

SHADES OF GRAY NEWSLETTER

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

PAHRUMP SENIOR CENTER, PAHRUMP, NV



JANUARY 2023
Volume 6, Issue 1



Anne Blankenship-Harris
Editor & Site Manager

Happy New Year!

NEVADA SILVER TAPPERS RAISE MONEY FOR PAHRUMP MEALS ON WHEELS.

\$5,300.00

HOLIDAYS IN JANUARY

- 1st NEW YEARS DAY
- 16th MARTIN LUTHER KING Jr's
BIRTHDAY—Celebrated

PAHRUMP SENIOR CENTER, Inc.

BOARD OF TRUSTEES

Jim Gronemann
President

Dolores Rice
Vice President

Sharon Dorgan
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee



BJ Hetrick Irwin with her **Nevada Silver Tappers** raised money at their annual Christmas Show and donated \$5,300.00 to the **Pahrump Meals On Wheels** program that will help Pahrump homebound seniors get the nutrition they need.

THANK YOU NEVADA SILVER TAPPERS!

Newsletter & Membership
Computer Data Department

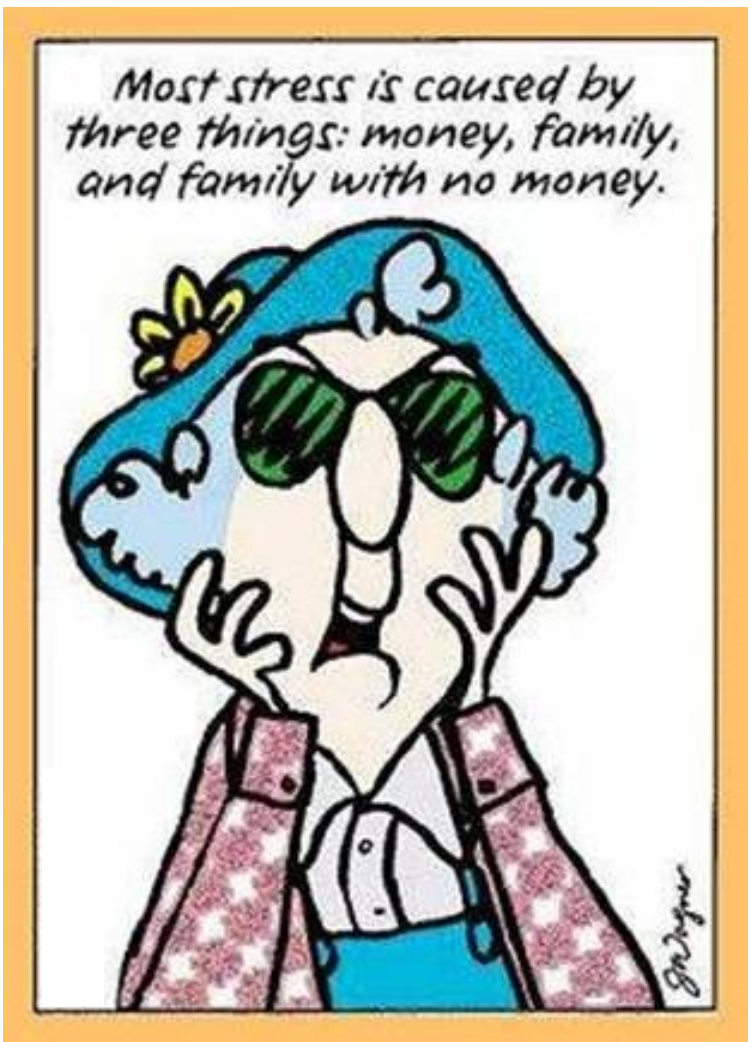
OREN MULLER
NVSeniorCenter@Gmail.com

The Pahrump Senior Center Staff, Volunteers and Board of Directors wish everyone a Happy Healthy Prosperous New Year in 2023!

HAPPY NEW YEAR!

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 January a very HAPPY BIRTHDAY AND A HEALTHY YEAR!



Pahrump Valley Fire & Rescue and EMT teams preparing to deliver Christmas meals to local home-bound residents as they do each year at Christmas time! **A BIG THANK YOU TO OUR VOLUNTEERS!**



The pictures on this page are from last year. We are looking for a good photographer to take pictures on their cell phone of our EVENTS here at Pahrump Senior Center. Then email them to our Computer Department. Talk to Anne or Oren for more Info! THANKS!

