

FEBRUARY 2024

SHADES OF GRAY

Volume 7, Issue 2

Anne Blankenship-Harris
Site Manager



Editor
Shades of Gray
Monthly Newsletter

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

SMILE, SPARKLE, SHINE!

YOUR 2024 MEMBERSHIP DUES

HEAR YE, HEAR YE! If you did not pay your 2024 Membership Dues last month, please take time to write your \$10 check per person today and turn it in at the front reception desk along with your completed Membership Form on **page 15** of this newsletter. **PLEASE PRINT LEGIBLY.** If you are an existing member, please check the RENEWAL Box and complete the form in full. If you are new to our Senior Center, please become a member today completing the Membership Form along with the \$10 per person check. Your 2024 membership card will be issued to you at that time. Annual Membership Dues are due the first week of every January for the new year. *Thank you for your continued support of your Pahrump Senior Center!*

**PAHRUMP
SENIOR CENTER, Inc.**

BOARD OF TRUSTEES

Jim Gronemann
President

Dolores Rice
Vice President

Sharon Dorgan
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee



Happy Valentines Day

From the Board of Directors,
Staff and Volunteers of your
Pahrump Senior Center.



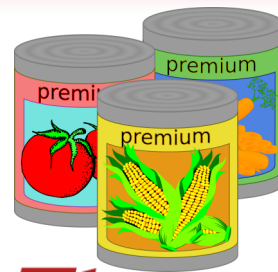
**FEBRUARY 2024 IS
BLACK HISTORY MONTH.
Google "Black History Month" for the details.**



President Barack Obama

NON-PERISHABLE FOOD ASSISTANCE

Please Help Us Feed The Senior Shut-ins And Homebound In Our Area By Bringing A Non-Perishable Food Item EACH TIME you come to your Pahrump Senior Center! This will greatly help provide food for our home-bound seniors in our area. *Thank you and God bless you for being part of the solution!*



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The Joy of Giving

Something BIG and SPECTACULAR is Coming to PSC!

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.

\$

MAIL TO:

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

DONOR'S NAME

DONATION AMOUNT

I have enclosed my donation by ☐ CHECK ☐ MONEY ORDER

CHECK BOXES THAT APPLY

DO NOT SEND CASH IN THE MAIL!

☐ I DO WANT RECOGNITION

☐ I DO NOT WANT RECOGNITION

☐ **SEND ME TAX-DEDUCTIBLE RECEIPT**

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.

Pictures From Our New Years Dinner....



The New Years Dinner was delicious and no one went home hungry!

Thanks to all our Kitchen Staff and Volunteers who made this event a success at PSCI



FEBRUARY HOLIDAYS & EVENTS

- 2nd GROUND HOGS DAY—FRIDAY
- 2nd NATIONAL WEAR RED DAY—FRIDAY
- 11th SUPER BOWL—SUNDAY
- 13th MARDI GRAS—TUESDAY
- 14th VALENTINE'S DAY – WEDNESDAY
- 14th ASH WEDNESDAY
- 19th PRESIDENTS DAY—MONDAY
George Washington's Birthday

*The Month of February is
Black History Month!*

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

OUR NEW YEARS DINNER PICTURES... CONTINUED FROM PAGE 3



IT PAYS TO BE A PAID MEMBER OF YOUR PSC!



This beautiful Christmas Cactus belongs to Lois Muller, one of our out-of-state members. Do you know the proper name of this cactus?

This beautiful cactus is blooming two weeks late. It is typically referred to as a 'Christmas Cactus' (because it normally blooms around Christmas time in December each year).

The first 2 Pahrump Senior Center members who have PAID their 2024 PSC membership dues by the last day of January 2024 AND emails the correct family species of Cacti this Christmas Cactus belongs to will win a \$20 Gift Card to their choice of 1) Costco, 2) Sam's Club, or 3) Kroger Grocery Stores (i.e. Smith's Grocery in Pahrump).

