

FLOCK TOGETHER

FRIENDS FOR LIFE



WHAT'S THE BIG DEAL?

Your golden senior years are a joyous time. A time to explore your past accomplishments, your goals for the future, and what independence means to you. Your body and mind are changing. Your capacity for work is changing. You may even need help with basic functioning like meal preparation, bathing and dressing. That's why independence is a buzzword for seniors. It means everything to hold on to the freedom and independence you still have as you age. No matter your age, freedom and independence are crucial to our self-esteem.

Contact Us!

Business Phone – 775-752-3280

Email – seniorcenter@cityofwellsnv.com

Address – 765 Tobar Street

Business Hours – 8:00 am – 3:00 pm (Mon. – Thurs.)

8:00 am – 2:00 pm (Friday)



Diane Fuher, Head Cook Grace Otto, Summer Youth Carmen Cruz, Asst. Cook

SENIOR CONGREGATE LUNCH PROGRAM

Come and meet new friends at Silver Sage Senior Center Lunch Program. We serve hot nutritious lunches at our senior center. Seniors can enjoy their meals while dining with their friends. Our lunches are created to ensure they meet nutritional needs. Seniors (60 plus) can stop by the Senior Center to complete the congregate client registration form.

Monday through Thursday for Lunch (12:00 noon – till finish)

Friday Brunch (10:00 a.m.), Excluding Observed Holidays.



HOME DELIVERED MEALS PROGRAM

Meals are delivered to individuals who live within the City of Wells at home and who are homebound and aged 60 or above. The program provides one hot meal each weekday, two frozen meals delivered for the weekend upon request. A meal is provided for eligible individuals who qualify based on the Division for Aging Services specifications.

Contact us by phone for more information or stop by the senior center.

We look forward to serving you at our Senior Center



Wells Senior Citizens Center Menu

July 2026



		Wednesday 1	Thursday 2 - Early Birds	FRIDAY 3
		TRADITIONAL BURGERS & HOT DOGS Italian Pasta Salad Potato Chips Baked Beans American Flag Cake 2% MILK PICNIC IN THE PARK	COZY CLASSIC PANCAKES Cheesy Scrambled Eggs LS Link Sausage Seasonal Fruit Platter 2% MILK 8:00 a.m. Breakfast	CLOSED In Observance of July 4th Independence Day! 
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10 - BRUNCH
ULTIMATE MEAT LOVERS Deli DELIGHT Potato Salad Watermelon 2% MILK ELKO TRIP	MEATLOAF MASTERPIECE Mashed Potatoes Steamed Spinach WW Bread Chantilly Fruit Cups 2% MILK	NOODLE DOODLE SPAGHETTI Zinchini Caesar Salad Garlic Bread Orange Cup 2% MILK	FINGER FRIENDLY CHICKEN TENDERS Steak Fries Three-Bean Salad Smores 2% MILK NVCC 11 - 1PM	BISCUITS & SAUSAGE GRAVY Cheesy Scrambled Eggs Hashbrowns Blueberry Muffins Seasonal Fruit 2% MILK FOOD BANK 9-12
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17 - BRUNCH
BUBBA GUMP SHRIMPY LOUIE Cream of Broccoli Soup Garlic Bread Blueberry Jell-O w/ Whip Cream 2% MILK	PESTO CHICKEN FLORENTINE w/ PENNE Garden Salad Fresh Strawberry Dessert Roll 2% MILK	CHILI CHEESE DOGZILLA Optional Toppings Macaroni Salad Fresh Fruit Parfait 2% MILK	CHICKEN CACCIATORE Herb Vegetable Medley Creamy Cucumber Salad Citrus Fruit Salad 2% milk	DENVER BAKED OMELET Hashbrowns Surprise Muffin Seasonal Fruit 2% milk
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24 - BRUNCH
GOOEY HAM & CHEESE SANDWICH on WW Bread Tomato Basil Soup Apple Crisp Scoops for Fun Sundae Bar 2% MILK	EGG SALAD SANDWICH OF THE HEN on Toast Beef Vegetable Soup Tropical Fruit Cup 2% MILK	FEATHERED FEAST CHICKEN POT PIE Garden Salad WW Roll Birthday Cake Ice-Cream 2% MILK HAPPY BIRTHDAY!	PORKY McCHOP FACE aka Baked Pork Chop Butternut Squash Layered Salad Wheat Bread Chocolate Pudding 2% MILK	WAFFELICIOUS Scrambled Cheesy Eggs Hashbrowns Country Gravy Seasonal Fruit 2% MILK FOOD BANK 9-12
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
SHRIMP-TASTIC BASKET Steak Fries Coleslaw Strawberry Jell-O 2% MILK	THE CHICKEN COOP FRIED CHICKEN Mashed Potatoes Peas & Carrots Garden Salad topped w/ Honey Dressing & Dessert 2% MILK	SHRIMP LINQUINE PASTA BY THE SEA w/ Garlic Sauce Garlic Bread Salad w/ Kidney Beans Peach Cobbler 2% MILK	BBQ BELLY LAUGH BEEF SANDWICH Corn on the Cob Macaroni Salad Dessert 2% MILK MONTHLY BINGO!	THE BREAKFAST CLUB Cheesy Bacon Bites Hashbrowns Blueberry Muffins Fruit Parfait Seasonal Fruit 2% MILK

