~ February 2020 Senior Moments ~

To view Senior Moments online visit www.inclinerecreation.com
Monthly Programs and Assistance provided by IVGID Senior Programs

For more information and/or to register for IVGID Senior Programs:
CALL: (775) 832-1310,
CLICK: www.inclinerecreation.com
COME IN: Incline Village Parks & Recreation Center, 980 Incline Way, Incline Village

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SENIOR TRANSPORTATION

Catch a ride with the 55+ Senior Transportation Program! The fee per senior rider is $5.00 with no additional charges for subsequent destinations. All reservation requests can be made by contacting the Transportation Hotline at (775) 886-1020. A minimum of 24 hours advance notice is requested, along with a prioritized list of tasks you would like to accomplish. Every effort will be made to get your list of errands done in the amount of time allotted and depending on the number of people to accommodate.

Special, individualized “On-Demand Transportation” is available for a roundtrip fee of $35.00* per rider. Fee includes same day roundtrip transportation and one hour at the destination. An additional fee of $7 will be charged for each additional half hour. Requests must be made Monday through Friday, 9am – 4pm, 72 hours prior to the requested travel date and time. Confirmation of “On Demand” requests will be made as soon as possible following the request and are subject to driver and vehicle availability.

*Beginning March 1, 2020, rides to and from the airport will increase to $45 per passenger. All other On Demand services will remain at $35 per passenger.
Conversation Café– Ongoing every Thursday from 10:00am-11:15am

Meet us at Aspen Grove, 960 Lakeshore Blvd, for the next Conversation Café. Lively discussion, interesting people & good food make this the most talked about senior activity in the Village! A nutritious continental breakfast is served for $2.00 per person. Scholarships for breakfast are available by calling (775) 832-1302.

Do you have a Conversation Café topic you would like to suggest? If so, please contact IVGID Senior Programs at (775) 832-1310.

Please note- Participant suggested topics are subject to change.

The preselected topics for this month are:

February 6: What is something popular now that annoys you?  
(Local Red Cross Volunteer Opportunities)

February 13: What is the best period of your life so far? What do you think will be the best period of your entire life?

February 20: Current Events

February 27: What was your biggest experience of “culture shock” in another country?

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55+ Tuesdays Dashing Through the Snow!

Trekkers of all abilities are welcome to join IVGID Senior Programs for weekly light to moderate level snowshoe hikes at various locations throughout the beautiful Tahoe area. Following the hikes, relax and socialize with fellow snowshoers and enjoy a delicious lunch at a local eatery. Hikes are subject to snow conditions, and weather dependent. Bring your own gear.

**Time:** 10:00am—2:00pm  
**Meet:** Recreation Center Lobby @ 9:45am  
**Fee:** $18 Per Participant  
   $15 w/IVGID Pass

All hikes are weather permitting.

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55+ SKI CLINICS

Beginner - Intermediate - Advanced Levels  
**Day:** Wednesdays  
**Dates:** Jan 8, 15, 22, 29, Feb 5, 12, 26 (NO CLINIC FEB 19)  
   March 4, 11, 18, 25, April 1, 8, & 15
**Time:** 9:15am - 9:45am - Meet & greet in the Loft Bar - Main Lodge  
   For snacks, beverages & social time  
   10:00am-12:00pm - Join PSIA Certified Instructors for Ski Clinics
**Where:** Diamond Peak Ski Resort
**Fees:** $250/$200 with IVGID pass - 10 weeks  
   $150/$125 with IVGID pass - 5 weeks  
   $45 daily drop-in rate/ $35 daily drop-in rate w/IVGID Pass
Diamond Peak Season Pass is recommended or standard daily lift tickets are required for each clinic day. Participants supply their own equipment. Rentals are available on site. Participants choose which 10 or 5 weeks they want to attend!

Fee Includes: Drinks, snacks, or breakfast item and 2 hour ski lesson.
Pre-registration requested.
To Register: Call: (775) 832-1310
Click: www.Inclinerecreation.com
Drop-in: Incline Village Recreation Center, 980 Incline Way

THE INCLINE VILLAGE/CRYSTAL BAY
VETERANS CLUB

General Membership meetings resume on Thursday, February 27, at the Chateau, 12:00-2:00pm. Lunch is provided for all paid members. Non-members & guests are $7.00. Please join us for a special guest speaker and camaraderie with club members and supporters! Annual membership dues is $30 per person, veteran or non-veteran!

