

# SHADES OF GRAY NEWSLETTER

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### NOVEMBER 2022



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Editor & Site Manager

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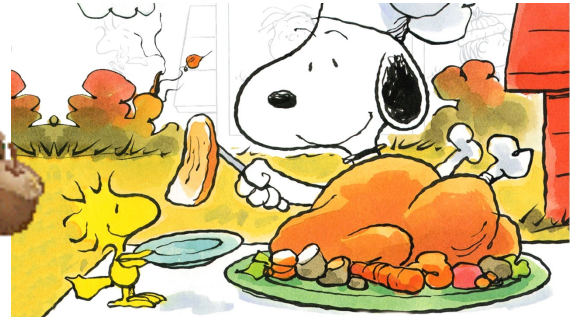
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WE ARE THANKFUL FOR YOU



## Happiness in **hard** times

By Sari Harrar

Research shows that joy is wired into our genes, brain circuits and biology—an integral part of our health equation. And in moments like these, it matters more than ever.

On the short list of songs that have brought the world joy, you'd be hard-pressed to top the Beatles' "Here Comes The Sun," with its lilting melody and deeply hopeful lyrics ("the smiles returning to the faces", "I feel that ice is slowly melting").

No wonder that hospitals played it repeatedly over their public-address systems this spring as an auditory balm in some of the most stress-filled, soul-scorching places on the planet: the intensive care units overflowing with COVID-19 patients and the flu struggling to stay alive.

At Lenox Hill Hospital in New York City, the song started up every time a coronavirus patient was discharged or recovered enough to breathe without the help of a ventilator. "Everyone in the hospital is under tremendous pressure," says pulmonologist Steven Feinsilver, M.D., who has been caring non-COVID-19 lung cases to free his colleagues to treat those with the coronavirus. "Especially for those I see on the front lines of critical care, it's like a war zone here. The work is relentless. To hear this song on the loud-speaker is brilliant. It's just what people need, a reminder that patients are recovering. You feel good for a moment."

Feeling good may be the last thing on your mind as the coronavirus pandemic grinds into its 34th month in America, taking 4,000 lives each month currently. As we struggle to revive after arguably one of the world's worst health and economic calamities, is even talking about happiness self-absorbed and inappropriate?

Quite the contrary, countless researchers say. Pursuing happiness and, more importantly, finding it, matters more during dark times, says Laurie Santos, a professor of psychology at Yale University. "Happiness gives us the resilience to get through. This is a challenging time because it's both a physical and mental health crisis. We need to focus on happiness more now, not less."

The emotional lift provided by that Beatles song shouldn't be underestimated, notes Lenox Hill nurse manager Amanda Griffiths. The song played some 20 times in a single day. Griffiths recalls, and each repetition made her feel better. "It was an overwhelming sense of, wow, we're making a difference. I got very teary-eyes."

Clearly, the kind of happiness that matters in tough times has nothing to do with birthday hats or smiley faces. The happiness that helps in great difficulty is realistic. It recognizes fears and anxieties.

**Continued on page 11**

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**By E-mail:** [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)

**In Person:** Our office is open weekdays 9:00 AM to 3:00 PM

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**YOUR TAX-DEDUCTIBLE DONATIONS ARE NEEDED**

Food costs have increased an average of 37% since the first of the year 2022. 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 Senior Center a better place to visit, meet new people and have nourishing lunch meals. 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, the costs of our lunches from increasing and to enrich the lives of the seniors in Pahrump Valley area.

**DONOR'S NAME**

**DONATION AMOUNT**

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I have enclosed my donation by  CHECK  MONEY ORDER

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CUT ALONG LINE

# NOVEMBER BIRTHDAYS



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 NOVEMBER a Happy Healthy Year!



## DID YOU KNOW....

The first Apple iPhone was invented and developed by Israeli Jews? True Fact!

If you do not value yourself, people will take advantage of you.

70 to 79% of the world's population have brown eyes.

Most people shed about 75 strands of hair each day.

