

# SHADES OF GRAY

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

## FEBRUARY 2023

VOLUME 6 ISSUE 2



Anne Blankenship-Harris  
Editor & Site Manager

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PAHRUMP SENIOR CENTER

## 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 2023 Membership Card when you complete the Membership Form (**included on page 11 of this newsletter**) and pay the \$10 Annual Membership Fee per person at the front desk. Please be careful to write legibly and completely fill it out. **It is also appreciated to check the correct box indicating how you want your monthly newsletter and Special Events .... 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 at the front desk. 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**    **NVSeniorCenter@Gmail.com**

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.

### PAHRUMP SENIOR CENTER

#### BOARD OF TRUSTEES

Jim Gronemann  
President

Dolores Rice  
Vice President

Sharon Dorgan  
Secretary/Treasurer

Gerry Rice  
Trustee

Nancy Fowler  
Trustee

#### NEWSLETTER AND MEMBERSHIP COMPUTER DEPARTMENT

OREN MULLER

NVSeniorCenter@Gmail.com

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

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

### INGREDIENTS

1/2 cup Butter    1/2 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!**

# Our 2022 New Years Eve Dinner Celebration to ring in 2023



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

**PAHRUMP SENIOR CENTER**

TEL: (775) 727-5008 FAX: (775) 751-6831

**MENU – FEBRUARY 2023**

Please Note: Menu subject to changes without notice

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		<b>1</b> COUNTRY FRIED STEAK MASHED POTATOES CNTRY GRAVY GLAZED CARROTS CORN CHOWDER MILK OR JUICE CAKE – DVH BIRTHDAYS	<b>2</b> ADSD #51 SWEET N SOUR PORK BROWN RICE PILAF BROCCOLI COLORFUL SALAD W/W BREAD PEACHES EGG DROP SOUP MILK OR JUICE	<b>3</b> ADSD #1 BBQ CHICKEN SOUR CREAM POTATO SALAD STEAMED SPINACH MELON CARROTS/PEAS BEAN SOUP 7 GRAIN BREAD MILK OR JUICE
<b>6</b> HAM STEAK W/W BREAD AU GRATIN POTATOES W/W BREAD GREEN BEANS FRUIT CHEESY BROCCOLI SOUP	<b>7</b> ADSD #70 SLOPPY JOES PEAS & CARROTS APPLE CRISP BEAN SOUP FRUIT MILK OR JUICE	<b>8</b> ADSD #97 HERB BAKED CHICKEN BROWN RICE SPINACH MIXED FRUIT MILK OR JUICE CREAM OF POTATO SOUP	<b>9</b> MEATLOAF W/W BREAD MASHED POTATOES/GRAVY CORN CAKE VEGGIE SOUP MILK OR JUICE	<b>10</b> ADSD #26 LEMON BAKED FISH BROWN RICE ZUCCHINI MELON GOULASH SOUP MILK OR JUICE
<b>13</b> ADSD #122 PORK CHOW MEIN SPINACH W/W BREAD PINEAPPLE MILK/JUICE WON TON SOUP	<b>14</b> CHICKEN CORDON BLEU ROASTED POTATOES BROCCOLI FRUIT CHEESY CAULIFLOWER SOUP MILK OR JUICE	<b>15</b> HAMBURGER MAC CAULIFLOWER MILK OR JUICE YOGURT/W/ FRUIT CHICKEN NOODLE SOUP	<b>16</b> ADSD #126 CHICKEN PARMESAN VEGGIE BLEND MILK OR JUICE ORANGE/SPINACH SALAD BREAD STICK FRUIT COCKTAIL ITALIAN WEDDING SOUP	<b>17</b> BATTERED COD TATOR TOTS COLESLAW PUDDING MINNESTRONE MILK OR JUICE
<b>20</b> <b>CLOSED</b> <b>PRESIDENTS</b> <b>DAY</b>	<b>21</b> PORK ROAST CORN MASHED POTATOES PUDDING MILK OR JUICE VEGGIE BEAN SOUP	<b>22</b> ADSD #166 CHICKEN NUGGETS GREEN BEANS W/MUSHROOMS MASHED SWEET POTATOES TOSSED SALAD MIXED BERRY CUP FF CREAMY ITALIAN DRESSING LASAGNE SOUP MILK OR JUICE	<b>23P</b> ADSD #39 SPAGHETTI W/MEAT SAUCE ZUCCHINI COLORFUL SALAD FF CREAMY ITALIAN DRESSING 7 GRAIN BREAD MILK OR JUICE MANDARIN ORANGES CREAM OF ASPARAGUS SOUP	<b>24</b> LOADED POTATOES W/ SOUR CREAM/CHIVES/BACON BROCCOLI FRUIT BEAN SOUP MILK OR JUICE
<b>27</b> CHICKEN ALFREDO ASPARAGUS CAKE BEEF & RICE SOUP MILK OR JUICE	<b>28</b> PORK VERDE RICE SPINACH CHICK PEA SOUP MILK OR JUICE			

