

# MARCH 2023

# SHADES OF GRAY

March 2023 Newsletter Volume 6, Issue 3

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.

## 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

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Secretary/Treasurer

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Trustee

## YOUR 2023 MEMBERSHIP DUES

**IMPORTANT NOTICE** If you did not pay your 2023 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 2022 Member, please check the RENEWAL Box and complete the form in full along with your 2023 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 2023 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 2023 HOLIDAYS & EVENTS

- 3<sup>rd</sup> FRIDAY, NATIONAL EMPLOYEE APPRECIATION DAY
- 6<sup>th</sup> MONDAY, PURIM - JEWISH HOLIDAY
- 12<sup>th</sup> SUNDAY, DAYLIGHT SAVING TIME BEGINS AT 2:00 AM
- 15<sup>th</sup> T-MOBILE TECHNOLOGY CLASS  
FREE 9:00 to 11:30 AM
- 17<sup>th</sup> FRIDAY, ST. PATRICK'S DAY
- 29<sup>th</sup> WEDNESDAY, NATIONAL VIETNAM WAR VETERANS DAY OBSERVANCE
- 29<sup>th</sup> T-MOBILE TECHNOLOGY CLASS  
FREE 9:00 to 11:30 AM



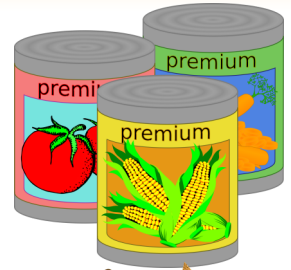
The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

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

## 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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### INFO TIDBITS FOR YOU...

That Cranberry Juice, Cabbage and Broccoli interfere with blood thinning medications? It's true!

What matters first most of all in your life, is your relationship with God, and your health!

### 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 menu for the current month, our monthly newsletter and advance notifications of upcoming special events? It'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!

### 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.

\$

#### 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

#### MAIL TO:

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

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!



## **TECHNOLOGY CLASS IS COMING TO OUR SENIOR CENTER THIS MONTH!**

**The 2 Classes are FREE! JOIN US!**

**The 2 technology classes are free and presented by **T-Mobile** Technology Educators. If you have a smartphone and/or tablet, attend these 2 classes and learn the Basics and More of today's smartphone and tablet and have your questions answered by the professionals from **T-Mobile**.**



**WHEN:** WEDNESDAY, MARCH 15<sup>th</sup> 2023.  
and WEDNESDAY, MARCH 29<sup>th</sup> 2023.

**TIME:** 9:00 AM TO 11:30 AM

**WHERE:** PAHRUMP SENIOR CENTER

These 2 classes are a 'No Sell Class' so no one will be promoting sales of phones, tablets or any T-Mobile service. These classes are strictly an information and help event!

T-Mobile, Samsung, Samsung Galaxy smartphone, Apple and Apple iPad pictures are copyrighted and are trademarks of their respective brand names used in the above announcement.



## **QUOTABLE QUIPS FOR MARCH 2023**

If you don't value yourself, people will take advantage of you!

Some people are like clouds; When they disappear it is a much much brighter day.

The truth doesn't cost you anything, but a lie can cost you everything!



## Free Class Starts March 21st

### Eating Smart-Being Active

Learn how to eat healthier.

Come join us in this 8-week journey to better health. We will discuss ways to save money while shopping and how to plan and prepare meals. We will also learn about simple ways to stay active. Connect and receive support from others who are working towards better health!

**Date: Tuesdays, March 21st to May 9th 2023**

**Time: 9:30am to 11:00am**

**Place: Pahrump Senior Center, 1370 W.**

**Basin Ave., Pahrump, NV 89060**

- Cooking Demos
- Recipe Ideas
- Resources and Support



To register please contact

**Tamalyn Taylor**

**NyE Communities Coalition**

**[tamalyn@nyeccc.org](mailto:tamalyn@nyeccc.org)**

**775-727-9970 ext 241**

**Facilitator: Tamalyn Taylor, MS**

Tamalyn has taught lifestyle change in many settings and is enthusiastic in sharing her experiences working as a Nutrition Educator and Mind/Body fitness instructor. She works to help people reconnect with their inner resources to bring more meaning and joy to their lives.



**AmeriCorps**



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP  
This AmeriCorps program is made possible through a generous grant from Nevada Volunteers  
NyECC is an equal opportunity provider and employer.