***** NEW TO PAHRUMP SENIOR CENTER! *******Mid-January: Women's Exercise Classes****Use "It" or Lose "It"**

Based on stretching & strengthening using
American Fusion Belly Dance Techniques

WHEN: Class Every Friday 1:00 to 3:00 PM

CLASSES BEGIN: January 20th & 27th 2023

**DROP-INS WELCOME!
ON-GOING CLASSES.**

MEET SANDY: JANUARY 6th & 13th 2023

WHO IS SANDY?

New to Pahrump, Sandy has 40 years experience in folk and ballroom dancing plus 34 years in belly dancing.

Sandy has performed and taught both nationally and internationally. Sandy is a personal example of how Fusion Dancing can 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 waist

Continued on page 5

**QUESTIONS? CALL SANDY AT
(360) 457-7035 AFTER 10:00 AM**

WHO IS SANDY? Continued from page 4



Our Lunch Menu & Price List, 2023

LUNCH ~ Monday—Friday (Except Holidays)

To view and print our monthly MENU, please see our DOWNLOADS page on our website: WWW.PAHRUMPSSENIORCENTER.ORG

LUNCH ~ Served 11:30 A.M. to 12:30 P.M. \$4 Donation Appreciated

Lunch includes soup, crackers, and your choice of milk or juice

SALAD BAR ~ SALAD BAR FEE \$3.00.

Salad Bar served 11:00 A.M. to 12:30 P.M.

SALAD BAR and SOUP with your choice of milk or juice is included when you pay the **Salad Bar Fee of \$3.00.**

SOUP ONLY ~ \$1.00 FEE Soup is Served 10:00 A.M. to 12:30 P.M.

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 A.M. to 2:00 P.M.

COFFEE HOT TEA ICED TEA



HOME-GOINGS

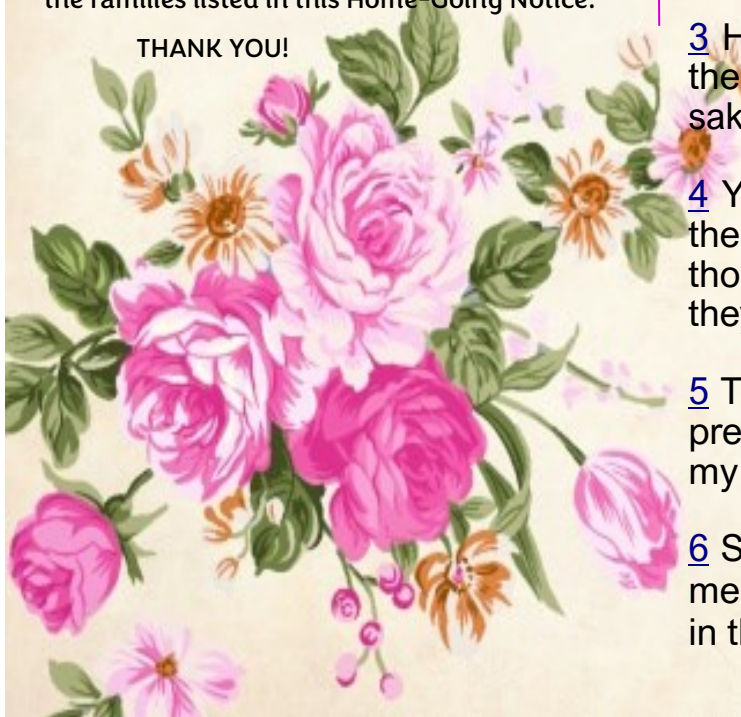
~ December 2022 ~

Our Friends Who Have Recently Passed On Before Us

Cora Porter **Ron Frasier**
Arlene Harris **Charlee Cohn**

Charlee Cohn is the 3 year old grand-daughter of our Kitchen Manager, Yolanda. Please pray for all the families listed in this Home-Going Notice.

THANK YOU!



The 23rd Psalm

A Psalm About Life

1 The LORD is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparast a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever. Amen.

