



# JULY 2024 SHADES OF GRAY NEWSLETTER



Anne Blankenship-Harris  
Editor & Site Manager

By & For The Seniors of Pahrump Valley, NV  
VOLUME 7, ISSUE 7 JULY 2024

## PAHRUMP SENIOR CENTER

1370 W Basin Avenue, Pahrump, NV 89060-4501  
Telephone (775) 727-5008 FAX (775) 751-6831

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

[Facebook.com/PahrumpSeniorCenterll](https://Facebook.com/PahrumpSeniorCenterll)

### JULY HOLIDAYS & EVENTS

July 2, 1926

U.S. Army Air Corps Established

Thursday, July 4, 2024

**INDEPENDENCE DAY**

July 27, 1953

Korean War Ended

July 28, 1914

World War I Began

### HAVE A SAFE HAPPY 4<sup>TH</sup> OF JULY!

Did you know New York City has the biggest fireworks display in the United States, and that three U.S. Presidents died on July 4<sup>th</sup>? Yes, it is true!

The Fourth of July—also known as Independence Day or July 4<sup>th</sup>—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations go back to the 18th century and the American Revolution.

On July 2<sup>nd</sup> 1776, the Continental Congress voted in favor of independence, and two days later delegates from the thirteen colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4<sup>th</sup> has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbeques.

Please be safe as you celebrate this 4<sup>th</sup> of July. *The Senior Center will be closed July 4<sup>th</sup> and we will celebrate Friday the 5<sup>th</sup> with a BBQ.*



Declaration of Independence

### BOARD OF TRUSTEES

**Jim Gronemann**  
President

**Dolores Rice**  
Vice President

**Donna-Sue Watson**  
Secretary/Treasurer

**Gerry Rice**  
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Continental Congress July, 1776

## NOTICES, DISCLAIMERS AND CREDITS

### WE HAVE GONE GREEN

Help save postage, paper and ink by getting your Newsletter e-mailed to you each month or download it from our website. We have just upgraded our office software that allows us to legally e-mail our Newsletters, Event Notices and the like to all those on our e-mail list. If you want to add your e-mail address to our **private** list, please e-mail your request to: [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org) or update a Membership Form stating your email address. **Be sure to check the correct box for e-mail and give it to the person at the Front Desk.**

### HOW TO CONTACT US

**Our WEBSITE** is updated often with new content, announcements, late arriving announcements of events etcetera. So check our website often. You can also find newly added things on our FACEBOOK page.

**Our WEBSITE** is: [WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)

**Our FACEBOOK:** [www.FaceBook.com/PahrumpSeniorCenterII](http://www.FaceBook.com/PahrumpSeniorCenterII)

**By Telephone:** (775) 727-5008 Monday—Friday 9:AM-3:PM

**By E-mail:** [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)

**In Person:** Our office is open weekdays 9:AM to 3:00 PM

### NOTICES, DISCLAIMERS & ACKNOWLEDGEMENTS

The Pahrump Senior Center does not endorse any company group or candidate advertising or promoting business through the Senior Center.

### NOTICE

Our Senior Center staff will NEVER ask you for private information by mail, telephone or by email!  
***DON'T BE SCAMMED!***



## YOUR TAX-DEDUCTIBLE DONATIONS ARE NEEDED TO KEEP OUR SENIOR CENTER OPEN!

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 Senior Center a better place to visit, meet new people and have nourishing lunch meals. 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, the costs of our lunches from increasing and to enrich the lives of the seniors in Pahrump Valley area.

**DONOR'S NAME** Please Print **DONATION AMOUNT**  
\$

#### CHECK BOXES THAT APPLY

- I **DO** WANT RECOGNITION
- I **DO NOT** WANT RECOGNITION
- Send me Tax-deductible Receipt**

I have enclosed my donation by  CHECK  MONEY ORDER

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. We would like to acknowledge your generosity in our monthly newsletter by name only. Please put an 'X' in the appropriate box to the right for anonymity designation.

