

# MARCH 2020

# SHADES OF GRAY

Volume 3, Issue 3

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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!

## Happy Saint Patrick's Day DID YOU KNOW.....

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity.

The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of **green**.

### PAHRUMP SENIOR CENTER, Inc.

#### BOARD OF TRUSTEES

Jim Gronemann  
President

Dolores Rice  
Vice President

Shirley Roach  
Secretary/Treasurer

Gerry Rice  
Trustee

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Trustee

## YOUR 2020 MEMBERSHIP DUES

**IMPORTANT NOTICE** If you did not pay your 2020 Membership Dues yet, 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 9 of this newsletter. If you are an existing 2019 Member, please check the RENEW-AL Box and complete the form in full along with your 2020 Annual Dues.

If you are new to our Senior Center, please become a member today completing the Membership Form, check the box NEW Member and submit along with your \$10 per person check made payable to Pahrump Senior Center. Your 2020 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!**



## MARCH HOLIDAYS & EVENTS

- 3<sup>rd</sup> SUPER TUESDAY
- 6<sup>th</sup> FRIDAY, NATIONAL EMPLOYEE APPRECIATION DAY
- 8<sup>th</sup> SUNDAY, DAYLIGHT SAVING TIME BEGINS AT 2:00 AM
- 10<sup>th</sup> TUESDAY, PURIM - JEWISH HOLIDAY
- 17<sup>th</sup> TUESDAY, ST. PATRICK'S DAY
- 29<sup>th</sup> SUNDAY, NATIONAL VIETNAM WAR VETERANS DAY OBSERVANCE

## LUNCH & SALAD BAR SPONSORED HERE

**Advanced HomeHealth Solutions** sponsored our lunch and salad bar Thursday, February 13, 2020. We had baked potato with the fixings with broccoli and apple sauce.. Ummmm good!

Advanced HomeHealth Solutions provides medical help in the comfort of your home. They are a Medicare Certified company.

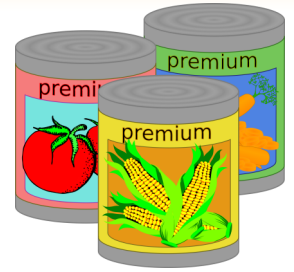
A big **Thank You** from all of us here at the Pahrump Senior Center for sponsoring our lunch & salad bar!

**Thank You! Thank You! Thank You!**  
**TO ADVANCED HOMEHEALTH SOLUTIONS**

# 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

**P3 Health Partners**  
 People Passion Purpose  
**Reflections Healthcare**  
**(775) 727-7022**

## DID YOU KNOW.....

That it takes less than 2 minutes to submit your email address to us on our website home page to receive email notifications, our monthly newsletter and advance notifications of upcoming special events? t's True... and it's FREE. Simply go to [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org) and on our home page scroll down to **Subscribe To Monthly Newsletter**. Type in your email address and click "**Sign up**". It's that easy. And you can rest assured that we never sell, rent or trade your email address to anyone! Complete privacy!

**Go Ahead, Try It! It's a Free Service from your Pahrump Senior Center.**

## 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. You 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 SENIOR CENTER... THE BEST IN THE WEST!**

## Pictures From February 2020 Events At Our Senior Center....



Wes of Infinity Hospice was at our Pahrump Senior Center with the Five Wishes so medical persons will know what your final wishes are. It was very informative and addressed what you want or don't want in a medical crisis situation.



