



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

Washoe County Senior Service Centers

Reno

1155 East 9th St. Bldg E, 89512
(775) 328-2575
OPEN M-F (8:00 am - 5:00 pm)
Lunch: 11:15 pm - 12:30 pm
Call (775) 328-2786
Hot Meal: No reservation required.
Salad Meal: Make reservation by 8:30am

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
Call (775) 328-2786

Neil Road Rec Center

3295 Neil Road, 8950
(775) 328-2786
OPEN M-F (11:00 am – 1:00 pm)
Call (775) 328-2786

Cold Springs

3355 White Lake Pkwy, 89508
(775) 971-8542
OPEN M-F (call site for details)
Lunch: 10:00 am - 2:00 pm
Call (775) 328-2786

Westbrook

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

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

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

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 while supplies last.

Where: Washoe County Senior Center

When: Oct. 15th, Nov. 19th, and Dec. 17th
8:00 am - 9:00 am FCFS.

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 Oct 17th, Nov 21st, Dec 19th
8:00 am - 11:00 am

Sun Valley Senior Center - Oct. 10th & 24th, Nov. 14th & 28th, and Dec. 12th & 26th
9:00 am - 12:00 pm

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, Oct. 15th, Nov. 19th, and Dec. 17th

Time: 8:00 am - 10:00 am



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:

www.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 (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) 800-4808 to register.

Where: Washoe County Senior Center
1155 East 9th Street

When: October 28th and November 25th
at 12:15 pm



Become eligible for an auto insurance credit!



Access to Health Care Network

AHCN 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: (877) 385-2345

www.accesstohealthcare.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, 89512

When: Thursdays 1:00 pm – 5:00 pm

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,
Center, 1155 East 9th Street, 89512

When: Every Third Thursday,
8:30 am - 11:00 am.

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: St. Mary's Hospice of N. Nevada, 6490 S. McCarran Blvd Suite B13, Reno, 89509

When: Every first and third Wednesday of the month, from 1:00 pm – 3:00 pm



Weekly Activities Reno Senior Center

Texas Hold 'Em

Monday - Friday
8:00 am - 10:00 am

Stretch & Tone Exercise

Monday, Wednesday, and
Fridays: 9:00 am - 10:00 am

Bingo

Monday, Wednesday, and
Fridays: 12:00 pm - 1:30 pm

Ukulele Group

Mondays:
2:00 pm – 4:00 pm

Crochet Club

Tuesdays:
9:00 am – 11:00 am

Bean Bag Baseball

Tuesdays & Fridays:
1:30 pm – 4:00 pm

Scrabble

Wednesdays:
10 am – 1:00 pm

Mahjong

Thursdays:
12:00 pm – 3:00 pm

Line Dancing and Lessons

Thursday:
1:00 pm - 3:30 pm

Blood Pressure Clinic

Mondays:
10:00 am – 12:00 pm

AA Meeting

Tuesdays:
2:00 pm – 3:00 pm

Community Events

Restorative Boxing

Wednesday
10/02, 10/16, and 10/30
12:30 pm - 1:30 pm Reno
Senior Center Multipurpose
Room

Paint and Sip (Cider)

Thursday 10/03
Cold Spring Comm. Center
10:30 am - 12:00 pm

Paint and Sip (Cider)

Thursday 10/10
Sparks Senior Center
10:00 am - 11:30 am

Paint and Sip (Cider)

Thursday 10/17
10:00 am-11:30 pm Reno
Senior Center Room:
Activity 1

Leather Crafting

Thursday 10/24
10:00 am - 11:30 am Reno
Senior Center Room:
Activity 1

Pumpkin Carving/Painting

Thursday 10/31
Sparks Senior Center
10:30 am - 12:00 pm

Weekly Outreach Reno Senior Center

Catholic Charities Benefit Enrollment

Wednesdays:
10:00 am -12:00 pm

MAP - Medicare Counseling

Mondays-Tuesdays:
10:00 am – 2:00 pm
Wednesdays:
10:00 am – 12:00 pm

Music

Grumpy Old Men-Big Band Live

Wednesdays:
10:15 am - 11:30 am

Jus' Right -Hawaiian

Music Live Band Fridays:
10:00 am – 12:00 pm

Events

Sparks Senior Center Open House

Friday 10/11
10:00 am – 12:30 pm

FREE Hair Cut Day

Wednesday 10/23
10:00 am – 1:30 pm
Reno Senior Center Room:
Activity 1

[More Events on Next
Page! →](#)