Email your answer to: Oren@OrenMuller.com
MUST BE ON February 2, 2024 by 10:00 AM.

Sponsored by Oren Muller, our PSC Website & Communications guy.
 PSC employees, volunteers and their family members are not eligible to participate.

ABRAHAM LINCOLN DIDN'T QUIT

Abraham Lincoln could have quit many times--but he didn't and because he didn't quit, he became one of the greatest Presidents in the history of our country.

"The sense of obligation to continue is present in all of us. A duty to strive is the duty of us all. I felt a call to that duty."

Probably the greatest example of persistence is Abraham Lincoln. If you want to learn about somebody who didn't quit, look no further.

Born into poverty, Lincoln was faced with defeat throughout his life. He lost eight elections, twice failed in business and suffered a nervous breakdown.

But Lincoln was a champion and he never gave up. Here is a sketch of Lincoln's road to the White House:

- 1831 -- Failed in business.
- 1832 -- Defeated for Legislature.
- 1833 -- Second failure in business.
- 1836 -- Suffered nervous breakdown.
- 1838 -- Defeated for Speaker.
- 1840 -- Defeated for Elector.
- 1843 -- Defeated for Congress.
- 1848 -- Defeated for Congress.
- 1855 -- Defeated for Senate.
- 1856 -- Defeated for Vice President.
- 1858 -- Defeated for Senate.
- 1860 -- ELECTED PRESIDENT

"The path was worn and slippery. My foot slipped from under me, knocking the other out of the way," Lincoln said, after losing a Senate race. "But I recovered and said to myself, 'It's a slip and not a fall.'"



Special Early Voting Day at Pahrump Senior Center THURSDAY, FEBRUARY 1, 2024 10:00 AM - 2:00 PM



HAVE YOU PAID YOUR 2024 PAHRUMP SENIOR CENTER MEMBERSHIP DUES?

YOU MIGHT KICK YOURSELF FOR NOT PAYING YOUR 2024 MEMBERSHIP DUES WHEN YOU HEAR ABOUT EACH BIG SPECTACULAR EVENT YOU MISSED OUT ON THRU-OUT THE 2024 YEAR! ... YES, **SOMETHING BIG & SPECTACTULAR EVENTS** ARE COMING TO OUR PAHRUMP SENIOR CENTER VERY SOON! YOU WON'T WANT TO MISS OUT! BUT FOR RIGHT NOW... WE HAVE TO KEEP IT A SECRET JUST A LITTLE LONGER!

CRITERIA FOR PARTICIPATION IN THE BIG SPECTACULAR EVENTS: You must be 60 years of age or older, be a paid PSC Member in good standing, present your 2024 Membership Card at the reception desk each time you sign-in for your PSC Lunch. It's that simple!

**HELP PAHRUMP SENIOR CENTER KEEP
PRINTING AND MAILING COSTS DOWN.
GET YOUR PSC MONTHLY NEWSLETTER AND
SPECIAL EVENT NOTICES BY E-MAIL. SEE ANN
TO MAKE THE SWITCH FROM HARD COPY BY U.S.
MAIL SERVICE TO E-MAIL! THANK YOU!**

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

FREE INCOME TAX PREPARATION

At Pahrump Vita Site
(Inside the Pahrump Senior Center)
1370 W Basin Avenue, Pahrump, NV 89060

February 2, to April 12, 2024

Every Thursday & Friday

9:00 AM to 2:00 PM

No Reservation Necessary

Richard 702.333.5680 | Angeleto 702.812.1032

What To Bring

- Picture ID for both Taxpayer and Spouse
- Social Security Card or Individual Taxpayer's Identification Number (TIN)
- Income Statements (W2, W2-G, 1099) or Income Transcripts
- Name, SSN/EIN of Day Care Provider and Amount paid
- Account and Routing Numbers of Checking or Savings Accounts
- Health Coverage Information for Each Family Member (1095 A,B,C)
- A copy of Last Year's Federal and State Returns, if Available

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**MORE FUNNY BONE STUFF TO
MAKE YOUR DAY JUST A LITTLE
BRIGHTER.**

Why did the tomato turn red?
Because it saw the salad
dressing!