### MAIL TO:

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

## PAHRUMP SENIOR CENTER ~ THE BEST IN THE WEST!

Check out our website: [www.PahrumpSeniorCenter.org](http://www.PahrumpSeniorCenter.org)

Our FACEBOOK is: [www.FaceBook.com/PahrumpSeniorCenterII](http://www.FaceBook.com/PahrumpSeniorCenterII)



## ANNOUNCEMENTS

### ABOUT OUR *SHADES OF GRAY* NEWSLETTER..

**PLEASE NOTE...** that for the months of August and September 2024, our newsletter will be a combined 'two month edition' rather than each month. This will save our Pahrump Senior Center printing and postage costs. You should receive the August + September combined Issue the first week of August. Thank you for understanding.

**IMPORTANT NOTICE...** If you are an email subscriber to our Newsletter and special event email notices, you will not be receiving the next two monthly emails until our new computer email software is installed, configured and operating. We are changing to a different company. **You can get the Newsletter on our website from our DOWNLOADS page.**

**PLEASE BE ADVISED.... THIS MAY BE YOUR LAST SHADES OF GRAY NEWSLETTER YOU RECEIVE BY USPS MAIL...**


This may be the last Shades of Gray Newsletter you receive from [PSC] Pahrump Senior Center if you have not paid your annual \$10 Membership Fee. The on-line edition will still remain at no-charge, by going to our website, clicking on DOWNLOADS and clicking on the Newsletter link you want to view on your smart device, cellphone, tablet or computer. You must have the Adobe Acrobat Reader installed on your device for PDF files.

## JULY BIRTHDAYS

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 JULY a Happy Healthy Year!

# HAPPY BIRTHDAY!



**However you celebrate  
the 4th of July,   
PLEASE do it Safely!**

***"America, Land of the Free Because of the Brave!"***

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

**VISIT OUR WEBSITE: [WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)**



# PICTURES FROM OUR ANNUAL 4TH OF JULY BBQ HELD FRIDAY, JULY 5, 2024



**THANK YOU  
P-3 PARTNERS!**

TODAY'S BBQ IS SPONSORED BY:  
P-3 PARTNERS

**HAPPY  
4th of July!**



# HAPPY 4TH OF JULY!

FROM THE STAFF & BOARD OF DIRECTORS  
OF YOUR PAHRUMP SENIOR CENTER

# MENU ~ JULY 2024

# PAHRUMP SENIOR CENTER

1370 W BASIN AVE, PAHRUMP, NV 89060-4501

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

**PLEASE NOTE:** MENU SUBJECT TO CHANGE DUE TO SUPPLIER SHORTAGES

[WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)

| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|--|---|--|--|--|
| <b>1</b> <b>ADSD #39</b><br><b>SPAGHETTI ZUCCHINI</b><br>W/W BREAD ORANGES<br>BLACK BEAN SOUP<br>MILK & JUICE                        | <b>2</b><br><b>SMOTHERED PORK CHOP</b><br>RICE NORMANDY VEGGIES<br>PUDDING LENTIL SOUP<br>MILK & JUICE              | <b>3 DVH B-DAY CUPCAKES</b><br><b>HERB BAKED CHICKEN</b><br>MASHED POTATOES<br>VEGGIE MEDLEY WW BREAD<br>APPLESAUCE MILK & JUICE<br>BEEF & RICE SOUP <b>ADSD #73</b> | <b>4</b><br><b>CLOSED</b><br><b>4TH OF JULY</b>  | <b>5 4TH OF JULY BBQ</b><br><b>RIBS BAKED BEANS</b><br>PASTA SALAD COLESLAW<br>ICE CREAM SANDWICHES<br>MILK & JUICE                              |
| <b>8</b><br><b>SPINACH LASAGNE</b><br>GREEN BEANS MIXED FRUIT<br>CHICKEN NOODLE SOUP<br>MILK & JUICE                                 | <b>9</b><br><b>STUFFED BELL PEPPER</b><br>CORN PEACHES<br>MILK & JUICE<br>PINTO BEAN SOUP                           | <b>10</b><br><b>COUNTRY FRIED CHICKEN</b><br>ROASTED POTATO PEARS<br>PEAS & CARROTS<br>BEEF & BARLEY SOUP<br>MILK & JUICE  | <b>11</b> <b>ADSD #3</b><br><b>MEATLOAF</b> SPINACH<br>MASHED POTATO & GRAVY<br>FRUIT CUP W/W BREAD<br>CHICKEN & RICE SOUP                         | <b>12</b> <b>ADSD #161</b><br><b>LEMON BAKED FISH</b><br>W/W BREAD PEAS<br>RICE GRAPES<br>BEEF PASTA SOUP<br>MILK & JUICE                        |
| <b>15</b><br><b>CHICKEN CORDON BLEU</b><br>MASHED POTATOES<br>GREEN BEANS MIXED FRUIT<br>SPLIT PEA SOUP MILK & JUICE                 | <b>16</b> <b>ADSD #122</b><br><b>PORK CHOW MEIN</b><br>SPINACH W/W BREAD<br>PINEAPPLE EGG DROP SOUP<br>MILK & JUICE | <b>17</b><br><b>SALMON RICE</b><br>NORMANDY BLEND PEACHES<br>CHICKEN / SPINACH SOUP<br>MILK & JUICE  | <b>18</b><br><b>BEEF STROGANOFF</b><br>PEAS/CARROTS PEARS<br>RED BEAN SOUP<br>MILK & JUICE   | <b>19</b> <b>ADSD #89</b><br><b>TUNA CASSEROLE</b><br>VEGGIE MEDLEY W/W BREAD<br>FRESH TOMATO OATMEAL BAR<br>VEGETABLE BEEF SOUP<br>MILK & JUICE |
| <b>22</b><br><b>SALSURY STEAK</b><br>MASHED POTATOES<br>CANDIED CARROTS W/W ROLL<br>MIXED FRUIT MILK & JUICE<br>CHCKEN MACARONI SOUP | <b>23</b><br><b>BROWN SUGAR PORK ROAST</b><br>BROWN RICE CORN PUDDING<br>W/W ROLL MILK & JUICE<br>TOMATO BASIL SOUP | <b>24</b> <b>ADSD #106</b><br><b>BATTERED COD FILLET</b><br>COLESLAW BAKED POTATO<br>STRAWBERRIES MILK & JUICE<br>ITALIAN BEEF SOUP                                  | <b>25</b> <b>ADSD #163</b><br><b>CRANBERRY CHICKEN</b><br>AZTEC GRAIN SALAD<br>GREEN BEANS MILK & JUICE<br>MANDARIN ORANGES<br>CHEESY BROCOLI SOUP | <b>26</b><br><b>CRAB PASTA BAKE</b><br>VEGGIE BLEND<br>SPICED PEARS<br>CREAMY POTATO SOUP<br>MILK & JUICE  |
| <b>29</b><br><b>GLAZED HAM &amp; BEANS</b><br>CORN PINEAPPLE<br>RAVIOLI SOUP MILK & JUICE  | <b>30</b><br><b>SWEDISH MEATBALLS</b><br>EGG NOODLES GREEN BEANS<br>PEACHES MILK & JUICE<br>CHEESY CAULIFLOWER SOUP | <b>31</b><br><b>PHILLY CHEESESTEAK SANDWICH</b><br>NORMANDY BLEND<br>CORN CHOWDER PUDDING<br>MILK & JUICE  | <b>NOTES</b>   |  |

**LUNCH IS SERVED MON – FRI 11:30 - 12:30 SUGGESTED DONATION IS \$4.00 – SALAD BAR ALSO AVAILABLE FOR \$3.00 FEE COFFEE/TEA \$1.00**