Events (Continued)

Reflections of Lake Tahoe Part 3

Thursday Oct 3rd
12:30 pm – 1:30 pm Reno
Senior Center Multipurpose
Room

Reflections of Lake Tahoe

Thursday Oct 23rd
12:30 pm – 1:30 pm Reno
Senior Center Multipurpose
Room

Halloween Bash

Wednesday Oct 31st
Wear your favorite costume
and join us for some
spooky fun!
Reno Senior Center
Multipurpose Room

Poetry Workshop

Second Monday of the
Month
1:00 pm – 2:00 pm
Reno Senior Center

Open Door Café Dementia Friendly

Tuesday Nov 12th
11:00 am – 1:00 pm
Reno Senior Center Call
(775) 682-9444 for
information

Community Events

Air Races

Oct 4th – Oct 6th
Stead Airport
14501 Mt. Anderson St Call
for additional information:
(775) 972-6663

Halloween Bash

Wednesday Oct 31st
Wear your favorite costume
and join us for some
spooky fun!
Reno Senior Center
Multipurpose Room

AARP Safe Drivers Course

Oct 12th & 28th
Nov 12th & 25th
Call for times and to
reserve your space
(775) 525-1265

Dance with Me presented by Reno Ballroom

Every 4th Saturday
1:00 pm – 4:00 pm
2590 Sutro St. 89512
Call (775) 624-3551
Info@theballroomofreno.org

Other Community Events / Activities

City of Reno

(775) 351-4771
www.reno.gov/community/seniors

City of Sparks

(775) 353-2376
https://www.cityofsparks.us/rec_home/community_sports_programs/community_classes.php

AARP

(866) 389-5652
local.aarp.org/reno-nv/aarp-events/

Senior Advisory Board Meeting

First Wednesday of every
month 3:00 pm – 5:00 pm
1155 E. 9th St. Reno, 89512
Game Room or Zoom

Marriage Ceremonies

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

Income-Based Housing Resources

NVHousingSearch.org

A free search tool helps find rental homes/apartments that fit an individual's needs and budget.

Where: www.NVHousingSearch.org

Phone: (877) 428-8844

Reno Housing Authority

The Reno Housing Authority owns and operates numerous affordable housing developments throughout Washoe County.

Where: www.renoha.org

Phone: (775) 329-3630

Other Resources

Re]Build – Rebuilding Together

Rebuilding together is a non-profit organization with a mission to repair the homes of people in need! **Where:** www.rtnv.org **Phone:** (775) 395-9808

Washoe County HSA – Senior Services – Bed Bug Remediation

Washoe County residents may be eligible for assistance with the cost of pest control services, including pre/post-bed bug remediation and related services.

Pre-treatment Remediation:

- Standard Bed Bug Cleaning
- Basic breakdown
- Remove Bedding (bag or dispose)
- Bag up clothing
- Furniture moved away from wall
- Disposal/removal of items as needed
- Disinfect
- Vacuum (baseboards, furniture cushions, etc)
- Laundering Services



Post-treatment Remediation:

- Disinfect
- Furniture (place back)
- Unpack Washed Clothing
- Vacuuming
- Clear/Mop floor(s)

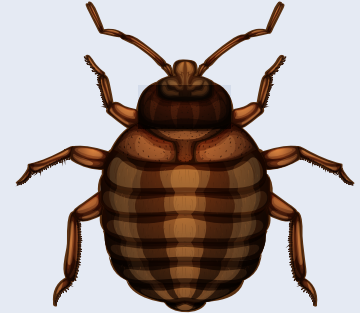


For additional information on bed bug remediation and education, please contact Washoe County Human Services Agency Senior Services Division at (775) 328-2774

Bed Bug Education

Introduction

Human bed bugs are found all over the world in all kinds of neighborhoods and settings. During the last decade, there has been a significant increase in the reported number of infestations. The good news is that this insect is not known to transmit any type of human disease. However, some individuals experience intense itching from the bites that can lead to nervous and digestive disorders. The challenge is to prevent the spread of this pest by correctly identifying it and eliminating it.



