



SENIOR CENTER OF BOULDER CITY

EMPOWERING SENIORS TO LIVE INDEPENDENTLY

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MEMORIAL DAY

HONORING ALL WHO SERVED



Become a Member!

Membership is open to anyone
50 years and older.

Membership Benefits Include:

Access to select center activities, discounted printing, copying, and faxing, reduced rates on special trips, computer and library use, birthday recognition, and the opportunity to vote in Board Member elections.

Cost

Membership is based \$15 per calendar year.



SENIOR CENTER OF BOULDER CITY STAFF



Victoria Mason
Executive Director



Rebecca Thomas
Assistant
Executive Director

Please join us in welcoming Matt Anders to the Boulder City Senior Center team as our new HSMR (Home Safety Modification and Repair) Coordinator! Matt brings a passion for helping others and is excited to support our seniors in creating safer, more comfortable homes. We're thrilled to have him on board—be sure to say hello next time you visit!

Our mission is to advocate for the senior community of Boulder City by providing services that enhance well-being, promote independence, and empower older adults to lead active, fulfilling lives.



Gina Garcia
Homebound Meals
Coordinator



Shannon Chavez
Kitchen Manager
Chef



Shaun Hudson
Kitchen / Chef
Assistant



Matt Anders
HSMR
Coordinator



Michelle Carroll
Digital Marketing
Coordinator



Katie Radensleben
Volunteer Coordinator



Adam Swanson
Prep Cook



Danny Radensleben
Dishwasher



Tim Thomas
Maintenance
Coordinator

Board of Directors Elections – Coming This June!

Interested in getting more involved at the Boulder City Senior Center? Elections for our Board of Directors will be held in June!

If you'd like to learn more about board member responsibilities or become a member to participate in the election, please contact the Senior Center at your convenience.

Your voice matters—help shape the future of our Center!

Board of Directors



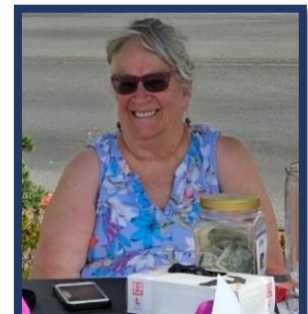
Sandy Christiansen
President



Jane Sharp
Vice President



Marie Fester
Treasurer



Kevin Kern
Secretary



Alan Byerley
Board Member



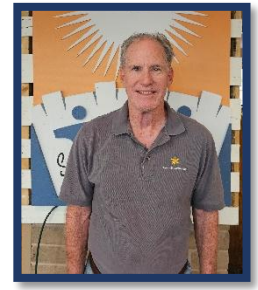
Darlene Haffner
Board Member



Sherrill Graff
Board Member



Kristin Holmes
Board Member



Joseph Sunderland
Board Member



May 2025 Members' Birthdays



*90 and over

Lynne Gerlicher
Ruth Ann Greffin
David Hack
Don Haffner
Charles Hauntz
*Joan Hines
Barbara Holt
Sandy Hug
Charles Hunter
Susan Johnson
Yvon Lamontagne
Ann Lennon
Jackie Macdonald
*Gary Mattoon
Jim McSpadden
Kiernan McManus
Hope Moreland
*Pauline Morgan
*Josephine Morrill
Charles Nicks
Elaine Odagis
Steve Parkis
Linda Scott
Bonnie Pfersching
Joan Sharpe
*Carolyn Solander
Julie Stephenson
Bill Stuber
Barbara Tippetts
Robert Townsend

*Join us Friday May
30th to celebrate
members' birthdays
at our birthday
luncheon!!!
Birthday Raffle and
prizes for members.*

Tony Veirup
Rebecca Walters
Theodore Wightman
Virginia Winters
Joanne Yates

Gloria Almeida
Sharon Andrews
Linda Arden
Jacquelyn Best
Phil Brown
Alan Byerley
Mary Ellyn Chase
Michael Dambra
Sonia Diaz De Smith
Thomas Dolan
Keith Eland
Denis Fitzpatrick
Virginia French

*Want your birthday in the
Newsletter and on the
Birthday Board? Make
sure you sign up for your
membership next month!*



EVENTS:

**Stay tuned for our list of events
this year and dates!**

May Recipe of the Month

No-Bake Strawberry Cheesecake Cups

A sweet treat that's easy to make and even easier to enjoy!

Ingredients (makes 4 servings):

- 1 cup crushed graham crackers
- 2 tbsp melted butter
- 1 (8 oz) package cream cheese, softened
- 1/4 cup powdered sugar
- 1/2 tsp vanilla extract
- 1 cup whipped topping (like Cool Whip)
- 1 cup sliced fresh strawberries

Instructions:

In a small bowl, mix crushed graham crackers with melted butter. Press into the bottom of 4 small cups or bowls to form the crust.

In another bowl, beat cream cheese, powdered sugar, and vanilla until smooth. Gently fold in the whipped topping. Spoon the cream cheese mixture over the graham cracker crusts. Top with fresh strawberry slices. Chill in the refrigerator for at least 30 minutes before serving.

**Gift Shop: Housewares, Knick
knacks, Jewelry and so much more.
*We often walk on by, but have you
stopped into the Gift Shop lately?***

Looking for that perfect gift but not sure what it should be? Take a moment to stroll through our Senior Center Gift Shop—you just might find exactly what you've been looking for!

Reminder: greeting cards for all occasions—just 25¢ each!

**Sale all May: Cards that are blank
inside 10 for \$1.00**



**Tip: You can swap strawberries for blueberries,
peaches, or whatever fruit you love!**

Through our **Homebound** and **Congregate Meal Programs**, participants receive 1/3 of their daily nutrition each weekday, served Monday–Friday from 11:45 AM to 1:00 PM. Meals are available for a suggested donation of \$3 for ages 60+ and \$5 for guests under 60. The program also includes quarterly nutrition education to support healthy aging.

Golden Groceries are available on the first Thursday of each month, and **Commodities** are distributed on the second Thursday for those who are registered. Eligible seniors can also pick up non-perishable food items once a week from our pantry.

Weekly blood pressure monitoring, Medicare counseling, Alzheimer's, and Grief & Loss support groups meet 2 times per month. Advocacy, notary services, referrals and more!

Medical Equipment

Checkout

Canes, wheelchairs, walkers, & shower seats (See the front desk if you need any of these),

HSMR Program

The HSMR Program provides home repairs, maintenance, and safety evaluations for Boulder City residents aged 60 and older. Services may include grab bars, smoke alarms, lighting, battery replacements, and more. A Home Safety Evaluation includes a personalized review and tips to improve safety and independence at home. The evaluation will include:

- Electrical Safety
- Preventing Slips, Trips and Falls
- Ergonomic Awareness
- Home Security, etc.



Meals on Wheels, also known as the Homebound Meal Program, provides fresh, nutritious lunches delivered Monday through Friday to homebound Boulder City seniors age 60 and older.

Frozen meals are also delivered on Fridays to cover the weekend.

Beyond nutrition, this program is a vital lifeline—our dedicated volunteer drivers check in daily and can request wellness checks if a senior doesn't answer the door or appears to need help.

Need Meals on Wheels? Visit the Front Desk or call the Senior Center to learn more.

SCBC Pantry

All seniors aged 60 and over that qualify are eligible for one bag of non-perishable items per week.

The pantry is open Monday, Wednesday, Thursday and Friday 9:00 a.m. to 2:00 p.m.

Golden Groceries are available the first **Thursday** of the month. Commodities are available the second **Thursday** of the month.



SCBC's Nutritional and HSMR Programs are funded by the Nevada Division of Aging and Disability.

Thank you
For all your help
We appreciate all you do !

Zena Olsen



VOLUNTEER OF THE MONTH

Looking to Volunteer???

The Senior Center is always looking for friendly, reliable volunteers! With flexible schedules and short shifts (1–4 hours), it's a great way to give back to your community.

Interested in becoming a volunteer driver for our Homebound Meals Program? See Gina Garcia, our Homebound Meals Coordinator, for more information!

We have a variety of volunteer opportunities available—from calling Bingo and serving lunch to helping at the reception desk, assisting with events, and more! If you're interested, please see the office staff. Thank you for supporting the Senior Center!

SENIOR CENTER ACTIVITIES & EVENTS MAY 2025

Thursday 5/8

9am-2pm

****Golden Groceries available**

Wednesday 5/21

10am

Board Meeting

Wednesdays 5/14 & 5/28

10:30 Grief and Loss Support

1:00 Alzheimer's Caregiver Support

Friday 5/2

Coffee Bar with Branden

9am-1pm

Tuesday 5/13 and 5/27

11am

Jennifer Hedland Community

Resource Liaison

Thursday 5/15

9am-2pm

Commodities distribution

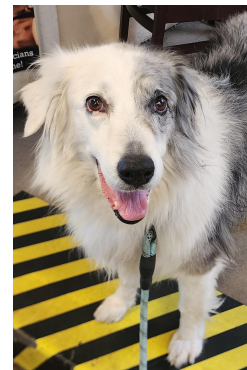
***must be registered**

Thursday 5/8

1pm

**Visit with Lulu the
Australian Shepherd**

Come outside to the
Center's main entrance



Friday 5/30

11:45-1pm

BIRTHDAY LUNCH

5 Seniors over 90!!!



Bingo is every Monday, Wednesday
and Friday at 1pm for SCBC members
Get your 2025 membership today to
join in on the fun!

