



For more information about the Washoe County Senior Center please visit our website at washoecounty.gov and use the search bar for “Senior Scoop”, “Senior Services”, & “Nutrition/Lunch Program”.

Washoe County Senior Services Centers

Reno

1155 East 9th St. Bldg E, 89512

(775) 328-2575

OPEN M-F (8:00am-5:00pm)

Lunch: 11:15am-12:30pm

Call (775) 328-2786

Hot Meal: No reservation required.

Salad Meal: Make reservation by 8:30am

For Lunch, the remaining sites require reservations for hot meal and salad meal. Call to make your reservation by 8:30am, day of.

Sparks

97 Richards Way 89431

(775) 353-3110

OPEN M-F (8:00am-5:00pm)

Lunch: 11:15am- 12:00pm

Call (775) 353-3113

Sun Valley

115 W 6th Ave 89433

(775) 673-9417

OPEN M-F (8:30am-12:30pm)

Lunch: 10:00am- 12:00pm

Cold Springs

3355 White Lake Pkwy 89508

(775) 971-8542

OPEN M-F (call site for details) Lunch:

10:00am-2:00pm

Call (775) 328-2786

Westbrook

315 Westbrook Lane 89506

(775) 328-2786

OPEN FOR LUNCH – 11:00am-1:00pm

Gerlach

385 E. Sunset Blvd 89412

(775) 557-2206

OPEN FOR LUNCH

(call site for details)

Lazy 5/Spanish Springs

7100 Pyramid Way 89436

(775) 328-2786

OPEN M-F (Hours will vary) Lunch:

11:15am-12:30pm Call (775) 328-2786

Income-Based Housing Resources

- NVHousingSearch.org is a free search tool that helps to find rental homes that fit an individual's needs and budget.
- The Reno Housing Authority owns and operates numerous affordable housing developments throughout Washoe County.
- For more information, call : 775-329-3630

Other Events:

TWO FREE WEEKLY CLASS SERIES:

Choose Health: Food, Fun, and Fitness Fridays

5:30-7 pm Paradise Park Community Garden 2745 Elementary Dr. Reno, NV
(near the activity center) Six-week series starts Fri, 6/21- ends 7/26;

Eating Smart - Being Active Wednesdays 5:30-7 pm Soulful Seeds Community

Garden corner of Galetti and Glendale Reno, NV (Near Our Place/Rise Campus)
Nine-week series starts Wed, 6/26 - ends 8/21.

For more info and to info and to

register for classes, please contact Johanna @ 775- 525- 1340.

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Lunch: 10:00am-2:00pm (775) 328-2786

Westbrook 315 Westbrook Lane 89506
(775) 328-2786 | OPEN FOR LUNCH –
11:00am-1:00pm

Gerlach 385 E. Sunset Blvd 89412
(775) 557-2206 OPEN FOR LUNCH (call site for details)

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(775) 328-2786 OPEN M-F (Hours will vary)
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Mobile Harvest and Produce on Wheels

Fresh produce is delivered to senior communities and senior centers across Northern Nevada. No income restrictions. ID and Registration required. Pick up a schedule calendar for times and locations at the Information/Resource Wall in the Washoe County Senior Center or visit fbnn.org/gethelp/programschedules



Pet Food

Washoe County Animal Control distributes free pet food for seniors every third Tuesday of the month.

Where: Washoe County Senior Center

When: July 16th, 8:00am-9:00am, or until supplies last.

Food Bank Truck (Commodity Supplemental Food Program)

Through the CSFP, the Food Bank of Northern Nevada provides ONE BOX of nutritious food to low-income seniors monthly. Gross monthly income limits:

\$1,473 (one person)

\$1,984 (two people)

Sign up at distribution. ID required.

Where and When:

Washoe County Senior Center - Third Thursday, July 18th, 8:00am -11:00am

Sun Valley Senior Center – July 12th and July 26th

Assistance League Food Program

Every third Tuesday of the month, the Assistance League supplies seniors with TWO BAGS of groceries with essentials.

Gross monthly income limits:

\$2,000 (one person)

\$2,554 (two people)

Only one set of bags per person. ID, Proof of Income, and Registration required.

Where: Washoe County Senior Center, 1155 East 9th Street

When: Third Tuesday, July 16th 8:00am-9:30am



Washoe Senior Ride:

WSR is a subsidized taxi program of the Regional Transportation Commission (RTC). It provides alternative, reliable, and affordable transportation to WC residents who are 60 years and older, RTC ACCESS clients (any age), and WC Veterans (any age).

