOEPPKY – SUB. KITCHEN AIDE/DRIVER; STEPHANIE FRENCH – SUB. KITCHEN AIDE/DRIVER; KENDA CONSTABLE – SUB. KITCHEN AIDE/DRIVER; STORMY BARRETT – SUB. KITCHEN AIDE/DRIVER; ALICIA VELEZ – EVENT FACILITATOR; JESSIE MYERS – EVENT FACILITATOR; KINDRA WARREN – EVENT FACILITATOR

Please make all checks payable to ESAP. ESAP stands for Elko Senior Activities Program. Thank you!

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 – Pay what you can, when you can. For diners under the age of 60, the cost of the meal is \$10.00.

The Senior Center July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast Beef Red Potato Mixed Vegetables Garden Salad Orange Carrot Cake Roll	2 Tuna Salad Sandwich Yellow Squash Sliced Cantaloupe Lentil Soup Jell-O with Fruit	3 Breakfast 9:30-10:45 am Ham, Broccoli and Cheese Quiche 1/2 Biscuits and Gravy Hash Brown Casserole Fruit Cup Mini Cinnamon Roll	4 Center Closed Independence Day
7 Swedish Meatballs over Noodles Edamame Tossed Salad Diced Pears Lemon Pudding	8 Shrimp Basket Piccadilly Chips Pineapple Coleslaw Grapes Strawberry Ice Cream	9 BBQ Ribs Scallop Potatoes Corn Spiced Apple Sauce Bread Honey Bun Cake	10 Spaghetti with Meat Sauce Zucchini Colorful Salad Bread Jell-O with fruit	11 Lemon Baked Fish Parsley New Potatoes Green Beans Garden Salad Cantaloupe Chunk Assorted Dessert
14 Hamburger Baked Beans Lettuce and Tomato Applesauce Tapioca Pudding	15 Shepherd's Pie Green Beans Caesar Salad Roll Watermelon Poke Cake	16 Country Fried Steak Mashed Potato Corn Pineapple and Cottage Cheese Blueberry Dump Cake	17 Italian Fried Chicken Spaghetti Garden Salad Orange Sections Sundae Bar Sponsored by Tim Hatch with Edward Jones	18 Beef Tips over Noodles Baked Squash Spinach Salad Plums Assorted Desserts
21 Oven Fried Chicken Butternut Squash Steamed Pea and Carrot Garden Salad Mandarin Oranges Bread Lemon Bars	22 Hot Dog Chili Fries Sauerkraut Strawberries Eclair Dessert	23 Boneless Pork Rib Sandwich Hoagie Bun Baked Beans Broccoli Salad Peaches Magic Bars	24 Birthday Roast Pork Tenderloin Potato Salad Honey Dijon Vegetables Beans with Bacon Pineapple Cottage Cheese Cake and Ice Cream	25 French Dip Sandwich Fries 3 Bean Salad Apricots Assorted Dessert
28 Shredded Pork Tacos Pinto Beans Spanish Rice Lime Slaw Apple Crisp	29 Lasagna Chopped Spinach Salad Garlic Bread Apple Cherry Fluff	30 Hot Pastrami Sandwich Macaroni Salad Carrot Raisin Salad Banana Oatmeal Chocolate Chip Cookie	31 Meatloaf Mashed Potatoes Corn Chantilly Fruit Cup Roll Southern Peach Cake	

*Menu is Tentative

Chef or Chicken Apple Salad
order before 9:00 am

National Day Calendar Days

July –National Ice Cream Month
 July 2 – National Wildland Firefighter's Day
 July 4 – Independence Day
 July 5 – National Bikini Day
 July 7 – National Day of Rock 'N' Roll
 July 10 – National Kitten Day
 July 11 – Collector Car Day
 July 15 – National Give Away Something Day
 July 15 – MLB All Star Game
 July 19 – National Words With Friends Day
 July 20 – National Moon Day
 July 21 – National Get Out Of The Doghouse Day
 July 22 – National Hammock Day
 July 23 – Gorgeous Grandma Day
 July 24 – National Amelia Earhart Day
 July 25 – National Wine and Cheese Day
 July 26 – National Aunts and Uncles Day
 July 26 – National Parent's Day
 July 27 – National Crème Brulee Day
 July 29 – National Chicken Wing Day
 July 30 – National Cheesecake Day



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?
 Do you have an extra 30
 minutes after lunch? We would
 appreciate help in sanitizing the
 tables Mondays, Wednesdays,
 and Fridays. Call us at 775-738-
 3030 to find out more!

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

ELKO SENIOR CENTER
 Elko Senior Activity Programs
 1795 Ruby View Drive
 Elko, NV 89801

