



SEPTEMBER SHADES OF GRAY 2019 NEWSLETTER

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By & For The Seniors of Pahrump Valley, NV
VOLUME 2, ISSUE 7 JULY 2019

PAHRUMP SENIOR CENTER

1370 W Basin Avenue, Pahrump, NV 89060-4501

Telephone (775) 727-5008

www.PahrumpSeniorCenter.org

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

Office@PahrumpSeniorCenter.org

TIFFANY LIPPETTS IS LEAVING OUR PAHRUMP SENIOR CENTER



Tiffany our Kitchen Manager for many years is leaving our senior center and going into the profession of homecare with another company. We send her off with love and all the luck and wonderful things for her with the new company. We love you Tiff! Come see us. All the best for you in your new endeavor!

SEPTEMBER HOLIDAYS

Monday, 2ND
LABOR DAY

Sunday, 8TH
GRANDPARENTS DAY

Wednesday, 11TH
PATRIOT DAY & NATIONAL
DAY OF SERVICE &
REMEMBRANCE

Tuesday, 17TH
CONSTITUTION &
CITIZENSHIP DAY

Monday, 23RD
AUTUMN BEGINS

Sunday, 29TH
ROSH HASHANAH BEGINS

PAHRUMP SENIOR CENTER
The Best In The West!

NOTICES, DISCLAIMERS AND CREDITS

WE HAVE GONE GREEN

Help save postage, paper and ink by getting your Newsletter e-mailed to you each month or download it from our website. We have just upgraded our office software that allows us to legally e-mail our Newsletters, Event Notices and the like to all those on our e-mail list. If you want to add your e-mail address to our **private** list, please e-mail your request to: Office@PahrumpSeniorCenter.org or update a Membership Form stating your email address. **Be sure to check the correct box for e-mail and give it to the person at the Front Desk.**

HOW TO CONTACT US

Our WEBSITE is updated often with new content, announcements, late arriving announcements of events etcetera. So check our website often. You can also find newly added things on our FACEBOOK page.

Our WEBSITE is: WWW.PAHRUMPSENIORCENTER.ORG

Our FACEBOOK: www.FaceBook.com/PahrumpSeniorCenterII

By Telephone: (775) 727-5008 Monday—Friday 9:AM-3:PM

By E-mail: Office@PahrumpSeniorCenter.org

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

NOTICES, DISCLAIMERS & ACKNOWLEDGEMENTS

The Pahrump Senior Center does not endorse any company group or candidate advertising or promoting business through the Senior Center.

NOTICE

Our Senior Center staff will NEVER ask you for private information by mail, telephone or by email!

DON'T BE SCAMMED!



YOUR TAX-DEDUCTIBLE DONATIONS ARE NEEDED TO KEEP OUR SENIOR CENTER OPEN!

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

\$ _____

CHECK BOXES THAT APPLY

- I **DO** WANT RECOGNITION
- I **DO NOT** WANT RECOGNITION
- Send me Tax-deductible Receipt**

I have enclosed my donation by CHECK MONEY ORDER

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. We would like to acknowledge your generosity in our monthly newsletter by name only. Please put an 'X' in the appropriate box to the right for anonymity designation.

MAIL TO:

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

PAHRUMP SENIOR CENTER ~ The Best In The West!

Check out our website: www.PahrumpSeniorCenter.org

Our FACEBOOK is: www.FaceBook.com/PahrumpSeniorCenterII

Charles Navarro Campaigning For Congress

Charles Navarro and his beautiful daughter Reagan came to the Pahrump Senior Center in August. He is campaigning for Congress. He talked to our seniors on a one-on-one.



Charles Navarro and Navarro For Nevada paid for the salad bar and lunch for the day he visited our senior center.

Charles Navarro is the former Re-entry Manager with *Hope for Prisoners*, a faith-based organization that works to ensure the recently incarcerated, strengthen the skills necessary for employment, leadership readiness and success during their reintegration process. During his time there, he oversaw the day-to-day operations within the Clark County Detention Center, coordinating and managing the curriculum vocation training, and case management.

Prior to joining *Hope for Prisoners*, Charles served as the Military and Veterans Affairs Representative to U.S. Congressman Cresent Hardy before being promoted to Deputy District Director

where he oversaw external relationships with community leaders and organizations helping to drive community collaborations and policy initiatives. Before joining Congressman Hardy's office, Charles served under U.S. Congressman Howard "Buck" McKeon as his Veterans and Military Affairs Director, and U.N. Refugee Agency Liaison.

