



Generations Joined! Make every opportunity a chance to learn and grow.

2019

**Upcoming Activities (ALL open to entire Community)
at William N. Pennington Life Center in addition to regularly
scheduled weekly activities. See our Activity Calendar for all activities.
For more information call 423-7096 or come to the Center to inquire
and sign up. Flyers Available for most activities.**

January 26 6:00-8:00pm **“Winter Wonderland: Mother/Son Dance”** held
At Pennington Life Center, fundraiser for Grad_Nite 2019, ALL AGES WELCOME! Can be
Grandmother/grandson, etc. Tickets \$20 each, \$5 each additional son. Contact Leasa Cathey
775-217-7047. Tickets for sale at WNP Life Center front_desk.

January 28 1:00pm-3:00pm **“Educate and Support Others” Training Topic 1-
How the Past Relates to Caring for Someone with Dementia, Topic 2-
Improving Independence with Balance and Mobility.** Program presented by
Sanford Center for Aging, Nevada Geriatric Education Center, Dolores M. Ward Cox. Program is
FREE to our Community and in part is funded by State of Nevada Aging and Disability Services
Division. Must call (775) 682-8470 to register for training and Respite Services available.

February 4 1:00 pm Orientation/Assessment for **“Stay Strong, Stay Healthy”
8-Week Strength Training Program** for Older Adults. Must attend orientation
If “NEW” participant to do pre-assessments for beginning of class and future success.
WNP Life Center Multipurpose Room.

February 5-April 25th **“Stay Strong, Stay Healthy” 8-Week Strength
Training Program** for Older Adults. Sign up NOW! Classes are on Tuesdays and Thursdays
at 10:00am and 1:00pm. The class is FREE but participant must commit to completing entire 8-
week session. Classes are two times a week for one hour each. Participants are saying “it’s the
best thing I have done and my Dr. has noticed changes”. We have two instructors who have
been specially trained by University of Missouri Cooperative Extension SSSH program. WNP Life
Center Multipurpose.

February 7 9:00am-1:30pm **AARP Drivers Training course** \$20 AARP Member, \$25
non-member, prepay for class at WNP Life Center. Lunch available for participants for \$3 over
60 years of age.

Turn OVER (for more)

(WNP Life Center Activities Continued)

February 23 6:00-8:00pm s **“Father/Daughter Dance”** 2019 held at Pennington Life Center, fundraiser for Grad Nite 2019-ALL AGES WELCOME! Contact Leasa Cathey 775-217-7047 with questions. Tickets available at WNP Life Center front desk.

March 11-April 15 1:00pm-3:30pm **Diabetes Self-Management Program Plus** is being offered for a 6-week series of informational classes to teach you how to control and manage your Diabetes. We are teaming with Dignity Health to provide this assistance FREE of charge for individuals with Diabetes over 65. There will be an opportunity to talk and set goals with a Registered Dietician before the start of session and again when six weeks is completed for overall results and review. Two instructors for this program have been specially trained in providing these classes. Dietician visits will be done privately over internet. Class will fill fast.

March 14 2:00pm-4:00pm **“Living Trust/Estate Planning Workshop Seminar”** presentation by Anderson, Dorn, and Rader from Reno. Third visit to WNP Life Center, very popular class to attend. Call Tami at 775-823-9455 to register for Fallon Class.

If you have any particular ideas for workshops, trainings, or presentations we can facilitate please let us know and we will attempt to set up an educational, informing, and interesting forum to be presented to all. Thank you.