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THE INCLINERS

The Incliners- IVGID’s first senior program provides social and educational opportunities for seniors 49+. The club meets at the Chateau from 5:30pm-9:00pm on the first Tuesday of each month for potluck and bingo or trivia and third Tuesday of each month for a catered dinner.

- Potluck in February - Tuesday, February 4
- February Catered Dinner - Tuesday, February 18
  - Theme: Mardi Gras

No reservations are necessary for the monthly potluck. Potluck dishes should serve 5 times the number of people in your party. Reservations are required for the catered dinner. Please mail a check for $26/members or $35/non-members made payable to Incliners, PO Box 3244, Incline Village, NV 89450. For more information about the dinner, reservation changes or cancellations, please contact Sheri Best via email at incliners@hotmail.com. For Incliner membership information contact Membership Chair, Sandy Scott, (314) 368-2346 or via email: incliners@hotmail.com. Membership is $20 per person per year. If you wish to mail your dues, please mail to PO Box 3244, IV, NV 89450. Mark DUES on the envelope.

Apres Ski lunches on Wednesdays continue! Join the fun at Diamond Peak on Wednesdays at noon! No lunch held February 19 due to ski week crowds. For more information or to sign up to help, contact Jim Beres at 415-519-3337 or email him at jim.beres@icloud.com.
Fitness at the Incline Village Recreation Center

55+ Group Classes

**Please check the 55+ Fitness Schedule at www.inclinerecreation.com for any date or time alterations!**

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Tai Chi for Health

Improve joint health, gain balance and coordination, learn about Chi, and enjoy friends! Try this program as a special introduction to Tai Chi for free! Meet at Aspen Grove, 960 Lakeshore Dr, Incline Village, each Thursday at 11:30am following Conversation Cafe. Join Instructor Pegi Feyge and learn about this personal well-being option. For more information, you may email Pegi at pegifeyge@gmail.com with your questions or concerns.

Parkinson’s Disease Support Group

If you, or someone you know, is afflicted with Parkinson’s Disease, you are not alone! All are welcome to attend this newly formed group to ask questions, get answers, and share experiences, treatments, coping skills, and more. Meetings are held on the third Wednesday of each month, 2:00-3:30pm, at the Incline Village Community Center – 855 Alder (next to the Library). Please feel free to attend and bring anyone you like with you!

Friday Afternoon Drop-in Cards! Bridge Players Wanted!

Join other community members and friends for informal card games, including Bridge! Players meet each Friday at the Incline Village Community Center, (old Library building next to new Library!), from 1:00pm – 4:00pm for fun and games 😊

Volunteer Opportunities

Experts Wanted! Many of the Senior Programs’ successes can be attributed to the utilization of peer volunteers who help facilitate, instruct or create our Senior Programs. Do you have a talent, skill, special interest or hobby that you would like to share with others? Would you like to help make your community an even better place to live by sharing your special talents? Contact us by phone at (775) 832-1310 or by email at seniorprograms@ivgid.org and get involved today!
Nevada SMP – Senior Medicare Patrol – Help Blow the Whistle on Medicare Fraud! Are you a senior or caregiver that would like to know more about Medicare and healthcare fraud, errors and abuse? Especially how to recognize it and how to report it? Or maybe you would like to know more about how to protect yourself, your parents or other family members. We are looking for volunteers throughout Nevada that are interested in becoming presenters, and/or one-on-one counselors. The SMP’s primary mission is educating Nevada’s Medicare beneficiaries, their families and caregivers on how to protect themselves from becoming victims of Medicare and healthcare fraud, how to protect their personal information, and how to report any suspected fraud, errors, or abuse. Training is provided, and is available both in-person and online. Volunteers may be asked to travel locally, and mileage reimbursement is provided, dependent on grant funding. If you are interested, please contact us toll-free at 1-888-838-7305 or smpinfo@adsd.nv.gov. Whether you are interested in volunteering or would like to report suspected fraud, errors, or abuse, please call us! We look forward to hearing from you!