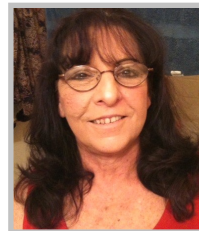


SHADES OF GRAY

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

FEBRUARY 2021 VOLUME 4 ISSUE 2



Anne Blankenship-Harris
Editor & Site Manager

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PAHRUMP SENIOR CENTER

HAPPY VALENTINES DAY

IT'S A NEW YEAR.... TIME TO RENEW YOUR MEMBERSHIP

Every January, it is time for all Pahrump Senior Center members to renew their **annual membership** for only \$10 per person. You will be issued your new 2021 Membership Card when you complete the Membership Form (included in this issue) and pay the \$10 Annual Membership Fee and hand it to the drive-up meals person, or mail it.) Please be careful to write legibly and completely fill out the Membership Form. **It is also appreciated to check the correct box indicating how you want your monthly newsletter by e-mail or printed hard copy mailed to you in the US Postal Service mail system.** It is important to have all information completed each January, even if your information (mailing address, e-mail address, telephone number etc.) has not changed. Please help us keep our senior center open by renewing your annual membership with your \$10 per member fee. Thank you!

If you prefer to receive our monthly newsletter by e-mail on your computer, laptop, tablet or smartphone, and you don't receive it, here are some steps to insure you get our next e-mail in a timely manner:

1. Be sure your e-mail address is correct on the Membership Form;
2. Add these 2 new separate contacts to your E-mail address/contacts in your e-mail settings:

Senior.Center@PahrumpSeniorCenter.org
AND Office@PahrumpSeniorCenter.org

By doing this, our e-mails to you should show up in your **IN BOX** rather than your JUNK or SPAM e-mail folder.

3. If you are not receiving our newsletter, please let the person manning our front desk know and they will take down your information and our communications person will contact you by phone or email.

RECIPE FOR SUPER BOWL GAME! **CARAMEL CORN**

FIRST, TURN OVEN ON TO 'BAKE' AND SET TEMPERATURE AT 350°

INGREDIENTS

- ½ cup Butter ½ cup Brown Sugar 1 teaspoon baking soda
2 Quartz Popped White or Yellow Pop Corn 1 teaspoon vanilla
(We like Orville Redenbacher's White Pop Corn the best for this recipe)

INSTRUCTIONS

1. Pop the Corn and pour into large mixing bowl. Set aside.
2. Melt the butter and brown sugar in sauce pan, stirring occasionally so that the mixture does not burn. Remove from heat and add vanilla & baking soda. Stir well. Let butter-brown sugar mixture cool slightly about 3 minutes.
3. Pour mixture over popped corn and gently mix thoroughly.
4. Place coated corn onto parchment paper-lined baking sheet and place in 350° oven for 8 to 12 minutes. Remove from oven and cool on wire rack.

VARIATIONS

You can add nuts and/or coconut or curry powder if desired, when pouring mixture over corn. Also sprinkle sea salt while pouring mixture onto popped corn. ENJOY!



**PAHRUMP
SENIOR CENTER
Incorporated**

BOARD OF TRUSTEES

Jim Gronemann
President

Dolores Rice
Vice President

Shirley Roach
Secretary/Treasurer

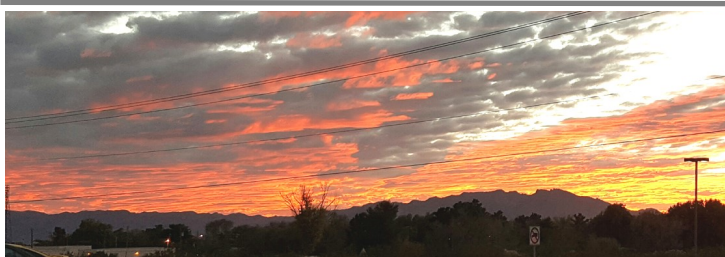
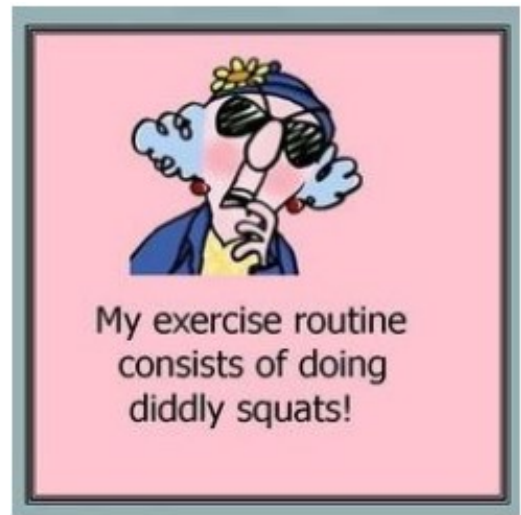
Gerry Rice
Trustee