Treatment and Control

A licensed pest control professional (PCP) should be hired to effectively eradicate bed bugs. Once a careful inspection has been conducted within infested and adjoining rooms, an approved insecticide that has some long-lasting activity should be applied. A follow-up pest control evaluation is advised as a second insecticide application may be necessary.

Mattresses and box springs can be vacuumed, steam cleaned and treated by a PCP. They should then be encased in a zippered cover that is bed bug proof. If the PCP requests disposal of the mattress and box spring, it should first be treated, then wrapped in plastic before removal and placement in a locked dumpster or transport to landfill.

A strong vacuum can be used to remove bugs and eggs from cracks and crevices. A steam cleaner is useful for killing nymphs and eggs on all surfaces. Clothes can be washed in hot water and dried on the hot cycle. Putting non-washable items such as tennis shoes in a dryer for 5 minutes at moderate heat will kill bugs and eggs.

Particular attention should be given to beds with head boards fastened to the wall or boxed-in mattress frames as these offer excellent hiding places. Bed bug infestations in these areas can evade detection and insecticide treatment.

Prevention

Good house-keeping practices including regular vacuuming and washing of bedding are helpful to discourage bed bugs. Eliminating hiding places by caulking cracks and crevices is also a good idea. Do not buy used mattresses or stuffed furniture because of the current epidemic of bed bug infestations.

Since bat and bird bugs can also take a blood meal from humans, eliminate them and their nests from chimneys, attics, and eaves. Nest removal should include insecticide treatment to control any bat or bird bugs that are left behind.

The Senior Center is intended to serve ONLY individuals age 60 and over as well as those who meet the specific program qualifications. Effective Monday, September 30th, the Washoe County Senior Center will be actively enforcing the age requirement. Please be prepared to show proof of age if requested. Thank you for your understanding and cooperation! Please see below WC HSA Senior Services Code of Conduct.

Participant Code of Conduct Policy

Participant conduct must at all times be conducive to the comfort and safety of participants and staff. Participants and staff who observe violations of this policy may report the incident to any staff member who will take appropriate action. Participants engaging in conduct adversely affecting the comfort and safety of seniors and staff or jeopardizing Senior Services facilities may be subject to suspension or expulsion from the facilities in accordance with the Suspension and Expulsion Policy. Participants entering any facility operated by WCHSA agree to abide by the Client Code of Conduct.


Examples of prohibited conduct include, but is not limited to:

- Users of the facility must comply with all applicable laws, codes and policies.
- Conduct that interferes with staff's ability to do their job is prohibited.
- Damage, destruction or theft of HSA property (including, but not limited to, materials, furniture, silverware, toilet paper) is prohibited.
- Pets are not allowed in the building at any time. Exception: Under the ADA, service animals are allowed to accompany people with disabilities in all areas of the facility where the public is allowed. The animal must be under the control of the handler at all times while in any Senior Services Facility with either a leash or through voice, signal or other effective controls.
- Shirts and footwear must be worn at all times in Senior Services facilities.
- Use of the restrooms for bathing, shampooing or doing laundry is prohibited.
- Smoking or vaping any substance in Senior Service facilities or in the area immediately adjacent to any entrance, other than a designated smoking area, is prohibited pursuant to NRS 202.2491(3).
- Consumption of alcoholic beverages and/or the use and possession of illegal drugs on Senior Services premises, except for authorized events or functions, is prohibited.
- Distribution and posting of printed materials on Senior Services premises is not allowed without approval from management.
- Panhandling, solicitations for charitable, religious or other purposes are prohibited under County Ordinance 80.520.
- Entering non-public areas of Senior Services facilities is prohibited, except when accompanied by a staff member or with proper permission.
- Possession of a weapon (as defined by law) within Senior Service premises by anyone other than a law enforcement officer is prohibited.
- Remaining in a Senior Services facility after closing, or when requested to leave during emergency situations or drill is prohibited.
- The use of skateboards, bicycles, scooters, shopping carts and rollerblades is prohibited within the facility.
- Users of the facility must have their possessions in their control at all times.

