FLOCK TOGETHER

FRIENDS FOR LIFE





November is a beautiful time to reflect on gratefulness. This month reminds us of the power of giving thanks and cherishing our moments.

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)

Monthly Newsletter on the City of Wells website



Diane Fuher, Head Cook



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

ELIGIBLE CLIENTS - WANT TO JOIN US FOR LUNCH, BUT DON'T HAVE TRANSPORTATION - GIVE US A CALL.



Wells Senior Citizens Center Menu

November 2026



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	FRIDAY 6 - BRUNCH
BEEF CHILI Corn Bread Tossed Green Salad Ambrosia Salad 2% MILK	PEPPER STEAK Variety of Peppers Onions, Mushrooms Rice Pilaf Tossed Green Salad Mixed Berry Cup 2% MILK	SHRIMP & CORN CHOWDER w/ Potatoes Garlic Bread Tossed Green Salad Strawberry Jell-O 2% MILK	DELI-SANDWICH LS Ham, Turkey Sliced Cheese, Tomatoes and Onions Macaroni Salad Peanut Butter Cookie 2% MILK ELKO TRIP	LS BACON BREAKFAST BITES Cheesy Scrambled Eggs w/ Onions Hashbrowns w/ Country Gravy 2% MILK FOOD BANK 9-12
Monday 9	**Tuesday 10**	**Wednesday 11**	**Thursday 12**	**Friday 13 - BRUNCH**
SWEET ITALIAN SAUSAGE w/ Peppers & Onions Elbow Macaroni Steamed Broccoli Tossed Green Salad Fresh Banana 2% MILK	CHICKEN DUMPLINGS Green Peas Carrot & Raisin Salad Fresh Orange Slices 2% MILK 11:00 AM - LUNCHEON	CLOSED in Observance of Veterans Day  	OVEN FRIED CHICKEN Mashed Potatoes w/ Brown Gravy Steamed Corn Cole Slaw Biscuit Peaches 2% MILK	FRENCH TOAST Link Sausage Cheesy Scrambled Eggs Blue Berry Yogurt Parfait Blue Berry Muffin 2% MILK
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20- BRUNCH**
PULLED PORK SANDWICH w/ Coleslaw Macaroni Cheese Grapes 2% MILK	TUNA NOODLE CASSEROLE Herbed Veg. Medley Tossed Green Salad Cracked Wheat Bread Oatmeal Date Bar 2% MILK	CHICKEN CACCIATORE Baked Acorn Squash Tossed Green Salad Chocolate Chip Cookie 2% MILK	TRADITIONAL TURKEY Mashed Potatoes Green Bean Casserole Baked Yams & Stuffing Fall Spring Mix Salad Pumpkin Pie 2% MILK Thanksgiving w/ Friends	BREAKFAST BURRITO Scrambled Eggs Red Roasted Potatoes Cheesy Scrambled Eggs Assorted Fruit 2% milk FOOD BANK 9-12
Monday 23	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**FRIDAY 27**
BEEF STROGANOFF & NOODLES Baked Acorn Squash Orange Spinach Salad Plums 2% MILK	BAKED MEATLOAF Mashed Potatoes Steamed Spinach Roll Cake & Ice-Cream 2% MILK Happy Birthday!	HOT OATMEAL TOPPING BAR Scrambled Eggs Toast Fresh Fruit EARLY BIRD - 8:00 AM	Closed in Observance of Thanksgiving Day  	Closed in Observance of Thanksgiving Family Day
Monday 30	**Tuesday DEC. 1**	**Wednesday 2**	**Thursday 3**	**Friday 4 - BRUNCH**
CLASSIC SHRIMP LOUIE w/ Tomatoes, Red Onions Cucumbers, Hard Boiled Eggs, Croutons Chocolate Pudding 2% MILK	HOT TURKEY SANDWICH Mashed Potatoes w/ Turkey Gravy Peas & Carrots Cranberry Sauce on side Surprise Dessert 2% MILK	FRIED CATFISH Parsley Buttered Potatoes Steamed Green Beans Creamy Coleslaw Apple Crisp 2% MILK	BEEF STEW w/ NOODLES Tossed Green Salad Roll Fruit Cup 2% MILK	BISCUITS & SAUSAGE GRAVY Hashbrowns Cheesy Scrambled Eggs 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

Head Cook: Diane Fuher

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

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

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

Please Note that Menu is subject to change without prior notice

SUGGESTED CONTRIBUTION OF $3.00 PAY WHAT YOU CAN, WHEN YOU CAN.
No Eligible person shall be denied a meal because of failure or inability to contribute.