Nancy Fowler
Trustee

PICTURES OF OUR RECENT SNOW FALL IN PAHRUMP ~ JANUARY 2021



Our Valentines Tree



Another Beautiful Pahrump Evening Sunset to enjoy.

PAHRUMP SENIOR CENTER THE BEST IN THE WEST!

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.



♥ 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.

P3 Health Partners
Nevada

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

MENU ~ FEBRUARY 2021**PAHRUMP SENIOR CENTER TEL: (775) 727-5008 MENU ~ FEBRUARY 2021**

PLEASE NOTE MENU SUBJECT TO CHANGE DUE TO SUPPLIER SHORTAGES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SWEDISH MEATBALLS NOODLES CORN SALAD CAKE	2 CHICKEN PENNE SALAD GARLIC BREAD CITRUS DELIGHT SOUP ADSD #169	3 HAM & SWISS ON HOAGI CHIPS PEA SALAD FRUIT CUP	4 ITALIAN SAUSAGE w/ PEPPERS & ONIONS NOODLES BROCCOLI SALAD BANANA PUDDING SOUP	5 MEAT LOAF MASHED POTATOES SPINACH w/w BREAD FRUIT
8 BEEF STIR FRY RICE BEET SALAD MANADARIN ORANGES ADSD #23	9 CHICKEN CORDON BLEU PARSLEY POTATOES GREEN BEANS CARROT CAKE SOUP	10 TUNA CASSEROLE CORN w/w BREAD COOKIE	11 HAMBURGERS BAKED BEANS TOMATOES/LETTUCE/ONION MIXED VEGGIES PUDDING SOUP ADSD# 14	12 KALUHA PORK CABBAGE RICE PINEAPPLE CAKE
15 CLOSED PRESIDENTS' DAY	16 HOT ROAST BEEF RED POTATOES MIXED VEGGIES SALAD FRUIT COOKI SOUP ADSD #104	17 MALIBU CHICKEN ASPARAGUS RICE PILAF PUDDING	18 TURKEY SALAD SANDWICH CUCUMBER/TOMATO SALAD ORANGES CHICKEN NOODLE SOUP ADSD #15	19 CHILI WITH CORNBREAD SALAD AMBROSIA ADSD #13
22 COUNTRY FRIED STEAK MASHED POTATOES PEAS SALAD YOGURT PIE	23 SHOYA CHICKEN RICE CORN SALAD MUFFIN SOUP	24 STUFFED RIGATONI SPINACH SALAD GARLIC BREAD FRUIT BROWNIE ADSD #46	25 SWISS STEAK BAKED POTATO SOUR CREAM/CHIVES VEGGIE MEDLEY w/w ROLL APPLESAUCE SOUP ADSD #44	26 PORK & PEAS RICE PILAF BROCCOLI SALAD PUDDING

DRIVE UP/PICK-UP MEALS ONLY: SERVED MONDAY - FRIDAY 10:30 A.M. TO 12:30 P.M.

DUE TO COVID-19 CLOSURE 60+YEARS LUNCH \$3.00 DONATION UNDER 60 YEARS \$5.00 FEE

PLEASE WEAR YOUR MASK WHEN PULLING UP TO PICK-UP MEALS. THANK YOU!

PAHRUMP SENIOR CENTER INC

775-727-5008

COVID-19 VACCINE AVAILABLE IN NYE COUNTY AT SMITHS AND WALGREENS

The Nevada State Immunization Program and the Nevada State Board of Pharmacy are proud to announce that appointments with local pharmacies will be open for senior COVID-19 vaccination as supply is available starting Wednesday, January 20.