*Pancake Breakfast  
Sponsored by  
David & Marie Bennett*



**FREE!**

# **DOC TALK: FALL PREVENTION**

**MARCH 18TH | 10 - 11AM**

**PAHRUMP SENIOR CENTER**

 **HealthCare Partners Nevada.**  
an Intermountain Healthcare company



**We hope to see you there!**

**PAHRUMP SENIOR CENTER Tel: (775) 727-5008 **ACTIVITIES ~ MARCH 2020** MON – FRI 9:AM-3:30 PM**  
**ALL ACTIVITIES ARE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EXERCISE CLASS 9:30 BEADING CLASS 12:30 POKER 12:30	3 EXERCISE CLASS 9:30 INFINITY HOSPICE SEMINAR 10AM CARDIAC HEALTH HAIRCUTS 1PM HEALTHY COOKING CLASS 1PM-3PM BRIDGE 12:30	4 CRAFTY LADIES 12:30 NATHAN ADELSON SEMINAR 10AM	5 EXERCISE CLASS 9:30 MENS CLUB MEETING 7:30AM WOMEN WELCOME YARN LADIES 11AM (KNITTING&CROCHETTING) HAIRCUTS 1PM	6 EXERCISE CLASS 9:30 T.O.P.S. MEETING 8AM BRIDGE 12:30
9 JOSEPH BRADLEY CANDIDATE FOR ASSEMBLY EXERCISE CLASS 9:30 BEADING CLASS 12:30 POKER 12:30	10 EXERCISE CLASS 9:30 JACOB- MEDICARE INFO 10AM BRIDGE 12:30 HAIRCUTS 1PM HEALTHY COOKING CLASS 1PM-3PM	11 NYE COALITION BINGO 1PM	12 EXERCISE CLASS 9:30 GREG HAFEN CANDIDATE FOR ASSEMBLY 10AM MENS CLUB MEETING 7:30 AM WOMEN WELCOME YARN LADIES 11AM (KNITTING&CROCHETTING) HAIRCUTS 1PM	13 EXERCISE CLASS 9:30 T.O.P.S. MEETING 8AM BRIDGE 12:30
16 EXERCISE CLASS 9:30 BEADING CLASS 12:30 POKER 12:30	17 ST PATTY'S DAY CHAD GOINS- STATE FARM INSURANCE 10AM EXERCISE CLASS 9:30 BRIDGE 12:30 HAIRCUTS 1PM HEALTHY COOKING CLASS 1PM-3PM	18 HEALTHCARE PARTNERS SEMINAR—FALL PREVENTION 10AM HUMANANA 10AM HCP BINGO 1PM CRAFTY LADIES 12:30	19 EXERCISE CLASS 9:30 MOVIE DAY 1PM MENS CLUB MEETING 7:30AM WOMEN WELCOME YARN LADIES 11AM (KNITTING&CROCHETTING) HAIRCUTS 1PM	20 EXERCISE CLASS 9:30 T.O.P.S. MEETING 8AM BRIDGE 12:30
23 EXERCISE CLASS 9:30 BEADING CLASS 12:30 POKER 12:30	24 EXERCISE CLASS 9:30 BRIDGE 12:30 HAIRCUTS 1PM HEALTHY COOKING CLASS 1PM-3PM	25 CRAFTY LADIES 12:30 BLIND SUPPORT 12:30	26 EXERCISE CLASS 9:30 MENS CLUB MEETING 7:30AM WOMEN WELCOME 9:30 YARN LADIES 11AM (KNITTING&CROCHETTING) HAIRCUTS 1PM	27 EXERCISE CLASS 9:30 T.O.P.S. MEETING 8AM BRIDGE 12:30
30 EXERCISE CLASS 9:30 BEADING CLASS 12:30 POKER 12:30	31 EXERCISE CLASS 9:30 BUNCO 12:30 BRIDGE 12:30 HAIRCUTS 1PM			