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 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 does 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

Open to the public

Dispatch- 775.777.1428
GetMyRideElko.com



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

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





John Vodden – 4

Alfreda Morgan - 18



***NOVEMBER** - "Make a wish and let the magic of your birthday carry you through the year."*



This is what ninety feels like



Candles lit! Bring on birthday wishes.





Oops, I did it again—got older!







Let the Festivities begin!





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



REMEMBERING WITH YOU

The world changes
from year to year,
our lives from day to day,
but the love and special memories
shall never pass away.

Christine Hyde – October 2026
Jim Stanton – October 2026

UPDATE FROM THE PROGRAM DIRECTOR

Hello, Dear Friends.

Welcome, November! November is a beautiful time to reflect on gratitude. This month reminds us of the power of giving thanks and cherishing moments. It is a new month, fresh peace, new blessings, crisp air, and cozy sweaters. The leaves are falling, clocks fall back, nights are getting longer, pouring something warm, and sweatpants season has officially arrived. November offers a rich season for seniors to pause, reflect, and express gratitude and honoring life's journey. It is a powerful tool to look back with gratitude, look forward with intention, and connect deeply with others. *Reflection* can inspire reconnection with old hobbies, mentoring, or creative projects, supporting a sense of purpose.

Looking Back on October**,** as we step into November, I find myself reflecting on October. There were moments of peace and moments that tested my patience. Yet through it all, I learned to breathe deeper and listen more closely to my heart. October reminded me of the beauty of slowing down. Patience reminded me that waiting can also be a blessing, and that light still finds its way in, even on quite days. It reminds us to breathe and keep moving forward this November. This is a month to pour meaning into others to lift, encourage, and share what we have learned along the way.

Healthy eating during the Holidays, maintaining healthy eating habits during the holiday season is important for everyone, including older adults. It is easy to get carried away with the festivities and overindulge in food and drink. However, making wise nutritional choices while allowing yourself occasional indulgence will help you enjoy this joyous time of year with family and friends. The occasional indulgence over the holidays is not a bad thing in but it is wise to practice portion control.

Enjoy yourself, make this holiday season a memorable one where you connect with your loved ones beyond the meal. Sometimes, it has been months since seeing some family members, so enjoying each other's company and catching up on life events adds to the season's spirit. We often put so much time and effort into preparing a holiday event that it is here and gone before we know it. Planning 'how' you will eat will help you be more mindful and continue making healthy choices. **Do not worry about the odd indulgence,** it is the holidays! Just remember that your holiday mealtimes can be enjoyable if you engage in these healthy practices.

HAPPY THANKSGIVING! EAT, DRINK, AND WEAR STRETCHY PANTS.

Gaila Montoya

What's Happening at your Senior Center?

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

- November 5th, Elko Trip – **Sign-up is required, call Senior Center**
- November 11th, Senior Center Closed in observance of Veterans Day
- November 12th, Medicare Counseling Resource Info. 11am – 1:00pm
- November 19th, Friendsgiving Luncheon (Thanksgiving) 11:00 am
- November 23rd, Medicare 101- 10:00 am – 4:00 pm
- November 24th, Happy Birthday November!
- November 26-27th, Senior Center Closed in observance of Thanksgiving & Family Day





- 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. Make sure you date the check.
- 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 by 8:00 am.
- 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.





Find us on Facebook

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?

Darrell Hylton

Sally Hylton

Kenneth Yazzie

"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

FOOD BANK OF NORTHERN NEVADA

PARTNER FOOD BANK OF FEEDING AMERICA

Food Bank Schedule 2026

Time 9:00 AM - 12:00 PM

Friday July 10	Friday October 9
Friday July 24	Friday October 23
Friday August 7	Friday November 6
Friday August 21	Friday November 20
Friday September 4	Friday December 4
Friday September 18	Friday December 18

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

Wells family Resource Center

(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!

University of Nevada, Reno Extension
College of Agriculture, Biotechnology & Natural Resources



November 2026 | *Newsletter provided by University of Nevada, Reno Extension* | Volume 7,

Gratitude and Healthy Habits for the Holiday Season

by Natalie Mazzullo, M. Ed.

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



As the holiday season approaches, November offers a wonderful opportunity to reflect on what we're grateful for while continuing to care for our health and well-being. Practicing gratitude can do more than lift our spirits—it can help reduce stress, improve mood, and strengthen connections with family and friends.