What did the painter say to
his girlfriend on Valentine's
Day? "I love you with all my
art!"

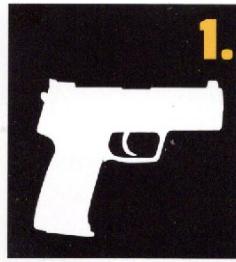
Why did the snowman refuse
to leave his house? He had a
cold.

What do you call a snowman
with a six-pack? An ab-
dominal snowman.

Why did the man run around
his bed on a cold night? Be-
cause he was trying to catch
up on his sleep!



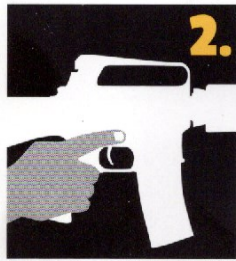
TREAT EVERY GUN AS IF IT WERE LOADED!



1.

ALWAYS

**keep the gun pointed
in a safe direction.**



2.

ALWAYS

**keep your finger off the
trigger until ready to shoot.**



3.

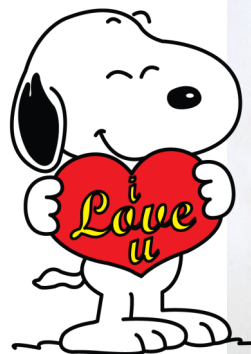
ALWAYS

**keep the gun unloaded
until ready to use.**

When Using or Storing a Gun, Always Follow These NRA Rules:

- Know your target and what is beyond.
- Be sure the gun is safe to operate.
- Wear eye and ear protection as appropriate.
- Store guns so they are not accessible to unauthorized persons.
- Know how to use the gun safely.
- Use only the correct ammunition for your gun.
- Never use alcohol or drugs before or while shooting.
- Be aware that certain types of guns and many shooting activities require additional safety precautions.

**LOVE IS IN THE
AIR! *Tell a friend
how much you
appreciate them.***



RECIPES FOR OUR SENIORS

LEMON CHICKEN PICCATA

This delicious lemon chicken piccata dish is exquisite and easy to prepare. The light and luscious lemon sauce really pops without being too acidic; it is simply divine. Serve it with herb-roasted potatoes or lemon-rice pilaf.

Prep Time: 20 minutes Cook Time: 30 minutes
Total Time: 50 minutes

INGREDIENTS

3 large skinless boneless chicken breast halves—cut into ½-inch medallions
salt and pepper to taste
½ cup all-purpose flour
2 tablespoons vegetable oil, or as needed
1 clove garlic, minced
1 cup low sodium chicken broth
½ lemon, thinly sliced
¼ cup fresh lemon juice
2 tablespoons capers, drained and rinsed
3 tablespoons butter
2 tablespoons minced Italian (flat-leaf) parsley



NUTRITION FACTS

PER SERVING

421 calories
Total fat 21g
Saturated fat 8g
Cholesterol 128mg
Sodium 348mg
Total carbohydrate 16g
Dietary fiber 1g
Total sugars 1g
Protein 41g
Vitamin C 20mg
Calcium 38mg
Iron 2mg
Potassium 388mg

DIRECTIONS

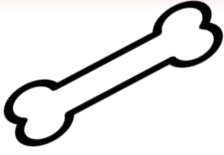
STEP 1 Preheat oven to 200 degrees F (95 degrees C). Place a serving platter into the oven to warm.

STEP 2 Season the chicken breast pieces with salt and pepper and dredge them in flour. Shake off excess flour. Pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed. Place the chicken pieces onto the warmed platter in the oven. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.

STEP 3

Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds. Pour in the chicken broth. Scrape and dissolve any brown bits from the bottom of the skillet. Sit in the lemon slices and bring the mixture to a boil. Let cook, stirring occasionally, until the sauce reduces to about ⅔ cup, 5 to 8 minutes. Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened about 5 minutes more. Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated. Add the parsley; remove from heat and set aside.

