

October, 2021

# SHADES OF GRAY

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Site Manager



Editor  
**Shades of Gray**  
Monthly Newsletter

▶ **VOLUME 4, ISSUE 10**

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



## PSC 21 YEAR VOLUNTEER RETIRING



*Cora Porter — Volunteer and friend since September 2000—September 2021 retiring to Bullhead City, Arizona. You will be missed by all of us at the Pahrump Senior Center. Thank you so much for all your years of volunteering and caring. You are a very special lady and we love you.*



Your truly going to be missed our friend. Best of love and wishes, we do send. We're truly going to miss you so very much. So please make us a promise to stay in touch. Forever and always you will be in our hearts. We wish you happiness, on your brand new start.

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

Jim Gronemann  
President

Dolores Rice  
Vice President

Shirley Roach  
Secretary/Treasurer

Gerry Rice  
Trustee

Nancy Fowler  
Trustee

### **HOLIDAYS & FACTS IN OCTOBER**

4th NATIONAL TACO DAY

5th WORLD TEACHERS DAY

7th AFGHANISTAN WAR  
BEGAN IN 2001

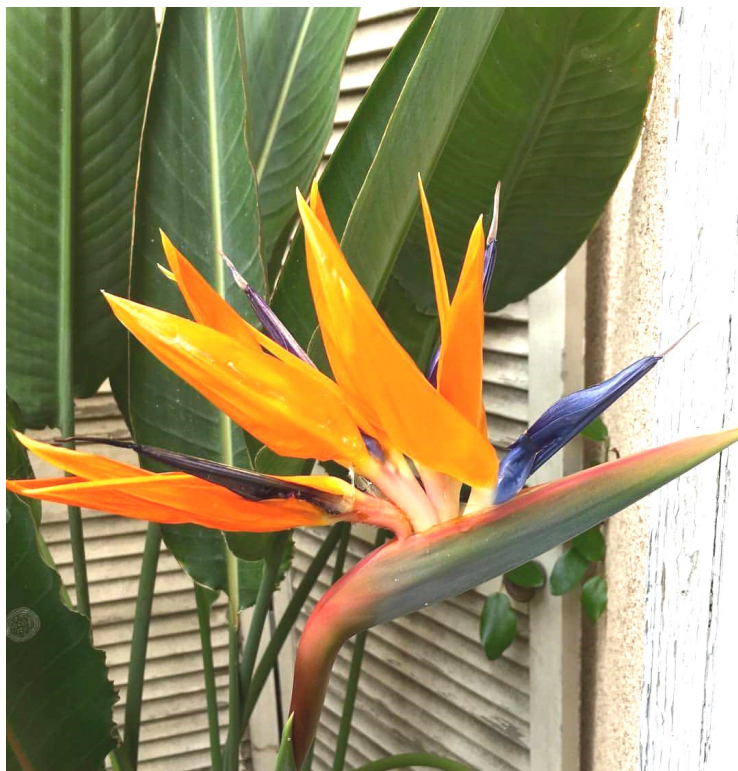
11th COLUMBUS DAY  
(Observed)

16th NATIONAL BOSS DAY

24th UNITED NATIONS DAY

27th NAVY DAY

31st HALLOWEEN



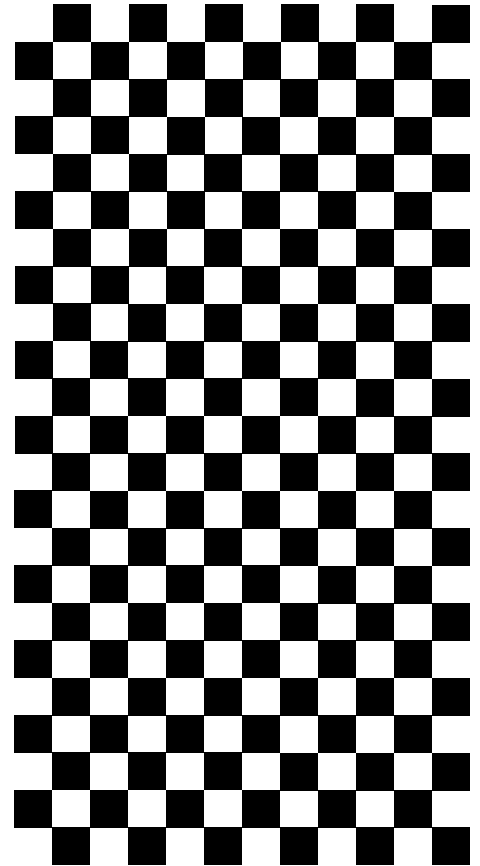
**PAHRUMP  
SENIOR  
CENTER...  
THE  
BEST  
IN  
THE  
WEST!**

The Betty Boop gift is to Betty from BJ. Betty is a fan of all things Betty Boop memorabilia.