As a long-time public servant, Charles has served in the U.S. Navy for twelve years and holds the rank of Petty Officer 1st Class. His current assignment in the Navy reserves is with the Naval Security Forces at Port Hueneme, California and Joint Base Pearl Harbor Hickam, Hawaii where he provides operational security and support to the base and to the joint multinational military exercises during RIMPAC. His previous duty assignments while serving on active duty include the Marine Corps Security Force Battalion in Bangor, Washington, and Washington, and detainee operations with the Joint Task Force Guantanamo, Guantanamo Bay, Cuba. His military accolades include four Navy and Marine Corps Achievement Medals, National Defense Service Medal, Global War on Terror Service Medal, and in 2017 was selected as Junior Sailor of the Year for his command.

Charles earned his B.A. in Political Science from the University of Nevada, Las Vegas. He has also completed his P.O..S.T. Level 1 training through Ventura County Sheriff's Department and previously served on a City Council advisory board, and a Neighborhood Council for a two-year term among other volunteer and community activities. Charles is committed to bettering his community, the country, and southern Nevada.

Charles lives in Las Vegas with his wife, Aly, and their newborn daughter, Reagan.

Charles and Navarro for Nevada sponsored our lunch and salad bar during his visit to our senior center.

DATES IN HISTORY TO BE REMEMBERED

Monday, 2ND

Japan Signed Formal Surrender (1945)

Saturday, 14TH

"Star-Spangled Banner" written by Francis Scott Key (1814)

Tuesday, 17TH

U.S. Constitution Approved (1787)

Wednesday, 18TH

U.S. Air Force Established 1947

Friday, 20TH

POW/MIA Recognition Day



Paid for by Navarro for Nevada

SEPTEMBER 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 SEPTEMBER a Happy Heathy Year!

HAPPY BIRTHDAY!

PAHRUMP SENIOR CENTER TEL: (775) 727-5008 MENU ~ SEPTEMBER 2019

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED LABOR DAY	3 ADSD #41 TACO SALAD SPANISH RICE CORN FRUIT CUP SOUP MILK OR JUICE	4 OPEN FACE TURKEY SANDWICH ON W/W MASHED POTATOES GREEN BEANS PEACH CRISP BEAN SOUP MILK OR JUICE	5 CHICKEN POT PIE PEAS MIXED FRUIT SALAD SOUP MILK OR JUICE	6 ADSD # 27 BEEF TERIYAKI RICE PILAF VEGIE MEDLEY W/W BREAD FRESH ORANGES BLACK EYED PEA SOUP MILK OR JUICE
9 MEATBALL SUBS W/W ROLL BABY CARROTS FRESH SALAD YOGURT PIE BEAN SOUP MILK OR JUICE	10 CHICKEN ENCHILADAS ZUCCHINI, SALAD, FRUIT MINNESTRONE SOUP MILK OR JUICE	11 LOADED BAKED POTATO BROCCOLI, SALAD, FRUIT PINTO BEAN SOUP MILK OR JUICE	12 ADSD # 89 BAKED PORK CHOP BRAISED CABBAGE POTATOES W/W BREAD JELLO W/FRUIT SOUP MILK OR JUICE	13 ADSD # 1 SALMON ANGEL HAIR PASTA ASPARAGUS FRESH FRUIT SOUP MILK OR JUICE
16 LASAGNA W/W BREAD SPINACH FRUIT SALAD MILK OR JUICE SPLIT PEA SOUP	17 L.S. HAM STEAKS SCALLOPED POTATOES GREEN BEANS YOGURT W/FRUIT SOUP MILK OR JUICE	18 ADSD #73 HERB BAKED CHICKEN RICE PILAF CARROTS/PEAS APPLESAUCE SOUP MILK OR JUICE	19 ADSD# 104 HOT ROAST BEEF RED POTATOES VEGGIE MEDLEY SALAD FRUIT BEAN SOUP MILK OR JUICE	20 CHILI CHEESE L.S.HOT DOGS W/W BUN FRENCH BAKED POTATOES CARROT SALAD FRUIT SALAD SOUP MILK OR JUICE
23 COUNTRY FRIED STEAK MASHED POTATOES BRUSSEL-SPROUTS PEACHES SOUP MILK OR JUICE	24 ADSD#39 SPAGHETTI W/MEAT SAUCE ZUCCHINI 7 GRAIN BREAD SALAD JELLO W/FRUIT SOUP MILK OR JUICE	25 GRILLED CHICKEN SANDWICH CORN COLESLAW CARROT CAKE BEAN SOUP MILK OR JUICE	26 PORK W/ GREEN BEANS & TOMATOES RICE PILAF CARROTS W/W ROLL FRUIT SOUP MILK OR JUICE	27 ADSD #3 MEATLOAF MASHED POTATOES GREEN BEANS W/W BREAD FRUIT SOUP MILK OR JUICE
30 CHICKEN CORDON BLEU PARSLEY POTATOES SPINACH PEACH CRISP BEAN SOUP MILK OR JUICE				

