

FEBRUARY 2020

SHADES OF GRAY

Volume 3, Issue 2

Anne Blankenship-Harris
Site Manager



Editor
Shades of Gray
Monthly Newsletter

A Monthly Newsletter by and for the Seniors of Pahrump and the Pahrump Valley area.

SMILE, SPARKLE, SHINE!

YOUR 2020 MEMBERSHIP DUES

HEAR YE, HEAR YE! If you did not pay your 2020 Membership Dues last month, please take time to write your \$10 check per person today and turn it in at the front reception desk along with your completed Membership Form on page 9 of this newsletter. If you are an existing member, please check the RENEWAL Box and complete the form in full. If you are new to our Senior Center, please become a member today completing the Membership Form along with the \$10 per person check. Your 2020 membership card will be issued to you at that time. Annual Membership Dues are due the first week of every January for the new year. *Thank you for your continued support of your Pahrump Senior Center!*

PAHRUMP SENIOR CENTER, Inc.

BOARD OF TRUSTEES

Jim Gronemann
President

Dolores Rice
Vice President

Shirley Roach
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee



Happy Valentines Day

From the Board of Directors

and Staff of your

Pahrump Senior Center

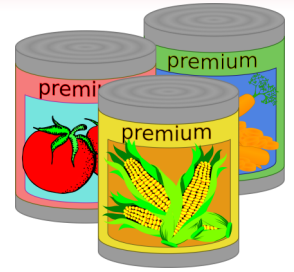
FEBRUARY HOLIDAYS & EVENTS

- 2nd GROUND HOGS DAY—SUNDAY
- 2nd SUPER BOWL—SUNDAY
- 7th NATIONAL WEAR RED DAY—FRIDAY
- 14th VALENTINE'S DAY - FRIDAY
- 17th PRESIDENTS DAY—MONDAY
George Washington's Birthday
- 25th MARDI GRAS—TUESDAY
- 26th ASH WEDNESDAY

NON-PERISHABLE FOOD ASSISTANCE

Please Help Us Feed The Senior Shut-ins And Homebound In Our Area By Bringing A Non-Perishable Food Item EACH TIME you come to your Pahrump Senior Center!

This will greatly help provide food for our home-bound seniors in our area. *Thank you and God bless you for being part of the solution!*



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The Joy of Giving

OUR NEW YEARS CELEBRATION WAS SPONSORED BY



P3 Medical Group



Goodheart Medical Group
(775) 513-5038



Reflections Healthcare
(775) 727-7022

YOUR TAX-DEDUCTIBLE DONATIONS ARE NEEDED TO KEEP OUR SENIOR CENTER OPEN AND OPERATIONAL! PLEASE MAKE A DONATION TODAY!

All donations are appreciated no matter what is donated because we know it comes from the heart. To those who support us, THANK YOU! To those who have not contributed, we offer you the opportunity. Your support is needed at this time to ensure that we can continue to enrich the lives of all the seniors in the Pahrump Valley area, either directly or through making Pahrump a better place to live for our senior population. Thank You!

CUT ALONG LINE

DONATION FORM Make Check or Money Order payable to: **Pahrump Senior Center**

I would like to support THE PAHRUMP SENIOR CENTER to help keep the doors open.

\$

MAIL TO:

PAHRUMP SENIOR CENTER
1370 W BASIN AVE
PAHRUMP NV 89060-4501

DONOR'S NAME

DONATION AMOUNT

I have enclosed my donation by CHECK MONEY ORDER

CHECK BOXES THAT APPLY

DO NOT SEND CASH IN THE MAIL!

I DO WANT RECOGNITION

I DO NOT WANT RECOGNITION

SEND ME TAX-DEDUCTIBLE RECEIPT

Pahrump Senior Center, Inc. is a 501(c)(3) non-profit corporation and ALL DONATIONS ARE TAX DEDUCTIBLE. Your Donations throughout the year are never too small to make a difference! **THANK YOU** for your donations.

PAHRUMP SENIOR CENTER... THE BEST IN THE WEST!

Pictures From Our New Years Eve Party....



OUR VALENTINES DAY TREE ~ 2020



Happy VALENTINE'S

➡ DAY ➡

Our Valentines Day Tree is decorated with hearts for those that are close to our hearts, past and present.