DINERS UNDER THE AGE OF 60, THE COST OF THE MEAL IS \$10.00

CANCELLATIONS - Please call or Leave a message by 7:30 AM for delivery (MON. - FRI.) - Home Delivered Clients only 775-752-3280

Program Director: Gaila Montoya

LUNCH HRS: Immediately starts at 12:00 PM (MON. - THURS.)

Head Cook: Diane Fuher

BRUNCH HRS. : 10:00 - 11:00 AM (FRIDAY ONLY)

Assistant Cook/Transportation Driver: Carmen Cruz /Transportation cancellations and pickup must CALL the Senior Center by 8:00 AM

Please Note that Menu is subject to change without prior notice

The CSFP program is federally funded and works to improve the health of low-income seniors (ages 60+) by supplementing their diets with nutritious U.S. Department of Agriculture food. The NDA has changed the name of the program at the state level to the Senior Nutrition and Wellness program. The Senior Nutrition and Wellness program provides food packages for food-insecure seniors throughout Nevada. CSFP/SNWP food packages may include items such as rice, dry beans, canned vegetables, and ready-to-eat cereal. Packages are not intended to provide complete meals but do include foods that provide nutrients typically lacking in the diets of many seniors. Distribution is once a month at the Silver Sage Senior Center.

For more information about the CSFP/ Senior Nutrition & Wellness Program please call 775-752-3280 or stop by the Senior Center.



We encourage those clients to join us in a group setting, center offers a means of socialization, access to nutrition and creates a sense of purpose for all of seniors in our community.

For more information on the Transportation Program contact the Senior Center.



To Make Appointment Schedule Call

752-3280

Who can use this Service?

Registered Seniors 60 & older

Hours of Service Operation

1:00 p.m. - 2:30 p.m.

(Monday-Wednesday-Thursday.)

Fare Cost

Suggested donation of \$3.00

Cancellations

To cancel a trip, please leave a message as soon as you decide to cancel. You can leave a message after business hours.

Carmen Cruz, Transportation Driver

TRANSPORTATION SERVICES

SERVICE DEFINITION:

This service provides, or provides access to, safe transportation for access to services such as nutrition, medical services, social services, adult day care, shopping, and socialization.

The Senior Center provides transportation for eligible individuals who require help in going from one location to another.

The driver is busy and do their best to be on time, there may be times when we cannot give you a ride, or we may have to pick you up early for an appointment.

Keep in mind that we currently have one transportation vehicle, so the center will take priority. **Consider and be courteous of our drivers who are waiting in the vehicle, set your shopping time limit.**

Please call the senior center office and schedule a ride in advance 24 hours. We are now providing one – two out-of-town trips to Elko, limit of 6 - 8 people for this trip for eligible individuals, sign-up for trip is required.

G.E.T. My Ride

Elko's Public Transportation



Elko County, in partnership with Nevada Division of Veteran Services, now offers a transportation program from Wells to Elko. We would strongly encourage veterans to use this service rather than

missing any needed medical services. The service is open to the public.

Inbound: Wells to Elko; Tuesday and Thursday
7:00 AM Pickup at the Wells Library (208 Baker Street)

Outbound: Elko to Wells; Tuesday and Thursday
Flexible to the needs of passengers, but no later than a 5:00 PM drop off in Wells.

Fare: \$6.00 per one way trip. Discounted rates for children and seniors. Please call dispatch for details.

Veterans need to register with dispatch and ride at no charge.

For appointments at the VA Medical Center in Salt Lake City, call dispatch for a connection to the VA Medical Center Connections Van



Veterans in Elko Transportation System

The Veterans in Elko Transportation System (VETS) is a program to assist veterans in Elko County with transportation to medical appointments at no cost to the veteran.

