

SHADES OF GRAY

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

MAY 2021 VOLUME 4 ISSUE 5



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PAHRUMP SENIOR CENTER

IT'S FINALLY HERE !!!!

**WE WILL BE RE-OPENING THE SENIOR CENTER TO FULL CAPACITY
ON MONDAY, MAY 3, 2021.**

IT'S BEEN A LONG, HARD, LONELY YEAR +, BUT IT IS TIME TO REGROUP AND ENJOY OUR TIME TOGETHER AGAIN.....THE GOVERNOR HAS STATED THAT MASKS WILL STILL BE MANDATED UNTIL FURTHER NOTICE, SO WE MUST REQUIRE THAT ALL PARTICIPANTS WEAR MASKS AT ALL TIMES WHEN IN THE BUILDING EXCEPT WHEN EATING.

WE WILL BE BACK TO OUR OLD HOURS 9AM-3PM MONDAY THRU FRIDAY WITH LUNCH BEING SERVED FROM 11:30-12:30 IN THE DINING ROOM.

OUR BOARD AND STAFF ARE EAGER TO SEE ALL OF YOU AND GET BACK TO SOME KIND OF NORMALCY.....

SEE YOU ON THE 3RD OF MAY.

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

**PAHRUMP
SENIOR CENTER
Incorporated**

BOARD OF DIRECTORS

Jim Gronemann
President

Dolores Rice
Vice President

Shirley Roach
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee



Happy Birthday to all our MAY Birthday Members!

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 MAY 2021 a very HAPPY BIRTHDAY AND A HEALTHY PROSPEPROUS YEAR!

HOLIDAYS & EVENTS MAY 2021

- 1ST **KENTUCKY DERBY**
- 2ND **ORTHODOX EASTER**
- 5TH **CINCO DE MAYO**
- 6TH **NATIONAL NURSES DAY**
- 6TH **NATIONAL DAY OF PRAYER**
- 9TH **MOTHER'S DAY—SUNDAY**
- 12TH **NATIONAL RECEPTIONISTS DAY**
- 13TH **ASCENSION**
- 13TH **NATIONAL APPLE PIE DAY**
- 15TH **ARMED FORCES DAY**
- 17TH **FEDERAL INCOME TAX FILING DUE**
- 23RD **PENTECOST**
- 31ST **MEMORIAL DAY**

A BIG THANK YOU
TO ALL OUR VOLUNTEERS,
STAFF, MEMBERS, FRIENDS
AND DONORS WHO CONTINUE
TO FINANCIALLY SUPPORT
OUR SENIOR CENTER!



DID YOU KNOW....

Physical activity, like walking, may help you lead a healthier and happier life. You don't need big blocks of time to exercise. Squeeze in activity throughout each and every day.

WHAT YOU CAN DO....

You can go for a daily walk or start gardening. Most of all keep it fun. Join in and you'll see a difference in your daily life, sleep habits and the amount of stress will diminish also!



Prayer is a daily lifestyle, not an *emergency exit.*

This Infomercial Paid For By Jesus The Messiah Church.

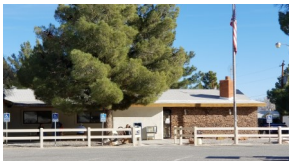
PAHRUMP SENIOR CENTER Tel: (775) 727-5008

MENU ~ MAY 2021

PLEASE NOTE MENU SUBJECT TO CHANGE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 3 ADSD #3 MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS W/W BREAD FRUIT CUP | 4 TALAPIA RICE PILAF PEAS CAKE FRUIT SOUP | 5 SWEDISH MEATBALLS NOODLES CARROTS W/W ROLLS APPLE CRISP | 6 SHEPARD'S PIE BRUSSEL SPROUTS SALAD PUDDING | 7 ADSD #95 CHICKEN TERIYAKI FRIED RICE LAYERED SALAD FRESH ORANGE |
| 10 ADSD #51 SWEET N SOUR PORK BROWN RICE BROCCOLI COLORFUL SALAD F/F FRENCH DRESSING FRESH PEACH | 11 BAKED ZITI GARLIC TOAST CORN SALAD PEACH CRISP | 12 PHILLY CHEESESTEAK SANDWICH L/S CHIPS PASTA SALAD CAULIFLOWER COOKIE | 13 FRIED CHICKEN MASHED POTATOES CARROTS/PEAS W/W ROLL SALAD FRUIT | 14 BATTERED COD WHITE RICE CUCUMBER SALAD YOGURT PIE FRUIT |
| 17 LOADED BAKED POTATO BROCCOLI SALAD CARROT CAKE | 18 ADSD #13 TURKEY SANDWICH MIXED VEGGIES SPINACH SALAD FRUIT SOUP | 19 ADSD #142 CHICKEN GUMBO RED BEANS/RICE SALAD FRUIT CUP | 20 COUNTRY FRIED STEAK MASHED POTATO BRUSSEL SPROUTS PEACHES CAKE SOUP | 21 ADSD #79 LEMON BAKED FISH BROWN RICE SQUASH W/W ROLL SALAD FRUIT |
| 24 ADSD #38 CHICKEN BROCCOLI SALAD MUFFIN FRUIT | 25 KEILBASA SAUERKRAUT RICE BROWNIE | 26 ADSD #3 MEATLOAF MASHED POTATOES SPINACH W/W BREAD FRUIT CUP | 27 COLD ROAST BEEF SANDWICH LETTUCE, TOMATO, ONION CARROT SALAD PEARS | 28 MEMORIAL DAY BBQ HAMBURGERS/HOTDOGS ALL THE FIXIN'S MACARONI SALAD POTATO SALAD COLE SLAW BAKED BEANS CUPCAKES |
| 31 CLOSED MEMORIAL DAY | WE WILL NOT BE SCHEDULING ACTIVITIES UNTIL JUNE 1, 2021 | | | |

LUNCH IS SERVED MONDAY – FRIDAY 11:30 AM – 12:30 PM SALAD BAR \$2.00 FEE 60+ YEARS.
 LUNCH \$3.00 DONATION APPRECIATED COFFEE AND ICED TEA \$1.00 BOTTOMLESS CUP



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

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


April Showers have brought us May flowers! Now comes
our triple-digit heat temperatures for the next 6 months!


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

RETURN SERVICE REQUESTED

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