

# SHADES OF GRAY

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

**APRIL 2021** VOLUME 4 ISSUE 4



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## REMEMBERING OUR 2019 SPAGHETTI FEED



### The COVID-19 PANDEMIC IS ON ITS WAY OUT....

That is if we all continue to hunker down, social distance, wear our face masks when in public, wash our hands frequently and continue to follow religiously ALL the CDC's Guidelines.

The vaccine roll-out program has begun to work with the immunization plan now in place by our new president. President Joe Biden we thank you and your Administration's great efforts!

By next March, we should be able to have our Annual Spaghetti Feed once again, and life will be back to normal!

The Board of Directors and myself say **A BIG THANK YOU** to our kitchen staff and volunteers who continue to make possible our week-day lunch drive-up service!

PAHRUMP SENIOR CENTER



### ST PATRICK'S DAY LUNCH ON THE GRASSY AREA LAST MONTH AT OUR PAHRUMP SENIOR CENTER.

View more pictures on page 5 of this newsletter.



## Happy Birthday to all our April Birthday Members!

Due to the volume of members, it has become a challenge to list individual birthdays and not miss a few. So rather than skip anyone, on behalf of the Board of Trustees, Staff and Members of the Pahrump Senior Center, we would like to wish all of you having a birthday in April 2021 a very HAPPY BIRTHDAY AND A HEALTHY YEAR!

**PAHRUMP SENIOR CENTER**  
Incorporated

### BOARD OF DIRECTORS

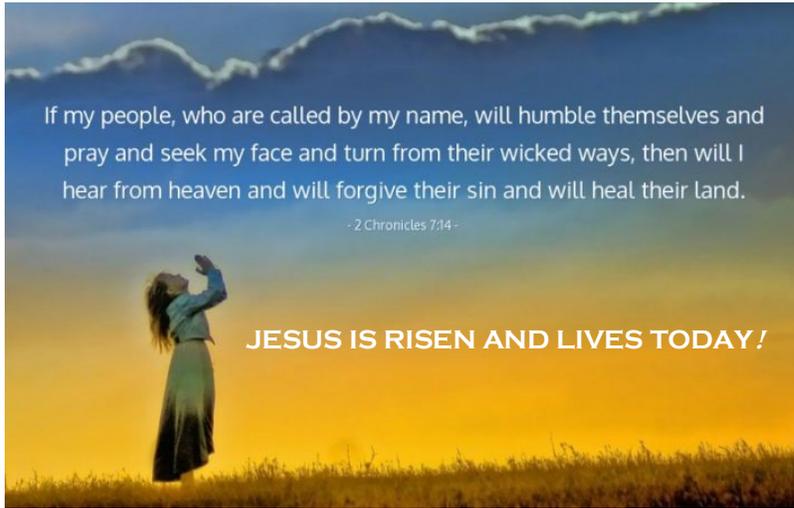
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If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

- 2 Chronicles 7:14 -

**JESUS IS RISEN AND LIVES TODAY!**

There are more than 9 Christian churches in Pahrump. We encourage you to virtually attend by way of the internet the Christian Holy Week Services and Easter Sunday Service by logging on to their respective internet site to rejoice and worship the risen Christ Jesus our Savior in the comfort of your home. **JESUS IS RISEN FROM THE DEAD AND LIVES TODAY!**

This Infomercial Paid For By Jesus The Messiah Church.

**A BIG THANK YOU TO ALL OUR VOLUNTEERS, STAFF, MEMBERS, FRIENDS AND DONORS WHO CONTINUE TO FINANCIALLY SUPPORT OUR SENIOR CENTER!**



## Our Easter Tree is looking good!



### HOLIDAYS & EVENTS APRIL 2021

- 1<sup>ST</sup> **APRIL FOOL'S DAY**
- 2<sup>ND</sup> **GOOD FRIDAY**
- 4<sup>TH</sup> **EASTER SUNDAY**
- 15<sup>TH</sup> **INCOME TAX FILING DUE**  
(This is now due May 15, 2021)
- 19<sup>TH</sup> **PATRIOT'S DAY**
- 21<sup>ST</sup> **ADMINISTRATIVE PROFESSIONALS DAY**  
(formerly "Secretaries Day")
- 22<sup>ND</sup> **EARTH DAY**
- 30<sup>TH</sup> **ARBOR DAY**

### DID YOU KNOW....

Physical activity, like walking, may help you lead a healthier and happier life. You don't need big blocks of time to exercise. Squeeze in activity throughout each and every day.

### WHAT YOU CAN DO....

You can go for a daily walk or start gardening. Most of all keep it fun. Join in and you'll see a difference in your daily life, sleep habits and the amount of stress will diminish also!

