Athletics & Leisure Services Department Senior Services Division

DECEMBER 2022

Newsletter

Senior and Community Center Information "Adding Gold to the Golden Years"

SPECIAL POINTS OF INTEREST:

December's Presentations

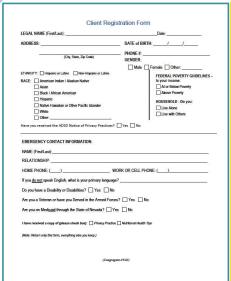
National Days

Senior Center Raffle

Respite Senior Day Program

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Just a reminder to all Senior Center client members. As of January 2023 every client will need to fill out a new Client Registration Form, no exceptions! The registration forms will be available January 3, 2023 at the front desk. It should only take you about 5 minutes to complete.

For those that just barely became members in November and December, please be aware that you will also be required to fill out a new form in 2023.

Sorry for the inconvenience.



For everyone celebrating their birthday the month of November, this party is for you!

We will be hosting this party on Wednesday, December 28 during lunch.

Cake and ice cream will be served! Finish this Phrase Game & Trivia are planned. See you soon!

SENIOR CENTER STAFF



SENIOR DIVISION

HOURS OF OPERATION

Monday - Thursday Friday 8 a.m. - 3:30 p.m. Friday 8 a.m. - 2:00 p.m.

Saturday & Sunday-Closed

SENIOR/COMMUNITY CENTER

102 W. Old Mill Road Mesquite, NV 89027 702.346.5290

HOLIDAY HOURS

Friday, December 23-CLOSED Christmas Eve Observed

Monday, December 26-CLOSED Christmas Day Observed

Monday, January 2-CLOSED New Years Observed

Monday, January 16, CLOSED Martin Luther King Jr. Day

Monday, February 20, CLOSED Presidents' Day

Monday, May 29, CLOSED Memorial Day

SENIOR CENTER NEWSLETTER

Available Online

GO TO:

- www.mesquitenv.gov
- Community
- Senior Services
- Senior Newsletter
- Select Month Required



SENIOR CENTER STAFF

Nick Montoya (Athletics & Leisure Services Director) nmontoya@mesquitenv.gov

Griseyda Belalcazar (Supervisor) gbelalcazar@mesquitenv.gov/Cell:702-423-0866

Krissy Hall Thornton (Programs Assistant) kthornton@mesquitenv.gov

Leora Hillius (Head Nutrition Cook) hillius@mesquitenv.gov

Laura Rivas (Head Nutrition Cook) lrivas@mesquitenv.gov

Bonnie Miller (Kitchen Aide)

Marcia Charron (Kitchen Aide)

Deborah Ayler (Senior Day Center Project Coordinator) dayler@mesquitenv.gov /702-346-5295 ext. 4105

HOMBOUND DRIVERS

*Marilyn Taylor-*Route 1 Cell Number: 702-423-4930 *Paul Johnson-*Route 2 Cell Number: 702-423-6009 *Larry Gasbarrini*- Route 3

MESQUITE TELEPHONE REASSURANCE PROGRAM

The Telephone Reassurance Program is supported by volunteers and staff of the Mesquite Senior Center.

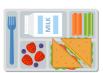
This program provides a daily friendly telephone call to an older adult who is living alone and/or homebound. It gives them a sense of security and peace of mind. It's also a great way to ensure your loved ones are doing well when home alone.

Contact the Mesquite Senior Center if you would like to be part of this wonderful program.



LUNCH MEAL INCREASE

As of October 1, 2022, the Senior Center increased the lunch meal suggested donation rate to \$4.50. Please know that no one will be turned away if you cannot afford the new rate. Whatever is affordable to you will be greatly appreciated.



MONTHLY SOCIAL GROUPS

QUILTING GROUP

"Sew Next Time" Meets:

1st Wednesday of each month.

Stitching with Friends

Time: 12:30-2:30 p.m.



A fun time to share with friends about Quilting Sew "N" Tell, Demo & Sharing.

A time to socialize, share, ask questions about quilting or work on your own project. All are welcome!

MAHJONGG GROUP

Time: 1-3 p.m.

