

## June 2025 • South Lake Tahoe Senior Citizens, Inc.

Contributing authors: Laurie Funderburk, John Messina, Trudi Morgan and News agencies credited on the article.

Editor: Tiffany Fratres ~ sltseniornews@gmail.com

## Happening this month:

Monday, June 2<sup>nd</sup> at 9:30am

**BOARD MEETING - Closed meeting** 

Call 530-600-0393 to be added to the agenda.

Wednesday, June 4th at 11:45am

**LUNCHEON DISCUSSION** 

with the TAHOE CONSERVANCY

Thursday, June 12th at 12pm

Pedals & Possibility: Inclusive Mobility Day

at the Senior Center Parking lot

Wednesday, June 18th at 11:45am

**LUNCHEON DISCUSSION** 

Food Emergency Preparedness

Thursday, June 19th at 5pm

June Spaghetti Social Potluck

See Page 5 for more information

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Happening this month

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#### **OUR MISSION!**

At Seniors Inc, our mission is to empower seniors of all backgrounds to live fully, every day—through inclusive support, vibrant social connection, engaging activities, and resources that promote health, independence, and overall well-being in our mountain community.

# President's message:

A hearty welcome to past members, new members and future members! With Seniors making up 36% of South Lake Tahoe's community, **Senior Inc.'s** goal is to provide them with activities to help their minds and bodies.

We have brought back our monthly potlucks and we've added dances, luncheon discussions and there's more to come. We welcome your ideas, too!

"We're here to INSPIRE, not EXPIRE."

- Unknown



Stay well, Stay Active, ~ Carol Olivas President





We had a half dozen community members and City Council Member Keith Roberts attend the rare (one of two) annual meetings in South Lake Tahoe.

While our turnout was large for one of these meetings, we need more people to attend in person or by zoom because they influence the funding and programs for our community center and so far do not appear to be very supportive of preserving our Senior Center in spite of all the promises and re-assurances that it will continue to be available to us after the new rec/swim center opens. We also need more locals to participate in the EDC Board of Supervisors meetings.

Our Representative Brook Laine has been fighting for us, but needs your support. Also, on the bright side, Keith Roberts announced that the City has approved the City Strategic Plan for the next five years, and the seniors were added to that plan to assist the seniors in the community. Thank you Keith.

We had a half dozen community members attend along with City Council Member Keith Roberts. While our turnout was large for a COA meeting, we need more people to attend in person or by zoom because the COA influences the funding and programs for our Senior Center and preserving our Senior Center, in spite of all the promises and re-assurances that the Senior Center will continue to be available to us after the new rec/swim center opens there are no guarantees and no-one is willing to put it in writing. We also need more locals to participate in the EDC Board of Supervisors meetings.

PLEASE JOIN US AT THESE TWO IMPORANT MEETINGS so we can get our voices heard!

**Contact John Messina at (530) 307-1848** for information or check out meeting times and the video of the entire meeting on the TahoeSenior.com website.



It's that time of year again! HOORAY! Our local Farmer's Markets are opening up and here are the locations and times!

#### **LOCAL DELIVERY AVAILABLE IN SOME AREAS!**

Check your availability here: https://www.laketahoemarkets.com/

Local Farmer's Markets location and times:

#### STARTS JUNE 3<sup>rd</sup>

Tuesdays - 8am to 1pm

El Dorado County Certified Market at the American Legion located at 2732 Lake Tahoe Blvd., South Lake Tahoe.

#### STARTS JUNE 4th

Wednesdays - 3pm - 7:30pm

Meyers Mountain Market in Tahoe Paradise Park located at 1011 E. San Bernardino Ave.

#### STARTS JUNE 6th

Fridays - 3pm to 8pm

Ski Run Market on Ski Run Blvd. between Larch & Tamarack.

#### **STARTED**

Saturdays - 9am - 1pm

Zephyr Cove Farmers Market at the Round Hill Shopping Center, 210 Elks Point Road.

- Info credit to South Tahoe Now 05/27/25





Located at the South Y Center Open Sun 10am - 7pm Mon - Sat 10am - 8pm

Extreme \$1 - \$5 values, plus some incredible finds that go beyond \$5 from tech to beauty to games and candy plus so much more!



# MORE NEWS TODAY

#### Op-Ed with John Messina

530.307.1848 ~ TahoeSenior@gmail.com

#### County Commission on Aging (COA) Meeting May 15, 2025

The opinions in this article are the views expressed are soley belong to the author do not represent Seniors, Inc. or any affiliated entities.