## Quotable Quips & Jokes

1. "Don't try to save junk just because it took you a long time to obtain it. If you haven't used it in the past 6 months, get rid of it." *Unknown*
2. "Housework can't kill you, but why take a chance?" *Phyllis Diller*
3. Why does a duck have tail feathers?  
To cover its butt quack.
4. What do you call a bear with no teeth? A gummy bear.
5. At age 54, my race is more than half over. I'm in the last few laps. It's time to sprint.
6. A lie doesn't become truth, wrong doesn't become right, and evil doesn't become good, just because it's spoken nine hundred times. Be careful what you wish for!  
*Unknown*

# WE VOLUNTEERS





## IF YOU DIDN'T GET OUR NEWSLETTER BY U.S. MAIL OR EMAIL IN THE PAST, THEN CHECK THESE FAQs....

Certain requirements have changed and/or have been added when our senior center updated the monthly newsletter format and automation. So if you haven't been getting your copy of our SHADES OF GRAY monthly newsletter in the past few months, either by U.S. Mail (*our printed format 'hardcopy'*), or did not receive an email from us with a link to download and view SHADES OF GRAY Newsletter, our Monthly Menu and Activities Calendar on your device, here are a few steps you can take to remedy the situation...

**STEP 1** - Have you filled out a NEW Membership Form AFTER June 1, 2022? If not, please fill out our new Membership Form (found in this newsletter and on our website DOWNLOADS webpage), making sure you print with ink and complete it fully. Then hand it to the person at the front desk the next time you visit our senior center. If you need assistance completing the new Membership Form, simply ask someone to assist you. Incomplete or not readable applications will not be processed in order to cut down on mistakes and postage costs.

**STEP 2** - If you have done step 1 above after June 1, 2022, perhaps you did not submit your address or email address correctly. Did you leave out an apartment number or unit/lot number, or street address. You can check with the front desk person to see if your address is correct in our records. The front desk will have an up-to-date member listing to check if your information is correct.

**STEP 3** - Next, did you place an 'X' in the checkbox telling us how you wanted your SHADES OF GRAY Newsletter and special events to be delivered to you? The options are " By US Mail" or " By E-mail". You can check both if you want both.

**STEP 4** - BE SURE TO ADD our senior center email address to your Contacts List in your email app. *If you do not do this, our emails to you most likely will wind up not delivered or our email to you ended up in your SPAM or JUNK MAIL folder on your device.* Our Newsletter email address is:

[Senior.Center@PahrumpSeniorCenter.org](mailto:Senior.Center@PahrumpSeniorCenter.org)

From the staff, volunteers and  
Board Members of the  
Pahrump Senior Center,  
we wish you a



## ADVERTISE YOUR BUSINESS IN OUR MONTHLY NEWSLETTER!

Business Card size: \$12 per month — 6 month contract: \$10 per month

Quarter (1/4) page: \$25 per month — 6 month contract: \$20 per month

Half (1/2) page: \$50 per month — 6 month contract: \$40 per month

Full page (8" X 11") \$100 per month — 6 month contract: \$80 per month

Your Ad REQUIRES Camera-ready Artwork in Adobe PDF format or PNG Picture format.

Our advertising department charges \$85/hour for any artwork or ad you need created, payable before any work is started. Ad deadline is the 14th of every month for the upcoming month placement of Ad.