The Betty Boop Copyright and Trademark is currently owned by **Global Icon**.

**What do YOU see  
as you look into  
this pattern?**



**You might want to  
try covering up  
one eye and look-  
ing at it sideways.**

## **NUTRITION SERVICES SENIORS AGE 60+ Pahrump, Nevada**

- ♦ In-center Lunch, Monday—Friday for average of 100 seniors
- ♦ Meals On Wheels — delivered to approximately 130 homebound seniors. Seven meals per week per senior;
- ♦ Albertson's Fresh Rescue Program, which gives us 'almost our off date' groceries (produce, deli items, bread, fresh flowers, bakery goods, eggs and much more); We send these items to the Meals On Wheels folks in addition to their weekly meals. We also use some of these items to give away at our congregate lunch in the Senior Center on weekdays.





# 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 a Happy Healthy Year!



**ON WEDNESDAY, OCTOBER 6th, Desert View Hospital** community outreach will be at the Pahrump Senior Center with their monthly Happy Birthday cakes!

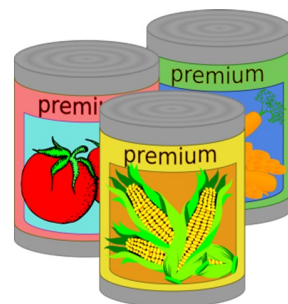
**THANK YOU DESERT VIEW HOSPITAL**  
for supplying the cakes and celebrating with us!

# 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 Visit Our 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!*

AS OF OCTOBER 1,  
THERE ARE JUST  
84 DAYS UNTIL  
CHRISTMAS DAY!



## **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, JIM OR NANCY 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!**

# M E N U

## PAHRUMP SENIOR CENTER

**OCTOBER 2021**  
 1370 W Basin Avenue, Pahrump, NV 89060-4501  
 Tel: (775) 727-5008    Fax: (775) 751-6831  
[www.PahrumpSeniorCenter.org](http://www.PahrumpSeniorCenter.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> HAM STEAK SCALLOPED POTATOES GREEN BEANS    ROLL FRUIT    MILK OR JUICE CREAM OF CHICKEN SOUP	<b>2</b>
<b>4</b> ADSD 29 SHEPARD'S PIE GREEN BEANS MUFFIN    BEAN SOUP MILK OR JUICE	<b>5</b> ADSD 9 ITALIAN SAUSAGE w/ PEPPERS & ONIONS NOODLES    BROCCOLI BANANA    MILK OR JUICE CHICKEN & RICE SOUP	<b>6</b> <b>DESERT VIEW HOSPITAL</b> <b>OCTOBER BIRTHDAY CAKE</b> CHICKEN CORDON BLEU PARSLEY POTATOES    CARROTS CREAM OF MUSHROOM SOUP MILK OR JUICE	<b>7</b> BEEF NACHOSCASSEROLE REFRIED BEANS SPANISH RICE    FRESH FRUIT BROCCOLI/CHEESE SOUP MILK OR JUICE	<b>8</b> HOT DOGS MAC N CHEESE    CORN PUDDING    BEAN SOUP MILK OR JUICE	<b>9</b>
<b>11</b> COUNTRY FRIED STEAK MASHED POTATOES SAUSAGE GRAVY GREEN BEANS    PUDDING TOMATO BASIL SOUP MILK OR JUICE	<b>12</b> BBQ CHICKEN TATOR TOTS CAULIFLOWER    CAKE CHEESY POTATO SOUP MILK OR JUICE	<b>13</b> ADSD 26 LEMON BAKED FISH RICE    BRUSSEL SPROUTS JELLO    GOULASH SOUP MILK OR JUICE	<b>14</b> ADSD 24 SLOPPY JOES    BAKED BEANS MUFFIN    YOGURT VEGGIE SOUP MILK OR JUICE	<b>15</b> BAKED PORK CHOP RED POTATOES GREEN BEANS    FRUIT CREAM OF CHICKEN SOUP MILK OR JUICE	<b>16</b>
<b>18</b> CHICKEN STRIPS TATOR TOTS    CARROTS FRUIT TORTILLINI SOUP MILK OR JUICE	<b>19</b> ADSD 46 LASAGNE    ZUCCHINI GARLIC BREAD CITRUS DELIGHT BEAN SOUP MILK OR JUICE	<b>20</b> COLD TURKEY SANDWICH LETTUCE, TOMATOES, ONIONS CHIPS    PASTA SALAD FRUIT    BEEF & BARLEY SOUP MILK OR JUICE	<b>21</b> ADSD 165 HERB BAKED CHICKEN PASTA    SPINACH PUDDING    LENTIL SOUP MILK OR JUICE	<b>22</b> ADSD 3 MEAT LOAF MASHED POTATOES N GRAVY PEAS & CARROTS    w/w BREAD FRUIT    MILK OR JUICE CREAM OF SPINACH SOUP	<b>23</b>
<b>25</b> FRIED CHICKEN POTATO WEDGES BAKED BEANS COLESLAW    PEACH CRISP BEAN SOUP MILK OR JUICE	<b>26</b> ADSD 13 CHILI    CORN BREAD FRUIT    VEGGIE SOUP MILK OR JUICE	<b>27</b> HAWAIIAN KILBASA RICE PILAF    CARROTS PUDDING    FRENCH ONION SOUP MILK OR JUICE	<b>28</b> ADSD 104 HOT ROAST BEEF POTATOES    MIXED VEGGIES MANDARIN ORANGES COOKIES    MILK OR JUICE CHICKEN NOODLE SOUP	<b>29</b> <b>CLOSED</b> <b>NEVADA</b> <b>DAY</b>	<b>30</b> <b>HALLOWEEN</b> <b>DANCE</b> 5:00 PM – 10:00 PM