In the GET My Ride Service area, all veterans are welcome to ride at no charge.

For trips outside of the GET My Ride Service area (outside of City of Elko, Spring Creek) and hours of operation, we will assist in coordinating transportation at no charge.

775-777-1428

www.GetMyRideElko.com

Open to the public

Dispatch- 775.777.1428
GetMyRideElko.com

Please Note: My GetMyRide, Wells, Inbound/Outbound is Monday, Wednesday, and Friday.



Zelda Johnny - 4th

Virginia Kinkel - 8th

Tenna Walker - 22nd

Karen Capron - 25th

Linda Moore - 25th

Jesse Ramierz - 25th

Richard Barton - 26th

Carrie McIntosh - 29th

Cake calories don't count today!



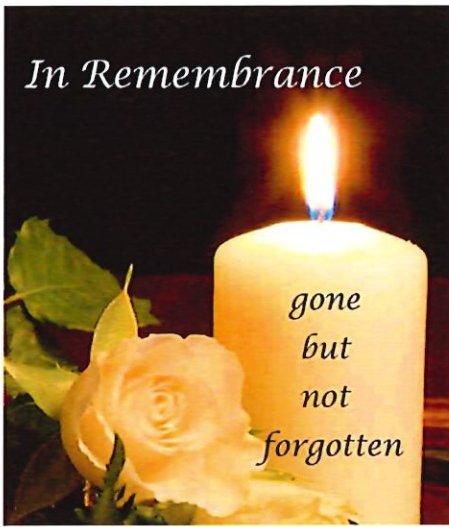
A bowl of pozole doesn't need an introduction. The best thing about pozole is that it can be enjoyed at any time of the day.



Grace stepping in for getting this party started – blowing out birthday candles style!

Time to bake your day extra sweet – July Celebrants!

“The secret of staying young is to live honestly, eat slowly, and lie about your age.” — Lucille Ball



Things end, But memories last forever. We
have lost fellow members and friends; we have
dedicated a space in their Memory.

UPDATE FROM THE PROGRAM DIRECTOR

Hello, dear friends.

Happy Independence Day! Can you believe it's already July, the second half of the year starts now! July is here so let's make the most of it and July is a time to honor our independence, both as a nation and as individuals. Whether you're celebrating with loved ones or taking a moment for personal reflection. If you're outside for any celebrations, remember sun protection and hydration. Avoid handling fireworks or sparklers, they may seem small but can be dangerous. Instead, enjoy the firework show from a safe distance. Enjoy the holiday and let's celebrate together safely and joyfully.

Summer vibes are in full swing, and I'm enjoying it! I hope you're having a wonderful summer and taking time to enjoy the simple pleasures of summer and good company. Before we know it, the crisp fall air will be here so let's make most of this lovely weather while it lasts.

Health, friends have healthy benefits. Friendship can have a big effect on your health and well-being. But it's not always easy to make or keep friends. There's nothing better than having a good friend – one you can call when you're feeling down; those you're the first to go to when something special happens; the ones you can count on. While it's true that as we age, friends may come and go, there's plenty to be said for those who stay and the ones we make along the way. Benefits of close friends do more for your sense of self. If you think of someone, you'd like to know better, reach out. The first step is often the hardest. But it might be easier than you think. Think about people you've talked with, even just a little, who you liked and whose company you enjoyed. You may not become friends with everyone you meet. But being positive and reaching out can help make the relationship you have better. It also can help you make friends with people you meet. Above all stay positive.

Since opening the new center in November 2024, the senior center has grown with new faces. Whether you seek social connections, share a laugh and remind everyone to enjoy the beautiful moments that this season brings. May your AC never break and your sunscreen never run out.