STEP 4 Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve. **ENJOY!**



JUST TO TICKLE YOUR FUNNY BONE

WHEN YOU REALLY WANT
TO SLAP SOMEONE



DO IT AND YELL
"MOSQUITO"

SMILE! SPARKLE! SHINE!



1. You're over the hill when your back goes out more than you do.
2. Why should 60+ people use valet parking? The valet won't forget where he parked your car!
3. Be careful what you say to me. My grandma is **crazy** and I'm not afraid!

HAPPY
BIRTHDAY



HAPPY BIRTHDAY TO ALL OUR SENIORS
WHO HAVE BIRTHDAYS IN FEBRUARY!
WE WISH YOU A VERY SAFE, HAPPY,
HEALTHY AND PROSPEROUS BIRTHDAY YEAR.

Pictures From Our Recent SPAGHETTI DINNER Fund Raiser



The event was held at the **Moose Lodge in Pahrump** and the Pahrump Senior Center greatly appreciates our friends of the Moose Lodge!

They do a great event for our fund raiser every time! **Thank You, Thank You!!!**



**SPAGHETTI DINNER FUND RAISER
PICTURES CONTINUED ON PAGE 12....**

SPAGHETTI FUND RAISER PICTURES... CONTINUED FROM PAGE 11.

**The awesome and loved
Ms. Senior Golden Years
entertainers from Pahrump!
Some of us at the Spaghetti
Dinner Fund Raiser had
more FUN FUN FUN than
others did.**




PAHRUMP SENIOR CENTER

TEL: 775.727.5008 FAX: 775.751.6831

MENU ~ FEBRUARY 2024

PLEASE NOTE MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SPAGHETTI W/ MEAT SAUCE GREEN BEANS GARLIC BREAD MIXED FRUIT SPLIT PEA SOUP MILK & JUICE	2 BATTERED COD RICE BROCCOLI JELLO BEEF & RICE SOUP MILK & JUICE
5 CHICKEN TETRAZINI PEAS W/W BREAD YOGURT CREAMY CHICKEN SOUP MILK & JUICE	6 ADSD #122 PORK CHOW MEIN VEGGIE BLEND PEACHES EGG DROP SOUP MILK & JUICE	7 GREEK BASIL CHICKEN RICE CAULIFLOWER FRUIT BEAN SOUP DESERT VIEW BIRTHDAY CAKE DAY MILK & JUICE	8 SMOTHERED BEEF BURRITO REFRIED BEANS PEARS ALBONDIGAS SOUP MILK & JUICE	9 ADSD #161 BAKED FISH BROWN RICE CORN FRUIT CHICKEN & RICE SOUP MILK & JUICE
12 ADSD #3 MEATLOAF MASHED POTATOES SPINACH FRUIT CRACKED CHICKEN NOODLE SOUP MILK & JUICE	13 APPLE ROASTED PORK RICE VEGGIE BLEND JELLO BEAN SOUP MILK & JUICE	14 STEAK ROASTED POTATOES GREEN BEANS W/W ROLL CUPCAKES CREAMY POTATO SOUP MILK & JUICE	15 CHEESY CHICKEN PASTA CARROTS PEACHES ENCHILADA SOUP MILK & JUICE	16 ADSD #56 TUNA CASSEROLE VEGGIE MEDLEY CAKE W/W BREAD LENTIL SOUP MILK & JUICE
19 CLOSED PRESIDENTS DAY	20 ADSD #33 MEXICAN MEATBALLS SPANISH RICE CORN YOGURT VEGGIE SOUP MILK & JUICE	21 PULLED PORK MAC GLAZED CARROTS JELLO W/W ROLL MILK & JUICE BEEFY BEAN SOUP	22 SHEPARD'S PIE GREEN BEANS PEACHES W/W ROLL TOMATO BASIL SOUP MILK & JUICE	23 ADSD #8 CRAB PASTA BAKE CORN PUDDING MINNESTRONE SOUP MILK & JUICE
26 COUNTRY FRIED CHICKEN W/COUNTRY GRAVY MASHED POTATOES PEAS/CARROTS MILK & JUICE FRENCH ONION SOUP	27 ADSD #51 SWEET & SOUR PORK PASTA VEGGIE BLEND PEACHES MILK & JUICE GINGER CARROT SOUP MILK & JUICE	28 ADSD #54 BRAERBRATEN BEETS GERMAN POTATO SALAD BERRIES W/W ROLL CHEESY BROCCOLI SOUP MILK & JUICE	29 CHICKEN CORDON BLEU MASHED POTATO W/W BREAD VEGGIE BLEND FRUIT CORN CHOWDER SOUP MILK & JUICE	