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M.

SALAD BAR AVAILABLE \$3.00 FEE

60+YEARS LUNCH \$4.00 DONATION APPRECIATED

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

**MENU ~ FEBRUARY 2023**

# PAHRUMP SENIOR CENTER ACTIVITIES ~ FEBRUARY 2023

TEL: (775) 727-5008 FAX: (775) 751-6831 OPEN MON-FRI 9:00 AM - 3:00 PM EXCEPT HOLIDAYS

ALL ACTIVITIES ARE SUBJECT TO CHANGE

## ACTIVITIES CALENDAR ~ FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> HAIRCUTS 1:00 PM – 3:00 PM	<b>2</b> RIPPITS (KNITTING CLUB) 10:30 AM HAIRCUTS 1-3	<b>3</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 1:00 – 3:00 PM
<b>6</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>7</b> BINGOSIZE 12:30 PM	<b>8</b> BLIND SUPPORT-PAHRUMP CHAPTER 1:00 PM	<b>9</b> RIPPITS (KNITTING CLUB) 10:30 PM HAIRCUTS 1:00 – 3:00 PM BINGOSIZE 12:30 PM	<b>10</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 1:00 – 3:00 PM
<b>13</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>14</b> <u>VALENTINE'S DAY</u> BINGOSIZE 12:30 PM	<b>15</b> CODY – ALZHEIMERS SEMINAR 10:00 AM HAIRCUTS 1:00 – 3:00 PM	<b>16</b> RIPPITS (KNITTING CLUB) 10:30 AM HAIRCUTS 1:00 – 3:00 PM BINGOSIZE 12:30 PM	<b>17</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 1:00 – 3:00 PM
<b>20</b> <b>CLOSED</b> <b>PRESIDENT'S DAY</b>	<b>21</b> BINGOSIZE 12:30 PM	<b>22</b> BLIND SUPPORT 12:30 PM CHAD /KRISTEN MEDICARE INFO 10:00 AM	<b>23</b> RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	<b>24</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 1:00 – 3:00 PM
<b>27</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>28</b> BINGOSIZE 12:30 PM BUNCO 1:00 PM			

*Remembering our Senior Center friends  
who have passed from this life in 2022....*

*We have had to say good-bye to several of our friends in 2022.  
Their memories however, will remain a part of us.*



Lake Tahoe, A Winter Sunset

Richard Grelle	January	Marilyn Singbeil	July	Bonnie Thomas	November
Andy Alberti	February	Martha Carson	September	Cora Porter	December
Louis Dawson	February	Ken Gilmer	September	Ron Frasier	December
Don Faber	February	Ila Aldridge	September	Arlene Harris	December
Judy Holgrem	March	Jim O'Herron	October	Charlee Cohn	December
Leona Moyes	April	Paula Aguilar	October	(3 Year Old Grand-daughter of Yolanda)	
Elnora White	April	Connie Roth	October	Juanita	December
Vince	May	Cleota Serpa	October	Marion Johnson	December

**PSC Is Looking For A Reliable Experienced Person... Is It YOU?**



Pahrump Senior Center is seeking a reliable experienced person (amateur or professional) who enjoys photography, to take high-resolution pictures of our events throughout the year. If you have a cell phone that has a good quality built-in camera with settings you can select for high-resolution picture taking (most cell phones costing \$150+ have this capability), **WE WANT YOU TO JOIN OUR STAFF!** Or, if you have a camera that takes digital high-resolution pictures, you can take the pictures that way if you'd rather use your camera. This staff position is a voluntary position. PSC will comp you with a no-charge lunch with beverage ticket for each day you take our Event pictures here at Pahrump Senior Center. You would be responsible for e-mailing the pictures to our Newsletter Department by 5:00 PM on the 23<sup>rd</sup> day of every month for publication in the next newsletter. **If you are interested, please e-mail Oren at: NVSeniorCenter@gmail.com** stating your interest in joining our staff as our in-house Photographer!