Here is to another month of togetherness,
Gaila Montoya

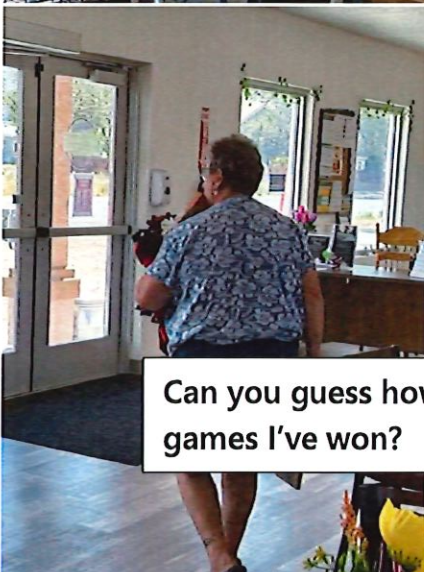
BETTER TOGETHER PHOTO'S GOOD TIMES



**"Feeling Lucky? Let's see who shouts
"BINGO" first."**



**"Bingo" because yelling at
numbers is socially acceptable."**



**Can you guess how many bingo
games I've won?**



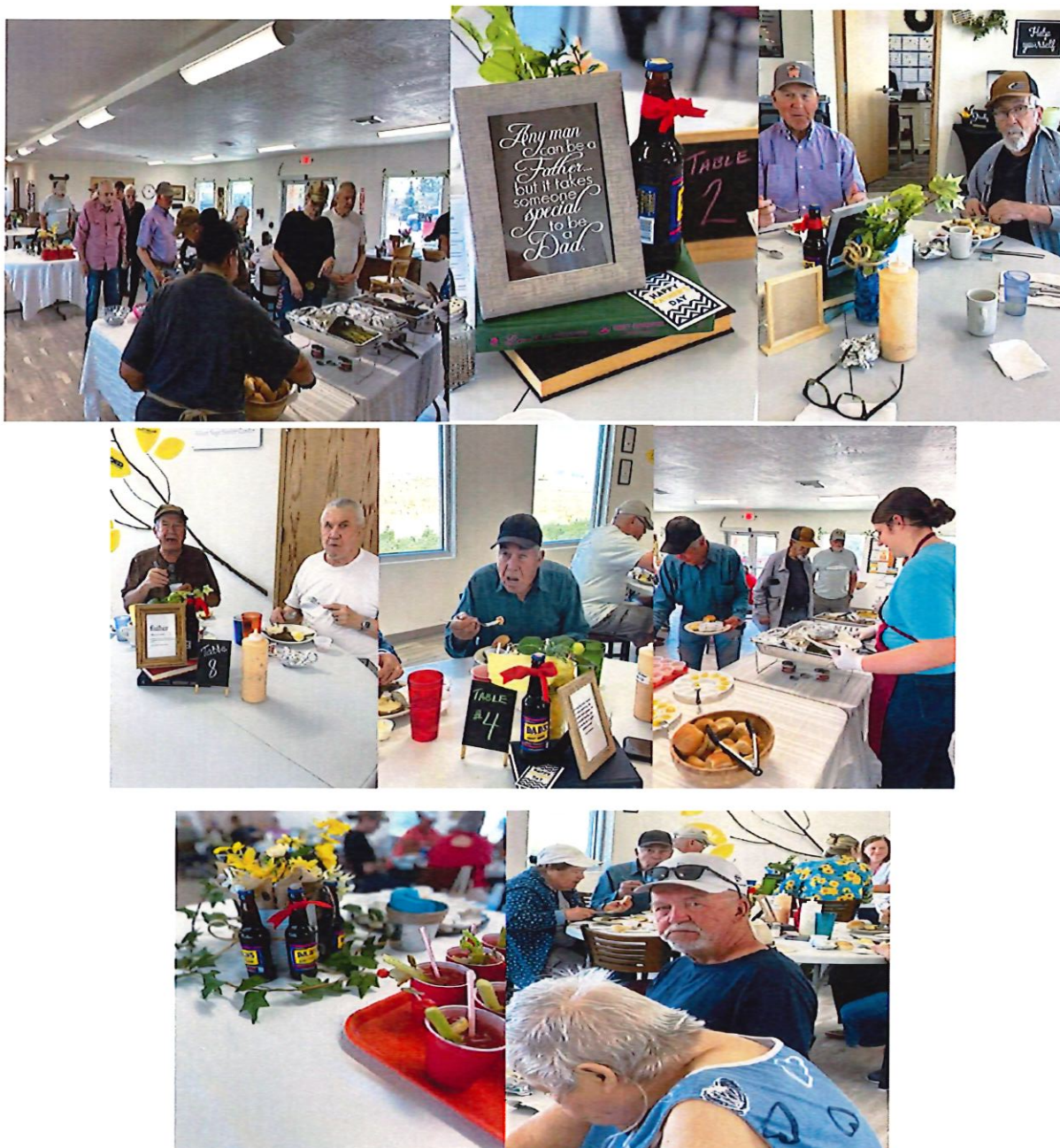
**The bingo caller has more power than
the president.**

One wrong number and there's a riot.