Where to Apply:

washoecounty.gov (search Senior Scoop then scroll down to Transportation at bottom of page)

RTC 4th Street Station

200 East 4th Street
Reno, Nevada

When: Monday -Friday

8am - 11:30am & 1pm - 4pm

Phone: (775) 348-7433

Access to Health Care Network has a FREE Senior Transportation program for Seniors with Medicare

They provide transportation services to:

- Doctor Appointments, Outpatient
- Procedures, Picking up Medications
- Therapies and Grocery Shopping

For more information on this free transportation program, contact Access to Healthcare at www.accesstohealthcare.org or call 1-877-385-2345

Did you know?

RTC has an Uber Program! They will subsidize 75% of your fare (up to \$9) for trips with Uber that start and end in the Reno-Sparks area.

AARP has a Driver Safety Course for Seniors

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way, and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

Call (775) 525-1265 to register in order to attend

Where: National Auto Museum 1 Museum Way
Reno, NV

When: Monday, July 29th, August 26th, & September 30th 12pm-4pm

Become eligible for an auto insurance credit!



Nevada Care Connection

NCC works with older adults, people with disabilities, and family caregivers to explore their options, plan for care, and connect with the support services that meet their needs.

Dial: 2-1-1 (*ask for your local “Nevada Care Connection Resource Center” or visit nevadacareconnection.org)

Did you know?

Washoe 311 can help you connect with the Washoe County senior service resources you need! From benefit programs to medication assistance to community meals, they have the connection information you're looking for: Just dial 3-1-1

Sexual Health Testing

Washoe County Health District is conducting free testing. For more information and scheduling call (775) 328-2400.

Where: Washoe County Senior Center
1155 East 9th Street

When: Every Thursday, 1pm-5pm

Mobile CARE Chest

CARE Chest is a Northern Nevada nonprofit agency serving individuals in need by providing medical resources, including incontinence protection and diabetic testing supplies, FREE of charge.

Where: Washoe County Senior Center, 1155 East 9th Street

When: Every Third Thursday, 8:30am-11am.

Must register first at 775-829-2273

Saint Mary's Hospice Grief Group

Smiles From Heaven is available to offer and share support within a safe, closed community. With your help we can continue to be there for each other, reminding you that you are not alone on this journey.