The County has the first option for use of the existing Senior Citizens Center site. The COA has been supportive of letting Senior Inc. continue using the existing Senior Center, however it was stated it is "budget driven" but "they have made their interests known". Parks & Rec Director John Stark will discuss the move during the September COA meeting in SLT just months before the relocations begin. It will be held at 9:00 am at 3368 Sandy Way, South Lake Tahoe, CA. They deny there is a final decision yet, even though the discussions have been going on for about ten years now, they did not include Senior Inc. in them. It is imperative that we have a large turnout at that meeting.

The county Area Agency on Aging (AAA) that funds the county programs provided funding for a new Nutrition Programmer. They also approved (on April 29) a new Program Coordinator who will supervise Nutrition operations and work in coordination with Seniors Inc. to increase activities at the Senior Center. Funding will be through the State Modernization and Older Californians Act through March 31, 2029.

The new Coordinator will coordinate the transition plan for moving Nutrition and all county Senior Programs to the new Swim & Rec Center that they are now rebranding as the "Multigenerational Center" in order to justify moving the seniors into the gym rather than build a new senior center, even though they did not provided any dedicated space for them as announced in the earlier proposals for the new center.



~ by John Messina



Our first combined participation by Lake Tahoe Seniors (TahoeSenior.com) and Seniors, Inc. at the Fire Fest turned out to be a real success. John Messina prepared the booth and Trudi Morgan informed visitors about our activities. It was a great opportunity to meet new people in our community. Many people were interested in the social activities like cards and bingo as well as the newly added square dancing. We also added new members to our mailing list. We had some newsletters, but they ran out in the first hour – will need a larger supply in the future.

The success of the event encouraged us to look for opportunities in the future like the Fourth of July, Earth-day and similar events, to do more of this type of outreach to promote our activities. However, we need more volunteers to make it happen and volunteers are welcome. If you have suggestions or ideas, please send them to John or Trudi (530) 600-0393.

I had a great time and made new contacts with other organizations who would like to work with us on community projects. If we want to grow our organization, we need to become more involved in our whole community.

Special thanks to Tahoe Blueprint for donating the Seniors, Inc. banner for the booth.

~ Trudi Morgan, Secretary

# AT THE CENTER

# CINCO DE MAYO POTLUCK RECAP

Our Cinco de Mayo potluck dinner was a memorable evening filled with music and community spirit. The event brought seniors together to share culture and companionship coupled with an assortment of homemade dishes and festive decor.

A special highlight of the evening was a personal and informative speech from Mayor Tamara Wallace, who joined us to take the opportunity to commend the SLT Senior Community, she reminded us of the genuine connection we share with across the generations in this town.

The potluck buffet had a wide variety of favorites, from traditional Mexican dishes including desserts.

We are grateful to all who attended and helped to make the event so enjoyable. There is much joy in what comes from gathering together. Hope to see you at the next potluck on the 19th, where we will be serving Spaghetti & Garlic bread!



Happy Birthday to everyone celebrating in JUNE!

Angela Winslow 06/08Patricia Gautereau 06/12Linda Norton 06/17

If we've missed your birthday, be sure to let us know and HAPPY BIRTHDAY TO YOU!

# Shound the LAKE SouthLake Name of CHILDREN, HE.





Seniors, Inc. will be represented in this year's 4<sup>th</sup> of July parade!

We have a truck that we need help to decorate AND we want volunteers to ride or walk with us during the parade

**CONTACT JOHN MESSINA at (530) 307-1848** to sign up. Check out the FULL FLYER at the end of the newsletter.

# PEDALS & POSSIBILITIES

#### **INCLUSIVE MOBILITY DAY**

Sponsored by Senior Inc with Access Tahoe

Check out the flyer at the end of the Newsletter for more information!

12 PM - 3:30 PM

12

HINE

CITY OF SOUTH LAKE TAHOE SENIOR CENTER

3050 LAKE TAHOE BLVD., SOUTH LAKE TAHOE, CA

# **ACTIVITIES** at the **CENTER**

Our goal at **Senior Inc.** is to provide activities for all seniors. Your input will be welcomed and all suggestions taken into consideration. Send your ideas to: sltseniorcitizens@gmail.com





# SQUARE DANCING IN JULY & CLASSES IN AUGUST!

#### **COMING SOON!**

The Carson Valley Squares will be visiting us again for the 4<sup>th</sup> of July Dance Party Friday, July 11<sup>th</sup> from 6 - 8:30pm, so don't miss it!