For experienced Players:

American Mahjongg (NMJL) is available Monday and Wednesday at the Mesquite Senior Center. Text Suzie at 913-777-8411 if you're interested in joining.

Available for Beginners:

If you would like to learn to play, Suzie Fehseke (913-777-8411) offers an "Introduction to Mahjongg Workshop" the 2nd Wednesday of every month.

Space is limited, so text Suzie, or contact the Mesquite Senior center to reserve your spot. Get started playing this great Chinese tile game of strategy, fun and fellowship!



CARDS/TILE GROUPS

Pinochle

Monday, 12-3:30 p.m. Thursday, 12-3:30 p.m.

Mahjongg

Monday & Wednesday, 1-3:30 p.m. Beginners: 2nd Wednesday, 1 p.m.

Dominoes

Tuesday & Thursday 12:30-3:30 p.m.

Mexican Train Dominoes

Wednesday, 12:30-3:30 p.m.

Hand, Knee & Foot

Tuesday & Thursday (main dining room) 12:15 p.m. Set up/Draw cards/Match up players. 12:30-3:30 p.m. Card Playing 3:30 p.m. Breakdown tables & chairs with everyone's helps.

The Center closes at 3:30 p.m. so it's very important that we all adhere to the above timeframes so we can set up, play, take down, and have a good time!

Please bring your own snack or drink. If you need a chair cushion, you need to bring your own each time you visit.

There will be no storing of personal items. The supply of card shufflers and cards will be brought to the center for our use. Bonnie Miller and Linda Gustin will take care of those items.

DESERT DAME ACTIVITIES

Adult Coloring and More!

Starts: Ongoing Time: 1-3:30 P.M.

Day: 3rd Tuesday of the Month Location: Mesquite Senior Center

Join us for lots of fun and socializing. Bring your coloring supplies. We will also have some supplies for you to use. Contact Margie Milner 972-339-8663 for information about this group.



For information about the Desert Dames contact Kaye Hermieat desertdameskaye@gmail.com or 563-320-5953.

DECEMBER 2022

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Stuffed Cabbage Steamed Carrots WW Bread Apple Crisp	Breaded Pollock French Fries Three Bean Salad Coleslaw Peaches
5	6	7	8	9
Chicken Fried Steak Mashed Potatoes Italian Vegetables Fruit Yogurt Tropical Fruit Cocktail	Chicken Noodle Soup Homemade Roll Salad Peaches	Lasagna Spinach w/Italian Dressing Garlic Bread Oranges	Supreme Pizza Salad w/Chick Pea Beets Cottage Cheese Pineapple	Turkey Pot Pie Salad w/Dressing 7 Grain Bread Fruit Cup
12	13	14	15	16
Chicken Noodle Casserole Zucchini & Tomatoes Corn Bread Fruit	Roast Pork w/Celery Carrots Stuffing Zucchini Fruit Jell-O	Herb Baked Chicken Mashed Sweet Potatoes Herb Vegetables WW Bread Spiced Apples	Parmesan Tilapia Vegetable Rice Pilaf California Vegetables Raisins Ambrosia Salad	Meatloaf Mashed Potatoes Brown Gravy Carrots WW Roll Peaches
19	20	21	22	23
Pulled Pork on WW Bun Baked Beans Coleslaw Peach Cobbler	Swedish Meatballs Salad w/Dressing Capri Vegetables WW Bread Pineapple	Roast Beef Red Potatoes Mixed Vegetables Salad Mandarin Oranges Ginger Bread	Christmas Roast Turkey Mashed Potato & Gravy Green Beans Stuffing Yams WW Roll Peppermint Cake	CLOSED "In Observance of Christmas Eve"
26	27	28	29	30
CLOSED "In Observance of Christmas Day" Merry Christmas to all from the Sr. Center	Breaded Chicken Mashed Potatoes Chicken Gravy Broccoli Carrots Tropical Fruit Cocktail	Baked Pork Chops Mashed Sweet Potatoes Green Beans Salad WW Roll Banana	Beef & Bean Enchilada Salad w/Dressing Fruit Cocktail Zucchini & Tomatoes	Liver or Sliced Ham Scalloped Potatoes Lima Beans Cauliflower WW Roll Pears
NUTRITION PROGRAM Lunch is served from 11 a.m12:30 p.m. • Monday through Friday (except holidays) • A \$4.50 meal donation is suggested for 60 years and older (As of Oct. 1). • \$6.00 meal fee for 59 and under (As of Oct. 1) • To inquire about Homebound delivery call 346-5290. Please Note: Menu is subject to change without notice.		Available Milk included with meal. You may substitute milk for any other drink. Any additional serving is .50¢. Food Allergy Notice Food items may contain these or other allergy causing ingredients: Nuts, Milk, Eggs, Wheat, Soybeans, Peanuts, Fish, and Shellfish		