Persons committing criminal acts on Senior Services premises, or using Senior Services resources in violation of the law, including acts of theft or vandalism, will be subject to arrest and prosecution.

Washoe County Senior Nutrition

October 2024

Monday	Tuesday	Wednesday
 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	<p>1</p> <p>Mu Shu Pork Brown Rice Broccoli Whole Grain Roll Banana</p> <p><i>Turkey Club Salad</i> <i>Ranch Salad Dressing</i></p>	<p>2</p> <p>Breaded Chicken Patty Lettuce and 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>7</p> <p>Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Fresh Pear</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>8</p> <p>Pork Loin Sesame Mustard Sauce Lentil Vegetable Pilaf Glazed Carrots Whole Wheat Bread Fresh Orange</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>9</p> <p>Asian Beef Fried Rice Japanese Vegetable Blend Cucumber Tomato Salad Whole Grain Roll Hot Spiced Fruit</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>
<p>14</p> <p>Lasagna Casserole Whole Kernel Corn Broccoli Whole Wheat Garlic Breadstick Pineapple Tidbits</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>15</p> <p>Baked Tilapia Dill Sauce Rice Florentine Key Largo Vegetables California Mix Salad Whole Grain Roll Hot Spiced Pears</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>16</p> <p>Roasted Pork Soy Ginger Sauce Baked Sweet Potato Green Beans Cornbread Fresh Banana</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>
<p>21</p> <p>Chicken Cacciatore Penne Pasta Succotash Zucchini Whole Wheat Garlic Breadstick Tropical Fruit</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>22</p> <p>Broiled Cod Tarragon Sauce Delmonico Potatoes Glazed Baby Carrots Ranch House Tomatoes Whole Grain Roll Diced Peaches</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>23</p> <p>Barbecue Chicken Breast Baked Beans Creamed Spinach Whole Wheat Bread Fresh Orange</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i></p>
<p>28</p> <p>Parmesan Crusted Pollock Confetti Rice Lima Beans Cheesy Brussels Sprouts Whole Grain Roll Rosy Applesauce</p> <p><i>Turkey Garden Salad</i> <i>Italian Dressing</i></p>	<p>29</p> <p>Chicken Caprese Garlic and Red Pepper Penne Italian Vegetables Club Spinach Whole Wheat Garlic Breadstick Tropical Fruit</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p>	<p>30</p> <p>Cuban Shredded Pork Ranch Beans Pineapple Slaw Whole Wheat Hamburger Bun Apple Cobbler</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>



October 2024

**Washoe
County
Senior
Nutrition**

Thursday		Friday	
3	<p>Roasted Pork Brown Gravy Whipped Potatoes Lima Beans Whole Grain Roll Fresh Pear</p> <p><i>Barbecue Chicken Salad Ranch Salad Dressing</i></p>	4	<p>Tuna Noodle Au Gratin Cauliflower Green Beans Cornbread Fresh Orange</p> <p><i>Chicken Spinach Salad 1000 Island Salad Dressing</i></p>
10	<p>Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp</p> <p><i>Roast Beef Chef Salad Italian Salad Dressing</i></p>	11	<p>Greek Chicken Lemon Orzo Zucchini Whole Wheat Bread Fresh Banana</p> <p><i>Taco Salad Taco Sauce</i></p>
17	<p>Baked Chicken Breast Hawaiian Sauce Black Beans Pineapple Carrots Whole Grain Roll Fresh Orange</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	18	<p>Homemade Salisbury Steak Onion Gravy O'Brien Potatoes Mixed Green Salad Whole Wheat Bread Apple Raisin Compote Birthday Dessert <i>Turkey Garden Salad Italian Dressing</i></p>
24	<p>Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Grain Roll Fresh Banana</p> <p><i>Fall Harvest Salad Balsamic Vinaigrette</i></p>	25	<p><i>Closed for Holiday</i></p> <p><i>Nevada Day</i></p> <p><i>Mango Chicken Salad Balsamic Vinaigrette</i></p>
31	<p><i>~Halloween Meal~</i> Sausage w/Onions & Peppers Potato Wedges Baked Beans Whole Wheat Hot Dog Bun Fresh Banana</p> <p><i>Mango Chicken Salad Balsamic Vinaigrette</i></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>	