And starting in August, every Tuesday in August and September there will be LINE DANCING LESSONS offered. Stay tuned for more information on this fun and exciting activity!!

# SPAGHETTI SOCIAL





## THURSDAY, JUNE 19TH AT 5PM

FIRST COME, FIRST SERVED

.....

#### SPAGHETTI WITH GARLIC BREAD

Our volunteers will be serving SPAGHETTI with GARLIC BREAD. Help with the side dishes is welcome but not mandatory.

We would grateful for the following extras:

- Garlic Bread
- · Salads Green or Fruit
- Desserts anything is wonderful
- Drinks ~ tea, soda, juice



and ask for Trudi if you're able to help.





#### Happenings:



#### Monday through Friday

11:40pm - 12:30 pm Nutrition Lunch Open to the 60 & Older Community

Reservations required by 8am

Call 530-573-3130

Monday ~ 11:00am Shanghai Rummy Call: Susan Alphonso

530-600-0393

**Tuesday** ~ 11:00am Mexican Train Call: 530-600-0393

> ~ 1:00pm Duplicate Bridge Call: Barbara Jones 530-541-3973

**Wednesday** ~ 1:00pm Bingo Call: 530-600.0393

Thursday ~ NO ACTIVITIES

Friday ~ 1:00 pm Bridge

Call: Barbara Jones 530-541-3973



### Weekly Games played at the Senior Center We hope you'll come join us!



#### Shanghai Rummy Every Monday ~ 11:00am

A rummy-style card game, with 3 to 8 players, and is played with two standard decks and four jokers, where players aim to lay down sets and runs, and the player with the lowest score after 10 rounds wins.

#### Mexican Train Every Tuesday ~ 11:00am

In Mexican Train dominoes, players aim to be the first to play all their dominoes by creating trains that connect to a central "engine" and each other. Each player has a personal train and can also play on the Mexican Train, a shared train. The game is played in rounds, and the player with the lowest score after all rounds wins.





#### **BINGO!**

Every Wednesday at 1:00pm!

- \$5 Per Packet
- \$1 Hot Ball
- Door Prizes
- Progressive Blackout
- NEW TO PLAYING? Game Play assistance available

We have an average of 15 to 20 people and the payouts were around \$8 per game!



Duplicate Bridge - Every Tuesday at 1pm

Regular Bridge - Every Friday at 1pm

Bridge is a trick-taking card game played by four players in two partnerships, involving bidding, followed by card play where the goal is to win tricks and score points based on a contract.

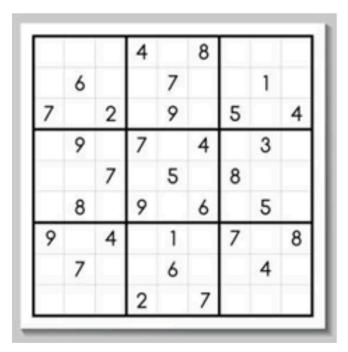
# KNOW SOMEONE OVER 50? INVITE THEM TO COME JOIN US!

Membership includes:

- ✓ Newsletter
- ✓ Access to many fun activities
- ✓ Discount at dances
- ✓ Presentations in our Great Room
- ✓ Meet New friends or reconnect with Old ones

#### **SUDOKO**

Answer Key at end of Newsletter



# RESOURCES & INFORMATION

#### Free Covid Kits available!

Wednesday mornings 10 - 11 am at the Senior Center!

Please call and ask for Trudi to set up a time to get yours!



2 Kits per member only, please.



#### CHIPPING SERVICE AVAILABLE

Are you ready to have your brush and small tree branches chipped up? The South Lake Tahoe Fire Rescue and Lake Valley Fire Protection District Chipping Program is doing it's part to make our community safer from wildfire.

This is a grant-funded residential curbside chipping program to support property owners as they create defensible space, with a goal of reducing vegetation that would be fuel in a wildfire. This program is not meant to be used by tree service and defensible space contractors. Large piles left by contractors will not be chipped.

You can register for this service at https://www.chipperday.com/southlaketahoe.

They are only taking chipping requests once your pile has been prepared. Do not request a pick up without having your pile ready for our chipping crew.