PAHRUMP SENIOR CENTER

TEL: (775) 727-5008 FAX (480) 751-6831

MENU ~ JANUARY 2023

PLEASE NOTE MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEARS DAY OBSERVED	3 COUNTRY FRIED STEAK MASHED POTATOES GREEN BEAN PUDDING CREAM OF MUSHROOM SOUP MILK OR JUICE	4 ADSD #72 BBQ CHICKEN SWEET POTATOES GLAZED CARROTS W/W BREAD FRUIT CUP BEAN SOUP MILK OR JUICE	5 TURKEY WRAPS CORN YOGURT MILK OR JUICE CHICKEN NOODLE SOUP	6 ADSD #26 LEMON BAKED FISH BROWN RICE ZUCCHINI MELON LENTIL SOUP MILK OR JUICE
9 HAM STEAK AU GRATIN POTATOES CARROTS PUDDING BEAN SOUP MILK OR JUICE	10 SWEDISH MEATBALL W/W NOODLES S PEAS PEACHES VEGGIE SOUP MILK OR JUICE	11 ADSD #147 SANTA FE CHICKEN MIXED VEGGIES TOSSED SALAD MANDARIN ORANGES ALBONDIGAS SOUP MILK OR JUICE	12 ADSD #39 SPAGHETTI W/ MEATSAUCE BROCCOLI W/BACON GARLIC BREAD FRUIT CUP CHICKEN SOUP MILK OR JUICE	13 OPEN FACE ROAST BEEF W/W BREAD MASHED POTATOES GREEN BEANS FRUIT BEAN SOUP MILK OR JUICE
16 CHICKEN ALFREDO ASPARAGUS VEGGIE SOUP MANDARIN ORANGES MILK OR JUICE	17 PORK VERDE RICE PEAS MIXED FRUIT BLACK BEAN SOUP MILK OR JUICE	18 ADSD #3 MEATLOAF MASHED POTATOES GRAVY W/W BREAD GREEN BEAN & BACON CAKE BEEF BARLEY SOUP MILK OR JUICE	19 HAM CASSEROLE CORN PUDDING BROCCOLI CHEESE SOUP MILK OR JUICE	20 ADSD #97 CHICKEN CACCIATORE PEAS / CARROTS W/W BREAD DICED PEARS BEAN SOUP MILK OR JUICE
23 ADSD #27 BEEF TERIYAKI JASMINE RICE STEAMED BROCCOLI MANDARIN ORANGES EGG DROP SOUP MILK OR JUICE	24 CHICKEN CORDON BLEU ROASTED POTATOES CAULIFLOWER CAKE CHEESY POTATO SOUP MILK OR JUICE	25 BEEF STROGANOFF W/W NOODLES BAKED ZUCCHINI DICED PEARS FRENCH ONION SOUP MILK OR JUICE	26 ADSD #78 HERB BAKED CHICKEN BROWN RICE SPINACH MIXED FRUIT MILK OR JUICE CREAMY CAULIFLOWER SOUP	27 BATTERED COD TATOR TOTS COLESLAW PUDDING CLAM CHOWDER MILK OR JUICE
30 CHICKEN TENDERS BAKED FRENCH FRIES CANDIED CARROTS PEACHES CHICKEN NOODLE SOUP MILK OR JUICE	31 PULLED PORK BROWN RICE BROWN RICE SPINACH CAKE FRUIT VEGGIE SOUP MILK OR JUICE			

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS LUNCH \$4.00 DONATION APPRECIATED

SALAD BAR \$3.00 FEE COFFEE & ICED TEA \$1.00 FEE

PAHRUMP SENIOR CENTER ACTIVITIES CALENDAR ~ JANUARY 2023

MONDAY – FRIDAY 9:00 AM - 3:00 PM

PAHRUMP SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NEW YEARS DAY HOLIDAY CLOSED NEW YEARS (OBSERVED)	3 BINGOSIZE 12:30 PM	4 HAIRCUTS 1:00 PM TO 3:00 PM	5 RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	6 TOPS MEETING 8:00 AM
9 BEADING CLASS 12:30 PM POKER 12:30 PM	10 BINGOSIZE 12:30 PM	11	12 R IPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	13 TOPS MEETING 8:00 AM
16 MARTIN LUTHER KING JR DAY BEADING CLASS 12:30 PM POKER 12:30 PM	17 BINGOSIZE 12:30 PM	18	19 RIPPITS (KNITTING CLUB) 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 - 3:00 PM	20 TOPS MEETING 8:00 AM
23 BEADING CLASS 12:30 PM POKER 12:30 PM	24 BINGOSIZE 12:30 PM	25 HAIRCUTS 1:00 – 3:00 PM	26 RIPPITS (KNITTING CLUB) 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	27 TOPS MEETING 8:00 AM
30 BEADING CLASS 12:30 PM POKER 12:30 PM	31 BINGOSIZE 12:30 PM BUNCO 12:30 PM			

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!

