

# SHADES OF GRAY

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

**MARCH 2022 VOLUME 5 ISSUE 3**



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Editor & Site Manager

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## SPRING IS IN THE AIR!

It is March, and Spring is in the air! The first day of Spring this year begins at 1:58 PM Nevada time on Sunday, March 20, 2022.

Our days become longer and weather gets warmer in the temperate zone because the Earth tilts towards the Sun. In many parts of the world plants grow and flowers bloom. Often people with hay fever suffer more, because some tree and plant pollens are allergens. So, get your nasal sprays handy if you are susceptible to hay fever! And if not, enjoy our beautiful spring weather here in Pahrump Valley because our hot hot summer is just around the corner.



Thursday, March 17, 2022 is St. Patrick's Day and our senior center will serve Corned Beef with Cabbage, Potatoes and Carrots for lunch. Yummy! We will also serve Bean Soup and for dessert we'll have Lucky Charm Cake! Mmm.

*Happy Birthday to all our March Birthday Members!*



PAHRUMP SENIOR CENTER

**MARDI GRAS IS TUESDAY, MARCH 1, 2022 THIS YEAR.**

To understand the history of Mardi Gras, it is important to understand its Christian roots. As is the case with many modern holidays, Mardi Gras was born from an ancient Roman pagan festival, Lupercalia. Lupercalia was a carnival-like celebration held in February that was similar to Mardi Gras celebrations held today. It is 41 days before Easter each year.

**PAHRUMP  
SENIOR CENTER  
Incorporated**

**BOARD OF  
TRUSTEES**

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Dolores Rice  
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Gerry Rice  
Trustee

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Trustee

# HAPPY ST. PATRICK'S DAY



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**A SINGLE KIND WORD WILL KEEP ONE WARM**

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## Sweet Irish Soda Bread

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




# PAHRUMP SENIOR CENTER

# MENU ~ MARCH 2022

TEL: (775) 727-5008

FAX: (775) 751-6831

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> ADSD #108 BEEF STROGANOFF NOODLES SQUASH ORANGE/SPINACH SALAD FRUIT CREAM OF MUSHROOM SOUP	<b>2</b> TURKEY BACON WRAPS BRUSSEL SPROUTS ROLL SPICE CAKE BEAN SOUP	<b>3</b> ADSD #141 ROAST BEEF AU JUS RICE GREEN BEANS MUFFIN SLICED TOMATOES FRUIT TOMATO BASIL SOUP	<b>4</b> SWEET GARLIC CHICKEN ANGEL HAIR PASTA ASPARAGUS PEACH CRISP PEA SOUP
<b>7</b> KIELBASA SQUASH ROASTED POTATOES CAKE BEAN SOUP	<b>8</b> CHILI W/ CHEESE CORN CORNBREAD PUDDING CREAMY BROCCOLI SOUP	<b>9</b> ADSD # 43 TURKEY SANDWICH BABY CARROTS SPINACH SALAD CHIPS YOGURT PIE CLAM CHOWDER	<b>10</b> ORANGE CHICKEN RICE SNOW PEAS COOKIES BEAN SOUP	<b>11</b> ADSD #3 MEATLOAF MASHED POTATOES W/GRAVY W/W BREAD FRUIT VEGGIE SOUP
<b>14</b> ADSD #14 HAMBURGER PATTY/BUN BAKED BEANS TOMATOES LETTUCE/ ONION MIXED VEGGIES FRUIT CREAM OF CHICKEN SOUP	<b>15</b> CHICKEN/BROCCOLI/RICE CASSEROLE BEET SALAD MUFFIN FRUIT LENTIL SOUP	<b>16</b> HAM STEAK AU GRATIN POTATOES CAULIFLOWER PUDDING VEGGIE SOUP	<b>17</b> <b>ST. PATRICKS DAY LUNCH</b> CORNED BEEF CABBAGE/POTATOES/CARROTS CAKE BEAN SOUP	<b>18</b> SWEDISH MEATBALLS NOODLES CORN FRUIT CREAM OF ASPARAGUS SOUP
<b>21</b> COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY CARROTS CAKE BEAN SOUP	<b>22</b> SPAGHETTI/MEAT SAUCE MIXED VEGGIES SALAD GARLIC BREAD APPLE SAUCE ITALIAN WEDDING SOUP	<b>23</b> ADSD #61 STUFFED PEPPERS SPINACH NOODLES SALAD BREAD FRUIT CREAM OF POTATO SOUP	<b>24</b> CHICKEN CORDON BLEU PARSLEY POTATOES CORN YOGURT PIE BEAN SOUP	<b>25</b> ADSD #135 PEPPER STEAK RICE PILAF SALAD ROLL FRUIT CUP FRENCH ONION SOUP
<b>28</b> HOT DOGS/BUN MAC N CHEESE PEAS PUDDING BEEF BARLEY SOUP	<b>29</b> PORK CHOPS W/ APPLES RICE ROLL ZUCCHINI MANDARIN ORANGES PEA SOUP	<b>30</b> CARNE ASADA TACOS REFRIED BEANS MEXICORN CHURROS MEXICAN CHICKEN SOUP	<b>31</b> BAKED FISH SCANDIA RICE 7 GRAIN BREAD SQUASH SALAD APPLESAUCE CREAM OF CELERY SOUP	