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



**PAHRUMP SENIOR CENTER**


MONDAY – FRIDAY 9:00 AM - 3:00 PM

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

[WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG) E-mail: [SENIOR.CENTER@PAHRUMPSENIORCENTER.ORG](mailto:SENIOR.CENTER@PAHRUMPSENIORCENTER.ORG)

ALL ACTIVITIES ARE SUBJECT TO CHANGE

**ACTIVITIES ~ MARCH 2023**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b> RIPPTS (KNITTING CLUB) 10:30 AM	<b>3</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 12:30 - 2:30 PM
		<b>8</b> BLIND SUPPORT-PAHRUMP CHAPTER 1:00 PM	<b>9</b> RIPPTS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM	<b>10</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 12:30 - 2:30 PM
<b>6</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>7</b> BINGOSIZE 12:30 PM			
<b>13</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>14</b> BINGOSIZE 12:30 PM	<b>15</b> CODY – ALZHEIMERS SEMINAR 10:00 AM <b>T-Mobile Technology Class</b> 9:00 AM to 11:30 AM Learn smart phone & tablet basics & more (See March Newsletter Announcement)	<b>16</b> RIPPTS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM	<b>17 ST PATRICKS DAY</b> T.O.P.S. MEETING 8:00 AM WELLNESS ALLIANCE HOME HEALTH 10:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 12:30 - 2:30 PM
<b>20</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>21</b> BINGOSIZE 12:30 PM	<b>22</b> CHAD /KRISTEN MEDICARE INFO 10:00 AM	<b>23</b> RIPPTS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM	<b>24</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 12:30 – 2:30 PM
<b>27</b> BEADING CLASS 12:30 PM POKER 12:30 PM	<b>28</b> BINGOSIZE 12:30 PM BUNCO 12:30 PM	<b>29</b> BLIND SUPPORT 12:30 PM <b>T-Mobile Technology Class</b> 9:00 AM to 11:30 AM Learn smart phone & tablet basics & more (See March Newsletter Announcement)	<b>30</b> RIPPTS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM	<b>31</b> T.O.P.S. MEETING 8:00 AM FUSION BELLY/FOLK DANCE CLASSES USE IT OR LOOSE IT EXERCISE 12:30 – 2:30 PM

# PAHRUMP SENIOR CENTER

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

Website: [WWW.PAHRUMPSSENIORCENTER.ORG](http://WWW.PAHRUMPSSENIORCENTER.ORG) E-mail: [SENIOR.CENTER@PAHRUMPSSENIORCENTER.ORG](mailto:SENIOR.CENTER@PAHRUMPSSENIORCENTER.ORG) PLEASE NOTE MENU SUBJECT TO CHANGE

## MENU ~ MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>6</b> ORANGE CHICKEN RICE PEAS YOGURT W/ FRUIT BEAN SOUP MILK OR JUICE	<b>7</b> ROAST BEEF/GRAVY ROASTED POTATOES GREEN BEANS FRUIT CHICKEN NOODLE SOUP MILK OR JUICE	<b>8</b> BALSAMIC HERB CHICKEN PENNE PASTA VEGGIE MEDLEY FRUIT CHEESY BROCCOLI SOUP MILK OR JUICE	<b>9</b> MEATLOAF W/W BREAD MASHED POTATOES/GRAVY CORN CAKE VEGGIE SOUP MILK OR JUICE	<b>10</b> LEMON BAKED FISH BROWN RICE ZUCCHINI MELON GOULASH SOUP MILK OR JUICE
<b>13</b> ADSD #44 SWISS STEAK BAKED POTATO SOUR CREAM / CHIVES VEGGIE MEDLEY W/W ROLL APPLESAUCE BEAN SOUP MILK OR JUICE	<b>14</b> TERIYAKI PORK BROWN RICE BROCCOLI PEACHES EGG DROP SOUP MILK OR JUICE	<b>15</b> ADSD #32 CHICKEN PASTA PRIMIERVA COLORFUL SALAD GARLIC BREAD CITRUS DELIGHT LENTIL SOUP MILK OR JUICE	<b>16</b> HOT DOGS/BUN MAC N CHEESE GREEN BEANS FRUIT CREAMY POTATO SOUP MILK OR JUICE	<b>17 ST. PATRICKS DAY</b> CORNED BEEF CABBAGE/CARROTS /POTATOES CAKE BEAN SOUP MILK OR JUICE
<b>20</b> ADSD #70 SLOPPY JOES PEAS/CARROTS APPLE CRISP PEA SOUP FRUIT MILK OR JUICE	<b>21</b> COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY GLAZED CARROTS FRUIT CHICKEN NOODLE SOUP MILK OR JUICE	<b>22</b> HONEY GARLIC CHICKEN RICE CORN COOKIES BEAN SOUP MILK OR JUICE	<b>23</b> ADSD #39 SPAGHETTI W/MEAT SAUCE ZUCCHINI COLORFUL SALAD FF CREAMY ITALIAN DRESSING 7 GRN BREAD MILK OR JUICE MANDARIN ORANGES CREAM OF ASPARAGUS SOUP	<b>24</b> TUNA CASSEROLE PEAS/CARROTS CREAM OF MUSHROOM SOUP FRUIT MILK OR JUICE
<b>27</b> CHICKEN CORDON BLEU ROASTED POTATOES MIXED VEGGIES CAKE VEGGIE SOUP MILK OR JUICE	<b>28</b> PHILLY CHEESESTEAK CASSEROLE ROLLS CORN BEEF BARLEY SOUP MILK OR JUICE	<b>29</b> ADSD #3 MEATLOAF W/W BREAD MASHED POTATOES/GRAVY SPINACH TOMATO BASIL SOUP MILK OR JUICE	<b>30</b> ADSD #9 ITALIAN SAUSAGE WITH RED PEPPERS & ONIONS CAKE ELBOW MACARONI BROCCOLI BEAN SOUP MILK OR JUICE	<b>31</b> GRILLED MAHI MAHI BROWN RICE GREEN BEANS PUDDING CREAM OF POTATO SOUP MILK OR JUICE