**Here are pictures of our October BBQ at our Senior Center.**



**More pictures of our October BBQ are on page 6 and 7.**



**More pictures of our October BBQ ....**





**More pictures of our October BBQ ....**



**A BIG THANK YOU TO ALL WHO  
ATTENDED OUR OCTOBER BBQ!!!**

# Recipes for November 2022

## BAKED BEANS & HOT DOGS

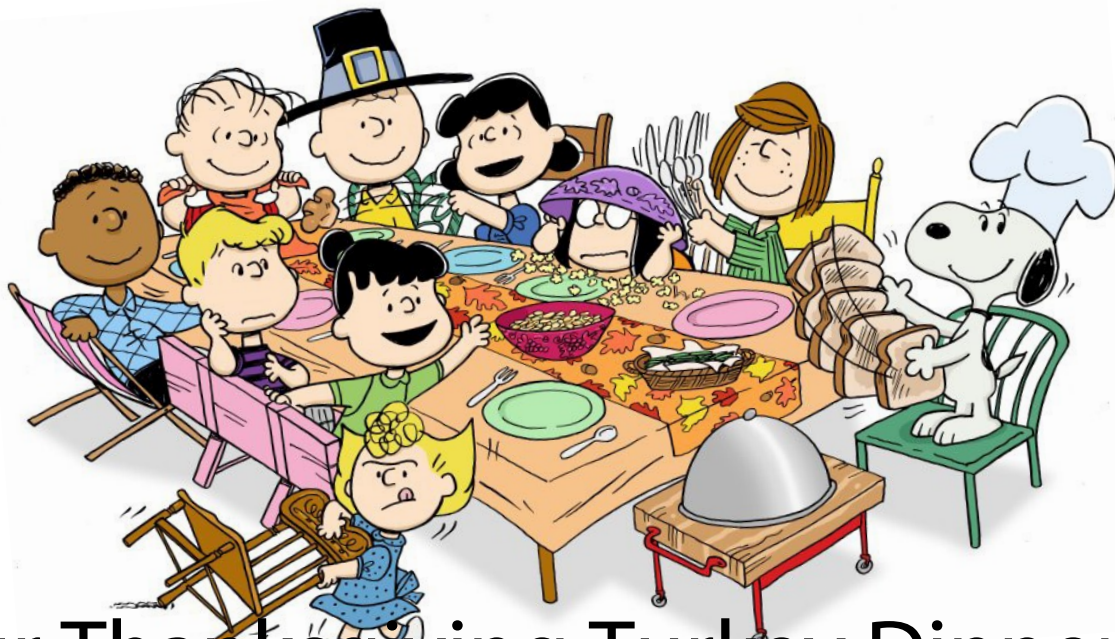
Recipe by Linda Nickerson

### **INGREDIENTS**

- 1 Package Hot Dogs, your choice of Brand
- 1/8 cup Sweet Relish
- 1/8 cup Molasses
- 1 28-ounce can Bush's Best Plain Baked Beans  
You can use other Brand if Bush's is not available

### **INSTRUCTIONS**

1. Heat beans in large sauce pan and add and mix into beans the molasses and sweet relish. Simmer on low heat for 20 minutes, stirring occasionally so that the beans mixture does not burn.
2. Remove hot dogs from package and place in large sauce pan of boiling water. Boil hot dogs for recommended cooking time per hot dog label instructions. Remove hot dogs from pan and discard the water.
3. Serve hot dogs & beans with mustard or spicy mustard of your choice - ENJOY!.



Our Thanksgiving Turkey Dinner is  
Wednesday the 23<sup>rd</sup> of November!



# SHADES OF GRAY

## PAHRUMP SENIOR CENTER

Tel: (775) 727-5008

FAX (775) 751-6831

## MENU ~ NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> MEDITERRANEAN GRILLED CHEESE SANDDWITH POTATO CHIPS BROCCOLI SALAD FRUIT TOMATO BASIL SOUP	<b>2</b> ADSD #108 BEEF STROGANOFF NOODLES SQUASH SPINACH SALAD FRUIT D.V.H. NOV BIRTHDAY CAKE CABBAGE SOUP MILK OR JUICE	<b>3</b> ADSD #102 CHICKEN & DUMPLINGS PEAS CARROT SALAD ORANGES MILK OR JUICE FRENCH ONION SOUP	<b>4</b> BATTERED FISH RICE PILAF SPINACH CAKE CREAMY POTATO SOUP MILK OR JUICE
<b>7</b> HAM STEAK AU GRATIN POTATOES HONEY GLAZED CARROTS FRUIT BEAN SOUP MILK OR JUICE	<b>8</b> MEATBALL SUB GREEN BEANS PASTA SALAD COOKIES MINNESTRONE SOUP	<b>9</b> CHICKEN ALFREDO NOODLES CORN GARLIC BREAD FRUIT VEGGIE SOUP	<b>10</b> ADSD #16 BEEF STEW W/W NOODLES GARDEN SALAD FRUIT CUP CAKE MILK OR JUICE	<b>11</b> <b>CLOSED</b> <b>VETERANS DAY</b>
<b>14</b> CHICKEN & WAFFLES FRESH FRUIT PUDDING BEAN SOUP MILK OR JUICE	<b>15</b> ADSD #3 MEATLOAF SPINACH MASHED POTATOES W/W BREAD FRUIT CUP CORN CHOWDER MILK OR JUICE	<b>16</b> CHICKEN CORDON BLEU ROASTED POTATOES CORN PUDDING NORTHERN BEAN SOUP MILK OR JUICE	<b>17</b> PIZZA CHEFS SALAD BROCCOLI VEGGIE SOUP MIXED BERRY FRUIT MILK OR JUICE	<b>18</b> ADSD #39 SPAGHETTI W/MEAT SAUCE ZUCCHINI SALAD ORANGES MILK OR JUICE ITALIAN WEDDING SOUP
<b>21</b> KELBASA SAURKRAUT TATOR TOTS FRUIT MILK OR JUICE CREAMY CHICKEN SOUP	<b>22</b> ADSD #164 BEEF & BEAN BURRITO COLORFUL SALAD SPANISH RICE FRUIT COCKTAIL ALBONDIGAS SOUP MILK OR JUICE	<b>23 THANKSGIVING DINNER</b> TURKEY W/STUFFING YAMS MASHED POTATOES/GRAVY GREEN BEAN CASSEROLE FRUIT SALAD PUMPKIN PIE SOUP MILK OR JUICE	<b>24 THANKSGIVING DAY</b> <b>CLOSED</b> <b>THANKSGIVING</b>	<b>25</b> <b>CLOSED</b> <b>THANKSGIVING</b>
<b>28</b> COUNTRY FRIED STEAK MASHED POTATOES/GRAVY CANDIED CARROTS CAKE CHEESY BROCOLLI SOUP MILK OR JUICE	<b>29</b> ADSD #147 SANTA FE CHICKEN MIXED VEGGIES TOSSED SALAD MANDARIN ORANGES ALBONDIGAS SOUP MILK OR JUICE	<b>30</b> ROAST PORK & GRAVY ROASTED POTATOES GREEN BEANS PUDDING BEAN SOUP MILK OR JUICE	<b>DECEMBER 1<sup>st</sup></b> STUFFED PEPPERS CORN CAKE FRENCH ONION SOUP MILK OR JUICE	<b>DECEMBER 2<sup>nd</sup></b> ADSD #26 LEMON BAKED FISH PARSLEY POTATOES SPINACH GARDEN SALAD FRESH FRUIT LENTIL SOUP MILK OR JUICE