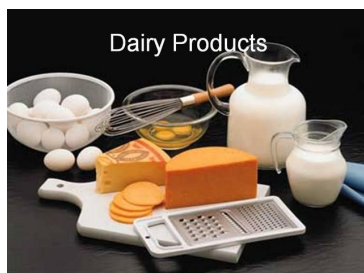
# HAPPY VALENTINES DAY!

Tuesday, February 14 2023

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.

## NUTRITION SERVICES SENIORS AGE 60+ Pahrump, Nevada

- ◆ In-center Lunch, Monday—Friday for average of 110 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 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. We also use some of these items to give away at our congregate lunch in the Senior Center on weekdays.



## Our Senior Center Lunch Menu & Price List

### LUNCH ~ Monday—Friday (Except Holidays)

To view and print our monthly Menu, please see our **DOWNLOADS** page on our website.

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

### LUNCH ~ Served 11:30 AM to 12:30 PM \$4 per person Donation appreciated!

Lunch includes soup and your choice of milk or juice.

### SALAD BAR ~ Salad Bar Fee of \$3.00 per person

Served 11:00 AM to 12:30 PM

SALAD BAR and SOUP with your choice of milk or juice is included when you pay the Salad Bar fee of \$3.00 per person. 1 trip to the salad bar.

### SOUP ONLY ~ \$1.00 FEE Served 10:00 AM to 12:30 PM

SOUP ONLY (with crackers) IS A FEE OF \$1.00 per person

Included with SOUP ONLY is your choice of milk or juice when you pay the \$1.00 FEE for SOUP ONLY.

### BEVERAGES ~ \$1.00 FEE Available 9:00 AM to 2:00 PM

COFFEE HOT TEA ICED TEA

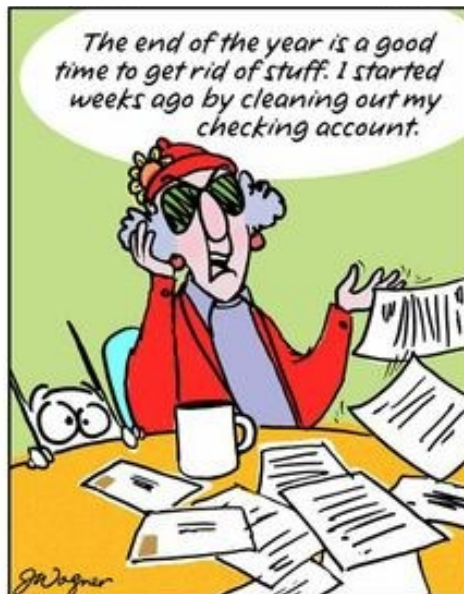
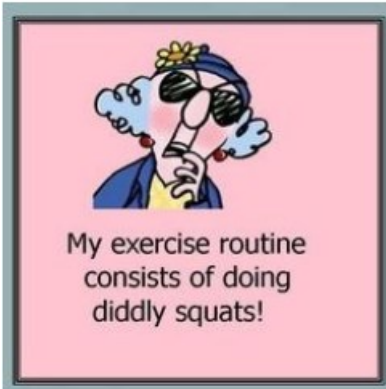
# Happy Birthday to all our February Birthday Members!



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 PROSPEROUS YEAR FILLED WITH JOY, LAUGHTER AND GREAT FRIENDS!**



## It's all about the funny bone!

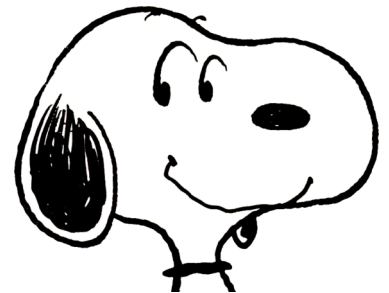


### HOLIDAYS & EVENTS IN FEBRUARY

- 2<sup>nd</sup> Groundhog Day
- 12<sup>th</sup> SUPER BOWL Sunday
- 12<sup>th</sup> Lincoln's Birthday
- 14<sup>th</sup> Valentines Day
- 20<sup>th</sup> President's Day
- 20<sup>th</sup> Washington's Birthday



**SMILE, YOU'RE RETIRED!**



### 2023 MEMBERSHIP

**THANK YOU FOR RENEWING YOUR ANNUAL \$10 MEMBERSHIP FEE.**

Your paid membership helps keep our senior center open and operating for you our seniors of Pahrump and the Pahrump Valley area.