Washoe County Senior Nutrition

November 2024

Monday	Tuesday	Wednesday
<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>TRIO Community Meals an elior company</p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>
<p>4</p> <p>Baked Chicken Breast Balsamic Onion Jam Sweet Potato Casserole Broccoli Whole Wheat Roll Fresh Banana</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>5</p> <p>Beef Patty Lettuce and Tomato Tater Tots Baked Beans Whole Wheat Hamburger Bun Mixed Fruit</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>6</p> <p>Whole Grain Fish Sticks Macaroni and Cheese French Green Beans Multi-Grain Bread Fresh Orange</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>
<p>11</p> <p><i>Closed for Holiday</i></p> <p><i>Veteran's Day</i></p>	<p>12</p> <p>Baked Chicken Breast Spinach Artichoke Sauce Northern Beans Brussels Sprouts Whole Wheat Roll Fresh Banana</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>	<p>13</p> <p>Roasted Pork Brown Gravy Garlic Whipped Potatoes Garlic Spinach Cornbread Fresh Pear</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>
<p>18</p> <p>Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Fresh Pear</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>19</p> <p>Pork Loin Sesame Mustard Sauce Lentil Vegetable Pilaf Glazed Carrots Whole Wheat Bread Fresh Orange</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>20</p> <p>Asian Beef Fried Rice Japanese Vegetable Blend Cucumber Tomato Salad Whole Grain Roll Hot Spiced Fruit</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>
<p>25</p> <p>Lasagna Casserole Whole Kernel Corn Broccoli Whole Wheat Garlic Breadstick Pineapple Tidbits</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>26</p> <p>Baked Tilapia Dill Sauce Rice Florentine Key Largo Vegetables California Mix Salad Whole Grain Roll Hot Spiced Pears</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>	<p>27 ~Thanksgiving Day Meal~</p> <p>Sliced Turkey w/Gravy Cornbread Dressing Green Beans Whole Wheat Roll Pumpkin Bar Fresh Pear Cranberry Sauce</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>



November 2024

Washoe County Senior Nutrition

Thursday	Friday
	<p>1</p> <p>Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Glazed Baby Carrots Whole Wheat Roll Fresh Orange</p> <p><i>Chicken Caesar Salad Caesar Salad Dressing</i></p>
<p>7</p> <p>Cuban Citrus Mojo Chicken Lentil Vegetable Pilaf Brussels Sprouts Whole Wheat Roll Fresh Apple</p> <p><i>Roast Beef Chef Salad Italian Salad Dressing</i></p>	<p>8</p> <p>Beef Tips w/Gravy Egg Noodles Green Peas Diced Carrots Multi-Grain Bread Tropical Fruit</p> <p><i>Taco Salad Taco Sauce</i></p>
<p>14</p> <p>Spaghetti Meat Sauce Whole Grain Spaghetti Noodles Cauliflower Mixed Green Salad Whole Wheat Garlic Breadstick Mixed Fruit Crisp</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	<p>15</p> <p>Fajita Chicken Mexican Rice Pinto Beans Whole Grain Corn Tortilla Fresh Orange</p> <p><i>Turkey Garden Salad Italian Dressing</i></p>
<p>21</p> <p>Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp</p> <p><i>Roast Beef Chef Salad Italian Salad Dressing</i></p>	<p>22</p> <p>Greek Chicken Lemon Orzo Zucchini Whole Wheat Bread Fresh Banana Birthday Dessert</p> <p><i>Taco Salad Taco Sauce</i></p>
<p>28</p> <p><i>Closed for Holiday Thanksgiving Day</i></p>	<p>29</p> <p><i>Closed for Holiday Family Day</i></p>



