

October, 2022

SHADES OF GRAY

Anne Blankenship-Harris
Site Manager



Editor
Shades of Gray
Monthly Newsletter

▶ **VOLUME 5, ISSUE 10**

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



PANCAKE BREAKFAST

**SATURDAY
OCTOBER 1, 2022
8:00 AM TO 12:00 NOON**

**PAHRUMP SENIOR CENTER
1370 W. BASIN AVENUE, PAHRUMP, NV**

**(PAHRUMP SENIOR CENTER BUILDING IS LOCATED
INSIDE THE SUNSET COMMUNITY MOBILE HOME PARK)**

TICKETS \$5.00 PER PERSON

Children Under 10 Years Old: \$3 each

**BREAKFAST INCLUDES PANCAKES, SAUSAGE,
SCRAMBLED EGGS, O'BRIEN POTATOES
AND COFFEE, MILK OR JUICE.**

**PAHRUMP
SENIOR CENTER, Inc.
BOARD OF TRUSTEES**

Jim Gronemann
President

Dolores Rice
Vice President

Sharon Dorgan
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee

**HOLIDAYS & EVENTS
IN OCTOBER 2022**

1st PANCAKE BREAKFAST
(at our senior center)

7th AFGHANISTAN WAR
BEGAN IN 2001

10th COLUMBUS DAY
(Observed)

12th COLUMBUS DAY

13th U.S. NAVY Established
(in the year 1775)

17th NATIONAL BOSS DAY

24th UNITED NATIONS DAY

27th NAVY DAY

28th NEVADA DAY

31st HALLOWEEN



"We hold these truths to be self-evident: that all men are created equal. . ." "it is the great parent of science and of virtue: and that a nation will be great in both, always in proportion as it is free." "Our liberty depends on the freedom of the press, and that cannot be limited without being lost."

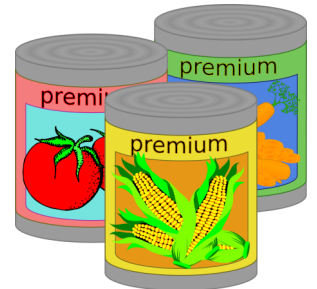
Quote by Thomas Jefferson, 3rd President of the United States of America

The Holidays Are Just Around The Corner!



Please Help Us Feed The Senior Shut-Ins By Bringing A Non-perishable Food Item

Each Time You Come To The Senior Center!



This Will Greatly Help Provide Food Baskets During The Thanksgiving And Christmas Holidays.

Thank You & God Bless You For Being A Part Of The Solution!



The Joy of Giving

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.

\$

MAIL TO:

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

DONOR'S NAME

DONATION AMOUNT

I have enclosed my donation by CHECK MONEY ORDER

CHECK BOXES THAT APPLY

I DO WANT RECOGNITION

I DO NOT WANT RECOGNITION

SEND ME TAX-DEDUCTIBLE RECEIPT

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.**



Dinner and a Show

Pahrump Elks Lodge #2796

2220 East Basin Ave.

Bill Watson and the Glam Girls

Saturday, October 1, 2022 5:00 pm

Dinner Menu

Swiss Steak, Potatoes, Vegetable, Salad, Dessert

\$15

Benefits the Pahrump Senior Center

Open to the Public

Buy Tickets at the Pahrump Senior Center or at the Elks
Lodge (775-751-2796)

HOMEGOING

KENNETH GILMER

November 1933 to September 2022

Our dear friend **Kenneth Gilmer**, a long time member of Pahrump Senior Center, passed away on September 20, 2022.

Kenneth's Christian Faith was strong as he had a personal daily relationship with his Saviour and Lord, Jesus Christ.

Kenneth will be greatly missed by his friends of Pahrump Senior Center.



GOOD SENSE FOR OCTOBER 2022

“DON'T LET ANYONE OR ANYTHING GET IN THE WAY OF YOUR RELATIONSHIP WITH GOD!”

This Good Sense message provided by Jesus The Messiah Church, Pahrump, NV.

YES, WE NEED YOUR HELP!