Where: Washoe County Senior Center
1155 East 9th Street, Game Room

When: Every first and third Tuesday of the month, from 1pm - 3pm




Washoe County Senior Nutrition

July 2024

TRIO

Community Meals

Nourishment through
compassionate care.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Beef and Cabbage Casserole Lima Beans Whole Kernel Corn Multi-Grain Bread Orange Juice</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Salad Dressing</i></p>	<p>2</p> <p>Breaded Chicken Patty Country Gravy Oven Roasted Potatoes Broccoli Whole Wheat Bread Fresh Pear</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>3</p> <p>~Independence Day Meal~ Beef Frank Potato Wedges Whole Wheat Hot Dog Bun Bread Pudding Fresh Orange</p> <p><i>Southwest Chicken Salad</i> <i>Ranch Salad Dressing</i></p>	<p>4</p> <p>Closed <i>Independence Day</i></p>	<p>5</p> <p>Tuna Salad Herbed Potato Salad Coleslaw Whole Wheat Bread (2 slices) Fresh Banana</p> <p><i>Chef Salad</i> <i>Ranch Salad Dressing</i></p>
<p>8</p> <p>Chili Green and Gold Potatoes Whole Kernel Corn Whole Grain Roll Fresh Orange</p> <p><i>Southwest Ham Salad</i> <i>Ranch Salad Dressing</i></p>	<p>9</p> <p>Shredded Pork BBQ Sauce Mixed Beans Diced Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>10</p> <p>Lemon Pepper Pollock Parslied Rotini Brussels Sprouts Multi-Grain Bread Fresh Apple</p> <p><i>Jamaican Pork Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>11</p> <p>Whole Grain Popcorn Chicken O'Brien Potatoes Green Beans Whole Grain Roll Fresh Banana</p> <p><i>Beef Lo Mein Salad</i> <i>Italian Salad Dressing</i></p>	<p>12</p> <p>Taco Meat Shredded Lettuce Tomato Mexican Rice Fiesta Vegetable Blend Flour Tortilla Fresh Pear</p> <p><i>Chicken Cordon Bleu Salad</i> <i>Blue Cheese Salad Dressing</i></p>
<p>15</p> <p>Swedish Meatballs Penne Noodles Broccoli Whole Grain Roll Fresh Banana</p> <p><i>Turkey Club Salad</i> <i>Italian Salad Dressing</i></p>	<p>16</p> <p>Chicken Salad Green Pea Salad Carrot Slaw Whole Wheat Bread (2 slices) Orange Juice</p> <p><i>Krab Salad</i> <i>1000 Island Salad Dressing</i></p>	<p>17</p> <p>Meatloaf Brown Gravy Brown Rice Garden Vegetable Blend Whole Wheat Bread Fresh Pear</p> <p><i>Chicken Club Salad</i> <i>Italian Salad Dressing</i></p>	<p>18</p> <p>Krab Cake Macaroni and Cheese Brussels Sprouts Multi-Grain Bread Fresh Apple</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>19</p> <p>Barbecue Chicken Navy Beans Mixed Vegetables Whole Grain Roll Fresh Orange</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Salad Dressing</i></p>
<p>22</p> <p>Chicken Noodle Casserole Whole Kernel Corn Diced Carrots Multi-Grain Bread Orange Juice</p> <p><i>Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>23</p> <p>Mu Shu Pork Brown Rice Broccoli Whole Grain Roll Fresh Banana</p> <p><i>Turkey Club Salad</i> <i>Ranch Salad Dressing</i></p>	<p>24</p> <p>Breaded Chicken Patty Shredded Lettuce Tomato Delmonico Potatoes Green Peas Whole Wheat Hamburger Bun Fresh Apple</p> <p><i>Roast Beef Chef Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>25</p> <p>Roasted Pork Brown Gravy Whipped Potatoes Lima Beans Whole Grain Roll Fresh Pear</p> <p><i>Barbecue Chicken Salad</i> <i>Ranch Salad Dressing</i></p>	<p>26</p> <p>Tuna Noodle Au Gratin Cauliflower Green Beans Cornbread Fresh Orange Birthday Dessert</p> <p><i>Chicken Spinach Salad</i> <i>1000 Island Salad Dressing</i></p>
<p>29</p> <p>Spaghetti Meat Sauce Parslied Noodles Broccoli Whole Grain Garlic Breadstick Fresh Apple</p> <p><i>Berry Almond Chicken Salad</i> <i>Raspberry Vinaigrette</i></p>	<p>30</p> <p>Mozzarella Chicken Northern Beans California Vegetable Blend Whole Wheat Bread Fresh Pear</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>31</p> <p>Krab Cake Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Chicken Cordon Bleu Salad</i> <i>Blue Cheese Salad Dressing</i></p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	

Meals are offered to seniors 60 and older
for a suggested \$2.00 donation

Individuals under 60 may purchase
a meal for \$4.00

Milk & condiments served with meals

*A substitute item prepared with less
sugar will be available.

July 2024

Washoe County Senior Nutrition

Washoe County Senior Nutrition

August 2024

August 2024

Washoe County Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <p>Individuals under 60 may purchase a meal for \$4.00</p> <p>Milk & condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	 <p>Nourishment through compassionate care.</p>	<p>1</p> <p>Sweet and Sour Chicken Herbed Green Beans Cabbage Whole Grain Roll Fresh Banana</p> <p><i>Jamaican Pork Salad Balsamic Vinaigrette</i></p>	<p>2</p> <p>Beef Patty Crispy Cubed Potatoes Ranch Beans Whole Wheat Hamburger Bun Fresh Orange</p> <p><i>Tukey Pasta Salad Italian Salad Dressing</i></p>
<p>5</p> <p>Breaded Chicken Patty Country Gravy Oven Roasted Potatoes Broccoli Whole Wheat Bread Fresh Pear</p> <p><i>Asian Pork Salad Asian Sesame Salad Dressing</i></p>	<p>6</p> <p>Tuna Salad Herbed Potato Salad Coleslaw Whole Wheat Bread (2 slices) Fresh Banana</p> <p><i>Taco Salad Taco Sauce</i></p>	<p>7</p> <p>Cuban Shredded Pork Spanish Rice Pinto Beans Cornbread Fresh Orange</p> <p><i>Southwest Chicken Salad Ranch Salad Dressing</i></p>	<p>8</p> <p>Beef and Cabbage Casserole Lima Beans Whole Kernel Corn Multi-Grain Bread Orange Juice</p> <p><i>Turkey Club Salad Italian Salad Dressing</i></p>	<p>9</p> <p>Sloppy Joe O'Brien Potatoes Diced Carrots Whole Wheat Hamburger Bun Fresh Apple</p> <p><i>Chef Salad Ranch Salad Dressing</i></p>
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Washoe County Senior Nutrition

