

# SHADES OF GRAY

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

**APRIL 2022** VOLUME 5 ISSUE 4



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## ST PATRICK'S DAY CELEBRATION

It was a magical celebration Thursday, March 17, 2022 here at our senior center! Great food, great friends and a great celebration! **There were 161 people for lunch which was sponsored by P3 Health Partners!** A BIG THANK YOU to all who helped make this magical day a success! Thank you!

*Anne*



PAHRUMP SENIOR CENTER INC.

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



**PAHRUMP SENIOR CENTER Incorporated**

**BOARD OF TRUSTEES**

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*President*

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**Gerry Rice**  
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*Trustee*

**One more picture of our Saint Patrick's Day Celebration**



Our Staff and volunteers lining up to deliver meals to our seniors at the tables in the senior center.

**The Food Was So Delicious!**



**HOLIDAYS AND EVENTS IN APRIL 2022**

- 1<sup>ST</sup> APRIL FOOL'S DAY
- 2<sup>ND</sup> RAMADAN (Begins)
- 7<sup>TH</sup> WORLD HEALTH DAY
- 10<sup>TH</sup> **PALM SUNDAY**
- 15<sup>TH</sup> **GOOD FRIDAY**  
(Passover Begins)
- 17<sup>TH</sup> **EASTER SUNDAY**
- 18<sup>TH</sup> **MONDAY—TAX FILING DUE**
- 23<sup>RD</sup> **PASSOVER ENDS**
- 28<sup>TH</sup> **HOLOCAUST REMEMBRANCE DAY—PRAY FOR PEACE IN ISRAEL**
- 29<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. And, our senior center has exercise classes throughout the week at no-charge. Join in and you'll see a difference in your daily life, sleep habits and the amount of stress will diminish also! Give yourself a break, meet new people and make friends!



**HAPPY BIRTHDAY TO ALL OUR MEMBERS AND FRIENDS WHO HAVE BIRTHDAYS IN APRIL!** The Board of Trustees, Staff, Volunteers and Members of the Pahrump Senior Center wish all of you a very **HAPPY BIRTHDAY AND A HEALTHY PROSPEROUS YEAR IN ALL WAYS OF YOUR LIFE!**

# THE CHILI COOKOFF....



## 1<sup>ST</sup> PLACE PEOPLE'S CHOICE

**You're darn tootin' we won again!**



**YES, PAHRUMP SENIOR CENTER...  
IS THE BEST IN THE WEST!**

# A BIG THANK YOU! TO...

...the Pahrump Valley Rotary Club for their donation of \$2,100.00 to Pahrump Meals on Wheels Program.

Pahrump Valley Rotary continues to give back to our community. The Pahrump Valley Rotary was recently able to present the Pahrump Senior Center with a donation of \$2,100.00. This is equivalent to one week of 700 Senior meals per week. The Pahrump Valley Rotary Club was represented by President, Eddie Williams, and members Dina Erdag, Ellen Arntz, Darleen Howard and Roy Mankins.



Check out their **UPCOMING EVENTS** on their [HOME PAGE](https://www.pvrotaryclub.org) <https://www.pvrotaryclub.org>

...P3 HEALTH PARTNERS for sponsoring our St. Patrick's Day Lunch!  
We had 161 people in attendance for our lunch!




## The P3 difference

When it comes to your health, your needs should come first. We treat you like family and provide coordinated and specialized care to keep you healthy and help you reach your wellness goals. At P3, it's about relationships and putting the care back into your healthcare.

**P3** Health Partners  
**Nevada**

To get **The Care You Deserve**, go to [P3NV.org](https://P3NV.org) or call (775) 505-0810.



- ♥ Medicare Advantage policies combine the benefits of Medicare Parts A and B with other useful benefits, including prescriptions, dental and vision coverage. We encourage you to regularly assess your healthcare needs and speak with your Medicare Advantage broker.
- ♥ Medicare Advantage plans may save you money in the long run, particularly on prescriptions and dental care. Call the number below to learn how.

