

JANUARY 2020

SHADES OF GRAY

Volume 3, Issue 1

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.



HAPPY NEW YEAR ~ 2020

SMILE, SPARKLE, SHINE!

PAHRUMP SENIOR CENTER, Inc.

BOARD OF TRUSTEES

Jim Gronemann
President

Dolores Rice
Vice President

Shirley Roach
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee



Our Christmas Dinner Festivities Included

★ ★ *Music by Raphael & Vonnie* ★ ★

← The Christmas music presented by Raphael and his wife Vonnie was uplifting and joyful, they had the whole house singing with them and we had so much enjoyment!

We welcome Raphael and Vonnie back any time.



We wish you a Happy New Year!



YOUR MEMBERSHIP DUES FOR 2020 ARE DUE NOW FOR THE NEW YEAR

Please use the 2020 Membership Form in this Newsletter to update your info and pay the \$10 per person annual membership dues. Please pay by check or money order.

You will receive your 2020 Membership Card right when you hand your completed form to the front desk receptionist with your \$10 per person member dues.

THANK YOU for your continued support of your Senior Center!

JANUARY HOLIDAYS & EVENTS

1st NEW YEARS DAY
Senior Center Will Be Closed

20th CIVIL RIGHTS DAY

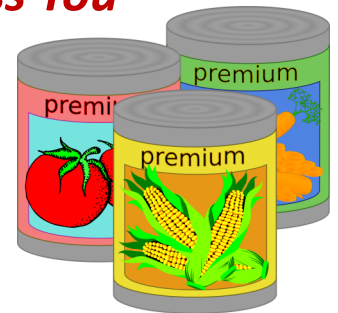
20th MARTIN LUTHER KING, Jr. DAY

Happy New Year Everyone!

Please Help Us Feed
The Senior Shut-ins By Bringing
A Non-perishable Food Item Each Time YOU Come To The Senior
Center! This Will Greatly Help Provide Food For Our Home-
bound Seniors in Pahrump! **Thank You & God Bless You**

For Being A Part Of The Solution!

The Staff, Board of Trustees and Volunteers of Pahrump Senior Center
Wish You and Your Family a **Happy New Year!**



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

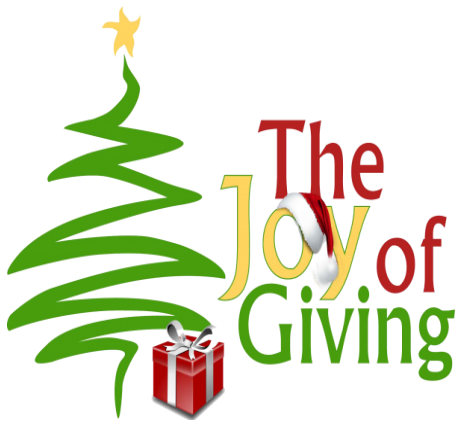
Pahrump Senior Center, Inc. is a 501(c)(3) non-profit corporation and ALL DONATIONS ARE TAX DEDUCTIBLE. Your Donations throughout the year are never too small to make a difference! THANK YOU for your donations.

PAHRUMP FIRE & RESCUE

Pahrump Fire & Rescue once again were loading up the Christmas meals for the Home-bound.

Thank you so much for doing this every year!

The home-bound folks are very appreciative of this generosity, and we enjoy sharing these Christmas meals for them.



CHRISTMAS TIME AT OUR SENIOR CENTER ~ 2019



DECORATING FOR CHRISTMAS AT OUR SENIOR CENTER

Thank you to our great staff for making our senior center so bright and cheery for the holidays!



DURING THE MONTH OF DECEMBER..... **Debbie Chiodo, Community Liaison of Nevada Hospice Care** visited the Pahrump Senior Center and sponsored lunch for us all.

Along with Debbie, she introduced **Titia Clouse LPN** and **Deann Hoser** from Las Vegas. They talked to the group and introduced NV Hospice to the valley and talked about Hospice possible needs, not at this time, but when needed.

Also they talked about recruitment and volunteers.

Thank You Nevada Hospice Care for sponsoring the lunch and giving us info.