# MENU ~ APRIL 2021

## PAHRUMP SENIOR CENTER Tel: (775) 727-5008 MENU ~ APRIL 2021

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> <b>EASTER DINNER</b> HAM & SCALLOPED POTATOES BROCOLI CASSEROLE AMBROSIA SALAD CROISSANTS PINEAPPLE CAKE	<b>6</b> PORK AND GREEN BEANS SALAD GARLIC NOODLES PUDDING SOUP	<b>7</b> FRENCH DIP SANDWICH AU JUS BROWN RICE TOMATOES CORN FRUIT	<b>1</b> ADSD #110 BAKED PORK CHOP MASHED POTATOES SOUP GREEN BEANS W/W ROLL SALAD FRUIT YOGURT	<b>2</b> SALMON RICE ASPARAGUS FRUIT CAKE
<b>12</b> ORANGE CHICKEN RICE PILAF SALAD PUDDING	<b>13</b> ADSD #137 PEPPER STEAK MASHED POTATOES PEAS & MUSHROOMS SALAD MUFFIN SOUP	<b>14</b> SPAGHETTI W/MEAT SAUCE ZUCCHINI GARLIC BREAD CAKE	<b>8</b> ADSD #165 HERB BAKED CHICKEN BAKED POTATO COLE SLAW BRUSSEL SPROUTS PEARS JELLO	<b>9</b> ADSD #14 BEEF PATTY ON BUN LETTUCE, TOMATO, ONIONS BAKED BEANS MIXED VEGGIES FRUIT
<b>19</b> CHICKEN CORDON BLEU PARSLEY POTATOES CAULIFLOWER FRUIT SALAD	<b>20</b> TALAPIA ANGEL HAIR PASTA CARROTS YOGURT W/ FRUIT BROWNIES SOUP	<b>21</b> ADSD # BEEF NACHO CASSEROLE SPANISH RICE CHURROS ORANGE/SPINACH SALAD FRUIT CAKE	<b>15</b> ADSD #163 CRANBERRY GLAZED CHICKEN SALAD RICE GREEN BEANS MANDARIN ORANGES	<b>16</b> ADSD #3 MEATLOAF MASHED POTATOES CORN FRUIT BROWNIE
<b>26</b> PORK/ CHOPS GRAVY STUFFING GREEN BEANS CITRUS DELIGHT	<b>27</b> SHEPARD'S PIE CORN SALAD FRUIT FLUFF SOUP	<b>21</b> ADSD # LOADED BAKED POTATO W/ BACON, CHEESE, CHIVES BROCOLI CUCUMBER SALAD BANANA SOUP	<b>22</b> COUNTRY FRIED STEAK MASHED POTATOES PEAS SALAD JELLO	<b>23</b> ADSD #129 STUFFED CABBAGE STEAMED CARROTS W/W BREAD APPLE CRISP
<b>28</b> BBQ CHICKEN SQUASH CUCUMBERS W/SOUR CREAM FRESH FRUIT	<b>28</b> BQ CHICKEN SQUASH CUCUMBERS W/SOUR CREAM FRESH FRUIT	<b>29</b> COUNTRY FRIED STEAK MASHED POTATOES PEAS SALAD JELLO	<b>29</b> COUNTRY FRIED STEAK MASHED POTATOES PEAS SALAD JELLO	<b>30</b> ADSD #46 LASAGNA SPINACH SALAD GARLIC BREAD ORANGES

**DRIVE-UP/PICK-UP LUNCH MONDAY THRU FRIDAY 10:30 A.M. TO 12:30 P.M.**

**60+YEARS LUNCH \$3.00 DONATION APPRECIATED**

## AN APPROPRIATE COMFORT FOOD RECIPE JUST FOR OUR MEMBERS!

# GROWN-UP GRILLED CHEESE SANDWICH

### Why this recipe works well

In an attempt to liven up grilled cheese, some add so many ingredients that the cheese is an afterthought. This grown-up grilled cheese sandwich starts with flavorful aged cheddar to which you add a small amount of wine and Brie. These two ingredients help the aged cheddar melt evenly without becoming greasy. A little bit of finely minced shallot increases the sandwiches' complexity without detracting from the cheese, and a smear of mustard butter livens up the bread. THIS SANDWICH IS YUMMY!!!

### **Serves 4**

Look for a cheddar aged for about one year (avoid cheddar aged for longer; it won't melt well). To quickly bring the cheddar to room temperature, microwave the pieces until warm, about 30 seconds. The first two sandwiches can be held in a 200-degree oven on a wire rack set in a baking sheet.

### **Ingredients**

7 ounces aged cheddar cheese, cut into 24 equal pieces, room temperature  
2 ounces Brie cheese, rind removed  
2 tablespoons dry white wine or vermouth  
4 teaspoons minced shallot  
3 tablespoons unsalted butter, softened  
1 teaspoon Dijon mustard  
8 slices hearty white or hearty (dense) sourdough deli-style sandwich bread  
A good density in the bread is another good key to this great sandwich!

### **Instructions**

1. Process cheddar, Brie, and wine in food processor until smooth paste is formed, 20 to 30 seconds. Add shallot and pulse to combine, 3 to 5 pulses. Combine butter and mustard in small bowl.
2. Working on parchment paper-lined counter, spread mustard butter evenly over 1 side of slices of bread. Flip 4 slices of bread over and spread cheese mixture evenly over slices. Top with remaining 4 slices of bread, buttered sides up.
3. Preheat 12-inch nonstick skillet over medium heat for 2 minutes. (Droplets of water should just sizzle when flicked onto pan.) Place 2 sandwiches in skillet; reduce heat to medium-low; and cook until both sides are crispy and golden brown, 6 to 9 minutes per side, moving sandwiches to ensure even browning. Remove sandwiches from skillet and let stand for 2 minutes before serving. Repeat with remaining 2 sandwiches.

### **END OF RECIPE**

THIS RECIPE IS COURTESY TO OUR SENIORS FROM *AMERICA'S TEST KITCHEN*. YOU CAN VIEW THE VIDEO OF THIS GREAT RECIPE AT THEIR WEBSITE. **THANK YOU ATK!**

# St. Patrick's Day 2021 Lunch on the lawn at our Pahrump Senior Center



It was a nice day outside for those who chose to eat on the lawn. They purchased their lunches as usual then parked their vehicle and got together on the lawn to eat.

Everyone enjoyed this get-together as we don't get to do this often. Have patience, one day we will get the green light to reopen!





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***Pahrump Senior Center...  
The Best In The West!***

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