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PRESENTATIONS



PRESENTATION

The Mesquite Senior Center is doing a 9 month LUNCH AND LEARN series.

These presentations will be held once per month at 12 p.m. A complimentary lunch & dessert will be provided. Limited spacing.

December 14

Coping through the holidays. Dealing with stress and depression through the holidays

December 21

Celebrating the Holidays

January 11

Financial Fraud

January 18

Seasonal Affective Disorder What is it and is it the same as the winter blues.

January 25

Early Settlement

FOR DINE-IN LUNCH CUSTOMERS ONLY

11 a.m. to 12:30 p.m.

NATIONAL DAYS

December 8- Brownies December 12- Hot Chocolate December 28 - Chocolate Candy







December 22, 2022

Come join us during lunch for a fun game of Trivia and Wheel Of Fortune.





Merry Christmas!





SENIOR CENTER CLOSED

IANUARY 2, 2023 In Observation of New Year's Day



From all of us at the Senior Center.

SENIOR CENTER EVENT PHOTOS

November 16 Presentation-Gratitude Photos



SENIOR CENTER QUILT RAFFLE FUNDRAISER

3 Quilts Graciously Donated by the Senior Center Quilting Group

<u>1</u> Ticket for-\$2 or <u>6</u> Tickets for \$10

No need to be present to WIN! Drawing: January 3, 2023 (During Lunch)



Come show support to your local Senior Center.

SENIOR CENTER EVENT PHOTOS CONT'D

THANKSGIVING PHOTOS



FITNESS EXERCISES

CHAIR EXERCISE PROGRAM

Exercise Level: Beginner to Moderate

Fee: \$15 Month Days: Monday-Thursday Time: 11:00-11:45 a.m.

Do you have a physical challenge such as limited mobility that prevents you from doing conventional exercise? Would you like to relieve stress, joint pain, improve your circulation, blood sugar levels, lower high blood pressure, stretch and tone your muscles without strain?

Jo Anne Smith offers you a safe and practical alternative to conventional exercise! It is ideal for you if you're new to exercise or just returning after a very long break, or if you have difficulty standing for prolonged periods. In addition, group exercise is also a great way to combat chronic disease, couch potato syndrome, and boost mental health and brainpower.



Join us for this gentle, unique exercise program that blends elements of non-impact aerobics, resistance training, core conditioning, Qigong, and guided relaxation all done while sitting in a chair. You'll become more capable while revitalizing your body, mind and spirit. Everyone is welcome, including those who need a cane, walker or wheelchair. Don't be held back by your inhibitions! A chair is used for seating and/or standing support and is safe, heart-healthy and gentle on the joints.

Monday-Total Body Stretch and Breathing Exercises

Have fun and move to the music through a variety of exercises. Designed to increase muscular strength, range of movement and activity for daily living. Breathing is an essential function of life; but it's also much more than that. How well you breathe can affect your strength and stamina, your sleep, and even your mood. According to the National Institute of Health, controlled breathing can be especially beneficial for older adults. Those who don't take the time to breathe deeply can experience ribcage stiffness and muscle weakness which leads to shallow breaths and a poor oxygen supply.

Tuesday-Total Body Core Conditioning & More

This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. A strong core is at the center of building and toning muscle all over your body. The instructor may include a variety of equipment or non to give you a great workout.