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

PAHRUMP SENIOR CENTER ACTIVITIES ~ JANUARY 2020**Tel: (775) 727-5008**

MON-FRI 9:00 AM - 3:30 PM

ALL ACTIVITIES ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED HAPPY NEW YEAR	2 EXERCISE CLASS 9:30 AM MENS CLUB MTG 7:30 AM WOMEN ARE WELCOME YARN LADIES 11:00 AM!	3 EXERCISE CLASS 9:30 AM T.O.P.S. MEETING 8:00 AM
6 EXERCISE CLASS 9:30 AM POKER 12:30 PM	7 NEVADA SENIOR SERVICES 11:00 AM - 12:30 PM NVE COALITION BINGO 1:00 PM EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM	8	9 EXERCISE CLASS 9:30 AM MENS CLUB MTG 7:30 AM WOMEN ARE WELCOME YARN LADIES 11:00 AM!	10 EXERCISE CLASS 9:30 AM T.O.P.S. MTG 8:00 AM
13 EXERCISE CLASS 9:30 AM POKER 12:30 PM LIONS CLUB STUDENT SPEAKERS 7:00 PM	14 EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM	15 HEMP SEMINAR 9:30 AM	16 EXERCISE CLASS 9:30 AM MENS CLUB MTG 7:30 AM WOMEN ARE WELCOME YARN LADIES 11:00 AM!	17 EXERCISE CLASS 9:30 AM T.O.P.S. MTG 8:00 AM
20 EXERCISE CLASS 9:30 AM POKER 12:30 PM	21 HCP DOC TALK (NEW YEAR RESOLUTIONS) 10:00 AM BINGO 1:00 PM EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM COIN CLUB 1:00 PM	22	23 EXERCISE CLASS 9:30 AM MENS CLUB MTG 7:30 AM WOMEN ARE WELCOME YARN LADIES 11:00 AM!	24 EXERCISE CLASS 9:30 AM T.O.P.S. MTG 8:00 AM
27 EXERCISE CLASS 9:30 AM POKER 12:30 PM	28 EXERCISE CLASS 9:30 PM BUNCO 1:00 PM HAIRCUTS 1:00 PM	29 BLIND SUPPORT 1:00 PM	30 EXERCISE CLASS 9:30 AM MENS CLUB MTG 7:30 AM WOMEN WELCOME YARN LADIES 11:00 AM!	31 EXERCISE CLASS 9:30 AM T.O.P.S. MTG 8:00 AM HEARING CENTER OF NEVADA 10:00 AM -11:00 AM

PAHRUMP SENIOR CENTER MENU ~ JANUARY 2020

Tel: (775) 727-5008

PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY
	1 CLOSED HAPPY NEW YEAR 2020	2 SHOYU CHICKEN CORN BROWN RICE PINEAPPLE CAKE VEGGIE SOUP MILK OR JUICE	3 ADSD # 177 TUNA CASSEROLE COLORFUL SALAD W/W BREAD FRUIT SOUP MILK OR JUICE	
6 BEEF STROGANOFF CAULIFLOWER FRUIT W/W ROLL BEAN SOUP MILK OR JUICE	7 ADSD #73 HERB BAKED CHICKEN SWEET POTATOES VEGGIE MEDLEY APPLESAUCE W/W BREAD MILK OR JUICE CREAM OF TOMATO SOUP	8 PORK ROAST STUFFING W/W BREAD PEAS & CARROTS SALAD FRUIT SALAD SOUP MILK OR JUICE	9 ADSD #6 BAKED FISH COLESLAW FRENCH BAKED POTATOES GARDEN SALAD FRUIT SOUP MILK OR JUICE	10 SWEDISH MEATBALLS W/W NOODLES GREEN BEANS YOGURT W/ FRUIT VEGGIE SOUP MILK OR JUICE
13 ROAST BEEF SUB MAC SALAD LETTUCE, TOMATOES ONIONS BROCOLI SALAD SHERBERT BEAN SOUP MILK OR JUICE	14 ADSD #89 BAKED PORK CHOP BRAISED CABBAGE SOUR CREAM POTATO SALAD 7 GRAIN BREAD CANTALOUPE PEA SOUP MILK OR JUICE	15 LASAGNA GREEN BEANS SALAD W/W GARLIC BREAD APPLE CRISP	16 CHICKEN TACOS SPANISH RICE MEXICAN CORN SALSA SPICE CAKE BEAN SOUP MILK OR JUICE	17 ADSD #3 MEATLOAF MASHED POTATOES SPINACH W/W BREAD FRUIT SOUP MILK OR JUICE
20 ADSD #16 BEEF STEW W/W NOODLES SALAD FRESH FRUIT PUDDING SOUP MILK OR JUICE	21 CHICKEN CORDON BLEU PARSLEY POTATOES BABY CARROTS SPINACH SALAD YOGURT PIE VEGGIE SOUP MILK OR JUICE	22 PORK W/GREEN BEANS AND TOMATOES CORN RICE SALAD CARROT CAKE BEAN SOUP MILK OR JUICE	23 PHILLY CHEESESTEAK POTATO SALAD COLESLAW FRUIT SOUP MILK OR JUICE	24 ADSD #123 CHICKEN TENDERS BAKED FRENCH POTATOES MIXED GREEN SALAD CARROT & RAISIN SALAD WHEAT BREAD BANANA SOUP MILK OR JUICE
27 HAM STEAK SCALLOPED POTATOES ASPARAGUS SALAD CITRUS SURPRISE SOUP MILK OR JUICE	28 ADSD #118 CARIBBEAN CHICKEN RICE PILAF ORANGE/SPINACH SALAD BAKED APPLE W/ RAISINS BEAN SOUP MILK OR JUICE	29 COUNTRY FRIED STEAK MASHED POTATOES CORN FRUIT SALAD SOUP MILK OR JUICE	30 L/S CHILI DOGS L/S CHIPS CARROT SALAD STRAWBERRY DESSERT VEGGIE SOUP MILK OR JUICE	31 ADSD #161 LEMON BAKED FISH W/W BREAD BROWN RICE PEAS SALAD GRAPES LENTIL 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