# PAHRUMP SENIOR CENTER

# MENU ~ APRIL 2022

Tel: (775) 727-5008 FAX: (775) 751-6831 NOTE: MENU SUBJECT TO CHANGE WWW.PAHRUMPSENIORCENTER.ORG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>PLEASE NOTE</u></b> DUE TO HIGH INFLATION RISE IN FOOD COSTS, WE HAD TO RAISE THE PRICE OF DONATION FOR EACH MEAL TO \$4 PER PERSON BEGINNING APRIL 1, 2022. THANK YOU FOR YOUR UNDERSTANDING.</p>				
<p><b>4</b> BEEF STROGANOFF NOODLES GREEN BEANS FRUIT CHICKEN/RICE SOUP MILK OR JUICE</p>	<p><b>5</b> OPEN FACED TURKEY SANDWICH MASHED POTATOES GRAVY CORN FRUIT BEAN SOUP MILK OR JUICE</p>	<p><b>6</b> SPAGHETTI &amp; MEATBALLS ZUCCHINI WW ROLL COLORFUL SALAD FROZEN YOGURT PIE VEGGIE SOUP MILK OR JUICE</p>	<p><b>7</b> BBQ CHICKEN BANANA SOUR CREAM POT/SALAD STEAMED SPINACH CORN WW BREAD MILK OR JUICE HAMBURGER STEW SOUP</p>	<p><b>1</b> SALMON BROWN RICE CHEESY BROCCOLI PUDDING MILK OR JUICE CREAM OF MUSHROOM SOUP</p>
<p><b>11</b> SMOTHERED PORKCHOPS AU GRATIN POTATOES CARROTS CAKE LENTIL SOUP MILK OR JUICE</p>	<p><b>12</b> MEATLOAF MASHED POTATOES CORN SALAD WW BREAD FRUIT FRENCH ONION SOUP MILK OR JUICE</p>	<p><b>13</b> CHICKEN W/PENNE ZUCHINI CASSEROLE SALAD MILK OR JUICE CITRUS DELIGHT TOMATO BASIL SOUP</p>	<p><b>14</b> BRATWURST BAKED BEANS CABBAGE BROWNIE CHEESY BROCCOLI SOUP MILK OR JUICE</p>	<p><b>15</b> GOOD FRIDAY BROWN RICE LEMON BAKED FISH SQUASH SALAD WW ROLL FRUIT BEAN SOUP MILK OR JUICE</p>
<p><b>18</b> <b>EASTER DINNER</b> HAM SCALLOPED POTATOES BROCCOLI CASSEROLE FRUIT SALAD VEGGIE SOUP CAKE</p>	<p><b>19</b> CHICKEN ALFREDO WITH FETTUCINI SPINACH PEACH CRISP CORN CHOWDER SOUP MILK OR JUICE</p>	<p><b>20</b> SHEPARDS PIE SPINACH ICE CREAM BEAN SOUP MILK OR JUICE</p>	<p><b>21</b> HERB BAKED CHICKEN STUFFING PEAS &amp; ONIONS SALAD FRUIT CREAM OF POTATO SOUP MILK OR JUICE</p>	<p><b>22</b> COUNTRY FRIED STEAK MASHED POTATOES MIXED VEGGIES SALAD PEACHES BEAN SOUP MILK OR JUICE</p>
<p><b>25</b> SWEDISH MEATBALLS NOODLES CORN FRUIT CREAM OF ASPARAGUS SOUP</p>	<p><b>26</b> CHICKEN CORDON BLEU SALAD W/TOMATO PARSLEY POTATOES BROCCOLI PEACH CRISP BEAN SOUP MILK OR JUICE</p>	<p><b>27</b> STUFFED CABBAGE STEAMED CARROTS W/W/ BREAD PEACH COBBLER TORTILLINI SOUP MILK OR JUICE</p>	<p><b>28</b> LASAGNA GREEN BEANS SALAD GARLIC BREAD APPLE CRISP CREAM OF SPINACH SOUP MILK OR JUICE</p>	<p><b>29</b> MEATLOAF MASHED POTATOES GREEN BEANS SALAD WW BREAD FRUIT LENTIL SOUP MILK OR JUICE</p>