Wednesday-Qi Gong

Qi Gong is a gentle form of stretching that helps improve health and overall well-being. Qi Gong involves gentle rhythmic movements, posture, coordination and breathing techniques.

Thursday-Chair Volleyball a Total Body Cardio!

Chair Volleyball is a fun way to exercise, socialize and be active. It is a fun, convenient, energetic way to burn calories, improve muscle tone, increase range of motion and feel better all over in your body.

Instructor–Jo Anne Smith is certified through FiTOUR in Group Exercise and Aqua Aerobics.

FITNESS EXERCISES CONT'D

FALL PREVENTION CLASS FOR SENIORS

Time: 10:00 a.m. to 10:45 a.m.

Fall related injuries are among the most common and serious medical problems experienced by the senior population. However, falling does not need to be an inevitable part of the aging process.

Program goal

The program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults.

Reasoning behind the program design and elements

- Studies indicate that up to half of community dwelling older adults experience fear of falling.
- A majority of falls occur during routine activities.
- Falls usually are not caused by just one issue.
- A large portion of falls are preventable.
- Being inactive results in loss of muscle strength and balance. It can also compromise social interaction and increase the risk for isolation, depression, and anxiety. Fear of falling can actually contribute to falling.
- Participants learn to view falls and fear of falling as controllable and set realistic goals for increasing activity.
- Participants also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.
- The group format provides an opportunity for people with a common problem to learn from each other and to help each other deal with the shared problem of fear of falling.

This program will include muscle strengthening, balance exercises, flexibility, range of movement, activity for daily living skills and mental awareness resulting from observation and repetition. The instructor will guide you through a variety of activities that help you be more aware and alert to help you reduce the number of accidental falls. Instructor: Sue Loe

SWEATIN' TO OLDIES

Starts: September 5, 2022

Fee: \$40 month(12 classes)/\$5 Drop-in per class

Days: Monday/Wednesday/Friday

Time: 8-8:45 a.m. **Instructor:** Betty King

Move and groove to the Oldies with Betty. She will lead you through easy to follow dance aerobic moves that will keep you asking for more!

Perfect for active older adults and novice exerciser. If you love to move to fun Oldies music, this class is for you!







FITNESS EXERCISES CONT'D

EXERCISE CLASS SCHEDULE

(*Drop-in classes* subject to change/cancel without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-8:45 a.m. Sweatin' to Oldies Betty King	8-9 a.m.	8-8:45 a.m. Sweatin' to Oldies Betty King	8-9 a.m.	8-8:45 a.m. Sweatin' to Oldies Betty King
9-9:45 a.m. Gentle Yoga & Well-Being Betty King	9:30 a.m. Zumba Gold (Coming Soon)	9-9:45 a.m. Gentle Yoga & Well-Being Betty King	9:30 a.m. Zumba Gold (Coming Soon)	9-9:45 a.m. Gentle Yoga Betty King
10-10:45 a.m. Fall Prevention Class Sue Loe	10:15 a.m. 20 & OUT January 3, 2023	10-10:45 a.m. Fall Prevention Class Sue Loe	10:15 a.m. 20 & OUT January 3, 2023	10-10:45 a.m. Fall Prevention Class Sue Loe
11-11:45 a.m. Chair Exercise Jo Anne Smith	11-11:45 a.m. Chair Exercise Jo Anne Smith	11-11:45 a.m. Chair Exercise Jo Anne Smith	11-11:45 a.m. Chair Exercise Jo Anne Smith	

GENTLE YOGA & WELL-BEING

Starts: September 5, 2022

Fee: \$40 month(12 classes)/\$5 Drop-in per class

Days: Monday/Wednesday/Friday

Time: 9-9:45 a.m.

Instructor: Betty King

The Gentle Yoga class incorporates gentle movement sequences to warm up the body focusing on alignment, strength, balance, and flexibility. This class is a gentle joints practice, so there is no weight bearing through the knees or wrists. No experience or flexi-



20&OUT

Fee: FREE CLASS **Start Date:** January 3, 2023 **Days:** Tuesday & Thursday, 10:15-10:35 a.m. (Times subject to change)

This free 20 minute class will consist of strength, core conditioning and cardio workouts. Take advantage of these free classes while having fun. Class is held in the Community Room.