HAPPY VALENTINES DAY

FRIDAY, FEBERUARY 14, 2020

We have lost two of our dear friends in January, They will be missed.

Don Worsham

Bill Blass



A Celebration of Life for Don will be held at the Pahrump Senior Center, Monday, February 3, 2020 at 1:30



A Celebration of Life for Bill will be

PAHRUMP SENIOR CENTER (775) 727-5008 ACTIVITIES ~ FEBRUARY 2020
Office Hours: MON – FRI 9:00 AM - 3:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 EXERCISE CLASS 9:30 AM Jacob – Medicare enrollment 10:00 AM BEADING CLASS 12:30 PM POKER 12:30 PM</p>	<p>4 EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM – 3:00 PM</p>	<p>5 DESERT VIEW HOSPITAL MONTHLY BIRTHDAY CAKE CELEBRATING ALL FEBRUAR BIRTHDAYS 11:00 AM DESERT VIEW HOSPITAL HEART HEALTH 10:00 AM -12:00 NOON</p>	<p>6 MEN'S BREAKFAST 7:30 AM EXERCISE CLASS 9:30 AM YARN LADIES 10:00 AM (CROCHETING/KNITTING) HAIRCUTS 1:00 PM – 3:00 PM</p>	<p>7 TOPS MEETING 7-9AM EXERCISE CLASS 9:30 HEALTHCARE PARTNERS HEART HEALTH SEMINAR 10AM / BINGO 1PM</p>
<p>10 EXERCISE CLASS 9:30 AM Jacob – Medicare enrollment 10:00 AM POKER 12:30 PM BEADING CLASS 12:30 PM</p>	<p>11 EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM TO 3:00 PM</p>	<p>12 JIM MARCHANT CANDIDATE FOR CONGRESS, 10:00 AM R.E.A.D. (BLIND SUPPORT) 1:00 PM</p>	<p>13 MEN'S BREAKFAST 7:30 AM YARN LADIES 10:00 AM (CROCHETING/KNITTING) HAIRCUTS 1:00 – 3:00 PM</p>	<p>14 TOPS MEETING 7-9AM EXERCISE CLASS 9:30 SAM PETERS, CANDIDATE FOR CONGRESS 10:00 AM VALENTINES DAY - RAFAEL & VONNIE ENTERTAINING</p>
<p>17 CLOSED PRESIDENTS DAY</p>				
<p>24 EXERCISE 9:30 AM JACOB-MEDICARE ENROLLMENT 10:00 AM BEADING CLASS 12:30 PM POKER 12:30 PM</p>	<p>18 EXERCISE CLASS 9:30 AM JACOB-MEDICARE ENROLLMENT 10:00 AM HAIRCUTS 1:00 PM – 3:00 PM COIN CLUB 1:00 PM</p>	<p>19 AARP DRIVER TRAINING CLASS 9:30 – 2:00 PM NEVADA SENIOR SERVICES 11:00 AM -12:30 PM</p>	<p>20 MEN'S BREAKFAST 7:00 AM EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM – 3:00 PM</p>	<p>21 TOPS MEETING 7-9 AM EXERCISE CLASS 9:30</p>
<p>24 EXERCISE 9:30 AM JACOB-MEDICARE ENROLLMENT 10:00 AM BEADING CLASS 12:30 PM POKER 12:30 PM</p>	<p>25 EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM – 3:00 PM BUNCO 12:30 PM</p>	<p>26 GREAT BASIN COLLEGE NURSING STUDENTS 9:00 AM - 11:00 AM BLIND SUPPORT 12:30 PM</p>	<p>27 MEN'S BREAKFAST 7:00 AM EXERCISE CLASS 9:30 AM 10:AM (CROCHETING/KNITTING) HAIRCUTS 1PM-3PM</p>	<p>28 TOPS MEETING 7:AM – 9:AM EXERCISE CLASS 9:30 AM BRIDGE 12:30</p>