Participating pharmacies around Nevada will first vaccinate those who are 70 and older and we need your help spreading the word to residents in your communities who are eligible to be vaccinated.

As you know, the State of Nevada is receiving limited doses of the COVID-19 vaccine from the federal government each week and now part of the allocation will be provided to pharmacies that have agreed to assist in the vaccine distribution process.

Multiple pharmacies have joined in this effort and will be accepting appointments to their web-based systems. Information on county-by-county pharmacy participation and information on making an appointment will be available on [NVCOVIDFighter.org](https://www.nvcoVIDfighter.org) starting Tuesday, January 19.

We encourage you and your staff to help seniors in your community to make a plan to get vaccinated and encourage others you know to check on their parents, neighbors and senior friends to ensure they are able to navigate the system to make a vaccination appointment.

If additional assistance is needed to make a plan, **please call 855-668-5465**.

Please note: the online pharmacy vaccine appointment system requires the individual or their legal guardian to give medical consent. It is important the individual or their legal guardian click the consent button, others are unable to give consent on behalf of the individual.

More information on the COVID-19 vaccine is available on [NVCOVIDFighter.org](https://www.nvcoVIDfighter.org).

*Remembering our Senior Center friends
who have passed from this life in 2020...*

*We have had to say good-bye to many of our friends in 2020.
Their memories however, will remain a part of us.*



**FEBRUARY HOLIDAYS
AND EVENTS**

2nd Groundhog Day

7th SUPER BOWL LV
Sunday, 4:30 PM (Eastern Time)
Chiefs vs Buccaneers
Tampa, Florida

12th Lincoln's Birthday

14th Valentines Day

15th President's Day

15TH Washington's Birthday



**God bless America!
Pray for our leaders,
military and the
world pandemic.**

Happy Birthday to all our February Birthday Members!

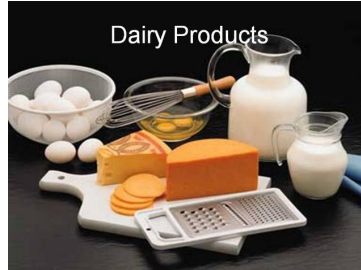


Due to the volume of members, it has become a challenge to list individual birthdays and not miss a few. So rather than skip anyone, on behalf of the Board of Trustees, Staff and Members of the Pahrump Senior Center, we would like to wish all of you having a birthday in February a very **HAPPY BIRTHDAY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



NUTRITION SERVICES SENIORS AGE 60+ Pahrump, Nevada

- ◆ **DRIVE-UP MEALS**—Lunch, Monday—Friday for average of 108 seniors. A \$3 donation per lunch is greatly appreciated!
- ◆ **Meals On Wheels** — delivered to approximately 130 homebound seniors. Seven meals per week per senior;
- ◆ **Albertson’s Fresh Rescue Program**, which gives us ‘almost out of 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.



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.

\$

DONOR'S NAME

DONATION

I have enclosed my donation by CHECK MONEY ORDER

**DO NOT SEND CASH IN THE MAIL!
CHECK BOXES THAT APPLY**

I DO WANT RECOGNITION

I DO NOT WANT RECOGNITION

SEND ME TAX-DEDUCTIBLE RECEIPT

MAIL TO:

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

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.**

CUT ALONG LINE

DID YOU KNOW....

- An Ostrich's eye is bigger than its brain
 - 8% of people have an extra rib
 - 85% of plant life is found in the ocean
 - Rabbits like licorice
 - Reindeer like bananas
 - The most commonly used letter in the alphabet is E
 - The longest street in the world is Yonge Street in Toronto Canada measuring 1,896 km (1,178 miles)
- Hmmm... Image That Willyah!



HAPPY VALENTINES DAY!

I love you today and I'll love you tomorrow, and the next day and even next week. In 4 months, I will love you, just like I loved you yesterday. 40 years from now, I'll run my hands through my grey hair and smile at the thought of how much I love you. I just hope you'll be with me through all that time.

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 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 when you drive-up for your meal. Include 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.



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

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

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

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