Limit: 15 students.

SENIOR DAY PROGRAM

The Mesquite Senior Center Announces the Launch of its Newest Program

A New Perspective in Respite Care

Respite Senior Day Program

Ageless Inspirations **Grow Naturally** Learn Naturally



Ageless Inspiration can Be a valuable solution for both the caregiver and seniors.

Respite Senior Day Program

Monday, Wednesday & Friday 10:30am-12:30pm Lunch Provided

The Mesquite Senior Center announces the launch of their newest program, "Respite Senior Day" that seeks to enhance the quality of life for older adults aging at home. This program is free of charge to all adults 60 and older.

Think of it being an adult activity center instead of a respite senior day care. The program was created to prevent isolation, depression, and undue cognitive and physical decline among community dwelling older adults.

Deborah Ayler

Senior Day Center Project Coordinator Phone: 702-346-5290 ext. 4105 Email: www.daylermesquitenv.gov

This program provides respite and support to caregivers. Caring for yourself is one of the most important things you can do as a caregiver. Caregivers are usually family members (spouses, partners, or children) or other individuals (friends or neighbors) who provide a majority of the care. They suffer work-related difficulties, most report having to take unpaid leave, rearrange their work schedule, or decrease their work hours to meet the care of their loved ones. This program was designed with them in mind, to be able to give them the opportunity of taking some temporary relief time of their own. This program can be a valuable solution for both the caregiver and senior.

It is very important that we stay committed to the care of our seniors in all ways possible. To be a space where retired adults and seniors can continue their lifelong journey of learning while aging with grace and strength in their community.

Activities Being Offered:

(Cognitively stimulated activities) Arts and Crafts (seasonal) Painting on Canvas **Writing Memoirs** Short Stories (story time) Reading groups (book clubs) Music (sing-a-long)

Theme Days Movie Time

Group Games

Bingo Trivia **Memory Games** Sensory Games Name that Tune Wheel of Fortune



SENIOR DAY PROGRAM CONT'D

Respite Senior Day Program Cont'd

20 Minutes Low-Impact Exercise

Chair Exercises (range of motion, strength, and cardio)

Drumming to Music

Chair Volleyball

Fall Prevention Exercises (balance, breathing & flexibility)

Chair Dancing

Qi-gong (breathing & slow movements-relaxation)

Pass the Ball; Follow the Leader (cognitive) Cognitive Activities (awareness/alertness)

Nutrition

Participants will receive a free nutritional hot meal.

Aggless Inspirations

Can be a valuable solution for both caregivers and seniors. Research shows that utilizing these services helps seniors thrive both physically and mentally. Older adults who have structured days filled with activities and time with friends tend to have better outcomes over time.

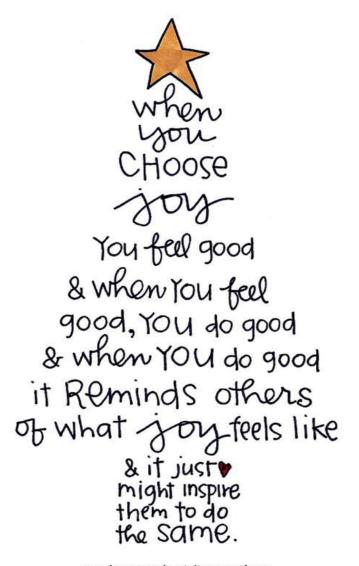
We Focus on:

What they like
What makes them happy
What sort of activities would make
them feel included

Learn about:

Their social past Their role in the family





www.homegrownhospitality.typepad.com



SAFETY DRIVING COURSE

\$20 for AARP members | \$25 for non-members Please bring: AARP Membership Card for discount/Driver's License. Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!

Check payment made to: AARP Cash: Exact amount

COURSE DATE AND TIME:

December 20, 2022, 11 a.m. to 3PM

VIRGIN VALLEY HERITAGE MUSEUM

In partnership with the Las Vegas-Clark County Library District, the Virgin Valley Heritage Museum presents...

