

September, 2021

# SHADES OF GRAY

Anne Blankenship-Harris  
Site Manager

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Tel: (775) 727-5008



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



## LABOR DAY FACTS

Traditionally, Labor Day is celebrated by most Americans as the symbolic end of the summer. The holiday is often regarded as a day of rest and parades.

The forms of celebration include picnics, barbecues, fireworks displays, water sports, and public are events.

In 2017, about 125.97 million people were employed on a full-time basis. The number of full-time employees in the United States has increased by almost 20 million people since 1991.

Events held by labor organizations often feature political themes and the appearances by candidates for public office.

In U.S. sports, labor Day marks the beginning of the NFL and college football seasons.

**HAVE A HAPPY SAFE LABOR DAY!**

**PAHRUMP  
SENIOR CENTER, Inc.**

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A new wrap on our Bus from one of our awesome sponsors!

Nice Look, don't you think!



**PSC MEMBER ILA ALDRIDGE CELEBRATES 91st BIRTHDAY!**

Ila's daughter brought in this awesome birthday cake to celebrate her mother's 91st birthday on August 23rd.

**HAPPY BIRTHDAY!**

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 **SEPTEMBER** a Happy Healthy Year!

## **YES, WE NEED YOUR HELP!**

**Please Help Feed Our Pahrump Valley Seniors who are home-bound by making a *generous tax-deductible gift* to our Pahrump Meals On Wheels. Thank You!**

**PLEASE TALK TO ANNE, JIM OR NANCY WITH YOUR GENEROUS GIFT!**

**Make your check payable to: Pahrump Meals On Wheels and mail your check or money order to: Pahrump Meals On Wheels  
1370 W Basin Avenue  
Pahrump, NV 89060-4501**

**You can also drop off your donation at the front desk at the Senior Center. Thank you!**

### **ARE YOU RECEIVING OUR MONTHLY NEWSLETTER BY U.S. MAIL OR BY E-MAIL? IT'S FREE! SIGN-UP TODAY!**



You can sign up for our FREE Monthly Newsletter "Shades of Gray" and get advanced special events e-mail notices by going to our website

[www.PahrumpSeniorCenter.org](http://www.PahrumpSeniorCenter.org)

and complete the short sign-up form on our website HOME page! **It's free and takes less than 2 minutes to sign up on-line.**

## Looking for Assistive Technology Resources?

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 89503-0705

#### **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.*

# RECIPES

## Chocolate Chip With Bacon Cookies



- 1/2 cup butter, softened (you could also replace some butter with an equal amount of bacon grease)
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 1/8 cup all purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup dark chocolate chunks or chips
- 5 strips bacon, cooked and crumbled

Cream together the butter and sugar. Mix in the egg and vanilla. In a small bowl, mix together the flour, baking soda, and salt. Slowly add the dry ingredients to the wet. Stir in the chocolate and bacon. Scoop dough onto a parchment or wax paper lined cookie sheet and bake in a preheated 350 degree oven for about 10 minutes.

## POTATO SOUP

### INGREDIENTS

4 large potatoes (baked or microwaved)  
 2/3 cup butter or margarine  
 2/3 cup flour (use 1/2 cup for thinner soup)  
 3/4 teaspoon salt  
 1 1/4 cups (5 oz.) shredded cheddar cheese

1/2 teaspoon pepper  
 4 green onions  
 12 slices cooked bacon  
 8 oz. sour cream  
 6 cups milk

### INSTRUCTIONS

**NOTE:** *If you microwave the potatoes rather than bake the potatoes in an oven, be sure to use proper procedure on how to bake a potato in the microwave... otherwise the microwaved potato will turn out awful and unusable.*

Cook and crumble bacon. Scoop out cooked potato from skins. Melt butter over low heat, add flour, stir until smooth. (This soup is really thick. Cut flour to 1/2 cup if thinner soup is desired.)

Gradually add milk. Cook over medium heat, stirring constantly until thickened and bubbly. Add potatoes, salt, pepper, green onion, bacon and cheese. Cook until heated through; then stir in sour cream.

Serve with homemade corn bread for a rib-sticking meal. Personally this soup is fantastic when it is thick and you need to eat it as soon as it is finished to keep it from gelling up too much. It is wonderful!