PAHRUMP SENIOR CENTER ACTIVITIES ~ FEBRUARY 2024

TEL: 775.727.5008 FAX: 775.751.6831 MONDAY – FRIDAY 9:00 AM TO 3:00 PM (Except Holidays)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 EARLY VOTING AT THE CENTER RIPPLES KNITTING GROUP 10:30 BINGOSIZE 12:30 PM	2 TOPS MEETING 8:00 AM FREE TAX PREPARATION 9:00 AM – 2:00 PM
5 BEADING HEARTS 12:30 PM POKER 12:30 PM	6 BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM	7 RSVP "JAVA MUSIC" 10:30 AM - 11:30 AM	8 RIPPLES KNITTING GROUP 10:30 AM BINGOSIZE 12:30 PM FREE TAX PREPARATION 9:00 AM – 2:00 PM	9 TOPS MEETING 8:00 AM FREE TAX PREPARATION 9:00 AM – 2:00 PM
12 BEADING HEARTS 12:30 PM POKER 12:30 PM	13 BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM	14 RSVP "JAVA MUSIC" 10:30 - 11:30 AM BELLY DANCERS PERFORM 11:00 AM	15 RIPPLES KNITTING GROUP 10:30 AM BINGOSIZE 12:30 PM FREE TAX PREPARATION 9:00 AM – 2:00 PM	16 TOPS MEETING 8:00 AM FREE TAX PREPARATION 9:00 AM – 2:00 PM FUSION BELLY DANCE CLASS 12:30 PM - 2:30 PM
19 CLOSED PRESIDENTS DAY	20 BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM	21 RSVP "JAVA MUSIC" 10:30 - 11:30 AM	22 RIPPLES KNITTING GROUP 10:30 AM BINGOSIZE 12:30 PM FREE TAX PREPARATION 9:00 AM – 2:00 PM	23 TOPS MEETING 8:00 AM FREE TAX PREPARATION 9:00 AM – 2:00 PM FUSION BELLY DANCE CLASS 12:30 PM - 2:30 PM
26 BEADING HEARTS 12:30 PM POKER 12:30 PM	27 BUNCO 12:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM	28 RSVP "JAVA MUSIC" 10:30 - 11:30 AM BLIND SUPPORT LV CHAPTER 12:30 PM	29 LEAP YEAR DAY RIPPLES KNITTING GROUP 10:30 AM BINGOSIZE 12:30 PM FREE TAX PREPARATION 9:00 AM – 2:00 PM	MARCH 1, 2024

2024 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

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

E-mail _____

Birth Date ____/____/____
MM DD YYYY

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Pahump Senior Center

1370 W Basin Ave
Pahump NV 89060-4501

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

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

Newsletter e-mail: Senior.Center@PahumpSeniorCenter.org



Wednesday, February 14, 2024

We are on the web at:
PahumpSeniorCenter.org

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

RETURN SERVICE REQUESTED

Non-Profit Org. U.S.A.
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Pahump, NV 89060
Permit #60

ADDRESS CORRECTION REQUESTED

MAILING LABEL
PLEASE APPLY STRAIGHT