NOTICE: MENU SUBJECT TO CHANGE WITHOUT NOTICE

LUNCH IS SERVED MONDAY - 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

**PAHRUMP SENIOR CENTER ~ NOVEMBER 2022**

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

NOTICE: ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BINGOSIZE 12:30 PM	<b>2</b> HUMANA OPEN ENROLLMENT 10:00 AM HAIRCUTS 1:00 PM - 3:00 PM	<b>3</b> CHAD GOINS OPEN ENROLLMENT RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM - 3:00 PM	<b>4</b> MICHAEL NYE COALITION OPEN ENROLLMENT TOPS MEETING 8:00 AM
<b>7</b> SHERIFF WEHRLY 10:30 AM BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>8</b> <b>VOTE TODAY!</b> BINGOSIZE 12:30 PM	<b>9</b> BLIND SUPPORT- PAHRUMP CHAPTER 12:30 PM HAIRCUTS 1:00 PM - 3:00 PM	<b>10</b> CHAD GOINS OPEN ENROLLMENT RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM-3:00 PM	<b>11</b> <b>VETERANS DAY</b>  <b>CLOSED</b> <b>VETERANS DAY</b>
<b>14</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>15</b> BINGOSIZE 12:30 PM	<b>16</b> HUMANA OPEN ENROLLMENT 10:00 AM HAIRCUTS 1:00 PM - 3:00 PM	<b>17</b> CHAD GOINS OPEN ENROLLMENT BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM - 3:00 PM	<b>18</b> MICHAEL NYE COALITION OPEN ENROLLMENT TOPS MEETING 8:00 AM
<b>21</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>22</b> BINGOSIZE 12:30 PM	<b>23</b> <b>NO ACTIVITIES</b>  <b>THANKSGIVING DINNER</b>	<b>24</b> <b>THANKSGIVING DAY</b>  <b>CLOSED</b> <b>THANKSGIVING DAY</b>	<b>25</b> <b>BLACK FRIDAY</b>  <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>
<b>28</b> BEADING HEARTS 12:30 PM SHOW & TELL DAY POKER 12:30 PM	<b>29</b> BINGOSIZE 12:30 PM BUNCO 12:30 PM	<b>30</b> JUST ONE PROJECT- COMMODITIES 9:00 AM BLIND SUPPORT 12:30 PM		



## **HAPPINESS** article continued from front page....

It looks for meaning. It nourishes and sustains us.

To better understand happiness and its role in hard times, here are three short lessons on the topic to find out the deeper truths of joy. Here is what you want to know:

**LESSON 1**  
**Happiness is possible in dark hours**

**IN THE WAKE** of a life-shattering crisis or global disaster, something surprisingly positive often happens. Two months after the World Trade Center terrorist attacks in 2001, a University of Pennsylvania survey of over 4,000 Americans found that they felt more gratitude, hope, kindness and love than they did before 9/11. And the effect wasn't transitory. In a three year state of University of New York at Buffalo study of 1,382 American adults, 58 percent said they continued to see positive consequences emerge from the attacks.