September 2024

September
2024

Washoe County Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed <i>Labor Day</i></p>	<p>3</p> <p>Sweet and Sour Chicken Herbed Green Beans Cabbage Whole Grain Roll Fresh Banana</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>4</p> <p>Beef Patty Crispy Cubed Potatoes Ranch Beans Whole Wheat Hamburger Bun Fresh Orange</p> <p><i>Chicken Cordon Bleu Salad</i> <i>Blue Cheese Salad Dressing</i></p>	<p>5</p> <p>Spaghetti Meat Sauce Parslied Noodles Broccoli Whole Grain Garlic Breadstick Fresh Apple</p> <p><i>Jamaican Pork Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>6</p> <p>Krab Cake Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Tukey Pasta Salad</i> <i>Italian Salad Dressing</i></p>
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<p>30</p> <p>Chicken Noodle Casserole Whole Kernel Corn Diced Carrots Multi-Grain Bread Orange Juice</p> <p><i>Chef Salad</i> <i>Ranch Salad Dressing</i></p>		 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <p>Individuals under 60 may purchase a meal for \$4.00</p> <p>Milk & condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p>

Activities

Lunch Served Daily

Monday-Friday:
11:15am-12:30pm

MAP - Medicare Counseling

Monday-Tuesday:
10am-2pm

Wednesday: 10am-12pm

Texas Hold 'Em

Monday-Friday: 8am-10am

Stretch & Tone Exercise

Monday, Wednesday, and
Friday: 9am-10am

Lunch Served Daily

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11:15am-12:30pm

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Wednesday: 10am-12pm

Bingo

Monday, Wednesday, and
Friday: 12pm-1:30pm

Catholic Charities Benefit Enrollment

Wednesday:10am-12pm

Bean Bag Baseball

Tuesday & Friday:
1:30pm-4pm

Ukulele Group

Monday: 2pm-4pm
Crochet Club Tuesday:
9am-11am

Bingo

Monday, Wednesday, and
Friday: 12pm-1:30pm

Catholic Charities Benefit Enrollment

Wednesday:10am-12pm

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Wednesday:10am-12pm

Bean Bag Baseball

Tuesday & Friday:
1:30pm-4pm

Grumpy Old Men-Big Band Live

Wednesday:
10:15am- 11:30am

Scrabble

Wednesday: 10am-1pm

Mahjong

Thursday: 12pm-3pm

Line Dancing and Lessons

Thursday: 1pm-3:30pm

Jus' Right -Hawaiian

Music Live Band

Friday: 10am-12pm

Grumpy Old Men-Big Band Live

Wednesday:
10:15am- 11:30am

Scrabble

Wednesday: 10am-1pm

Mahjong

Thursday: 12pm-3pm

Line Dancing and Lessons

Thursday: 1pm-3:30pm

Jus' Right -Hawaiian

Music Live Band

Friday: 10am-12pm

Grumpy Old Men-Big Band Live

Wednesday:
10:15am- 11:30am

Scrabble

Wednesday: 10am-1pm

Mahjong

Thursday: 12pm-3pm

Calendar of Events

Tuesday July 2

Saint Mary's Hospice
Grief Group: 1pm-3pm

Wednesday July 3

Senior Advisory Board
Meeting: 3pm Game
Room or Zoom

Thursday July 4

Independence Day
Holiday

Friday July 5

Senior Coalition Meeting
is Cancelled

Tuesday July 9

AARP Safe Driver Course-
Must Register 12:00 PM -
4:00pm National Auto
Museum @ 1 Museum
Way (775) 525-1265

Tuesday July 16

Food Pantry & Pet Food:
8:00am until supplies last

Saint Mary's Hospice
Grief Group: 1pm-3pm

Thursday July 18

Food Bank of Northern
Nevada: 8:00am
CARE Chest: 8am-11am

Tuesday July 24

Join us for the Westbrook
Open House; we will have
games, lunch, and fun!
11am-1pm

Friday July 26

Birthday Friday!

Tuesday July 24

Join us for the Westbrook
Open House; we will have
games, lunch, and fun!
11am-1pm

Friday July 26

Birthday Friday!

*AA Meeting 2-3pm
Every Tuesday!*

Tuesday August 6

Saint Mary's Hospice
Grief Group: 1pm-3pm

Wednesday August 7

Senior Advisory Board
Meeting: 3pm
Game Room or Zoom

Friday August 9

Senior Coalition Meeting:
8:30am

Wednesday August 14

Cold Springs Open House

Thursday August 15

Food Bank of Northern
Nevada: 8:00am

Calendar of Events

Tuesday August 20

Saint Mary’s Hospice
Grief Group: 1pm-3pm

Food Pantry & Pet Food:
8:00am until supplies last

POA/Estate Planning
Seminar 11am (Must
Register First)

Wednesday August 21

Happy National Senior
Citizens Day! Senior
Citizens Breakfast
8:30am-10am

Wednesday August 28

Better Business Bureau:
How to Avoid Scams
Workshop in the Game
Room 2pm-3pm

Friday August 30

Birthday Friday!