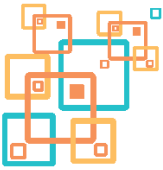
Please Help Feed Our Pahrump Valley Seniors who are home-bound by making a *generous tax-deductible gift* to our Pahrump Meals On Wheels. Thank You!

PLEASE TALK TO ANNE OR JIM WITH YOUR GENEROUS GIFT!

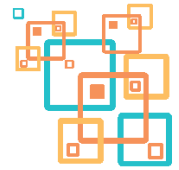
Make your check payable to: **Pahrump Meals On Wheels** and mail your check or money order to: **Pahrump Meals On Wheels**
1370 W Basin Avenue
Pahrump, NV 89060-4501

You can also drop off your donation at the front desk at the Senior Center. Thank you!

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



Chronic Disease Self Management Workshop



This Chronic Disease Self-Management Program is a 6-week workshop for those who have Chronic Disease or live with someone who does. It teaches the skills needed in the day-to-day management of Chronic Disease.

Self-management programs are among the most efficient tools that can be offered. They lead to better outcomes by helping individuals gain confidence in their ability to manage their symptoms.

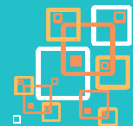
In many cases, these programs lead to a reduction in illness, and improved overall health.

Next Class:
Wednesdays
October 5th –
November 9th
12:30 PM - 3:00 PM
At the Pahrump
Senior Center
1370 W Basin Ave

For questions
 E-mail Pam Welch
 at pamela@nyecc.org
 or call 775-727-9970 x230

Free class valued at \$240 with
 limited space.

Program Manager
 Matteline Becker
 775-727-9970 x302 or
matteline@nyecc.org



**** 1 hour over-the-phone classes can also be
 scheduled based on need****

Register for a workshop.

Either scan QR code or use this link:

<https://www.surveymonkey.com/r/signupforCDMSE>





Art of Medicare

MEDICARE-ELIGIBLES: JOIN US FOR OUR FIRST ANNUAL HEALTH FAIR + BBQ Party



**BRING
YOUR
FRIENDS!**

**FREE
FOOD +
REFRESHMENTS**

**BURGERS
HOTDOGS
CHILI + MORE!**

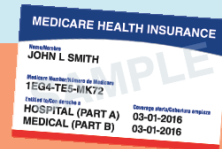
**LIVE DJ
RAFFLES
ALL DAY**



THURSDAY, OCTOBER 13, 2022

11AM - 2PM

**PAHRUMP VALLEY SENIOR CENTER
1370 W BASIN AVE, PAHRUMP NV 89060**



**Have questions
about Medicare?**

A licensed agent will be available
to answer your questions.

RESERVE YOUR SPOT! SPACE IS LIMITED. (702) 277-7147

Giveaways and food are limited to \$15 per person, while supplies last, with no obligation to enroll. This event is for educational purposes only, no plan benefit information will be shared. For accommodations of persons with special needs at meetings, call 480-887-9758, TTY 711, Monday - Friday, 9am - 5pm PST. There will be a limit of one (1) prize per person with the value not exceeding \$15, while supplies last. By calling the number above, you will be directed to licensed insurance agent. 57855_081722_MK