**PAHRUMP SENIOR CENTER ACTIVITIES ~ JULY 2024**

1370 W BASIN AVE, PAHRUMP, NV 89060-4501  
 Tel: (775) 727-5008 FAX: (775) 751-6831

**PLEASE NOTE: SUBJECT TO CHANGE WITHOUT NOTICE**  
[WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)

| <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>                       | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|---|--|--|--|--|
| <b>1</b><br>POKER 12:30 PM<br>BEADING CLASS 12:30 PM  | <b>2</b><br>CROCHET LADIES<br>10:00 AM - 12:00 PM<br>BINGOSIZE 12:30 PM                    | <b>3</b>                               | <b>4</b><br><b>CLOSED</b><br><b>4<sup>TH</sup> OF JULY</b>   | <b>5</b><br>INFINITY HOSPICE 10:00 AM<br>FUSION BELLY DANCE CLASS<br>12:30 – 2:30 PM |
| <b>8</b><br>POKER 12:30 PM<br>BEADING CLASS 12:30 PM  | <b>9</b><br>CROCHET LADIES<br>10:00 AM - 12:00 PM<br>BINGOSIZE 12:30 PM                    | <b>10</b>                              | <b>11</b><br>PARKINSONS AWARENESS<br>10:00 AM<br>BINGOSIZE 12:30 PM<br>RIPPETS KNITTING LADIES<br>10:30 AM | <b>12</b><br>FUSION BELLY DANCE<br>CLASS 12:30 – 2:30 PM                             |
| <b>15</b><br>POKER 12:30 PM<br>BEADING CLASS 12:30 PM | <b>16</b><br>CROCHET LADIES<br>10:00 AM - 12:00 PM<br>BINGOSIZE 12:30 PM                   | <b>17</b>                              | <b>18</b><br>INFINITY HOSPICE 10:00 AM<br>BINGOSIZE 12:30 PM<br>RIPPETS KNITTING LADIES<br>10:30 AM        | <b>19</b><br>FUSION BELLY DANCE CLASS<br>12:30 – 2:30 PM                             |
| <b>22</b><br>POKER 12:30 PM<br>BEADING CLASS 12:30 PM | <b>23</b><br>CROCHET LADIES<br>10:00 AM - 12:00 PM<br>BINGOSIZE 12:30 PM                   | <b>24</b>                              | <b>25</b><br>BINGOSIZE 12:30 PM<br>RIPPETS KNITTING LADIES<br>10:30 AM                                     | <b>26</b><br>FUSION BELLY DANCE<br>CLASS 12:30 – 2:30 PM                             |
| <b>29</b><br>POKER 12:30 AM<br>BEADING CLASS 12:30 PM | <b>30</b><br>CROCHET LADIES<br>10:00 AM - 12:00 PM<br>BINGOSIZE 12:30 PM<br>BUNCO 12:30 PM | <b>31</b><br>BLIND SUPPORT<br>12:30 PM |  |  |

# WE NEED YOUR HELP!

Please Help Feed Our Pahrump Valley Seniors who are home-bound by making a *generous tax-deductible gift* to our Pahrump Meals On Wheels. **Thank You!**

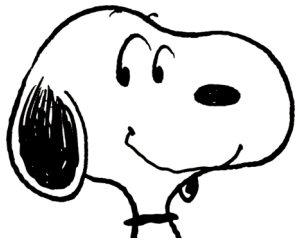
PLEASE TALK TO ANNE WITH YOUR GENEROUS GIFT!

**Make your check payable to:**

**Pahrump Meals On Wheels  
1370 W Basin AVE  
Pahrump NV 89060-4501**



**SMILE, YOU'RE RETIRED!**



**SMILE, SHINE, SPARKLE!**

**WE ♥ VOLUNTEERS**

## QUOTABLE QUIPS FOR YOU TO PONDER

"I always wanted to be somebody, but now I realize I should have been more specific." *Lily Tomlin*

"Housework can't kill you, but why take a chance?" *Phyllis Diller*

"If you love something, set it free. Unless it's chocolate. Never release chocolate!" *Renee Duval*

"Adults are always asking little kids what they want to be when they grow up because they're looking for ideas." *Paula Poundstone*

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one." *Emma Bombeck*

The less you respond to rude, critical, argumentative people, the more peaceful your life will become.



YOUR STRESS LEVEL IS HIGH. FOLLOW ME TO THE LAB...



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offthemark.com

MARK PARISI

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**VISIT OUR WEBSITE: [WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)**

## Recipes For Our Seniors

### STRAWBERRY DREAM CAKE

From the episode: *Season 5 'Fun Modern Cakes'*  
Serves 8 to 10 people *From Cook's Country TV*

#### INGREDIENTS — CAKE

- 10 ounces frozen whole strawberries (2 cups)
- $\frac{3}{4}$  cup whole milk, room temperature
- 6 large egg whites, room temperature
- 2 teaspoons [vanilla extract](#)
- $2\frac{1}{4}$  cups (9 ounces) cake flour
- $1\frac{3}{4}$  cups (12 $\frac{1}{4}$  ounces) granulated sugar
- 4 teaspoons [baking powder](#)
- 1 teaspoon salt
- 12 tablespoons unsalted butter, cut into 12 pieces and softened to room temp.