Monday September 2

Labor Day Holiday -
Closed

Tuesday September 3

Saint Mary’s Hospice
Grief Group: 1pm-3pm

Wednesday September 4

Senior Advisory Board
Meeting: 3pm

Game Room or Zoom

Friday September 6

Senior Coalition Meeting:
8:30am

Tuesday September 10

AARP Safe Driver Course-
Must Register: 12:00-
4:00pm NATIONAL AUTO
MUSEUM 1 MUSEUM
WAY

Tuesday September 17

Food Pantry & Pet Food:
8:00am until supplies last

Saint Mary’s Hospice
Grief Group: 1pm-3pm

POA/Estate Planning
Seminar 11am (Must
Register First)

Thursday September 19

Food Bank of Northern
Nevada: 8:00am

CARE Chest: 8am-11am

Friday September 27

Birthday Friday!

*Client

Re-Registration

Coming Soon*

Notes:

Activities at the Washoe County Senior Centers

Join us at the Washoe County Senior Centers. We're filling up our calendars with group activities like Fitness, Bingo, Bean Bag Baseball, Live Music, Crafts, and so much more! Please visit our website, call, or visit one of our Senior Centers for a full list of activities and schedules, as they vary by site. See you there!

[Re]Build – Rebuilding Together

Rebuilding together is a non-profit organization with a mission to repair the homes of people in need!

Where: www.rtnnv.org

Phone: (775) 395-9808

Blood Pressure Clinic

We are pleased to host a Blood Pressure Clinic every Monday from 10:00am – noon at the Reno Senior Center. Please look at the calendar on page 7 for other locations!

Poetry Workshop!

Join Terry Brooks for FREE poetry workshops on the second Monday of the month from 1pm-2pm at the Senior Center!

*Maya Angelou, Emily Dickinson,
Robert Frost, Langston Hughes...
and you!*

Marriage Ceremonies

The County Clerk's office conducts marriage ceremonies at the 9th Street Senior Center. Please call to set up an appointment through the Marriage Commissioner's Office at (775) 784-7272.

Washoe County Human Service Agency Case Workers

Washoe County HSA aids in the form of access or care coordination in circumstances where seniors and/or their caregivers are experiencing diminished functioning capacities, personal conditions or other characteristics, which require need for services by formal service providers. For more information call (775) 328-2575.

Where: Washoe County Senior Center

1155 East 9th Street

When: Mon-Fri, 9am-12pm and 1pm- 4pm

Washoe County Human Services Agency Senior Services

Social Worker of the Day Available:

Monday- Friday 8am- 12pm and 1pm- 3pm

Do you need help with resources or navigating
Public and Private Benefits or Services?

Case Workers can assist with providing direct or indirect services,
for example:

- ◆ Resources
- ◆ Nutrition options
- ◆ Information/Referral/Coordinate Services
- ◆ Community Programs and Services
- ◆ SNAP Information / Application Assistance
- ◆ Medicaid Information / Application Assistance
- ◆ Advocacy and Support
- ◆ Energy Assistance Information / Application Assistance

Stop by Central Reception and we will be happy to assist. You will also see the case workers walking around the center to answer any questions you may have about services available to you.



Senior News and Events

July, August and September 2024

Important Contact Information

Access to Healthcare Network
775-284-8989

Elder Protective Services
888-729-0571

Alzheimer's Association
800-272-3900

Care Chest
775-829-2273

Catholic Charities
775-786-5266

Community Health Alliance
775-329-6300

Community Service Agency
775-786-6023

Crisis Call Center & Suicide Prevention
800-273-8255/
775-784-8090

Gamblers Anonymous
775-356-8070

National Alliance on Mental Illness
775-470-5600

Nevada Welfare and Social Services
775-684-7200 Reno
775-824-7400 Sparks

Nevada State Information Service
211

Northern Nevada HOPEs
775-786-4673

Northern Nevada Center for Independent Living
775-353-3599

Retired and Senior Volunteer Program
775-784-1807

RTC Access
775-348-0477

S.O.S. Senior Outreach Services
775-784-7506

State of Nevada Aging and Disability
775-687-0800

Veteran Crisis Hotline
800-273-8255 (TALK)

Washoe County Information Service
311

Washoe Legal
775-332-0606



Pursuant to Title VI of the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, Washoe County Senior Services does not discriminate in the provision of services on the basis of race, color, gender, religion, national origin, or handicap.