PAHRUMP SENIOR CENTER HOURS: 9:00 AM – 3:00 PM

MENU ~ OCTOBER 2022

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

PLEASE NOTE: MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HASH BROWN CASSEROLE BISCUIT FRESH FRUIT VEGGIE SOUP MILK OR JUICE	4 ADSD #72 BBQ CHICKEN PEAS RICE YOGURT MILK OR JUICE CREAM OF POTATO SOUP	5 TURKEY BACON WRAP GREEN BEANS SPLIT PEA SOUP CAKE (By Desert View Hospital) MILK OR JUICE	6 TUNA CASSEROLE CORN FRUIT MILK OR JUICE CREAM OF MUSHROOM SOUP	7 ADSD #168 FISH TACOS CARROTS SLICED MELON FRENCH ONION SOUP MILK OR JUICE
10 OPEN FACE HOT BEEF 7 GRAIN BREAD PUDDING GREENBEAN CASSEROLE BEAN SOUP MILK OR JUICE	11 CHICKEN CORDON BLUE ROASTED POTATOES BROC LEMON BUTTER FRUIT PIZZA MILK OR JUICE CHICKEN NOODLE SOUP	12 ADSD # 50 CHICKEN SALAD SANDWICH SQUASH CANTALOUPE LENTIL SOUP MILK OR JUICE	13 BBQ SENIOR FARE HAMBURGERS/HOTDOGS CHILI PASTA SALAD DESSERT	14 ADSD #26 LEMON BAKED FISH SPINACH GRAPE CROSTINIS FRUIT CUP MILK OR JUICE CRACK CHIX NOODLE SOUP
17 ADSD #78 BAKED HERB CHICKEN STUFFING SWEET CORN APPLESAUCE MILK OR JUICE CREAMY CAULIFLOWER SOUP	18 ADSD #3 MEATLOAF ZUCCHINI MASHED POTATOES FRUIT YOGURT CUP BEAN SOUP MILK OR JUICE	19 COUNTRY FRIED STEAK MASHED POTATOES CANDIED CARROTS CAKE VEGGIE SOUP MILK OR JUICE	20 STUFFED PORK LOIN GREEN BEANS W/BACON. SCALLOPED POTATOES CORN BREAD PUDDING CLAM CHOWDER SOUP MILK OR JUICE	21 ADSD #18 SALMON LENTLE SOUP W/ANGEL HAIR PASTA BAKED ASPARAGUS MILK OR JUICE
24 HAM STEAK SCRAMBLED EGGS BISCUIT & GRAVY FRESH FRUIT BEAN SOUP MILK OR JUICE	25 ADSD #108 BEEF STROGANOFF CARROTS SALAD GARLIC BREAD JELLO BEEF BARLEY SOUP MILK OR JUICE	26 BLT POTATO SALAD PUDDING TOMATO BASIL SOUP MILK OR JUICE	27 ADSD #29 SPAGHETTI W/MEAT SAUCE ZUCCHINI GARDEN SALAD 7 GRAIN BREAD ORANGES ITALIAN WEDDING SOUP MILK OR JUICE	28 CLOSED NEVADA DAY
31 GARLIC SHRIMP PASTA BROCCOLI SALAD HAMBURGER STEW SOUP YOGURT PIE				

LUNCH IS SERVED MONDAY – FRIDAY 11:30 AM – 12:30 PM COFFEE & ICED TEA FEE: \$1.00 BOTTOMLESS CUP SALAD BAR FEE: \$3.00

60+ YEARS: LUNCH \$4.00 DONATION APPRECIATED UNDER AGE 60: \$5.00 FEE

ACTIVITIES ~ OCTOBER 2022

PAHRUMP SENIOR CENTER

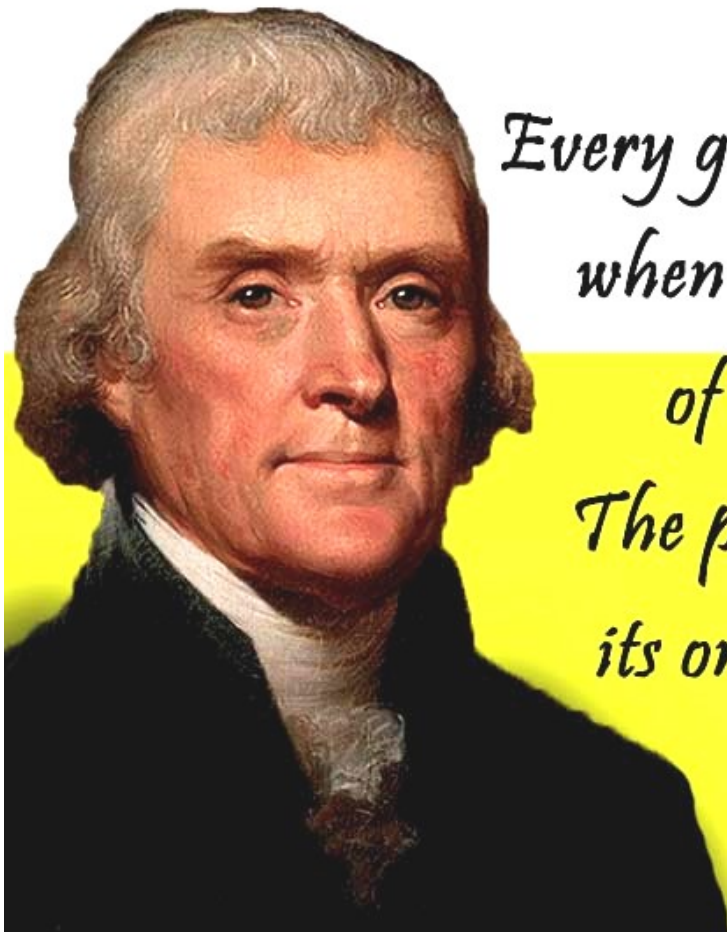
Tel: (775) 727-5008 FAX (775) 751-6831 HOURS: 9:00 AM – 3:00 PM