**RECIPES ~ CONTINUED....****TAMALE PIE RECIPE****INGREDIENTS—What you will need**

- 1 Pound Extra Lean Ground Beef 90/10 (or ground Turkey)
- 1 Cup Chopped Onion (Yellow or Sweet)
- 1 Cup Chopped Green Bell Pepper
- 2 8-ounce Cans Tomato Sauce
- 1 12-ounce Can whole kernel Corn, drained
- 1/2 Cup pitted ripe Olives, chopped
- 1 Clove Garlic—minced
- 1 Tablespoon Sugar
- 2 to 3 teaspoons Chili Powder
- 1 1/2 Cups (6 ounces) shredded Sharp Cheddar Cheese
- 3/4 Cup Yellow Cornmeal
- 1 Tablespoon Butter (or margarine)
- 1 Teaspoon Salt

**PREPERATION INSTRUCTIONS**

Cook meat, onion, and green bell pepper in a large skillet until meat is lightly browned and vegetables are tender. Stir in tomato sauce, corn, olives, garlic, sugar, 1 teaspoon salt, chili powder, and dash of ground black pepper. Simmer 20 to 25 minutes, or until thick. Add cheese. Stir until cheese is melted. Pour meat mixture into greased 9x9x2-inch baking dish. In a separate sauce pan, stir cornmeal and 1/2 teaspoon salt into 2 cups cold water. Cook and stir until thick. Add butter; mix well. Spoon over hot meat mixture.

Bake in oven at 375° for about 40 minutes. Makes 6 servings.

**NUTRITION SERVICES SENIORS AGE 60+ Pahrump, Nevada**

- ◆ In-center Lunch, Monday—Friday for average of 80 seniors
- ◆ Meals On Wheels — delivered to approximately 130 homebound seniors. Seven meals per week per senior;
- ◆ Albertson's Fresh Rescue Program, which gives us 'almost our off date' groceries (produce, deli items, bread, fresh flowers, bakery goods, eggs and much more); We send these items to the Meals On Wheels folks in addition to their weekly meals. We also use some of these items to give away at our congregate lunch in the Senior Center on weekdays.



**MENU SEPTEMBER 2021**

**PAHRUMP SENIOR CENTER** Tel: (775) 727-5008

**MENU ~ SEPTEMBER 2021**

PLEASE NOTE: MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> ADSD #118 CARIBBEAN CHICKEN RICE PILAF GLAZED CARROTS FRUIT PUDDING VEGGIE SOUP MILK OR JUICE	<b>2</b> BEEF TIPS W/MUSHROOMS PASTA SUCCATASH JELLO W/FRUIT CHICKEN RICE SOUP MILK OR JUICE	<b>3</b> <b>LABOR DAY BBQ</b> HAMBURGERS, HOT DOGS BAKED BEANS COLESLAW PASTA SALAD CUPCAKES TOMATO BASIL SOUP MILK OR JUICE
<b>6</b> <b>CLOSED IN HONOR OF LABOR DAY</b>	<b>7</b> ADSD #29 SHEPARD'S PIE GREEN BEANS MUFFIN BEAN SOUP MILK OR JUICE	<b>8</b> HAWAIIAN KIELBASA RICE PEAS FRUIT SALAD CHICKEN WONTON SOUP MILK OR JUICE	<b>9</b> ADSD #104 POT ROAST CARROTS/POTATOES CABBAGE COOKIES FRUIT MILK OR JUICE GNOCCHI SOUP	<b>10</b> FRIED CHICKEN SCALLOPED POTATOES PEAS AND CARROTS APPLE CRISP CREAMY TORTELLINI MILK OR JUICE
<b>13</b> COUNTRY FRIED STEAK MASHED POTATOES SAUSAGE GRAVY SPINACH BEAN SOUP CARROT CAKE MILK OR JUICE	<b>14</b> ADSD #165 HERB BAKED CHICKEN RICE CAULIFLOWER PEARS HAMBURGER STEW SOUP MILK OR JUICE	<b>15</b> PHILLY CHEESESTEAK SANDWICH L.S. CHIPS PASTA SALAD CITRUS DELIGHT CHEESY POTATO SOUP MILK OR JUICE	<b>16</b> PORK LOIN RED POTATOES BROCCOLI FRUIT CAKE FRENCH ONION SOUP MILK OR JUICE	<b>17</b> ADSD # 6 BATTERED COD TATOR TOTS COLESLAW PUDDING GOULASH SOUP
<b>20</b> CHICKEN CORDON BLEU PARSLEY POTATOES GREEN BEANS PINEAPPLE CAKE BEAN SOUP MILK OR JUICE	<b>21</b> SPAGHETTI W/ MEAT SAUCE ZUCCHINI GARLIC BREAD PEACH CRISP CABBAGE MILK OR JUICE	<b>22</b> SWEET N SOUR PORK RICE BROCCOLI SALAD PUDDING EGG DROP SOUP MILK OR JUICE	<b>23</b> CRANBERRY GLAZED CHICKEN OVER PASTA BABY CARROTS DINNER ROLL CREAM CHEESE DELIGHT BEAN SOUP MILK OR JUICE	<b>24</b> ADSD #3 MEATLOAF MASHED POTATOES GRAVY CORN W/W BREAD FRUIT CUP CREAM OF SPINACH SOUP MILK OR JUICE
<b>27</b> CHEESY TUNA CASSEROLE BROCCOLI MUFFIN VEGGIE SOUP MILK OR JUICE	<b>28</b> CHICKEN TENDER WRAPS W/LETTUCE, TOMATOES CARROT SALAD FRESH FRUIT CREAM OF POTATO SOUP MILK OR JUICE	<b>29</b> ADSD #13 OPEN FACE TURKEY MASHED POTATOES/GRAVY BRUSSEL SPROUTS APPLE CRISP BEAN SOUP MILK OR JUICE	<b>30</b> SPINACH LASAGNE GARLIC BREAD SAUTEED MUSHROOMS FRUIT SALAD BEEF & BROCCOLI SOUP MILK OR JUICE	