The holidays are often filled with celebrations, special meals, and busy schedules. While it's important to enjoy these moments, maintaining healthy habits can help you feel your best throughout the season. Small, consistent choices can make a big difference.

Stay Hydrated. Cooler weather may make us less likely to feel thirsty, but our bodies still need fluids to function properly. Keep a water bottle nearby, enjoy warm herbal teas, and choose water-rich foods such as fruits, vegetables, and soups.

Keep Moving. Physical activity doesn't have to be complicated. A daily walk, stretching routine, or chair exercise session can help improve balance, maintain strength, and boost energy levels.

Choose Nourishing Foods. Holiday meals can be enjoyed alongside healthy choices. Fill your plate with colorful vegetables, lean proteins, whole grains, and seasonal fruits. Remember, healthy eating is about balance, not perfection.

Connect with Others. Social connections are an important part of healthy aging. Reach out to friends, participate in community events, or share a meal with loved ones. Even a simple phone call can brighten someone's day, including your own.

Practice Gratitude Daily. Consider writing down three things you're grateful for each day. They can be as simple as a sunny morning, a favorite meal, or time spent with family. Focusing on positive moments can help create a greater sense of joy and well-being.

This November, let gratitude inspire healthy choices that support your mind, body and spirit. By staying hydrated, remaining active, eating well and nurturing meaningful relationships, you can enjoy a healthier and happier holiday season.

November Gratitude Challenge

Each evening, write down three things you are thankful for. By the end of the month, you'll have a collection of 90 positive moments to reflect on and celebrate!

Research suggests that regularly practicing gratitude may help improve mood, reduce stress and support overall well-being. Taking time to appreciate life's small blessings can be a simple but powerful part of healthy aging.

Healthy Aging Tip: *Gratitude and healthy habits go hand in hand—when we care for ourselves, we're better able to enjoy the people and moments that matter most.*



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.

Hydrating Harvest Salad

A perfect November recipe packed with water-rich produce like cucumber, pears, mixed greens, and pomegranate seeds, this refreshing salad helps support hydration while providing fiber, vitamins, and antioxidants.

Ingredients

- 4 cups mixed greens
- 1 cup diced pear
- ½ cup pomegranate seeds
- ½ cucumber, sliced
- ¼ cup walnuts
- Light vinaigrette



Directions

1. Combine ingredients.
2. Toss with dressing just before serving.

Why it helps: Pears, cucumber, greens and pomegranate all contribute fluids while providing fiber and nutrients.

Healthy Aging Hydration Reminder

Don't wait until you're thirsty to drink water. As we age, our sense of thirst may decrease, making it important to sip fluids regularly throughout the day and enjoy water-rich foods such as fruits, vegetables, soups, and smoothies.

Treasured Traditions



Traditions help connect us to family, friends and cherished memories. Whether it's sharing a favorite holiday recipe, gathering for a special meal, decorating the home or volunteering in the community, traditions create a sense of belonging and joy. As we age, these meaningful routines can strengthen relationships, provide comfort and remind us of the moments that matter most. This season, consider sharing a favorite tradition with a loved one, or starting a new one that can be enjoyed for years to come.

Reflection Question: *What holiday tradition brings you the most happiness, and why?*

Fall Fun Ideas for Older Adults

Fall is a wonderful time to stay active, connect with others, and enjoy the beauty of the season. Here are some enjoyable and age-friendly activities:

- **Decorate a Pumpkin** – Paint or decorate pumpkins instead of carving for a safer and creative activity.
- **Take a Scenic Fall Walk** – Enjoy cooler temperatures and colorful autumn leaves at a local park.
- **Visit a Farmers Market** – Explore seasonal fruits, vegetables, and homemade goods.
- **Share Favorite Family Recipes** – Exchange holiday recipes and the memories behind them.
- **Create a Fall Photo Album** – Gather photos from past holidays and special family moments.
- **Make a Seasonal Centerpiece** – Use gourds, pinecones, leaves, and flowers to create festive decorations.
- **Host a Coffee and Conversation Hour** – Invite friends to share stories, traditions, and gratitude.
- **Volunteer in the Community** – Help at a food bank, community event, or local organization.
- **Keep a Gratitude Journal** – Write down three things you're thankful for each day during November.
- **Try a New Fall Recipe** – Make a healthy soup, stew or harvest salad featuring seasonal produce.

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.