PLEASE NOTE: MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 SENIOR CTR PANCAKE BREAKFAST 8:00 AM TO NOON
3 POKER 12:30 PM	4 CATHOLIC CHARITIES COVID VACCINATIONS FOR SENIORS (NEW VARIANT) 10:00 AM TO 11:30 AM BINGOSIZE 12:30 PM	5 HUMANIA 9:30 – 11:00 AM CHRONIC DISEASE SELF MANAGEMENT CLASS 12:30 PM TO 3:00 PM HAIRCUTS 1:00 PM – 3:00 PM	6 RIPPETS KNITTING CLUB 10:30 BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	7 TOPS MEETING 8AM CHAD GOINS MEDICARE 10:00 AM	8
10 POKER 12:30 PM	11 BINGOSIZE 12:30 PM	12 NULEAR CARE PARTNERS & CAPTION CALL 10:00 AM PAHRUMP CHAPTER BLIND SUPPORT 12:30 PM CHRONIC DISEASE SELF-MGMNT CLASS 12:30-3PM	13 ART OF MEDICARE BBQ & SENIOR FARE 10:00 AM RIPPETS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	14 TOPS MEETING 8:00 AM CHAD GOINS MEDICARE 10:00 AM	15
17 ATT SMART PHONE CLASS 9:30 AM POKER 12:30 PM	18 BINGOSIZE 12:30 PM	19 HUMANIA 9:00 – 11:00 AM CHRONIC DISEASE SELF-MGMNT CLASS 12:30 – 3:00 PM HAIRCUTS 1:00 PM – 3:00 PM	20 SHERIFF WHERLY 10:00 AM HAIRCUTS 1:00 PM – 3:00 PM BINGOSIZE 12:30 PM	21 TOPS MEETING 8:00 AM CHAD GOINS MEDICARE 10:00 AM	22
24 POKER 12:30 PM	25 BINGOSIZE 12:30 PM BUNCO 12:30 PM	26 CHRONIC DISEASE SELF-MNGMT CLASS 12:30 – 3:00 PM BLIND SUPPORT 12:30 PM	27 RIPPETS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	28 CLOSED NEVADA DAY	29 HALLOWEEN DANCE SENIOR CENTER 5:00 PM – 10:00 PM
31 HALLOWEEN COSTUME CONTEST POKER 12:30 PM					



**PANRUMP SENIOR CENTER
ANNUAL HALLOWEEN DANCE
SATURDAY, OCTOBER 29, 2022
5PM-9 PM
DINNER, DANCING, COSTUME CONTEST, RAFFLE
PRIZES, 50-50 DRAWING
COME AND ENJOY THE SPOOKY ANTICS
TICKETS: \$15.00 PER PERSON
AVAILABLE AT THE SENIOR CENTER OR
AT THE DOOR**



*Every government degenerates
when trusted to the rulers
of the people alone.
The people themselves are
its only safe depositories.*

**- Thomas Jefferson
(3rd U.S. President)**

HAPPY BIRTHDAY!

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 OCTOBER 2022 A Happy Healthy and Blessed Year!