"Happy Father's Day to the dads who makes every moment an adventure!"

Thank you for every lesson and every laugh.

Happy
FATHER'S
Day



What's Happening at your Senior Center?

The month of July brings lots of fun activities to the center. Something happen here every month so we'll start out with those.

- July 1st Picnic in the Park at the City Park Pavillon – 11:00 – 1p.m.
Lunch Party celebrating red, white, and us – Happy Fourth!
- **July 3rd Senior Center will be closed in Observance of July 4th**
- July 6th Elko Trip – **Sign-up is required, call Senior Center**
- July 9th – 11 – 1PM Medicare Assistance Program (MAP) & Nevada Care Care Connection (NVCC) *walk-ins welcome.*
- July 30th Monthly Bingo immediately following lunch – Theme Christmas in July!





- Please make checks for all Senior Meals, Checks payable to **"City of Wells"**. The Bank will not accept checks made out to the Senior Center.
- If you are going to be gone, please notify by 8:00 a.m. (Monday – Friday) on the scheduled delivery day or before.
- **Cancellations**
To cancel a Home Delivered Meal, you can leave a message after business hours. Please leave a message as soon as you decide to cancel.
- Under no circumstances will meals be left in or outside your home when the recipient is not present to receive them.
- **FOOD FOR SENIORS – Commodity Supplemental Food Program** is a monthly food program that provides free food to senior citizens age 60 years and older. Applications can be picked up at the Senior Center; you can drop off your application at the Senior Center or put in the drop box outside of the Senior Center after business hours. Registered Clients pick up no later than 18th each month.
- **ALWAYS** keep your address/phone updated – every time you move or change number with the Wells Senior Center (Request Change of Address Form).
- Please direct any questions to the Senior Center.

Please use the mail drop-box located on the east of the Senior Center under the covered drive-through for your convenience can be dropped after business hours.





Silver Sage Senior Center Facebook

and the City of Wells website

cityofwellsnv.com

to stay updated on all the news, activities, and community events.



Volunteers are needed throughout the year to help assist with fundraisers, special events, outreach programs, and more. Hours and days vary and at times will include weekend hours.

If you are interested, please call the Senior center.

Donations can be dropped off anytime at the Wells Senior Center between 7am – 2pm. If you cannot donate during business hours, please call to schedule a drop off.

DONATIONS

The Senior Center accepts a wide variety of household items from community residents of houseware items, home décor, holiday decorations, and more.

We welcome donations of your clean household items. Please note that we cannot accept any broken or dirty items.

WHAT WE ACCEPT

ARTS & CRAFTS

Craft supplies, canvas boards, art paper, easels, oil pastels, paint (acrylic, tempera, watercolors), assorted paint brushes, cutting mat, yarn/ribbon, hot glue guns & sticks, etc.

OTHER

Board games, puzzles, Individual dry erase boards, outdoor games, etc.

*We appreciate
your support!*

WELCOME NEW MEMBERS!

See a New Face? Welcome them! and show them around our Senior Center and get them involved with all the Center has to offer! Who knows if you might just make a new friend?

Callon Payton

Dawna Williams

James Williams

William Roman

John Selby

"Because every voice matters, and yours matters most."



The suggestion box gives our seniors a direct way to share thoughts, share ideas, concerns, and feedback. The box is visible located at the front door entrance and accessible. We value your input and staff will respond to suggestions. This will assist Staff that can identify recurring issues, implement changes, plan improvements that better meets our senior client's needs. This can be especially valuable for those who may feel hesitant to speak up.



Food Bank Schedule 2026

Time 9:00 AM - 12:00 PM

Friday July 10
Friday July 24
Friday August 7
Friday August 21
Friday September 4
Friday September 18

Friday October 9
Friday October 23
Friday November 6
Friday November 20
Friday December 4
Friday December 18

Volunteers always needed!
Please reach out if you are interested in volunteering!



(775) 752-2345

261 1st St. Building B Wells NV, 89835

wellsfrcadvocate@gmail.com

or wellsfrc@gmail.com

Updated 04/2026

Healthy LIVING while aging!



July 2026 |

Newsletter provided by University of Nevada, Reno Extension |

Volume 7, Issue 7

Independence at Every Age: Simple Ways to Stay Strong, Safe and Connected

by Natalie Mazzullo, M.Ed.

July is a time we celebrate freedom and independence — values that remain just as meaningful as we grow older. Maintaining independence as we age doesn't require big changes. Often, it's the small, everyday habits that help us stay confident, healthy and connected to the life we enjoy.

