

MARCH 2023

Anne Blankenship-Harris
Site Manager



Editor
Shades of Gray
Monthly Newsletter

**PAHRUMP
SENIOR CENTER, Inc.**

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MARCH 2023 HOLIDAYS & EVENTS

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

SHADES OF GRAY

March 2023 Newsletter Volume 6, Issue 3

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**.

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 IS Women's History Month



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!

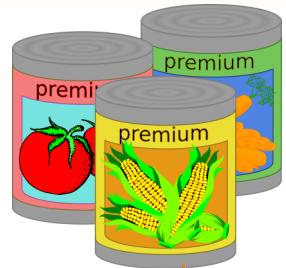
NON-PERISHABLE FOOD ASSISTANCE

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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smile
sparkle
shine

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 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. 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.

\$

DONOR'S NAME

I have enclosed my donation by CHECK

DONATION AMOUNT

MONEY ORDER

CHECK BOXES THAT APPLY

DO NOT SEND CASH IN THE MAIL!

I DO 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 15th 2023.
and WEDNESDAY, MARCH 29th 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@nyecc.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.



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!

ACTIVITIES CALENDAR ~ MARCH 2023**PAHRUMP SENIOR CENTER TEL: (775) 727-5008 FAX: (775) 751-6831 ACTIVITIES ~ MARCH 2023**

MONDAY – FRIDAY 9:00 AM - 3:00 PM

WWW.PAHRUMPSENIORCENTER.ORG

E-mail:

SENIOR.CENTER@PAHRUMPSENIORCENTER.ORG

ALL ACTIVITIES ARE SUBJECT TO CHANGE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
1 CHICKEN ALFREDO ASPARAGUS DVH MARCH B-DAYS CAKE BEEF/RICE SOUP MILK OR JUICE	2 SHEPHERDS PIE SPINACH , MUFFIN BANANAS BEAN SOUP MILK OR JUICE	3 ADSD #29 BAKED SALMON BUTTERED NEW POTATOES BRAISED RED CABBAGE COOKIE ORANGE /SPINACH SALAD CORN CHOWDER MILK OR JUICE		
6 ORANGE CHICKEN RICE PEAS YOGURT W/ FRUIT BEAN SOUP MILK OR JUICE	7 ROAST BEEF/GRavy ROASTED POTATOES GREEN BEANS FRUIT CHICKEN NOODLE SOUP MILK OR JUICE	8 BALSAMIC HERB CHICKEN PENNE PASTA VEGGIE MEDLEY FRUIT CHEESY BROCCOLI SOUP MILK OR JUICE	9 ADSD #3 MEATLOAF W/W BREAD MASHED POTATOES/GRavy CORN CAKE VEGGIE SOUP MILK OR JUICE	10 ADSD #26 LEMON BAKED FISH BROWN RICE ZUCCHINI MELON GOULASH SOUP MILK OR JUICE
13 ADSD #44 SWISS STEAK BAKED POTATO SOUR CREAM / CHIVES VEGGIE MEDLEY W/W ROLL APPLESAUCE BEAN SOUP MILK OR JUICE	14 TERIYAKI PORK BROWN RICE BROCCOLI PEACHES EGG DROP SOUP MILK OR JUICE	15 ADSD #32 CHICKEN PASTA PRIMVERA COLORFUL SALAD GARLIC BREAD CITRUS DELIGHT LENTIL SOUP MILK OR JUICE	16 ADSD #32 HOT DOGS/BUN MAC N CHEESE GREEN BEANS FRUIT CREAMY POTATO SOUP MILK OR JUICE	17 ST. PATRICKS DAY
20 ADSD #70 SLOPPY JOES PEAS/CARROTS APPLE CRISP PEA SOUP FRUIT MILK OR JUICE	21 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY GLAZED CARROTS FRUIT CHICKEN NOODLE SOUP MILK OR JUICE	22 HONEY GARLIC CHICKEN RICE CORN COOKIES BEAN SOUP MILK OR JUICE	23 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	24 ADSD #39 TUNA CASSEROLE PEAS/CARROTS CREAM OF MUSHROOM SOUP FRUIT MILK OR JUICE
27 CHICKEN CORDON BLEU ROASTED POTATOES MIXED VEGGIES CAKE VEGGIE SOUP MILK OR JUICE	28 PHILLY CHEESESTEAK CASSEROLE ROLLS CORN BEEF BARLEY SOUP MILK OR JUICE	29 ADSD #3 MEATLOAF W/W BREAD MASHED POTATOES/GRavy SPINACH TOMATO BASIL SOUP MILK OR JUICE	30 ADSD #9 ITALIAN SAUSAGE WITH RED PEPPERS & ONIONS CAKE ELBOW MACARONI BROCCOLI BEAN SOUP MILK OR JUICE	31 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 23rd day of every month for publication in the next newsletter. **If you are interested, please e-mail Oren at: 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

INGREDIENTS

4 large potatoes (baked or microwaved)
 $\frac{2}{3}$ cup butter or margarine
 $\frac{2}{3}$ cup flour (use $\frac{1}{2}$ cup for thinner soup)
 $\frac{3}{4}$ teaspoon salt
1 $\frac{1}{4}$ cups (5 oz.) shredded cheddar cheese

$\frac{1}{2}$ 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 $\frac{1}{2}$ 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.”



Pahrump Senior Center

1370 W Basin Ave
Pahrump NV 89060-4501

Tel: (775) 727-5008

e-mail: Office@PahrumpSeniorCenter.org

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

Website: PahrumpSeniorCenter.org

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

Newsletter e-mail: Senior.Center@PahrumpSeniorCenter.org

**We are on the web at:
PahrumpSeniorCenter.org**

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

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