#### INGREDIENTS — FROSTING

- 10 tablespoons unsalted butter, softened
- $2\frac{1}{4}$  cups (9 ounces) confectioners' sugar
- 12 ounces [cream cheese](#), cut into 12 pieces and soften to room temperature!
- Pinch salt
- 8 ounces fresh strawberries, hulled and sliced thin (about 1 $\frac{1}{2}$  cups)

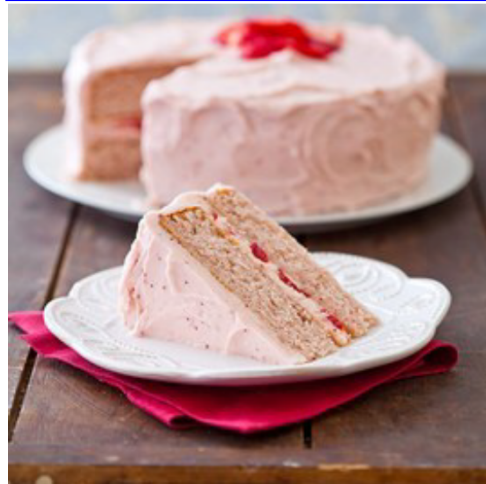
#### INSTRUCTIONS

**Be sure to set butter out after slicing into 12 pieces so it gets to room temperature before using in this recipe!**

1. FOR THE CAKE: Adjust oven rack to middle position and heat oven to 350 degrees. Grease two 9-inch round cake pans, line bottoms with parchment, grease parchment, and flour.
2. Transfer strawberries to bowl, cover, and microwave until strawberries are soft and have released their juice, about 5 minutes. Place in fine-mesh strainer set over small saucepan. Firmly press fruit dry (juice should measure at least  $\frac{3}{4}$  cup); reserve strawberry solids. Bring juice to boil over medium-high heat and cook, stirring occasionally, until syrupy and reduced to  $\frac{1}{4}$  cup, 6 to 8 minutes. Whisk milk into juice until combined.
3. Whisk strawberry milk, egg whites, and vanilla in bowl. Using stand mixer fitted with paddle, mix flour, sugar, baking powder, and salt on low speed until combined. Add butter, 1 piece at a time, and mix until only pea-size pieces remain, about 1 minute. Add half of milk mixture, increase

#### WHY THIS RECIPE WORKS:

Strange as it may seem, the vast majority of existing strawberry cake recipes turn to strawberry Jell-O for flavor. Hoping to avoid this artificial solution, we preformed test after test to figure out the best way to season our cake with actual strawberries. Any strawberry solids wreaked havoc on the tender cake, but strained and reduced strawberry juices kept our cake light and packed a strawberry punch. Not to be left behind, the reserved strawberry solids made for the perfect studded addition to the frosting.



**RECIPE Continued on Page 9**



**RECIPE Continued from page 8**

speed to medium-high, and beat until light and fluffy, about 1 minute. Reduce speed to medium-low, add remaining milk mixture, and beat until incorporated, about 30 seconds. Give batter final stir by hand.

4. Scrape equal amounts of batter into prepared pans and bake until toothpick inserted in center comes out clean, 20 to 25 minutes, rotating pans halfway through baking. Cool cakes in pans on wire rack for 10 minutes. Remove cakes from pans, discarding parchment, and cool completely, about 2 hours. (Cooled cakes can be wrapped with plastic wrap and stored at room temperature for up to 2 days.)

5. FOR THE FROSTING: Using stand mixer fitted with paddle, mix butter and sugar on low speed until combined, about 30 seconds. Increase speed to medium-high and beat until pale and fluffy, about 2 minutes. Add cream cheese, one piece at a time, and beat until incorporated, about 1 minute. Add reserved strawberry solids and salt and mix until combined, about 30 seconds. Refrigerate until ready to use, up to 2 days.

6. Pat strawberries dry with paper towels. When cakes are cooled, spread 3/4 cup frosting over 1 cake round. Press 1 cup sliced strawberries in even layer over frosting and cover with additional 3/4 cup frosting. Top with second cake round and spread remaining frosting evenly over top and sides of cake. Garnish with remaining strawberries. Serve. (Cake can be refrigerated for 2 days. Bring to room temperature before serving.)

**AS AMERICANS  
WE ENJOY  
OUR FREEDOMS!**

**OUR DEMOCRACY IS AT STAKE IN OUR  
UPCOMING PRESIDENTIAL ELECTION  
NOVEMBER 5TH, 2024.**

**BE SURE TO VOTE!**



**PAHRUMP SENIOR CENTER**

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The Best In The West!**

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