Virgin Valley History Series

This monthly program explores different historical aspects of the area, including photographs, artifacts, stories, anecdotes, and personal memories from local residents and historians.

MONTHLY on the second WEDNESDAY of each month 5:30 - 6:30 p.m.

September 14 — Why Did They Come? (Reasons to settle the valley)

October 12 — Let's Get Together (Early settlements of the area)

November 9 — A Roof Over Their Heads (Homes of the valley)

December 14 — What's to Celebrate? (Christmas and other holidays)

January 11 — Who Are We? (Early settlers of the valley)

February 8 — Can We Date? (Early couples and families)

March 8 — Will it Grow? (Family gardens of the settlers)

April 12 — Make it Last (How food was prepared and preserved)

May 10 — Surviving Summer (Techniques to beat the heat)

Free and open to the public. For more information, please call 702-346-5224.



IMPORTANT PHONE NUMBERS

Alzheimer's Association Support Group

102 W. Old Mill Road, Mesquite, NV 89027 Support Group meets at Mesquite Senior Center (702) 248-2770/24hrs Helpline: (800) 272-3900

City of Mesquite Victims Advocate

(702) 346-5244

Email: advocate@mesquitenv.gov

Clark County Family Services Department

701 N. Pecos Rd, Las Vegas, NV 89101 (702) 455-5444

Department of Motor Vehicles

550 W. Pioneer Blvd., #120, Mesquite, NV 89027 (877) 368-7828

<u>Elder Protection Services (Las Vegas Regional</u> Office)

1860 E. Sahara Avenue, Las Vegas, NV 89104 (702) 486-6930 Statewide (Toll Free): (888) 729-0571

Medicare Counseling & Information (SHIP)

1820 E. Sahara Ave, Las Vegas, NV 89104 (702) 486-3478

Statewide: (800) 307-4444

Mesa View Regional Hospital

1299 Bertha Howe Ave, Mesquite, NV 89027 (702) 346-8040

Mesquite Cancer Help Society

150 N. Yucca St # 36, Mesquite, NV 89027 (702) 346-0622

Mesquite Community & Senior Center

102 W. Old Mill Road, Mesquite, NV 89027 (702) 346-5290

Mesquite Fire and Rescue

3 John Deere Road, Mesquite, NV 89027 (702) 346-2690

Mesquite Library (Las Vegas-Clark County)

160 W. 1st N. St, Mesquite, NV 89027 (702) 507-4481

Mesquite Police Department

695 Mayan Cir, Mesquite, NV 89027 (702) 346-5262 / (702) 346-6911

Mesquite Recreation Center

100 W. Old Mill Road, Mesquite, NV 89027 (702) 346-8732

Mesquite Veterans Center

840 Hafen Lane, Mesquite, NV 89027 (702) 346-2735

Nevada Senior Services/Care Connection Resource Center

901 N. Jones Blvd, Las Vegas, NV 89108 www.NevadaSeniorServices.org

(Toll Free) 1-844-850-5113

Programs and supportive services for older adults, individuals with disabilities, and caregivers.

Quick Care Mesquite

450 Hillside Dr #104, Mesquite, NV 89027 (702) 345-2650

Safe Nest: Glen Horlacher, MFT

450 Hillside Dr #109, Mesquite, NV 89027 (702) 346-1944

Salvation Army

742 Pioneer Blvd. Suite D, Mesquite, NV 89027 (702) 345-5116

Silver Rider (Transit line)

797 Hardy Way, Mesquite, NV 89027 (702) 346-7006

Southern Nevada Health District

150 N. Yucca St. Ste 3 & 4, Mesquite, NV 89027 (702) 346-9161

US Social Security Administration

1250 S. Buffalo Dr #150, Las Vegas, NV 89117 (800) 772-1213

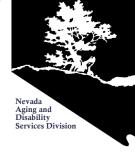
Virgin Valley Family Services

Community Food Bank and Thrift Shop

312 W. Mesquite Blvd, Mesquite, NV 89027 (702) 346-0900

Virgin Valley Heritage Museum

35 W. Mesquite Blvd, Mesquite, NV 89027 (702) 346-5705



Newsletter Editor: Claudette Rellas