LUNCH IS SERVED MONDAY - FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS LUNCH \$4.00 DONATION APPRECIATED

SALAD BAR AVAILABLE \$3.00 FEE

COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE

# PAHRUMP SENIOR CENTER ACTIVITIES ~ APRIL 2022

Tel: (775) 727-5008 FAX: (775) 751-6831 [WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG) PLEASE NOTE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>BEADING HEARTS 12:30 PM</p> <p>POKER 12:30 PM</p>	<p><b>5</b></p> <p>BINGOSIZE 12:30 PM</p> <p>BRUCE HOLDEN-VEA CANDIDATE 11:00 AM</p>	<p><b>6</b></p> <p>HAIRCUTS 1:00 PM -3:00 PM</p>	<p><b>7</b></p> <p>RIPPITS KNITTING CLUB 10:30 AM</p> <p>BINGOSIZE 12:30</p> <p>HAIRCUTS 1PM-3PM</p>	<p><b>1</b> <b>APRIL FOOL'S DAY</b></p> <p>TOPS MEETING 8:00 AM</p>
<p><b>11</b></p> <p>BEADING HEARTS 12:30 PM</p> <p>POKER 12:30 PM</p>	<p><b>12</b></p> <p>BINGOSIZE 12:30 PM</p>	<p><b>13</b></p> <p>HAIRCUTS 1:00 PM -3:00 PM</p>	<p><b>14</b></p> <p>BINGOSIZE 12:30 PM</p> <p>HAIRCUTS 1:00 PM-3:00 PM</p>	<p><b>15</b> <b>GOOD FRIDAY</b></p> <p>TOPS MEETING 8:00 AM</p> <p>RAF &amp; VONNIE 10:30 PM ENTERTAINMENT</p>
<p><b>18</b> <b>EASTER DINNER</b></p> <p>BEADING HEARTS 12:30 PM</p> <p>POKER 12:30 PM</p>	<p><b>19</b></p> <p>BINGOSIZE 12:30 PM</p>	<p><b>20</b></p> <p>HAIRCUTS 1:00 PM -3:00 PM</p>	<p><b>21</b></p> <p>RIPPITS KNITTING CLUB 10:30 AM</p> <p>BINGOSIZE 12:30 PM</p> <p>HAIRCUTS 1:00 PM-3:00 PM</p>	<p><b>22</b></p> <p>TOPS MEETING 8:00 AM</p> <p>ERIC MURPHY-CANDIDATE FOR SHERIFF 10:00 AM</p>
<p><b>25</b></p> <p>BEADING HEARTS 12:30 PM</p> <p><b>SHOW &amp; TELL DAY</b></p> <p>POKER 12:30 PM</p>	<p><b>26</b></p> <p>BUNCO 12:30 PM</p> <p>BINGOSIZE 12:30 PM</p>	<p><b>27</b></p> <p>BINGOSIZE 12:30 PM</p> <p>BLIND SUPPORT 12:30 PM</p>	<p><b>28</b></p> <p><b>FREE LEGAL SERVICES</b></p> <p>3 ATTORNEYS 9:00 AM – 1:00 PM</p> <p>BINGOSIZE 12:30 PM</p> <p>HAIRCUTS 1:00 PM – 3:00 PM</p>	<p><b>29</b></p> <p>TOPS MEETING 8:00 AM</p> <p>LEO BLUNDO -CANDIDATE 10:AM FOR COUNTY COMMISSIONER</p>

**OKAY PEOPLE....** Yes, it's been a difficult last 2 years+.... So sit back in your recliner, relax, close your eyes, and think about laying on an air mattress just a few feet from shore at a nice sandy Caribbean ocean beach with the waves rolling in.

Perhaps you can picture a beverage in your hand, sipping away on a fuzzy navel or strawberry Dakari. HEY, OPEN YOUR EYES! You're drifting out too far into shark infested waters!

So, just take a look at this Massachusetts sunset and think about getting all warm and cozy laying on a bear-skin rug next to a glowing fireplace as the snow falls. There now.... Don't you feel all better!



### **SPECIAL NOTICE**

Due to the increase in food costs, we are needing to raise our cost for meals beginning Friday, April 1, 2022 to:

- \$4.00 Donation for 60 years plus, and \$6.00 for under 60 years of age.
- \$3.00 fee for the salad bar per person.

Thank you for your continued support!

**DID YOU KNOW...** there are only 26 original copies existing in the world of The Declaration of Independence of the United States of America? True fact!