**PAHRUMP SENIOR CENTER (775) 727-500 MENU ~ MARCH 2020**

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ORANGE CHICKEN CHOW MEIN NOODLES BROCCOLI SALAD FRUIT BEAN SOUP MILK OR JUICE	3 TURKEY BACON WRAPS CARROTS SALAD BANANAS MUSHROOM SOUP MILK OR JUICE	4 TUNA CASSEROLE GREEN BEANS APPLE SALAD PUDDING BEAN SOUP MILK OR JUICE	5 BEEF STROGANOFF W/W/ RICE SQUASH SPINACH SALAD FRESH FRUIT SOUP MILK OR JUICE ADSD 108	6 HONEY LEMON CHICKEN PEPPERS/PENNE W/W BREAD BRUSSEL SPROUTS SALAD FRUIT SOUP MILK OR JUICE ADSD 116
9 NATIONAL MEATBALL DAY MEATBALL SLIDERS PIZZA W/MEATBALLS SALAD SOUP MILK OR JUICE	10 CRANBERRY GLAZED CHICKEN AZTEC SALAD SPRING SALAD GREEN BEANS FRUIT PEA SOUP MILK OR JUICE ADSD163	11 CHEESEBURGER SKILLET SALAD W/W ROLL FRUIT CAKE SOUP MILK OR JUICE ADSD 153	12 MEATLOAF MASHED POTATOES SPINACH W/W BREAD FRUIT CUP LENTIL SOUP MILK OR JUICE ADSD 3	13 BAKED FISH COLE SLAW FRENCH BAKED POTATOES SALAD FRUIT SOUP MILK OR JUICE
16 SLOPPY JOES BAKED BEANS CAULIFLOWER FRUIT SOUP MILK OR JUICE ADSD 34	17 ST. PATTY'S DAY CORNED BEEF & CABBAGE BOILED POTATOES CARROTS CAKE FRUIT SOUP MILK OR JUICE	18 CHICKEN CORDON BLEU PARSLEY POTATOES GREEN BEANS APPLE SAUCE BEAN SOUP MILK OR JUICE	19 CHILI CORNBREAD SALAD PEACH CRISP FRUIT VEGGIE SOUP MILK OR JUICE	20 BAKED PORK CHOP MASHED POTATOES BROCCOLI SALAD WW ROLL FRUIT SOUP MILK OR JUICE ADSD 110
23 CHICKEN ALFREDO ASPARAGUS GARLIC BREAD CITRUS RELISH SALAD BEAN SOUP MILK OR JUICE	24 TURKEY POT PIE MIXED GREENS W/W BREAD FRUIT CUP SOUP MILK OR JUICE ADSD 83	25 PORK ROAST MASHED POTATOES CORN W/W ROLL SALAD CARROT CAKE SOUP MILK OR JUICE	26 SPAGHETTI W/MEAT SAUCE ZUCCHINI COLORFUL SALAD 7 GRAIN BREAD FRUIT SOUP MILK OR JUICE ADSD 39	27 BATTERED COD BROWN RICE CAULIFLOWER FRUIT VEGGIE SOUP MILK OR JUICE
30 CHICKEN TENDERS FRENCH BAKED POTATOES SALAD CARROT RAISIN SALAD W/W BREAD SOUP MILK OR JUICE	31 PORK TACOS REFRIED BEANS SALSA COLESLAW CORN FRESH FRUIT CHURROS TOMATO 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

# Tips to Live a Heart Healthy Life

Do you know if you're at risk for heart disease? Do you know what steps you should take to stay heart healthy? According to the Centers for Disease Control and Prevention, heart disease is unfortunately the leading cause of death for men, women and people of most racial and ethnic groups in the United States. The good news is there are ways to lead a heart healthy life that could reduce your risk of developing heart disease.

**Join Dr. Troy Schumacher from HealthCare Partners Nevada on Thursday, February 6 at 10am to learn about risk factors for heart disease and tips to lead a heart healthy life.**

**RSVP at [hcpnv.com/events](http://hcpnv.com/events) to save your seat!**



## Introducing Troy Schumacher, MD

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

**Call 775.727.5500 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](http://PahrumpMedicalClinic.com).**

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**HealthCare Partners Nevada.**  
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## 2020 PRESIDENTIAL CANDIDATE VISITS OUR SENIOR CENTER

On February 19, 2020, Democratic Candidate For President Tom Steyer visited our senior center. We were privileged to have been chosen for one of his campaign stops.



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

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# 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](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

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

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

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

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

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

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

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

**We are on the web at:  
[PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)**

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

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