LUNCH IS SERVED MONDAY THRU FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS LUNCH \$4.00 DONATION APPRECIATED  
SALAD BAR AVAILABLE \$3.00 FEE COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE



# **WE ARE LOOKING FOR... AN EXPERIENCED PERSON! IS IT YOU?**

**Pahrump Senior Center [PSC] is seeking a reliable experienced person (amateur or professional) who enjoys photography, to take high-resolution pictures of our events throughout the year. If you have a cell phone that has a good quality built-in camera with settings you can select for high-resolution picture taking (most cell phones costing \$100+ have this capability), WE WANT YOU TO JOIN OUR STAFF! Or, if you have a camera that takes digital high-resolution pictures, you can take the pictures that way if you'd rather use your camera. This staff position is a voluntary position. PSC will comp you with a no-charge lunch with beverage ticket for each day you take our Event pictures here at Pahrump Senior Center. You would be responsible for e-mailing the pictures to our Newsletter Department by 5:00 PM on the 23<sup>rd</sup> day of every month for publication in the next newsletter. **If you are interested, please e-mail Oren at: [NVSeniorCenter@gmail.com](mailto:NVSeniorCenter@gmail.com) stating your interest in joining our staff as our in-house Photographer!****

*Remembering our Friend  
who passed from this life on February 12, 2023*

**Mike Mulligan**

**Mike & his wife Lori were both regular supporters of Pahrump Senior Center.**



## Recipes For Our Seniors

### POTATO SOUP

#### INGREDIEENTS

4 large potatoes (baked or microwaved)  
 ⅔ cup butter or margarine  
 ⅔ cup flour (use ½ cup for thinner soup)  
 ¾ teaspoon salt  
 1¼ cups (5 oz.) shredded cheddar cheese

½ teaspoon pepper  
 4 green onions  
 12 slices cooked bacon  
 8 oz. sour cream  
 6 cups milk

#### INSTRUCTIONS

**NOTE:** *If you microwave the potatoes rather than bake the potatoes in an oven, be sure to use proper procedure on how to bake a potato in the microwave... otherwise the microwaved potato will turn out awful and unusable.*

Cook and crumble bacon. Scoop out cooked potato from skins. Melt butter over low heat, add flour, stir until smooth. (This soup is really thick. Cut flour to ½ cup if thinner soup is desired.)

Gradually add milk. Cook over medium heat, stirring constantly until thickened and bubbly. Add potatoes, salt, pepper, green onion, bacon and cheese. Cook until heated through; then stir in sour cream.

Serve with homemade corn bread for a rib-sticking meal. Personally this soup is fantastic when it is thick and you need to eat it as soon as it is finished to keep it from gelling up too much. It is wonderful!



### PRAY FOR PEACE IN ISRAEL

This message brought to you by  
 Jesus the Messiah Church

## DO YOU WANT TO BE BLESSED BY GOD?

God said to Abram: **Genesis 12:3**, “I will bless those who bless you, but I will curse anyone who curses you.” The common interpretation of this Scripture is that it pronounces a fearful condemnation by God Almighty on “those who curse Israel, Jews and Judaism.”



# 2023 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 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.



**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

RETURN SERVICE REQUESTED

ADDRESS CORRECTION REQUESTED

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Pahrump, NV 89060

Permit #60

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PLEASE APPLY STRAIGHT