Please note: The chipping crew is also a fire resource and can be requested to assist with fires in the area. This may delay the rotation. Typically the chipping crew is able to complete requests within one week, however, due to high demand, please allow up to three weeks for pick up.

#### FEELING HOPELESS OR OVERWHELMED?

Medicare covers online therapy and other mental health services for Seniors.



Medicare covers inpatient mental health services under Part A, and under Part B, it covers outpatient mental health services, including evaluation and visits with a mental health provider.

To get specific information about your Medicare coverage for mental health services, you should contact your Medicare plan administrator or a Medicare counselor.

#### Source:

https://www.aarp.org/medicare/faq/does-medicare-cover-mental-health



#### Are you Over 90? Free Memberships Available!

Your dues are waived because you have reached the '90' mark! Contact the office to start or renew your membership. You'll receive the newsletters, flyers and information and become part of our Senior Community.

#### FREE LEGAL SERVICES

60 years and older El Dorado County Residents



Every 1<sup>st</sup> Wednesday BY APPOINTMENT ONLY!

Limited Civil Issues Call 530-621-6154

- Your message should include the issue you'd like to discuss.
- No need to leave multiple messages, your call will be returned as quickly as possible.

# MORE RESOURCES & INFORMATION



Elder Options, Inc. provides solutions for older adults, individuals with chronic health challenges, and neuro-diverse children/adults and their families. We work with clients/families to ensure a life lived fully every day.

Contact them at
(800) 336-1709
info@elderoptionsca.com
or stop in their office at
2074 Lake Tahoe Blvd., Suite 7
South Lake Tahoe, CA 96150

#### **FREE TO EVERYONE**

Community HUBs are a network of local resources centers with navigators who connect individuals to support and services in our area.

SOUTH LAKE TAHOE LIBRARY 1080 Rufus Allen Blvd. (833) 332-4827

eldoradocountycommunityhub5@gmail.com www.eldoradocommunityhubs.com

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**Answer Key** 

#### AMBULATORY EQUIPMENT

#### AVAILABLE THOSE IN NEED!

We have equipment available such as wheelchairs, walkers, canes, shower toilets or seats. Please call 530-600-0393 for more information.

Items subject to availability.



#### FOOD ASSISTANCE IN SOUTH LAKE TAHOE:

MON - St. Theresa Catholic Church 1041 Lyons Ave. 4:00- 5:30 p.m.

> MON & FRI - Hope Full Lunch 930 Julie Lane 11:00- 12:30 p.m.

TUES, WED & THUR - Christmas Cheer 1120 Third Street 11:00 a.m.- 2:00 p.m.



WED - Phoenix Pantry 2733 Lake Tahoe Blvd. 10:30 a.m. – Noon

THU - Live Violence Free 2941 Lake Tahoe Blvd. 9:00 a.m.-10:00 a.m.

FRI - Bread & Broth 2nd Serving 2733 Lake Tahoe Blvd. 4:00- 5:00 p.m.

Thank you for reading!



SOUTH LAKE TAHOE SENIOR CITIZENS, INC.





SUN	MON	TUE	WED	THU	FRI	SAT
1	9:30am - CLOSED Board Meeting 11:40-12:30 Lunch 11am Shanghai Rummy	3 11:40 -12:30 Lunch 11am Mexican Train 1pm Duplicate Bridge	11:40 -12:30 Lunch Luncheon Discussion with the Tahoe Conservancy 1pm Social Bingo	5 11:40 -12:30 Lunch	6 11:40 -12:30 Lunch 1pm Bridge	7
8	9 11:40 -12:30 Lunch 11am Shanghai Rummy	1C 11:40 -12:30 Lunch 11am Mexican Train 1pm Duplicate Bridge	11 11:40 -12:30 Lunch 1pm Social Bingo	11:40 -12:30 Lunch  Pedals & Possibility: Inclusive Mobility Day 12:00 – 4:00 PM	13 11:40 -12:30 Lunch 1pm Bridge	\$5 Residential Trash Dump Day 8am - 4pm Tahoe Refuse Center
15	16 11:40 -12:30 Lunch 11am Shanghai Rummy	17 11:40 -12:30 Lunch 11am Mexican Train 1pm Duplicate Bridge	18 11:40 -12:30 Lunch Luncheon Discussion Food Emergency Preparedness Plan at Home 1pm Social Bingo	19 11:40 -12:30 Lunch 5pm - 8pm June Spaghetti Social Potluck	20 11:40 -12:30 Lunch 1pm Bridge	21
22	23 11:40 -12:30 Lunch 11am Shanghai Rummy	24 11:40 -12:30 Lunch 11am Mexican Train 1pm Duplicate Bridge	25 11:40 -12:30 Lunch 1pm Social Bingo	26 11:40 -12:30 Lunch	27 11:40 -12:30 Lunch 1pm Bridge	28
29	3O 11:40 -12:30 Lunch 11am Shanghai Rummy	1	2	3	Franciscolomora no vi fina. South Lake Tales Sinder Center South Lake Tales Sinder Center	5

# June 2025 Menu



(Placerville) 530 621-6160 OR (South Lake Tahoe) 530-573-3130

Monday	Tuesday	Wednesday	Thursday	Friday
2		4	2	9
Salisbury	Chicken Waldorf Salad	Breaded Pollock	Chili Relleno Casserole	Pork Pozole Soup
Brown Mushroom Gravy	on a Whole Wheat Bun	Wild Rice	Spanish Rice	Whole Grain Tortilla
Mashed Potatoes	Petite Baby Carrots	California Blend Vegetables	Black Beans	Spanish Rice
Green Beans	Sun Chips	Whole Wheat Roll	Fresh Strawberries	Fire Roasted Corn
Whole Wheat Roll	Fruit Salad	Juicy Orange	Milk	Fresh Apple
Fresh Apricot	Apple Crisp Pie	Milk		Milk
Milk	Milk			
6	10	11	12	13
Chicken Teriyaki Bowl	Baked Salmon	Polynesian Meatballs	Chicken Caesar Salad	Tender Beef Ravioli
Fluffy Wild Rice	Potato Medley	Brown Rice	Croutons	with Marinara Sauce
Peas & Carrots	Roasted Brussels Sprouts	Steamed Broccoli Florets	Whole Grain Roll	Asparagus
Fresh Mango Pieces	Whole Grain Roll	Whole Grain Bread Stick	Fresh Blueberries	Whole Wheat Roll
Milk	Fresh Peach	Mixed Fruit Cup	Pumpkin Fluff	Fresh Plum
	Milk	Milk	Milk	Milk
16	17	18	19	20
Crab Cake with Tartar Sauce	Sloppy Joe	Grilled Chicken Bake	Beef Stroganoff	Turkey Cheese Sandwich
Brown Confetti Rice	Whole Wheat Bun	with Mushrooms	Whole Grain Noodles	Lettuce, Tomato, Whole Wheat Bread
Grilled Vellow and Red Denners	Tater Tots	Articholo Hearts	Broccoli	Correct Design Colod
Dear Cus	Colsolan	Garden Dice	Whole Grain Bisonit	Delega DDO Chies
VCH-	East, Metalian	Whele When Bell	Trice Cram Discar	Daked DDC Cmps
MILE	Fiesh Inectable	whole wheat bon	Juicy Orange	Melon Medley
	Milk	Crisp Apple	Milk	Milk
:	;	Milk		
23	24	25	26	27
Vegetable Beef Soup	Chicken Margarita	Creamy Garlic Shrimp	Chicken Philly Cheese Steak	Pork and Black Bean
Whole Grain Corn Bread	Wild Rice	Orzo Pasta	with Swiss cheese	Enchilada Bake
Butter	Honey Glazed Carrots	Green Beans	Sautéed Mushrooms	Fajita Blend Vegetables
Fresh Plum	Whole Grain Bread Stick	Crisp Apple	Whole Wheat Bread	Mixed Fruit Cup
Milk	Tangerine	Whole Grain Biscuit	Juicy Melon	Milk
	Chocolate Milk	Milk	Milk	
30				Alternative meal options:
Tuelett Det Die			The salt & nonney challens	
Whole Wheat Bismit	X		The sail of pepper shakers	Creamy Carrot Soup
Whole wheat biscut	(		indicate a meal	Spinach Ravioli with
Injury Oranga			that contains more	Alfredo Sance
Milk Milk			than 1,000 ma	Monhotton Clam Champles
				Descool Chadder Com
				Broccon Cheddar Soup
Lunch is a suggested voluntary contribution of \$3.00			Serving adults 60 years and older	ing adults 60 years and older