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 ~ SEPTEMBER 2019

SHADES OF GRAY

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PAHRUMP SENIOR CENTER (775) 727-5008 ACTIVITIES ~ SEPTEMBER 2019

MONDAY – FRIDAY 9:00 AM TO 3:30 PM ALL ACTIVITIES ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED LABOR DAY	3 EXERCISE CLASS 9:30 BRIDGE 12:30 HAIRCUTS 1:00 PM	4 INFINITY HOSPICE SEMINAR 10:00 AM	5 EXERCISE CLASS 9:30 AM MENS CLUB MEETING 7:30 AM WOMEN WELCOME RIPPETS 11:00 AM (KNITTING&CROCHETING)	6 EXERCISE CLASS 9:30 T.O.P.S. MEETING 8:00 AM BRIDGE 12:30	7
9 EXERCISE CLASS 9:30 POKER 12:30	10 EXERCISE CLASS 9:30 BRIDGE 12:30 HAIRCUTS 1:00 PM	11	12 EXERCISE CLASS 9:30 MENS CLUB MEETING 7:30AM WOMEN WELCOME RIPPETS 11:00 AM (KNITTING&CROCHETING) POPCORN & MOVIE 1:00 PM	13 EXERCISE CLASS 9:30 T.O.P.S. MEETING 8:00 AM BRIDGE 12:30	14
16 GRANDPARENTS DAY P-3 SEMINAR 10:00 AM	17 EXERCISE CLASS 9:30 BRIDGE 12:30 NATHAN ADELSON SEMINAR 10:00 AM HAIRCUTS 1:00 PM	18 AARP DRIVING CLASS 9:30 AM – 2:30 PM	19 CVS FLU CLINIC 9:00 AM-1:00 PM TRUE CARE ILLUMINATIONS 10:00 AM EXERCISE CLASS 9:30 MENS CLUB MEETING 7:30 AM WOMEN WELCOME NO KNITTERS	20 EXERCISE CLASS 9:30 HUMANNA 10:00 AM BRIDGE 12:30 T.O.P.S. MEETING 8:00 AM	21 RUMMAGE SALE AT THE CENTER 7:00 AM – 2:00 PM
23 EXERCISE CLASS 9:30 CHAD GOINS 10:00 AM POKER 12:30	24 EXERCISE CLASS 9:30 BRIDGE 12:30 HAIRCUTS 1:00 PM BUNCO	25 BLIND SUPPORT 12:30	26 EXERCISE CLASS 9:30 MENS CLUB MEETING 7:30 AM WOMEN WELCOME MEDICARE SEMINAR 10:00 AM RIPPETS 11:00 AM (KNITTING&CROCHETING)	27 T.O.P.S. MEETING 8:00 AM EXERCISE CLASS 9:30 HEALTHCARE PARTNERS SEMINAR AND BINGO 10:00 AM BINGO 1:00 PM BRIDGE 12:30	28
30 EXERCISE CLASS 9:30 POKER 12:30					

DAVE CHAMPION HOLDS AN INFORMATIONAL SEMINAR



A presentation on the physiological facts that allow you—without any medical industry involvement to avoid getting chronic illnesses such as insulin resistance, type-2 diabetes, heart disease, Alzheimer's and more. In many cases a proper understanding of the physiological factors involved allows a person to reverse these conditions and return to good health.

MOVIE SCHEDULE

Here is the schedule for our **MOVIE Day** at the Pahrump Senior Center.



MOVIE DATE

TIME

Thursday, September 12 1:00 PM

Brigadoon with Gene Kelly, Van Johnson and Cyd Charisse. Popcorn will be served!

HIGH DESERT CHORAL STRING QUARTET SERENADES SENIORS AT OUR CENTER



The High Desert Choral string quartet was at the Pahrump Senior Center during August. They played several songs and they had a lady guest sing a solo. