



SENIOR CENTER OF BOULDER CITY

EMPOWERING SENIORS TO LIVE INDEPENDENTLY

Newsletter Highlights

Staff	2
Board of Directors	3
Birthdays	4
SCBC Programs	5
Highlights	6
Activities & Events	7
Volunteers	8
Fun Stuff to Do	12-13



Happy Father's Day to all the incredible dads, grandfathers, and father figures in our community! Thank you for your strength, wisdom, and the love you share.



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 Staff



Victoria Mason
Executive Director



Rebecca Thomas
Assistant
Executive Director

Our dedicated staff is here to serve, support, and care for the amazing seniors in our community. Whether it's providing a warm meal, planning engaging activities, offering a listening ear, or simply sharing a smile, we're committed to creating a welcoming space where everyone feels valued.

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

Senior Center Board of Directors

Board of Directors Elections – Get Involved!

Interested in playing a bigger role at the Boulder City Senior Center? Our Board of Directors elections are happening this month. Your voice matters - help shape the future of our Center!

- Nominations due by: June 4th
- Candidate Speeches: June 11th at 12:00 PM
- Ballot Counting: June 18th

If you'd like to learn more about board member responsibilities or become a voting member, please contact the Senior Center.

Board of Directors



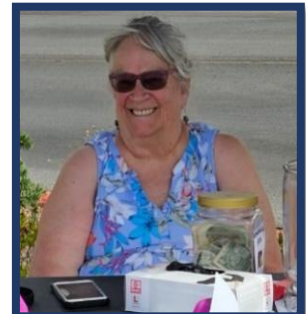
Sandy Christiansen
President



Jane Sharp
Vice President



Marie Fester
Treasurer



Kevin Kern
Secretary



Alan Byerley
Board Member



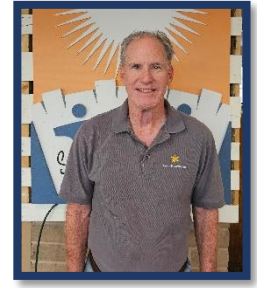
Darlene Haffner
Board Member



Sherrill Graff
Board Member



Kristin Holmes
Board Member



Joseph Sunderland
Board Member



June 2025 Members' Birthdays



Julia Barnett
Karen Berry
Joe Bowman
Robin Brown
Jeri Browne
Robert Brunsell
William Burris
David Christenson
Patricia Costanzo
Cliff Deeds
Richard Donahue
Jana Douglass

*90 and over

Shelly Essex
Michael Fitzwilliams
Joe Gilleo
Richard Grimberg
Harry Hale
William Haugh
Dora Johnson
Troy Johnson
*Teresa May Kahl
Pamela Kirk
Chuck Lennon
Theresa Livsey
Allen Loeb
Brent Martin
Sharon McLean
Don Meyers
Laraine Meyers
Pamela Noonan
Joseph Orrick
Joan Philley
Bonnie Pickerel
William Ramthun
Gail Raynolds
Shirley Rea
Candace Richards
Diana Rosquist
Deanna Runion

*Join us Friday June
27th to celebrate
members' birthdays
at our birthday
luncheon!!!
Birthday Raffle and
prizes for members.*

*Richard Schuh
Jennifer Sheldahl
Mary Shope
John Warnock
Kathleen White



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



Senior Center of Boulder City Programs

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

Go to the front desk if you need canes, wheelchairs, walkers, & shower seats.

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.

Senior Center Highlights

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

June Recipe of the Month

Easy Chicken Salad Wraps

A quick, no-cook lunch or light dinner that's packed with flavor!

Ingredients (makes 2 servings):

1 cup cooked, shredded chicken (rotisserie chicken works great!)
2 tablespoons mayonnaise
1 teaspoon mustard (optional)
1 stalk celery, finely chopped
1 tablespoon chopped onion (optional)
Salt & pepper to taste
2 large tortillas or wraps
Lettuce or spinach leaves

Instructions:

In a bowl, mix together the chicken, mayonnaise, celery, mustard, and onion (if using). Season with salt and pepper.

Lay out your tortilla, add a layer of lettuce or spinach, and spoon the chicken mixture on top. Roll it up and slice in half if desired.

Tip: You can swap mayo for plain Greek yogurt for a lighter version.

Gift Shop

From **housewares, jewelry, knick-knacks** and more, the Gift Shop is full of hidden treasures! You may walk past it often—but when was the last time you stopped in for a look? You might just find something special waiting for you!

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



Senior Spotlight - Fred Holland

We had the pleasure of sitting down with the incredible Fred Holland for a very special Senior Spotlight Interview—and now you can watch it with us!

Join us on Tuesday, June 25th at 10:30 AM at the Senior Center for a viewing of Fred's inspiring story, filled with rich history, wisdom, and heartwarming moments. You won't want to miss it!



Senior Center Activities & Events

Wednesday 6/4

Board of Directors
applications/nominations
deadline

Wednesday 6/11

Board of Directors Election

Wednesday 6/18

Counting of Ballots
and
Board Meeting

Thursday 6/5

9am-2pm

****Golden Groceries available**



Friday 6/6

9am-1pm

Coffee Bar with Branden

Friday 6/13

11:45am - 1pm

Father's Day Lunch



**Bingo is every Monday, Wednesday and
Friday at 1pm for SCBC members.**

Get your 2025 membership today to join
in on the fun!

Tuesday 6/10 and 6/24

11am

Jennifer Hedland
Community Resource Liaison

Thursday 6/12

9am-2pm

Commodities distribution
*must be registered

Wednesdays 6/11 & 6/25

10:30 Grief and Loss Support

1:00 Alzheimer's Caregiver Support

Wednesday 6/25

10:30am

Senior Spotlight Video Viewing
Fred Holland

Friday 6/27

11:45am - 1pm

Birthday Lunch
2 Seniors over 90!!!

**Frustrated with your cell phone or laptop?
Don't worry—Chuck is here to help!**

Stop by the Senior Center on Tuesdays or
Wednesdays at 9:00 AM for one-on-one
assistance with your device.

Bring your questions and let Chuck work his
tech magic!

Honoring Those Who Give – Together, We Make a Difference

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

Zena Olsen



VOLUNTEER OF THE MONTH

Interested in Becoming a Volunteer?

We always welcome friendly and dependable volunteers! With flexible scheduling and shifts ranging from just 1 to 4 hours, it's a meaningful and easy way to give back to your community and make a real difference.

Want to make a difference as a volunteer driver for our Homebound Meals Program? Connect with Gina Garcia, our Homebound Meals Coordinator, to learn how you can get involved!

We offer a variety of volunteer opportunities—from calling Bingo and serving lunch to assisting at the reception desk, helping with special events, and more! If you're interested in joining our amazing team of volunteers, please stop by the office. Thank you for supporting the Boulder City Senior Center—we couldn't do it without you!

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.
- Kitchenware & Appliances – Must be in good, working condition.
- Large sets of china.
- Christmas-Themed Items.

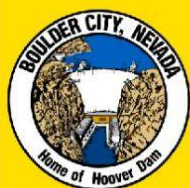
We kindly ask that you do not leave items around the Senior Center. Please bring all donations directly to the Gift Shop, where a volunteer will be available to accept or decline items.

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



Utility Mailer
May 2025

City of Boulder City



BE ALARMED!

New Program Provides Free Smoke and Carbon Monoxide Detectors

There is no excuse not to have working smoke detectors and carbon monoxide detectors in every home in Boulder City! Now, you can now get these life-saving devices for free, thanks to the Boulder City Fire Department's **"BE ALARMED"** program.

Most fatal fires occur between 11:00 p.m. and 7:00 a.m., the time when most people are sleeping and can't smell smoke. Working smoke detectors have saved tens of thousands of lives by providing adequate warning.

Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as wood, natural gas, propane, oil, gasoline or methane) burn incompletely. Heating and cooking equipment are often the source of carbon monoxide in homes.

The Boulder City Fire Department's **BE ALARMED** Program provides free smoke and carbon monoxide detectors to any homeowner in Boulder City. **BE ALARMED** is available for homes, mobile homes, condominiums and townhomes. Visit the department at 1101 Elm Street to pick up a detector Monday-Thursday from 7:00 a.m. – 4:00 p.m.

Fire Department personnel can even install these detectors for you! (You must provide a ladder that can reach the ceilings, as Fire Department ladders are not made for interior use.) Make an appointment for installation assistance by calling 702-589-9641.

(If you live in an apartment or rental unit and don't have working smoke detectors, please call Boulder City Fire Inspector at 702-589-9641.)



Don't be Left in the Dark!

Summer is fast approaching, which means surprise storms that can leave you without power for hours! Boulder City's outage resources make it easy to report an outage, view current outages in your area, check restoration times and more. You can even sign up for text alerts to get the latest updates from your phone. Check it out today:

www.bcnv.org/power



City Safety and Education Campaign Focuses on What Wheels Kids Can – and Can’t – Operate

Fire Department plans helmet giveaways thanks to a generous grant!

Motorized devices are growing in popularity, especially with teens, but many parents don't know the legalities or the dangers. Boulder City Police and Fire Departments have teamed up in an effort to educate residents, creating a webpage to provide information about “Wheels and Motors and Nevada Law” at www.bcnv.org/BikeSafety.

Police Officers often see children riding motorized devices at the same speed as vehicle traffic, not looking both ways as they cross streets, or not stopping at stop signs. Sadly, many children across the U.S. are injured or killed annually in accidents with cars and trucks.

The City of Boulder City wants to partner with local parents to help keep their children safe. The web page www.bcnv.org/BikeSafety (accessible from the QR code on top of this page) breaks down motorized items and explains how each is treated under various safety commissions as well as under Nevada Revised Statutes (NRS).

It can be difficult to tell the difference between each item, especially those with motors. NRS is very specific, with regulations based on their speed, electrical wattage or gas use.

The CDC recommends any person, any age, on any small, lightweight moving device, self-propelled or motorized, wear a helmet. The Fire Department received a \$2,000 grant from the San Diego Foundation to purchase 200 helmets for residents in need. They will be handing out helmets free to qualifying residents this spring and summer (details will be posted on City social media sites and listed at www.bcnv.org/BikeSafety).

If an adult, such as a parent or guardian, permits a child under 18 to operate a moped or motorcycle without a license, it is a violation of NRS 483.580, punishable by a fine of up to \$1000 and/or jail for up to six months.

Name: _____

Date: _____

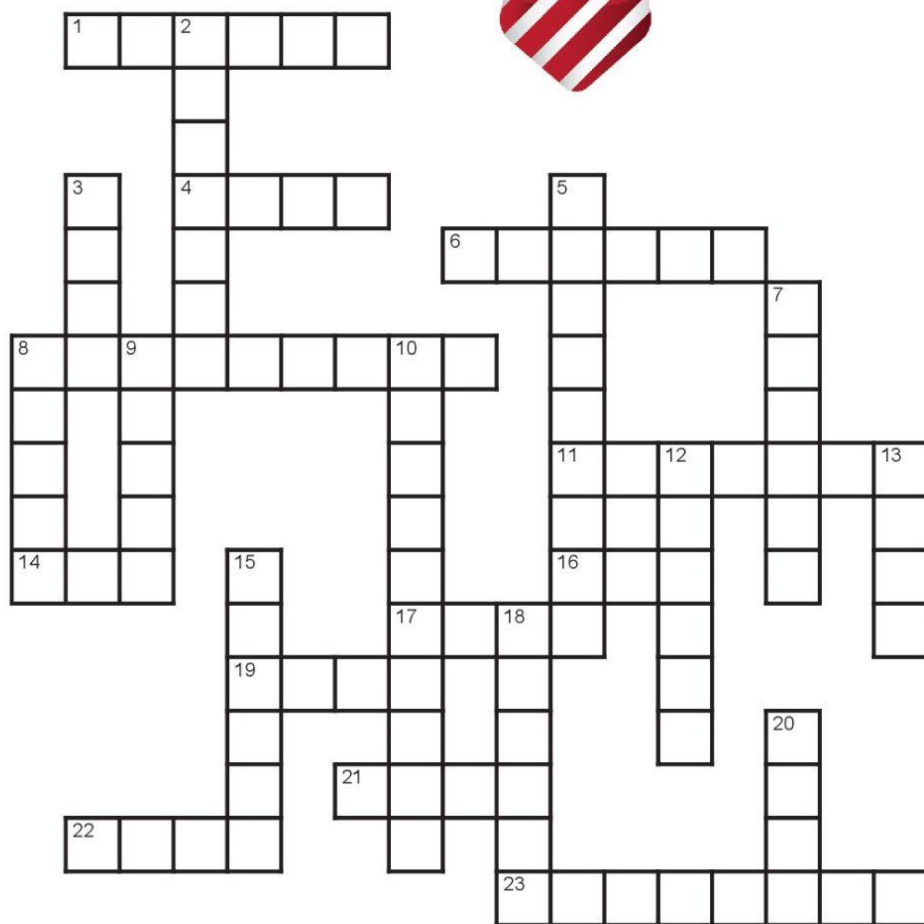


ACROSS

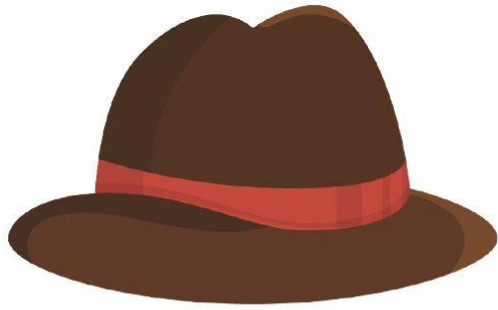
1. Male parent.
4. Hallmark specialty: greeting ____.
6. Physically and mentally robust.
8. Male head of the family.
11. Recreational activity for some fathers.
14. Another name for father.
16. Male offspring.
17. Token of appreciation.
19. Affection and devotion.
21. Month in which Father's Day is celebrated.
22. Loud explosive sounds and also an informal term for dad.
23. Female offspring.

DOWN

2. Source of wisdom and guidance.
3. Biggest of the Three Bears.
5. Might be served in bed on Father's Day.
7. Closeknit group of relatives
8. Feeling of satisfaction and fulfillment.
9. Father's Day is on the ____ Sunday of the month.
10. Brave and determined.
12. Day of the week for Father's Day.
13. Popular sport for some fathers.
15. Beliefs and principles that are important
18. Companion and confidant.
20. Superlative form of good.



Best	Courageous	Family	Friend	June	Patriarch	Son	Teacher
Breakfast	Dad	Father	Gift	Love	Pops	Strong	Third
Card	Daughter	Fishing	Golf	Papa	Proud	Sunday	Values



GIFTS FOR DAD



Aftershave

Beer

Belt

Book

Card

Chocolate

Compass

Cuff Links

Golf Balls

Grilling Tools

Hat

Keyring

Mouse Pad

Mug

Pen

Phone Case

Pocket Knife

Power Tools

Razor

Slippers

Socks

Tie

Wallet

Watch