PAHRUMP SENIOR CENTER (775) 727-5008**MENU ~ FEBRUARY 2020****MON - FRI 9:00 AM - 3:30 PM***PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ADSD #169 CHICKEN PENNE ZUCCHINI SALAD GARLIC BREAD CITRUS DELIGHT SOUP MILK OR JUICE	4 HAMBURGER SLIDERS W/W BREAD ONION, PICKLE, LETTUCE, TOMATO; CARROT SALAD JELLO W/FRUIT SOUP MILK OR JUICE	5 PORK & PEAS CAULIFLOWER BEAN SOUP BROWN RICE PEACH CRISP MILK OR JUICE	6 ADSD #43 CLAM CHOWDER TURKEY SANDWICH BABY CARROTS SPINACH SALAD SOUP MILK OR JUICE	7 ADSD #3 MEATLOAF MASHED POTATOS SPINACH W/W BREAD FRUIT SOUP MILK OR JUICE
10 ADSD #29 SHEPARDS PIE FRESH SPINACH MUFFIN SOUP MILK OR JUICE	11 ADSD #51 SWEET N SOUR PORK BROWN RICE PILAF BROCCOLI W/W BREAD COLORFUL SALAD FF FRENCH DRESSING PEACH CUP SOUP MILK OR JUICE	12 CHICKEN CORDON BLEU PARSLEY POTATOES BABY CARROTS FRUIT MILK OR JUICE APPLE SALAD BEAN SOUP	13 LOADED BAKED POTATO L/S BACON, ONION, CHEESE SOUR CREAM BROCCOLI APPLESAUCE SOUP MILK OR JUICE	14 ADSD #184 CHICKEN PARMESAN TOSSED SALAD PINEAPPLE MILK OR JUICE GREEN BEANS LENTIL SOUP
17 CLOSED PRESIDENTS DAY	18 ADSD #115 STEAK STRIPS SMOTHERED IN ONIONS ROASTED SQUASH SNAP BEANS, GREEN SALAD PEARS SOUP MILK OR JUICE	19 PORK TACOS REFRIED BEANS MEXICORN CINNAMON TWISTS FRUIT SOUP MILK OR JUICE SALSA	20 ADSD #177 TUNA CASSEROLE COLORFUL SALAD W/W BREAD F/F FRENCH DRESSING FRUIT SOUP MILK OR JUICE	21 GARLIC BREAD PIZZA W/ L.S PEPPERONI PASTA SALAD CELERY & CARROT STIX BANANA SHERBERT BEAN SOUP MILK OR JUICE
24 HAWAIIAN KEILBASA RICE SALAD BEAN SOUP ASPARAGUS PINEAPPLE CAKE MILK OR JUICE	25 FRENCH TOAST SYRUP MELON MILK OR JUICE L.S. BACON APPLE/BANANAS SOUP	26 ADSD#39 SPAGHETTI W/ MEATSAUCE ZUCCHINI SALAD 7 GRAIN BREAD SOUP MILK OR JUICE FRUIT CUP	27 COUNTRY FRIED STEAK MASHED POTATOES CORN BEAN SOUP MILK OR JUICE FRUIT SALAD	28 ADSD #161 BAKED FISH W/W BREAD BROWN RICE PEAS SALAD SOUP FRUIT MILK OR JUICE

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 AM TO 12:30 PM 60+YEARS LUNCH \$3.00 DONATION APPRECIATED**SALAD BAR AVAILABLE \$2.00 FEE****COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE**

Tips to Live a Heart Healthy Life

Do you know if you're at risk for heart disease? Do you know what steps you should take to stay heart healthy? According to the Centers for Disease Control and Prevention, heart disease is unfortunately the leading cause of death for men, women and people of most racial and ethnic groups in the United States. The good news is there are ways to lead a heart healthy life that could reduce your risk of developing heart disease.

Join Dr. Troy Schumacher from HealthCare Partners Nevada on Thursday, February 6 at 10am to learn about risk factors for heart disease and tips to lead a heart healthy life. RSVP at hcpnv.com/events to save your seat!



Introducing Troy Schumacher, MD

Dr. Schumacher is accepting new patients at our **Pahrump myGeneration Senior Clinic:**
1397 South Loop Road, Pahrump, NV 89048.

Call 775.727.5500 to schedule your new patient appointment today.

Innovative, Senior-Focused Primary Care



myGeneration Senior Clinics provide specialized primary care for individuals who participate in a Medicare Advantage plan. Staffed by physicians and care teams who specialize in every aspect of senior healthcare, myGeneration Senior Clinic providers and staff understand as we age, our healthcare needs evolve. The clinics offer a variety of services including annual wellness checks, identification and treatment of chronic conditions, diagnostic testing, laboratory services, and immunizations — all conveniently provided in one location.