**START
HERE**

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.



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

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

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.

Recipes For Our Seniors

Chicken Waldorf Salad

Equal.

Makes 4 servings



TIPS

Cubed, lean smoked ham can be substituted for the chicken.

Pineapple chunk can be substituted for the grapes, spoon salad into a hollowed-out pineapple half to serve.

NUTRITIONAL INFORMATION PER SERVING (ABOUT 1 CUP)

251 Calories, 21 g protein, 27 g carbs, 8 g fat, 48 mg cholesterol, 489 mg sodium

FOOD EXCHANGES:

1 fruit, 3 lean meat, 53% caloric reduction from traditional recipe.

INGREDIENTS

- 2 cups cubed or shredded cooked chicken breast
- 2 cups chopped, cored Red Delicious apples
- 1 cup washed & cleaned sliced celery
- $\frac{2}{3}$ cup halved seedless grapes
- $\frac{1}{4}$ cup chopped pecans, toasted
- $\frac{1}{2}$ cup fat-free mayonnaise
- $\frac{1}{2}$ cup fat-free sour cream
- 3 to 4 teaspoons lemon juice
- 2 teaspoons Dijon-style mustard
- 2 $\frac{1}{2}$ teaspoons Equal® for Recipes or 8 packets
Equal® Sweetener or $\frac{1}{3}$ cup Equal® Spoonful™
- Salt and Pepper to your taste
- Red leaf lettuce
- $\frac{1}{4}$ cup chopped pecans (optional)

DIRECTIONS

COMBINE chicken, apples, celery, grapes, and $\frac{1}{4}$ cup pecans in bowl. Blend mayonnaise, sour cream, lemon juice, mustard and Equal®. Stir into chicken mixture. Season to taste with salt and pepper.

SPOON salad onto lettuce-lined plates, sprinkle with $\frac{1}{4}$ cup pecans, if desired.

Recipes this month are
from our friends who make
EQUAL®

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

RECIPES.... Continued from page 10



Quick Refrigerator Sweet Pickles Makes about 5 cups.

NUTRITIONAL INFORMATION PER SERVING
(ABOUT 1/4 CUP)

8 Calories, 0 g protein, 3 g carbs, 0 g fat, 0 mg cholesterol, 3 mg sodium

FOOD EXCHANGES:

Free Food. 87% calori reduction from traditional recipe.

INGREDIENTS

- 5 cups thinly sliced cucumbers
- 2 cloves garlic, halved
- 2 cups water
- 1 teaspoon mustard seed
- 1 teaspoon celery seed
- 1 teaspoon ground turmeric
- 2 cups sliced onions
- 1 cup julienne carrot strips
- 2 cups vinegar
- 3 tablespoons plus 1³/₄ teaspoons Equal[®] for Recipe or 36 packets Equal[®] sweetener or 1¹/₂ cups Equal[®] Spoonful[™]

DIRECTIONS

1. PLACE shred cucumbers and garlic in a glass bowl in a medium saucepan. Combine water, mustard seed, celerky seed and turmeric. Bring to boiling. Add onion and carrots, cook 2 minutes.
2. ADD vinegar, bring to boiling. Remove from heat, sir in Equal Pour over cuccmbers and garlic. Cool.
3. Cover and chill at least 24 hours before serving. Store in refrigerator for up to 2 weeks.

Recipes this month are from our friends who make EQUAL[®].

WINTER HOME HACKS



To absorb moisture in wet boots faster, put rice in a pair of socks, secure with a rubber band and place in boots.



Have a furry family member? Rub petroleum jelly on their paws to keep them from cracking in the cold.



Purchase and install a window kit for added insulation.



Sprinkle leftover coffee grounds on a shoveled area to help melt the ice and add more traction.



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

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

Newsletter e-mail: NVSeniorCenter@gmail.com

Need to update your Pahrump Senior Center Membership? Then

E-mail our computer guy Oren at: NVSeniorCenter@gmail.com

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