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+ YEARS OF AGE LUNCH \$3.00 DONATION APPRECIATED

SALAD BAR AVAILABLE FOR \$2.00 FEE

COFFEE/HOT TEA/ICED TEA AVAILABLE FOR \$1.00 FEE

# PAHRUMP SENIOR CENTER ACTIVITIES ~ MARCH 2022

Telephone (775) 727-5008 FAX (775) 751-6831

PLEASE NOTE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> CROCHETING LADIES 9:AM – 12 PM	<b>2</b> BINGOSIZE 12:30 HAIRCUTS 1:00 PM - 3:00 PM	<b>3</b> RIPPITS KNITTING CLUB 10:30 BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	<b>4</b> TOPS MEETING 8:00 AM
<b>7</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>8</b> CROCHETING LADIES 9:00 AM – 12:00 PM	<b>9</b> BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM -3:00 PM	<b>10</b> RIPPITS KNITTING CLUB 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	<b>11</b> TOPS MEETING 8:00 AM
<b>14</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>15</b> CROCHETING LADIES 9:00 AM – 12:00 PM	<b>16</b> BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM - 3:00 PM	<b>17 ST PATRICK'S DAY</b> BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	<b>18</b> TOPS MEETING 8:00 AM
<b>21</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>22</b> CROCHETING LADIES 9:00 AM – 12:30 PM BUNCO 12:30 PM	<b>23</b> BINGOSIZE 12:30 PM BLIND SUPPORT 12:30 PM	<b>24</b> RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	<b>25</b> TOPS MEETING 8:00 AM
<b>28</b> BEADING HEARTS 12:30 PM SHOW & TELL DAY POKER 12:30 PM				



## Hard of Hearing or Deaf? Speech Impaired? Can't Hear on the Phone? Do You Have Low Vision?

### **CALL NEVADA ASSISTIVE TECHNOLOGY RESOURCE CENTER**

**Nevada Assistive Technology Resource Center Telecommunications Program (NATRCTP)** provides telephones and communication type equipment to the Deaf, Hard of Hearing as well as the Speech Impaired. We can also offer Electrolarynx devices to individuals with speech impairments to be able to speak and communicate over the telephone.

We distribute many different models of telephones with amplification as well as VP Voice Phones, and Captioned Telephones by Captel and Caption Call so individuals can read what is said on the telephone when speaking.

The Nevada Assistive Technology Resource Center (NATRC) is a project of the Nevada Center for Excellence in Disabilities (NCED). NATRC's goal is to increase awareness and knowledge of the benefits of assistive technology related services among individuals with disabilities and their families, older individuals and their families, and the general population.