Cell phone or Laptop got ya
mad?? Come see Chuck every
Tuesday or Wednesday @9am
for cellphone or laptop help!!



Memorial Day, 5/26

BCSC Hours: 8am - 12pm

Brunch: 10:30am - 11:30am

ATTENTION

Father's Day Showcase – Call for Participants!

We're putting together a special Father's Day Showcase this June at the Boulder City Senior Center, and we'd love for you to be a part of it!

Do you have a special memory, photo, keepsake, or item that reminds you of your father or celebrates fatherhood? We invite you to share it with us for our community display!

Drop-off Dates:

May 21, 22, or 23

Between 11:30 AM – 12:30 PM

Ask for Candy or Kevin when you arrive.

Help us honor fathers and father figures in a meaningful way—we can't wait to see what you'll share!





Thank You for Your Donations!



We truly appreciate your generosity and continued support of the Boulder City Senior Center.

However, effective immediately and until further notice, we are unable to accept the following items:

- Furniture – try Grace Community Church or St. Jude's Ranch.
- Clothing – Emergency Aid typically accepts these.
- Books/DVDs – The local library welcomes most donations.
- Tableware – Including decorative plates and serving dishes.
- Kitchenware & Appliances – Must be in good, working condition.
- Christmas-Themed Items

We kindly ask that you do not leave items around the Senior Center. Please bring all donations directly to the Gift Shop, where a volunteer will be available to accept or decline items.

Thank you again for thinking of us and for helping us keep the Center organized and welcoming for all!