They weren't hiding their heads in the sand or pretending the disaster hadn't happened. A study by psychology professor Barbara Fredrickson, now at the University of North Carolina at Chapel Hill, found that students acknowledged the great despair, anger and fear they felt after 9/11, but some also were buoyed by what Fredrickson calls the "ordinary magic" of fleeting positive emotions, such as those sparked recently in hospital patients hearing "Here Comes The Sun."

"Finding positive meaning may be the most powerful leverage point for cultivating positive emotions during times of crisis," Fredrickson noted in the study.

It's intuitive that happiness helps create and sustain emotional resilience. But the converse is true, too. Emotional resilience—knowing how you can get through a crisis with a little less despair and a little more sanity and perspective—can also lead to happiness.

Medical studies confirm it. They found that people dealing with a serious health crisis (like cancer, spinal cord injury or debilitating chronic pain) who found a higher sense of meaning in their plight also experienced better emotional well-being. How? By switching from nursing their personal sense of tragedy to encouraging empathy with others who might have it worse. That's why so many volunteers feel deep joy in what they're doing.

Suffering is never good, of course. And right now, more than on-third of Americans say this pandemic is having a serious impact on their mental health, according to a national poll by the American Psychiatric

Association. This may not be the time to focus on fun and laughs. But something deeper can help. Sirois, who has written about the emotional resilience of children with cancer and their families, calls it "positivity," a mix of realism, hope and compassion. Holocaust survivor Viktor Frankl famously called it "tragic optimism."

The good news is, we can all reach for it. After a crisis, it's estimated that up to two-thirds of adults actually experience an increase in well-being that the American Psychological Association calls "post-traumatic growth."

Getting to these constructive emotional states begins with acknowledging the bad, Sirois says. "I could binge-watch Netflix for seven hours a day, but that won't sustain me spiritually or emotionally or in my relationships," she says. "Let yourself feel what you're really feeling."

Then think about what's important to you right now. "What's in line with our values? That could be more kindness, spirituality, appreciating life in all its big and small moments, using your own strengths more in the world," Sirois says. Finally, act on these goals. Go slow. Take small steps. "When you pay attention to how you shape your life right now, you won't feel victimized by what's going on," she says. "Resilient people know they have this choice. Happiness doesn't come from the outside."

**LESSON 2**  
**Give up wrong ideas about happiness**

**LAURIE SANTOS** knows a lot about unhappy people. Witnessing the stress and joylessness of her students at Yale, the psychology professor developed a course in 2018 titled "Psychology and the Good Life" that revealed the physical and emotional underpinnings of happiness, and what could be done to increase them. The course became an instant campus phenomenon—and then a worldwide sensation. Nearly a million people of all ages signed up for a free online version in the first three months.

The 10-session online class romps through all of the science-backed strategies for happiness you've probably heard about, like eating well, sleeping well, exercising and managing stress. But Santos also makes a big point of dispelling misconceptions that block true well-being. Turns out, we're terrible at predicting what will actually make us happy,

**Continued on page 12...**

**Happiness article continued from page 11....**

so we go after the wrong things (money, status) and overlook the unique, everyday stuff that truly jazzes us. To start, we compare ourselves to others, rather than pursuing our own bliss. “Comparing yourself to other people is a great way to feel less happy,” Santos says. Case in point: In studies of Olympic medalists, bronze medalists looked genuinely happier with their third place win than silver medalists. “It’s easy to beat yourself up because you didn’t get the gold medal,” Santos says, “and forget about the amazing experience you’re having.”

We also get so used to the good stuff in our lives that we forget to immerse ourselves in it. And we undervalue the simple stuff because it just seems so....simple. Bottom line: “Our minds suck at happiness,” Santos says. “They’re naturally wired for survival. We pay more attention to trouble.”

Three strategies from her course, and from other experts, have been proven to increase happiness.

» **CONNECT.** Human connection is the classic recipe, the chicken soup for happiness, notes Robert Waldinger, M.D., director of the 83 year-old Harvard Study of Adult Development, considered the world’s longest-running study of well-being. “The clearest message we get from our study is this: Good relationships keep us happier and healthier, period,” Waldinger says. A sense of joy seems to reach into our cells, reducing corrosive forces like inflammation and stress that are so harmful to our bodies, he notes.