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+ YEARS LUNCH \$3.00 DONATION APPRECIATED

SALAD BAR AVAILABLE \$2.00 FEE COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE

**ACTIVITIES CALENDAR SEPTEMBER 2021****PAHRUMP SENIOR CENTER ACTIVITIES ~ SEPTEMBER 2021**

Tel: (775) 727-5008

[WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)

ALL ACTIVITIES ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> DESERT VIEW HOSPITAL MONTHLY BIRTHDAY CELEBRATION FOR AUGUST BIRTHDAYS HAIRCUTS 2:PM TO -4:PM	<b>2</b> EXERCISE CLASS 9:30 AM RIPPETS KNITTING GROUP 11:30 AM	<b>3</b> T.O.P.S. MEETING 8:AM EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM
<b>6</b> <b>CLOSED FOR LABOR DAY HOLIDAY</b>	<b>7</b> EXERCISE CLASS 9:30 BRIDGE 12:30	<b>8</b> HAIR CUTS 2PM – 4PM	<b>9</b> EXERCISE CLASS 9:30 RIPPETS KNITTING GROUP 11:30 AM	<b>10</b> T.O.P.S. MEETING 8:AM EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM
<b>13</b> EXERCISE CLASS 9:30 AM BEADING CLASS 12:30 PM POKER 12:30 PM	<b>14</b> EXERCISE CLASS 9:30 AM BRIDGE 12:30 AM	<b>15</b> HAIRCUTS 2:PM -- 4:00 PM	<b>16</b> EXERCISE CLASS 9:30 PM	<b>17</b> T.O.P.S. MEETING 8:AM EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM
<b>20</b> EXERCISE CLASS 9:30 AM BEADING CLASS 12:30 PM POKER 12:30 PM	<b>21</b> EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM	<b>22</b> HAIRCUTS 2:00 PM – 4:00 PM	<b>23</b> EXERCISE CLASS 9:30 AM RIPPETS KNITTING GROUP 11:30 AM	<b>24</b> T.O.P.S. MEETING 8:AM EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM
<b>27</b> EXERCISE CLASS 9:30 AM BEADING CLASS 12:30 PM POKER 12:30 PM	<b>28</b> EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM BUNCO 12:30 PM	<b>29</b> BLIND SUPPORT 12:30 PM HAIRCUTS 2:00 PM – 4:00 PM	<b>30</b> EXERCISE CLASS 9:30 AM RIPPETS KNITTING GROUP 11:30 AM	



# 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](http://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 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 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](mailto:Office@PahrumpSeniorCenter.org)

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Website: [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)

Newsletter e-mail: [Senior.Center@PahrumpSeniorCenter.org](mailto:Senior.Center@PahrumpSeniorCenter.org)

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

**PAHRUMP SENIOR CENTER**  
***The Best In The West!***

**We are on the web at:**  
**[PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)**

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

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