To learn more about our myGeneration Senior Clinics, visit PahrumpMedicalClinic.com.

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PANCAKE BREAKFAST

JOIN THE PAHRUMP SENIOR CENTER, 1370 W BASIN FOR A BIG
BREAKFAST ON SATURDAY, FEBRUARY 15, 2020

FROM 8AM-11:AM.

BREAKFAST WILL INCLUDE: SCRAMBLED EGGS, SAUSAGE,
O'BRIEN POTATOES, PANCAKES, ORANGE JUICE, COFFEE, TEA
OR MILK.

ADULTS : \$5.00 KIDS UNDER 12: \$3.00



2020 MEMBER APPLICATION & UPDATE FORM PAHRUMP SENIOR CENTER

1370 W Basin Avenue, Pahrump, NV 89060-4501 Tel: (775) 727-5008 Fax: (775) 751-6831

Website: www.PahrumpSeniorCenter.org

NEW MEMBERS are welcome throughout the year. Complete this form for Membership.
MEMBERSHIP RENEWAL is due January of each year and the cost is \$10.00 per year per person. *Thank you for your support!* Please check your Member Card for expiration date.
UPDATE YOUR INFO WITH US PLEASE USE THIS FORM TO UPDATE YOUR MAILING ADDRESS, PHONE, OR EMAIL ETCETERA. THANK YOU FOR YOUR SUPPORT!

PLEASE NOTE: The information you provide on this form is PRIVATE and is not sold, rented, traded or shared. It is used only by our Senior Center for internal use, statistical reports and governmental auditing purposes to maintain our non-profit 501(c)(3) tax-exempt status.

**START
HERE**

TODAY'S DATE: ____/____/____

FIRST MEMBER (PLEASE PRINT) PLEASE CHECK ALL THAT APPLY: **NEW MEMBER** **RENEWAL**
MALE **FEMALE** **UPDATE MY INFORMATION**

First Name	Middle Initial	Last Name		
Address	Apt / Unit	City	State/Province	Zip
Cell (____) _____ - _____	Home Phone (____) _____ - _____			
AREA CODE X X X	X X X X	AREA CODE X X X	X X X X	X X X X

E-mail _____

Birth Date ____/____/____
MM DD YYYY

Our Monthly Newsletter contains our **Monthly Lunch Menu** and **Monthly Calendar**. Please check the appropriate box, stating you want it **MAILED** or **E-MAILED** to you.

Please present this completed Membership Form to the person at the front check-in counter along with your check or money order for payment of Membership Fee made payable to PAHRUMP SENIOR CENTER.

SECOND MEMBER (PLEASE PRINT) PLEASE CHECK ALL THAT APPLY: **NEW MEMBER** **RENEWAL**
MALE **FEMALE** **UPDATE MY INFORMATION**

First Name	Middle Initial	Last Name		
Address	Apt / Unit	City	State/Province	Zip
Cell (____) _____ - _____	Home Phone (____) _____ - _____			
AREA CODE X X X	X X X X	AREA CODE X X X	X X X X	X X X X

E-mail _____

Birth Date ____/____/____
MM DD YYYY

Our Monthly Newsletter contains our **Monthly Lunch Menu** and **Monthly Calendar**. Please check the appropriate box, stating you want it **MAILED** or **E-MAILED** to you.



Pahrump Senior Center

1370 W Basin Ave
Pahrump NV 89060-4501

Tel: (775) 727-5008

e-mail: Office@PahrumpSeniorCenter.org

FACEBOOK: [FaceBook.com/PahrumpSeniorCenter/](https://www.facebook.com/PahrumpSeniorCenter/)

Website: PahrumpSeniorCenter.org

MONDAY—FRIDAY 9:AM to 3:00 PM
(Except Holidays)

Newsletter e-mail: Senior.Center@PahrumpSeniorCenter.org



Friday, February 14, 2020

We are on the web at:
PahrumpSeniorCenter.org

PAHRUMP SENIOR CENTER, Inc
1370 W BASIN AVE
PAHRUMP NV 89060-4501

RETURN SERVICE REQUESTED

Non-Profit Org. U.S.A.
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Pahrump, NV 89060
Permit #60

MAILING LABEL
PLEASE APPLY STRAIGHT