Wash Decem

Monday	Tuesday	Wednesday
<p>2</p> <p>Chicken Cacciatore Penne Pasta Succotash Zucchini Whole Wheat Garlic Breadstick Tropical Fruit</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>3</p> <p>Broiled Cod Tarragon Sauce Delmonico Potatoes Glazed Baby Carrots Ranch House Tomatoes Whole Grain Roll Diced Peaches</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>4</p> <p>Barbecue Chicken Breast Baked Beans Creamed Spinach Whole Wheat Bread Fresh Orange</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>
<p>9</p> <p>Parmesan Crusted Pollock Confetti Rice Lima Beans Cheesy Brussels Sprouts Whole Grain Roll Rosy Applesauce</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>10</p> <p>Chicken Caprese Garlic and Red Pepper Penne Italian Vegetables Club Spinach Whole Wheat Garlic Breadstick Tropical Fruit</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p>	<p>11</p> <p>Cuban Shredded Pork Ranch Beans Pineapple Slaw Whole Wheat Hamburger Bun Apple Cobbler</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>
<p>16</p> <p>Baked Chicken Breast Balsamic Onion Jam Sweet Potato Casserole Broccoli Whole Wheat Roll Fresh Banana</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>17</p> <p>Beef Patty Lettuce and Tomato Tater Tots Baked Beans Whole Wheat Hamburger Bun Mixed Fruit</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>18</p> <p>Whole Grain Fish Sticks Macaroni and Cheese French Green Beans Multi-Grain Bread Fresh Orange</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>
<p>23</p> <p>Shrimp Fettuccini Parslied Carrots Whole Kernel Corn Whole Wheat Roll Mandarin Oranges</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>24 ~Christmas Day Meal~</p> <p>Sliced Turkey Breast Orange Sauce Au Gratin Potatoes Green Beans Whole Wheat Roll Chocolate Mousse Fresh Apple</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>25</p> <p>Closed for Holiday</p> <p>Christmas Day</p>
<p>30</p> <p>Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Fresh Pear</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>31 ~New Year's Day Meal~</p> <p>Glazed Ham Black-eyed Peas Cabbage Whole Wheat Roll Fresh Pear</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	

Washoe County Senior Nutrition

December 2024

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2024

Washoe County Senior Nutrition

	Thursday	Friday
5	<p>Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Grain Roll Fresh Banana</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i></p>	<p>Pork Adobo Brown Rice Black Beans Winter Vegetables Multi-Grain Bread Fresh Pear</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>
12	<p>Steak and Eggs O'Brien Potatoes Stewed Tomatoes Whole Grain Biscuit Fresh Banana</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Glazed Baby Carrots Whole Wheat Roll Fresh Orange</p> <p><i>Turkey Garden Salad</i> <i>Italian Dressing</i></p>
19	<p>Cuban Citrus Mojo Chicken Lentil Vegetable Pilaf Brussels Sprouts Whole Wheat Roll Fresh Apple</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i></p>	<p>Beef Tips w/Gravy Egg Noodles Green Peas Diced Carrots Multi-Grain Bread Tropical Fruit</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>
26	<p>Spaghetti Meat Sauce Whole Grain Spaghetti Noodles Cauliflower Mixed Green Salad Whole Wheat Garlic Breadstick Mixed Fruit Crisp</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p>	<p>Fajita Chicken Mexican Rice Pinto Beans Whole Grain Corn Tortilla Fresh Orange Birthday Dessert</p> <p><i>Turkey Garden Salad</i> <i>Italian Dressing</i></p>
<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <hr/> <p>Individuals under 60 may purchase a meal for \$4.00</p> <hr/> <p>Milk & condiments served with meals</p> <hr/> <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>

Important Contact Information

Access to Healthcare Network

(877) 385-2345

Adult 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, 988 or
(775) 784-8090

Gamblers Anonymous

(775) 356-8070

National Alliance on Mental Illness

(775) 470-5600

Nevada Welfare and Social Services

Reno: (775) 684-7200

Sparks: (775) 824-7400

Nevada State Information Service

211

Northern Nevada HOPES

(775) 786-4673

Northern Nevada Legal Aid

(775) 332-0606

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 County HSA Senior Services: Bed Bug Remediation

(775) 328-2774



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.