#### **WE SUPPORT:**

- device demonstrations—compare and contrast options for an informed choice
- device loans—try it out to inform decision making
- training—expand your knowledge about current AT
- public awareness—outreach and community engagement
- technical assistance—ongoing support to agencies and providers
- transition activities AT supports for decisions regarding independent living across the lifespan. It can include areas such as housing, employment, education, personal care, safety remaining in your home, and discharge planning from acute care settings.

During COVID-19 crisis, services have been modified to align with federal and state guidelines regarding safety and social distancing.

#### **RENO NEVADA MAIN OFFICE**

**Nevada Assistive Technology Resource Center**  
Tel: (775) 682-9056  
1664 N Virginia Street  
Reno, NV 89557-0001

#### **SOUTHERN NEVADA—LAS VEGAS OFFICE**

**Nevada Assistive Technology Resource Center**  
Tel: (702) 665-4926  
5550 W Flamingo RD STE A3  
Las Vegas, NV 89103-0135

*This Ad was made possible by the Nevada Assistive Technology Collaborative (NATC) funded in part by Grant Number 1901NVATSG from the U.S. Department of Health and Human Services through the Assistive Technology Act of 2004 as amended. The mission of the NATC is to improve the provision of Assistive Technology (AT) through a comprehensive statewide continuum of integrated activities for individuals with disabilities of all ages.*



## “To Remain As Good As We Are, We Must Ever Strive To Become Better Than We Are.”

*John F. Kennedy, 35th President of the United States of America*

# 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!

**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 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

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.



**YOU THINK YOU'VE TASTED THE BEST KETCHUP?**

**IF YOU ARE A KETCHUP LOVER, YOU'LL WANT TO TRY HUNT'S NEW 100% NATURAL TOMATO KETCHUP!**

**Yes, it's 100% Natural, Thicker and Richer, and there's no high fructose corn syrup!**

***After tasting this new Hunt's Ketchup, We believe it to be the best Ketchup.***



FRONT OF BOTTLE

BACK OF BOTTLE

**DID YOU KNOW...**

Hunt's was founded in 1888, in Sebastopol, California, as the Hunt Bros. Fruit Packing Co. by Joseph and William Hunt. The brothers relocated to nearby Santa Rosa in 1890, and then to Hayward in 1895. This small canning operation grew rapidly, focused on canning the products of California's booming fruit and vegetable industries. By 1941, the plant shipped a hundred million cans of soup, fruits, vegetables, and juices annually.

HUNT'S KETCHUP is a registered trademark of the Conagra Brands, and is copyrighted.

**Is the war started by Russia the beginning of fulfilling biblical prophecy in the book of Ezekiel Chapter 38?**

This message brought to you by **Jesus The Messiah Church, Pahump, Nevada.**

**The P3 difference**

When it comes to your health, your needs should come first. We treat you like family and provide coordinated and specialized care to keep you healthy and help you reach your wellness goals. At P3, it's about relationships and putting the care back into your healthcare.



- ♥ Medicare Advantage policies combine the benefits of Medicare Parts A and B with other useful benefits, including prescriptions, dental and vision coverage. We encourage you to regularly assess your healthcare needs and speak with your Medicare Advantage broker.

- ♥ Medicare Advantage plans may save you money in the long run, particularly on prescriptions and dental care. Call the number below to learn how.

**P3** Health Partners Nevada

To get **The Care You Deserve**, go to [P3NV.org](http://P3NV.org) or call (775) 505-0810.



Tel: (775) 727-5008 FAX: (775) 751-6831  
e-mail: [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)  
FACEBOOK: [FaceBook.com/PahrumpSeniorCenterII](https://www.facebook.com/PahrumpSeniorCenterII)  
Website: [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)

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

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

## **HOLIDAYS & EVENTS IN MARCH 2022**

1<sup>ST</sup> **MARDI GRAS**  
13<sup>TH</sup> DAYLIGHT SAVINGS TIME BEGINS  
17<sup>TH</sup> **ST PATRICK'S DAY**  
20<sup>TH</sup> FIRST DAY OF SPRING

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

RETURN SERVICE REQUESTED

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