Desert View Hospital was at the Senior Center with their monthly Happy Birthday cakes and gift packages every month. Thank you so much for appreciating and celebrating our senior's birthdays.

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

Our Lunch Menu & Price List

LUNCH ~ Monday—Friday (Except Holidays)

To view and print our monthly Menu, please see our **DOWNLOADS** page on our website: PAHRUMPSENIORCENTER.ORG

LUNCH ~ Served 11:30 A.M. to 12:30 P.M

\$4 Donation Appreciated. Lunch includes soup and choice of milk or juice.

SALAD BAR ~ Salad Bar (Fee of \$3.00) is served 11:00 A.M. to 12:30 P.M.

Included with SALAD BAR ONLY is a 1 trip to Salad Bar and SOUP is included when you pay the Salad Bar Fee of \$3.00. Your choice of milk or juice is included.

SOUP ONLY ~ \$1.00 FEE Served 10:00 A.M. to 12:30 P.M.

SOUP ONLY (with crackers) IS A FEE OF \$1.00 per person.

Included with SOUP ONLY is your choice of milk or juice when you pay the \$1.00 FEE for SOUP ONLY.

BEVERAGES ~ \$1.00 FEE Available 9:00 A.M. to 2:00 P.M.

COFFEE



HOT TEA

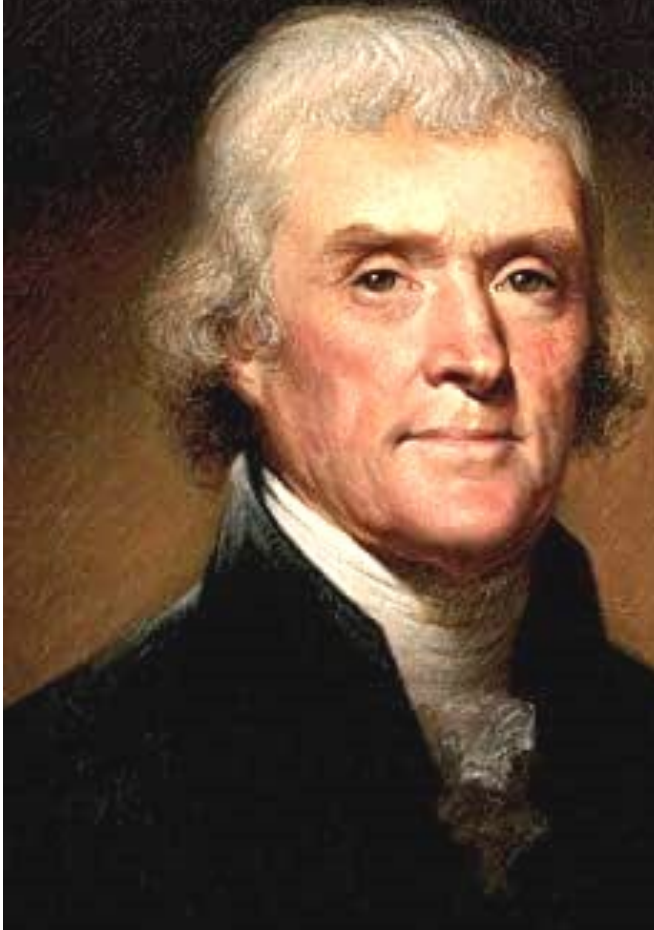


ICED TEA OR JUICE



THE TWO ENEMIES OF THE PEOPLE

ARE **CRIMINALS AND GOVERNMENT**, SO LET US TIE THE SECOND DOWN WITH THE CHAINS OF THE CONSTITUTION SO THE SECOND WILL NOT BECOME THE LEGALIZED VERSION OF THE FIRST.



~ Thomas Jefferson

3rd President of the United States of America



Pahrump Senior Center

1370 W Basin Ave
Pahrump NV 89060-4501

Tel: (775) 727-5008

e-mail: Office@PahrumpSeniorCenter.org

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

Website: PahrumpSeniorCenter.org

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

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

PAHRUMP SENIOR CENTER
The Best In The West!

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

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

RETURN SERVICE REQUESTED

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PLEASE APPLY STRAIGHT**