How to Set Realistic New Year's Goals

Have you wanted to lose weight or quit smoking? The new year is a time when many people consider setting goals to help them lead a healthier life. According to a study published by the Journal of Clinical Psychology, those who set New Year's resolutions are ten times more likely to change their behavior than people who don't make yearly goals. Join Dr. Thomas Wiggins from HealthCare Partners Nevada on Tuesday, January 21 at 10am to learn about setting realistic New Year's goals and tips on how to achieve them. **RSVP at hcpnv.com/events to save your seat!**



Introducing Thomas Wiggins, MD

Dr. Wiggins is accepting new patients at our **Pahrump myGeneration Senior Clinic:**
1397 South Loop Road, Pahrump, NV 89048.

Call 775.277.2843 to schedule your new patient appointment today.

Innovative, Senior-Focused Primary Care



myGeneration Senior Clinics provide specialized primary care for individuals who participate in a Medicare Advantage plan. Staffed by physicians and care teams who specialize in every aspect of senior healthcare, myGeneration Senior Clinic providers and staff understand as we age, our healthcare needs evolve. The clinics offer a variety of services including annual wellness checks, identification and treatment of chronic conditions, diagnostic testing, laboratory services, and immunizations — all conveniently provided in one location.



To learn more about our myGeneration Senior Clinics, visit PahrumpMedicalClinic.com.

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IN MEMORY OF THOSE WE'VE LOST IN 2019

*We had 21 loved ones pass this year.
 Family and friends who were so dear.
 Up to the heavens, they went away.
 Looking down upon us, on earth as we stay,
 So let us take a moment, to say goodbye to our friends,
 Until the day comes that we meet again.*

Yolanda Briehof

John Barrett	January	Loretta Roff	June
Dave Costello	January	Walter Noell	July
Connie Harrison	January	Bob Garrett	July
Jonnie Chapman	January	Don Masters	August
Remo Remzullo	February	Tony DeMeo	August
Jan Duarte	February	Shirley Masters	September
John Wilke	February	Margaret Webb	September
Luana Norman	March	Ken VanHeule	November
Don Rust	March	Neola Cross	November
Merle Winterhalter	April	Glenda Rameau	November
Clyde Dykes	May		

2020 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 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

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Pahrump Senior Center

1370 W Basin Ave
Pahrump NV 89060-4501

Tel: (775) 727-5008

e-mail: Office@PahrumpSeniorCenter.org

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

Website: PahrumpSeniorCenter.org

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

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

**We are on the web at:
PahrumpSeniorCenter.org**

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

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