



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

May- August 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. Stop by, say hi and pick up a menu/activity schedule.

Current class in session now. "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. **New Class starts June 11 for first time participants.**

This class is full. May 2 9:00am-1:30pm AARP Drivers Training course Sign ups available for next class in August!

May 2019 Let's Celebrate OAM "Older American's Month" The entire month of May is "Older American's Month". WNP Life Center will be promoting awareness to this event throughout the month. We will be proclaiming "Older American's Month" with proclamations from both the City of Fallon Mayor and the Churchill County Board of County Commissioners. Watch for the pictures and hopefully a newspaper story to follow. We are excited to celebrate this event because we provide services and lunch to close to 400 senior aged individuals each day, Monday thru Friday.

May 1-30, 2019 Order Cookies Cookies Cookies! If you buy a Bucket of Cookie Dough or more from WNP Life Center in May 2019 it will keep for up to six (6) months in your refrigerator or for one (1) year in your freezer. This is our latest Fundraiser for WNP Life Center to supplement our programs. You can have a "little Sweet snack" at any time you want or make a whole bucket to take to a BBQ! Just ask any WNP Staff member and they will gladly take your order. There are six (6) flavors to choose from; Classic Chocolate Chunk, Peanut Butter, White Chip Macadamia Nut, Sugar Delight, Snickerdoodle, and Cinnamon Oatmeal Raisin. Each bucket contains 2 lbs. of cookie dough to make 32 – 1oz. cookies. **And the cost is only \$10.**

May 6 & 20, 2019 1pm-3:00pm in Room 1 Painting exploration with the Flying Artists FREE This is your opportunity to learn or continue your talents of all different mediums of painting. This group of experienced artists are lending their precious time and talents to be of help and service in learning about and how to paint. The cost is \$5.00 per week for materials used at the particular class and the instruction is FREE! This is a real steal! Thanks to our Flying Artists for all you do to make this happen. So...let's paint. Everyone is invited.

(See other side for more exciting Activities and Events)

May 9, 2019 7:00pm Lahontan Valley Concert Choir “Salute to Broadway”

Spring Performance Doors at WNP Life Center open to the Public at 6:30pm. Entrance Fee is two (2) cans of food for our Meals on Wheels program. Wear your dancing shoes!

May 7, 2019 1pm-5:00pm, Room 2 Savvy Caregiver Education to learn about mid-stages of Alzheimer’s and other related dementias. Each class is four hours and will be very informative and a chance to meet other family members dealing with these issues. This is #2 class of the three part series. #3 class will be held on May 21 at same time here at William N. Pennington Life Center in Room 2. This class is presented by Alzheimer’s Association of Northern Nevada. Not too late to join these classes.

May 8, 2019 Birthday Lunch 11am Soup served, 11:30am Lunch served. Our lunch for today May 8 is being sponsored by Gemini Sign Products, Inc. Please sign the card being passed around the dining room to let them know how much you appreciate their kind generosity. The local company of Gemini are longtime sponsors of the William N. Pennington Life Center/Coalition for Senior Citizens. Give them a “thank you” shout out too!

May 11, 2019 6:30am-8:00pm Spring Wings Event Festival William N. Pennington Life Center will be the staging area, reservation host and gathering area for this community wide event for this exciting day of “Birding” at various sites around Fallon/Churchill County. Come see the booths of interest and the Carver demonstration. Many activities and tours will be available at various locations in Churchill County. Please join the Stillwater Refuge, Lahontan Audubon Society in their fun filled day. For more information please visit website www.springwingsbirdfestival.org

August 1, 2019 9:00am-1:30pm AARP Drivers Training course \$15 AARP Member, \$20 non-member, prepay for class at WNP Life Center. Lunch available for participants for \$3 over 60 years of age.

Requests to honor and remember your Passing Loved Ones

We have recently lost a number of our regular participants, some who were long term volunteers and friends. They were near and dear to us and they have left a huge void in our daily operations. While they will be missed greatly each day, we have a suggested way of remembering them. Some of the families have asked to have their loved ones to be honored and remembered by making a contribution in their name to William N. Pennington Life Center/Coalition for Senior Citizens and asking anyone else to do the same, this is typically done In-Lieu of Flowers.

If you would like to make a donation of any size in your deceased loved ones name, we welcome your contributions. You can specify what program you would like it to go to or we will use it for ongoing services and program costs. WNP Life Center will be sending an individual thank you note to each person who sends in a contribution and a main list of all “in honor” sent to the family.

We appreciate you considering and choosing William N. Pennington Life Center/Coalition for Seniors Citizens in the event you may have to make this decision. If you have any questions or would like to discuss this subject further, please contact Lisa Erquiaga, Executive Director at WNP Life Center to make an appointment.