—Thank you—

Name: _____ Date: _____

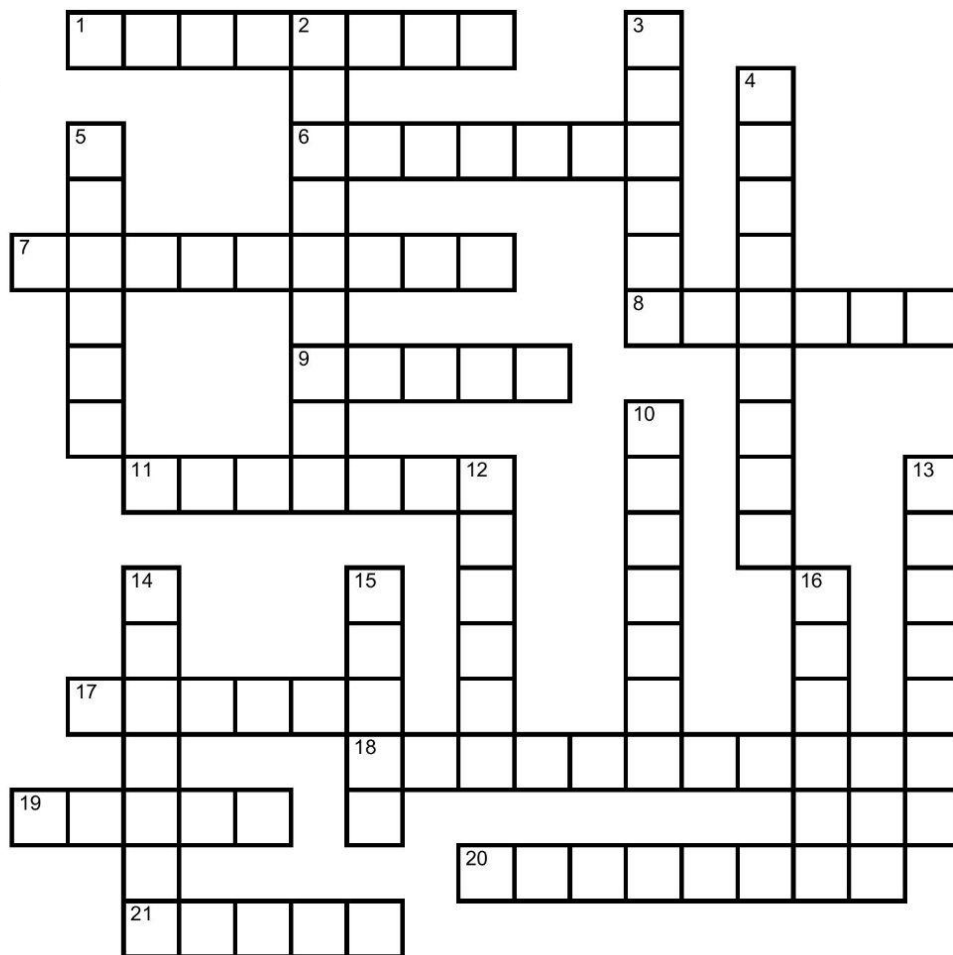
ACROSS

1. Sport played on a diamond.
6. ____ Appreciation Day falls on Tuesday of the first full week in May.
7. Buzzing insect.
8. Astrological sign for the end of May (twins).
9. May is the ____ month of the year.
11. Small red insect with black dots.
17. She is celebrated on the second Sunday in May.
18. Annual Mexican celebration on May 5th.
19. Most lawns are this color in May.
20. Celebrated on the last Monday in May: ____ Day.
21. Plant these and you may get some flowers.

DOWN

2. What a caterpillar becomes.
3. Season in which May falls in the Northern Hemisphere.
4. Use this to trim the lawn.
5. Astrological sign for the start of May (bull).
10. May birthstone.
12. Place where you might grow flowers.
13. Flower of a plant.
14. Tulips, daisies, roses, etc.
15. May the ____ be with you.
16. Might be filled with candy and broken as part of a May celebration.

Merry Month of May



- | | |
|---------------|-----------|
| Baseball | Green |
| Blossom | Ladybug |
| Bumblebee | Lawnmower |
| Butterfly | Memorial |
| Cinco de Mayo | Mother |
| Emerald | Pinata |
| Fifth | Seeds |
| Flowers | Spring |
| Force | Taurus |
| Garden | Teacher |
| Gemini | |



Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Merry MONTH OF May

Word Search



BASEBALL

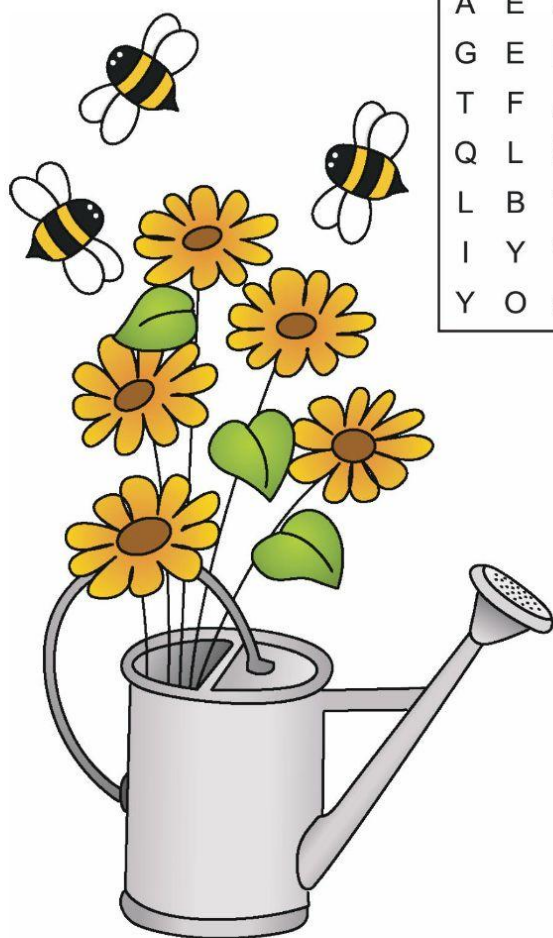
BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER

Name: _____ Date: _____



Word Scramble

In the Northern Hemisphere, May is a month when flowers bloom, the weather gets warmer, and school starts to wind down for the summer. Can you figure out the seasonal vocabulary words by unscrambling the letters?

EENRG _____

GHITL _____

LLAIC _____

ASRSG _____

BTRUTELYF _____

OBLMO _____

SDSEE _____

AOEMYLP _____

ICPINC _____

RESO _____

SRDIB _____

IHSNNSUE _____

ATRSUU _____

LOFREW _____

OMSSLOB _____

LDABGUY _____

PATLN _____

MBULEEBBE _____

EGADNR _____

ISNRGP _____

OERTHM _____

AHTWMR _____

PUITL _____

AELBALBS _____