Start with movement. Gentle, regular activities — like walking, stretching or dancing — helps maintain strength, balance and flexibility. Even 10–15 minutes a day can make a difference. If outdoor temperatures are high, consider early morning walks or indoor options like community centers or malls.

Staying connected is just as important as staying active. Reach out to a friend, attend a local class or join a group activity. Social connection supports both mental and physical health and helps reduce feelings of isolation. A quick phone call or shared meal can go a long way.

Simple routines at home can also support independence. Keep frequently used items within easy reach, ensure good lighting and remove tripping hazards like loose rugs. Small adjustments can make your home safer and easier to navigate.

Don't forget about nutrition. Eating well fuels your body and mind, especially during the warmer months when appetites may change. Focus on light, refreshing meals that are easy to prepare and packed with nutrients. Here is a tasty recipe to try this summer.

Natalie Mazzullo is the Healthy Aging Initiative Coordinator for Extension under the College of Agriculture, Biotechnology & Natural Resources.



Quick & Easy Summer Recipe: Fresh Fruit Yogurt Parfait

Ingredients (serves 1–2):

- 1 cup low-fat yogurt (plain or vanilla)
- ½ cup fresh berries or sliced fruit (peaches or bananas)
- ¼ cup granola or crushed whole-grain cereal
- 1 teaspoon honey (optional)

Directions:

Layer yogurt, fruit, and granola in a bowl or glass.
Repeat layers and drizzle with honey if desired.
Serve immediately.

Tip: Use seasonal fruit for best flavor and cost savings.

Local Resources to Support Your Independence

- University of Nevada, Reno Extension – Healthy Aging Initiative: Offers classes, workshops and resources to support healthy living and lifelong learning.
- Nevada 2-1-1: Dial 2-1-1 or visit nevada211.org for help finding food, transportation and community services.
- Local Senior Centers: Provide social activities, fitness classes and meals in a welcoming environment.
- AARP Nevada: Offers programs, volunteer opportunities and information on aging well.

Independence is not about doing everything alone — it's about having the support, confidence and resources to live life on your terms. This July, take a small step toward maintaining your independence. Remember, every step counts.

Please visit extension.unr.edu/Healthy-Aging to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email HealthyAging@unr.edu.

July Wellness Tips: Stay Safe in the Heat

- Drink water throughout the day—even if you don't feel thirsty
- Avoid outdoor activity during peak heat (10 a.m. – 4 p.m.)
- Wear light-colored, loose-fitting clothing
- Use fans or visit air-conditioned spaces like libraries or malls
- Know the signs of heat exhaustion: dizziness, nausea, heavy sweating



Did You Know?

As we age, our bodies don't adjust to heat as easily. Certain medications can also affect hydration. Staying cool and hydrated is one of the simplest ways to protect your health during the summer months. Visit the Sanford Center for Aging's Medication Therapy Management Program at <https://med.unr.edu/sanford/health-services/medication-review>. This program offers a free medication and supplement review for those over the age of 60.

Brain Boost: Summer Word Scramble

Unscramble the words below:

- | | |
|---------------------|-----------------------|
| 1. RYRBERSTAW _____ | 4. IPEDNENNEDCE _____ |
| 2. ENUNSHIS _____ | 5. RYDAOTINH _____ |
| 3. ARWETMELON _____ | 6. EDRFEMO _____ |

Answers:

Strawberry, Sunshine, Watermelon, Independence, Hydration, Freedom

Get Involved This July

Looking for something to do? Try one of these simple ideas:

- Attend a local senior center class or social hour
- Visit a museum during discounted or free days
- Start a small creative project—painting, journaling or music
- Invite a friend or neighbor for a cool, indoor lunch



July Observances

- | | |
|-----------------------------|---------------------------------------|
| • Independence Day (July 4) | • National Parks and Recreation Month |
| • UV Safety Awareness Month | • Disability Pride Month |
| • National Picnic Month | • Social Wellness Month |

Hydration Reminder

Stay hydrated by drinking water during the hot summer months. Keep a reusable water bottle nearby and aim for small sips throughout the day. Add lemon, cucumber or berries for a refreshing twist!



Travel & Outing Safety

- Plan trips during cooler parts of the day
- Keep a small "go bag" with water, snacks, medications and a list of emergency contacts
- Park in shaded areas when possible
- Let someone know your plans if traveling far from home



An EEO/AA institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.