Another key finding: “It’s not the number of friends you have or whether you’re in a committed relationship. It’s the quality of your relationship that matters,” Waldinger says.

» **MOVE.... AND BREATHE.** Physical activity can boost your happiness by reducing stress and releasing feel-good brain chemicals.

» **TAKE A MOMENT TO SAVOR.** Pausing to soak in a wonderful moment—a sunrise, the morning’s bird-song, the joy of our pets—is a great way to learn how to savor. Or you can recall a cherished memory, play music linked to a special moment or linger over some old photos.

**HERE’S SOME OPTIMISTIC NEWS.** As we move through our later years, the typical person grows steadily happier. “There really is a U-curve of happiness,” says Dartmouth College economist David Blanchflower, who published two headline-grabbing papers on the subject. Put simply, people in general hit high levels of happiness in their early 20s, low levels in middle age (around age 47, Blanchflower

says) and then start seeing a steady increase in joy from that point on.

We’re not talking about a quirk of Americans, the study involved people from 132 countries. “The U-curve occurred in places where wages are high and low, in countries at the top and the bottom of life expectancy,” he says.

How can this curve be explained? Maybe it’s genes, maybe it’s coming to terms with our limitations. Whatever the reason, it’s ingrained in us.

We found that midlife has become a time of crisis. But it’s not the kind that exists in popular imagination... the foolhardy quest to regain the glory days of youth. The midlife crisis experienced by most people is subtler, more nuanced. It’s a big squeeze in which adults face tough choices about how to split their time, emotions, money and skills between themselves, work, kids and parents. But there’s an upside to these challenges. Decades of life experience combine with brain rewiring to create a new kind of happiness for people in their 50s and beyond. These later-life brain changes are as significant as the circuitry upgrades that turn teenagers into adults or that promote good parenting after a first baby.

In older people who keep themselves physically, mentally and socially active, we see the growth of what we call the neurobiology of wisdom. You don’t get as upset when things go wrong. You focus on the positive. You feel great when you have a sense of purpose.

Happiness is turning up in our DNA, too. Meikle Bartels is an expert on the genetics of joy. Since 2016, her team at Vrije University in Amsterdam has discovered 304 “happy” genes. We’ve found that 35 to 40 percent of the difference between people’s happiness levels is genetic.

Few people know how “Here Comes the Sun” came about, but the story captures what Bartels and others have been saying. The song was composed when all seemed to be going wrong within the Beatles. George Harrison just couldn’t face yet another stress-filled business meeting with bandmates and accountants, so he played hooky and went to the house of his friend Eric Clapton. There he came up with the melody while walking around the garden. At recording time, John Lennon was recovering from a car crash, so he never contributed to the song. The day of the songs mixing was the last time the four Beatles were ever together in a recording studio. From such tension was born one of the happiest songs of our lives.

**THINK HAPPY THOUGHTS, STAY ACTIVE  
PHYSICALLY, MENTALLY AND SOCIALLY!**

**LESSON  
3**

**Work with  
your  
happiness  
biology**



# 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 \_\_\_\_/\_\_\_\_/\_\_\_\_  
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**SCENES FROM OUR HALLOWEEN EVENTS**



**FRIGHTFUL CREATURES LURKING  
'ROUND EVERY CORNER IT WAS...  
AND TASTY DELICIOUS FOOD TOO!**





MORE SCENES FROM OUR HALLOWEEN EVENTS



THE FRIGHTFUL CREATURES LURKING  
DIDN'T EAT UP EVERYTHING....

THESE TASTY SPOILS WON'T LAST LONG





**PAHRUMP SENIOR CENTER**

Tel: (775) 727-5008

e-mail: Office@PahrumpSeniorCenter.org

FACEBOOK: FaceBook.com/PahrumpSeniorCenterII

Website: www.PahrumpSeniorCenter.org

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

*Happy Thanksgiving*



**NOVEMBER HOLIDAYS & HISTORICAL EVENTS**

**SUNDAY, NOVEMBER 6**  
Daylight Saving Time Ends

**TUESDAY, NOVEMBER 8**  
Election Day

**PLEASE VOTE!**

**FRIDAY, NOVEMBER 11**  
Veterans Day

**THURSDAY, NOVEMBER 24**  
Thanksgiving Day

**FRIDAY, NOVEMBER 25**  
Black Friday  
First official day of the  
Christmas Shopping Season

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

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