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS    LUNCH \$3.00 DONATION APPRECIATED

SALAD BAR AVAILABLE \$2.00 FEE

COFFEE ♦ HOT TEA ♦ ICED TEA AVAILABLE \$1.00 FEE

# ACTIVITIES CALENDAR

## PAHRUMP SENIOR CENTER

### OCTOBER 2021

1370 W Basin Avenue, Pahrump, NV 89060-4501  
Tel: (775) 727-5008 Fax: (775) 751-6831  
www.PahrumpSeniorCenter.org

## ACTIVITIES CALENDAR OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PLEASE NOTE: SCHEDULE IS SUBJECT TO CHANGE</b> <b>** HAIRCUTS BY APPOINTMENT ONLY. CALL (775) 751-5008 To SCHEDULE</b>				
<b>4</b> EXERCISE CLASS 9:30 AM BEADING CLASS 12:30 PM	<b>5</b> EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM	<b>6</b> ALLIANCE HOME HEALTH SEMINAR & BINGO 1:PM DESERT VIEW HOSPITAL OCTOBER BIRTHDAYS 11:AM HAIRCUTS 2:PM-4:PM	<b>7</b> EXERCISE CLASS 9:30 AM KNITTING LADIES 11:00 AM	<b>1</b> CHAD GOINS OPEN ENROLLMENT BRIDGE 12:30 PM
<b>11</b> EXERCISE CLASS 9:30 AM BEADING CLASS 12:30 PM	<b>12</b> EXERCISE CLASS 9:30 AM BRIDGE 12:30 PM	<b>13</b> HAIRCUTS 2:PM – 4:PM	<b>14</b> EXERCISE CLASS 9:30 PM	<b>15</b> CHAD GOINS OPEN ENROLLMENT BRIDGE 12:30 PM
<b>18</b> EXERCISE CLASS 9:30 PM BEADING CLASS 12:30 PM	<b>19</b> HUMANANA OPEN ENROLLMENT 10:AM BRIDGE 12:30 PM	<b>20</b> P-3 PARTNERS OPEN ENROLLMENT & RAFFLE 10:30 AM- 1 :PM HAIRCUTS 2:PM – 4:PM	<b>21</b> EXERCISE CLASS 9:30 AM KNITTING LADIES 11:00 AM	<b>22</b> CHAD GOINS OPEN ENROLLMENT BRIDGE 12:30 PM
<b>25</b> EXERCISE CLASS 9:30 AM BEADING CLASS 12:30 PM	<b>26</b> EXERCISE CLASS 9:30 AM BUNCO 12:00 PM BRIDGE 12:30 PM	<b>27</b> HAIRCUTS 2:PM – 4:PM BLIND SUPPORT 12:30 PM	<b>28</b> P-3 PARTNERS HALLOWEEN FUN & COSTUME CONTEST EXERCISE CLASS 9:30 AM KNITTING LADIES 11:00 AM	<b>29</b> <b>CLOSED</b> <b>NEVADA DAY</b>