# Women's Exercise Classes

## Use "it" or Lose "it"

Based on stretching & strengthening using American fusion belly dance techniques.

### **INSTRUCTOR: SANDY**

Sandy is new to Pahrump. Sandy has 40 years experience in folk and ballroom dancing plus 45 years in belly dancing. She has performed and taught both nationally and internationally. Sandy is a personal example of how fusion dancing can really help one overcome adverse health issues.



### **WHAT ARE THE BENEFITS?**

1. Increase flexibility & balance
2. Tighten upper arms
3. Greater core strength
4. Build bone density
5. Reduce your waist size



**QUESTIONS: Call Sandy at (360) 457-7035 after 10:00 AM**

**CLASSES ARE:** Every Friday, 1:00 PM to 3:00 PM  
Drop-Ins Are Welcome! On-going Classes

**WHERE:** Pahrump Senior Center  
1370 W Basin Avenue, Pahrump, NV 89060





# Recipes For Our Seniors

## SLOPPY JOES

Serves 6 to 8 people



**TIP:** You can use ground turkey or chicken instead of ground beef or top with macaroni and cheese and place into the oven for a skillet dinner.

### INGREDIENTS

2 tsp. olive oil	1 tsp. onion powder
2 lbs. ground beef	1 tsp. garlic powder
1 small onion, minced	1 tbsp. apple cider
1 green bell pepper, diced small	1 cup ketchup
2 tbsp. Worcestershire sauce	2 tbsp. yellow mustard
2 tbsp. Brown sugar	$\frac{3}{4}$ cup water
1 tbsp. chili powder	
<hr/>	
6–8 hamburger rolls	

### DIRECTIONS

1. In a high-sided fry pan, heat the olive oil over high heat on the stove top. When the oil is hot, add the beef and cook for 5 minutes.
2. Add the onion and bell pepper and cook until tender.
3. Add the rest of the ingredients except the rolls and simmer for about 10 minutes.
4. Evenly divide the Sloppy Joes between the hamburger rolls. Enjoy!

## February Is National Black History Month

Black History month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. History, also known as African American History Month. The event grew out of [Negro History Week] the brain child of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. President has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

The story of Black history month begins in 1915, half a century after the 13th Amendment abolished slavery in the United States. That September, the Harvard trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History. (ASNLH, an organization dedicated to researching and promoting achievements by Black Americans and other people of African descent).

The group sponsored a National Negro History Week in 1926 choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglas.

**You can Google “Black History Month in the U.S.” for additional interesting facts!**

# Let's Make Nevada Dementia-Friendly!

You're invited to become a dementia friend!

At this information session, you'll learn six key messages about dementia, what it's like to live with dementia, and how to translate this new understanding into practical actions to help people with living with dementia in our community.



**Pahrump Senior Center**  
1370 W. Basin Ave, Pahrump, NV 89060  
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Wednesday, February 15th 2023  
9:30am - 11:00am

**Join us, and help make our community more respectful, educated, supportive, and inclusive.**

Questions?  
Contact: Cody Yamada | [cyamada@unr.edu](mailto:cyamada@unr.edu)  
775-682-9444

## QUOTABLE QUOTES FOR THIS MONTH

Life is like a camera... focus on what's important; capture the good times, develop from the negatives, and if things don't work out, take another shot.

**"The ear of the leader must ring with the voices of the people."**

*Woodrow Wilson, 28th President of the United States of America*

**"Motivation is the art of getting people to do what you want them to do because they want to do it."**

*Dwight D. Eisenhower, 34th President of the United States of America*

**"Yesterday is not ours to recover, but tomorrow is ours to win or lose."**

*Lynden B. Johnson, 36th President of the United States of America*

**"Ninety-nine percent of failures come from people who make excuses."**

*George Washington, 1st President of the United States of America*

# 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 FAX (775) 751-6831

e-mail: [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)

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

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

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

Membership Issues e-mail: [NVSeniorCenter@gmail.com](mailto:NVSeniorCenter@gmail.com)

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

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

**RETURN SERVICE REQUESTED**

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