To cancel a meal, please call the day before or NO LATER THAN 8 AM. (Placerville) 530 621-6160 OR (South Lake Tahoe) 530-573-3130 Call (530) 621-6160 for current dine-in status. Please join us at one of the following locations:

2675 Sanders Dr Pollock Pines 990 Lassen Lane 6740 Fairplay Rd El Dorado Hills Pioneer Park Placerville 937 Spring St

Georgetown Cameron Park South Lake Tahoe 6680 Orleans St. 2502 County Club Dr 3050 Lake Tahoe Blvd



# ★ ★ WE WANT YOU! ★ ★









#### WANT TO BE IN THE FOURTH OF JULY PARADE?

Seniors, Inc. will be represented in this year's 4<sup>th</sup> of July parade! We have a truck that we need help to decorate AND we want volunteers to ride or walk with us during the parade.

The parade route is 2.5 miles and there's room for around 6 - 8 people in the truck OR you can walk behind the truck or ride your bike or scooter.

For more information about the 4th of July Parade or to volunteer to participate, please contact John Messina at 530-307-1848 by June 12th.

Thank you and we hope to have you join us!



JOHN MESSINA 530-307-1848

**SOUTH LAKE TAHOE** SENIOR CITIZENS, INC. (530) 600-0393



# PEDALS & **POSSIBILITIES**

#### **INCLUSIVE MOBILITY DAY**

Sponsored by Senior Inc with Access Tahoe

#### Welcome & Introductions

12:00 - 1:00 PM

#### Film Screening: Cycling Without Age

1:00 - 1:30 PM A heartwarming film about the power of feeling the wind in your hair at any age.

#### The Ability Experience: Journey of Hope Meet & Greet

1:30 - 2:30 PM Meet the Pi Kappa Phi team cycling cross-country to raise awareness and funds for the disability community.

#### **McIlwain Equipment Demos**

1:30 - 3:30 PM Try out adaptive cycling and mobility options. Demos will take place on the bike path next to the Senior Center.



#### Getting there

Please bike, take Lake Link or the free bus. Parking available at the Rec Center or the Senior Center for seniors & individuals with disabilities.



#### Lunch Option for 60+ 11am-1pm

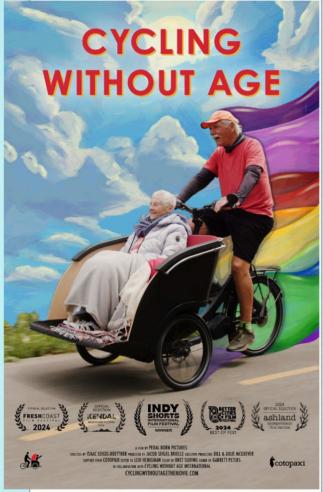
RSVP to 530-573-3130 to join the Senior Nutrition lunch program.



## (##) RSVP & Info

Contact Angie Reagan angie@accesstahoe.org





12 PM - 3:30 PM

JUNE

#### CITY OF SOUTH LAKE TAHOE SENIOR CENTER

3050 LAKE TAHOE BLVD.. SOUTH LAKE TAHOE, CA

#### YOU ARE INVITED TO OUR

# SPAGHETTI SOCIAL





# POTLUCK

# THURSDAY, JUNE 19<sup>TH</sup> AT 5PM

FIRST COME, FIRST SERVED

#### SPAGHETTI WITH GARLIC BREAD

Our volunteers will be serving SPAGHETTI with GARLIC BREAD. Help with the side dishes is welcome but not mandatory.

We would grateful for the following extras:

- · Garlic Bread
- · Salads Green or Fruit
- Desserts anything is wonderful
- Drinks ~ tea, soda, juice





# Raffle tickets for our RAFFLE PRIZE BASKET

are \$1 each or 6 for \$5

Basket Prizes MAY
include:
Gift certificates
Mystery Gifts
Discount or Free
Services

and more...



# the Evening's **ENTERTAINMENT**

#### TAHOE TOOGEE

Tahoe Toogee will be joining us for a discussion about "The Bears of Tahoe" and takes a focused look at the local black bear population within the Lake Tahoe basin, highlighting the behavioral and physiological effects of black bear populations living in close proximity to humans.

3050 Lake Tahoe Blvd, South Lake Tahoe, CA 96150 Phone: (530) 600-0393 · Email: sltseniorcitizens@gmail.com · www.TahoeSenior.com