**DID YOU KNOW** the ocean's largest feast is sardines. Without sardines, the creatures of the ocean would perish.

My mother-in-law's terrible cooking makes her a borderline serial killer!

The Macaroni Penguin has the largest population of any penguin species.

## ADVERTISEMENTS

### The Nevada Assistive Technology Resource Center Nevada Telecommunication Equipment Distribution Program

*in co-sponsorship with*

**Nevada Hands & Voices**

*present*

## Deaf, Hard of Hearing, and Speech Impaired Resource Fair

**May 28th from 9am to 2pm**

Location:

Red Rock Casino Resort Spa  
Summerlin ABEF Ballroom  
11011 West Charleston  
Las Vegas, Nevada 89135

Use Charleston Blvd. and Pavilion Center Dr. to park  
in the East Self-Parking Garage or Valet.

**The event is limited to 100 guests, so register TODAY at:**

<https://www.eventbrite.com/e/deaf-hard-of-hearing-and-speech-impaired-resource-fair-registration-305097122707>

Communication Access Services (CAS), Relay Nevada, Nevada Hands & Voices, Nevada Telecommunication Equipment Distribution Program, Nevada Care Connection, Nevada Assistive Technology Resource Center, Nevada Deaf and Hard of Hearing Commission



Nevada Center for  
Excellence in Disabilities

Contact Us:  
833-427-1672  
[cas-telecom@unr.edu](mailto:cas-telecom@unr.edu)

<https://www.unr.edu/nced/projects/ntedp>







## Hard of Hearing or Deaf? Speech Impaired? Can't Hear on the Phone? Do You Have Low Vision?

CALL NEVADA ASSISTIVE  
TECHNOLOGY  
RESOURCE CENTER

**Nevada Assistive Technology Resource Center Telecommunications Program (NATRCTP)** provides telephones and communication type equipment to the Deaf, Hard of Hearing as well as the Speech Impaired. We can also offer Electrolarynx devices to individuals with speech impairments to be able to speak and communicate over the telephone.

We distribute many different models of telephones with amplification as well as VP Voice Phones, and Captioned Telephones by Captel and Caption Call so individuals can read what is said on the telephone when speaking.

The Nevada Assistive Technology Resource Center (NATRC) is a project of the Nevada Center for Excellence in Disabilities (NCED). NATRC's goal is to increase awareness and knowledge of the benefits of assistive technology related services among individuals with disabilities and their families, older individuals and their families, and the general population.

#### **WE SUPPORT:**

- device demonstrations –compare and contrast options for an informed choice
- device loans-try it out to inform decision making
- training-expand your knowledge about current AT
- public awareness-outreach and community engagement
- technical assistance-ongoing support to agencies and providers
- transition activities AT supports for decisions regarding independent living across the lifespan. It can include areas such as housing, employment, education, personal care, safety remaining in your home, and discharge planning from acute care settings.

During COVID-19 crisis, services have been modified to align with federal and state guidelines regarding safety and social distancing.

#### **RENO NEVADA MAIN OFFICE**

**Nevada Assistive Technology Resource Center**

Tel: (775) 682-9056

1664 N Virginia Street

Reno, NV 89557-0001

#### **SOUTHERN NEVADA—LAS VEGAS OFFICE**

**Nevada Assistive Technology Resource Center**

Tel: (702) 665-4926

5550 W Flamingo RD STE A3

Las Vegas, NV 89103-0135

*This Ad was made possible by the Nevada Assistive Technology Collaborative (NATC) funded in part by Grant Number 1901NVATSG from the U.S. Department of Health and Human Services through the Assistive Technology Act of 2004 as amended. The mission of the NATC is to improve the provision of Assistive Technology (AT) through a comprehensive statewide continuum of integrated activities for individuals with disabilities of all ages.*

**NO MATTER HOW STRESSED YOU ARE,  
REMEMBER HOW BLESSED YOU ARE  
TO BE AN AMERICAN CITIZEN!**



Tel: (775) 727-5008  
e-mail: [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)  
FACEBOOK: [FaceBook.com/PahrumpSeniorCenterII](https://www.facebook.com/PahrumpSeniorCenterII)  
Website: [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)

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The Best In The West!***

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1370 W BASIN AVE  
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