Healthy Eating Tips

Fruits and Vegetables

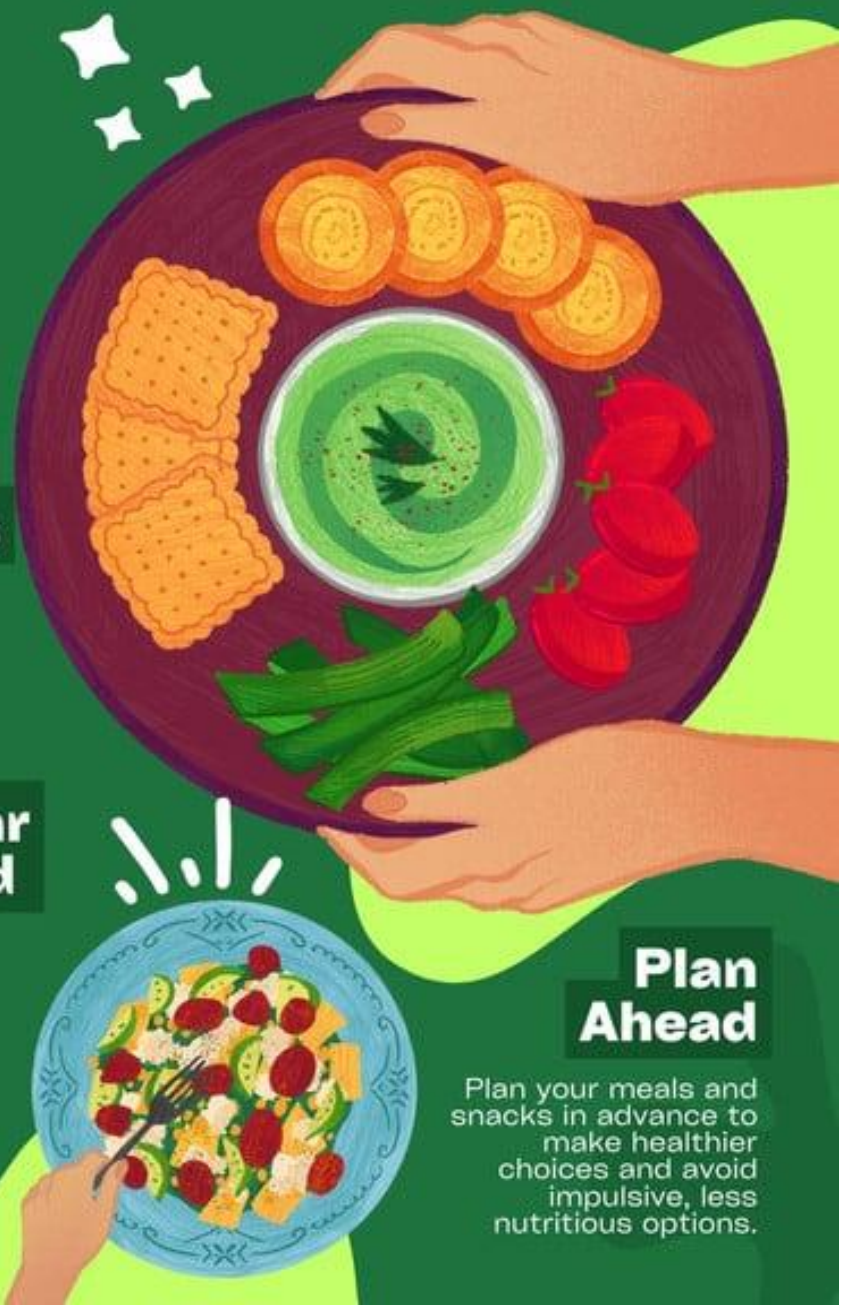
Consume a colourful array of fruits and vegetables, as they provide essential vitamins and minerals.

Protein Choices and Healthy Fats

Include lean protein sources like poultry, fish, tofu, and beans in your diet. Limit red and processed meats.

Reduce Sugar and Balanced Meals

Aim for balanced meals that include a variety of food groups: vegetables, fruits, lean proteins, whole grains, and healthy fats.



Plan Ahead

Plan your meals and snacks in advance to make healthier choices and avoid impulsive, less nutritious options.



ChooseMyPlate



Fruits:
Focus on fruits.

- Eat a variety of fruit.
- Chose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:
Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity
Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

Oils:
Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Milk:
Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, chose lactose-free products or other calcium sources.

Grains:
Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans
Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Source: ChooseMyPlate.gov

6 Ways to Eat Well As You Get Older





Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6

ncoa
National Council on Aging