## Looking for Assistive Technology Resources?

The Nevada Assistive Technology Resource Center (NATRC) is a project of the Nevada Center for Excellence in Disabilities (NCED). NATRC's goal is to increase awareness and knowledge of the benefits of assistive technology related services among individuals with disabilities and their families, older individuals and their families, and the general population.

### WE SUPPORT:

- device demonstrations –compare and contrast options for an informed choice
- device loans-try it out to inform decision making
- training-expand your knowledge about current AT
- public awareness-outreach and community engagement
- technical assistance-ongoing support to agencies and providers
- transition activities AT supports for decisions regarding independent living across the lifespan. It can include areas such as housing, employment, education, personal care, safety remaining in your home, and discharge planning from acute care settings.

During COVID-19 crisis, services have been modified to align with federal and state guidelines regarding safety and social distancing.

#### RENO NEVADA MAIN OFFICE

##### **Nevada Assistive Technology Resource Center**

Tel: (775) 682-9056

1664 N Virginia Street

Reno, NV 89503-0705

#### SOUTHERN NEVADA—LAS VEGAS OFFICE

##### **Nevada Assistive Technology Resource Center**

Tel: (702) 665-4926

5550 W Flamingo RD STE A3

Las Vegas, NV 89103-0135

*This Ad was made possible by the Nevada Assistive Technology Collaborative (NATC) funded in part by Grant Number 1901NVATSG from the U.S. Department of Health and Human Services through the Assistive Technology Act of 2004 as amended. The mission of the NATC is to improve the provision of Assistive Technology (AT) through a comprehensive statewide continuum of integrated activities for individuals with disabilities of all ages.*

**IT'S FREE!**



**YOU CAN RECEIVE OUR MONTHLY  
NEWSLETTER BY E-MAIL.  
SIGN-UP TODAY! IT'S FREE!**

You can sign up for our FREE Monthly Newsletter "Shades of Gray" and also get advanced special events e-mail notices by going to our website

**[www.PahrumpSeniorCenter.org](http://www.PahrumpSeniorCenter.org)**

On our HOME page, scroll down to the sign-up section, enter your e-mail address and click the **SUBMIT** button. Yes, it really is that simple to sign-up! You will receive an email from us to verify your e-mail address usually within 15 minutes. (If you don't, check your spam/junk folder.) Click CONFIRM your e-mail address. That's all you need to do.

If you want to receive a printed hardcopy of our monthly newsletter, stop by the reception desk and say you want to be on our mailing list. Complete the form and hand it back to the receptionist. **Please be sure to print your information legibly.**

# It's time for our annual *HALLOWEEN* Dance!



**Saturday**  
**October 30<sup>TH</sup>**  
**5:00 PM to 10:00 PM**  
**PAHRUMP SENIOR CENTER**



APPETIZERS DINNER  
MUSIC RAFFLE  
COSTUME CONTEST



**Tickets are \$15 per person**

**For tickets & more info,**

**CONTACT ANNE (775) 727-5008**

**You'll Have a GoooooOLiSH good time!**



# 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/PahrumpSeniorCenterII](https://www.facebook.com/PahrumpSeniorCenterII)

Website: [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)

Newsletter e-mail: [Senior.Center@PahrumpSeniorCenter.org](mailto: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](http://PahrumpSeniorCenter.org)**

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

**RETURN SERVICE REQUESTED**

**Non-Profit Org. U.S.A.**  
**Postage PAID**  
**Pahrump, NV 89060**  
**Permit #60**

**MAILING LABEL**  
**PLEASE APPLY STRAIGHT**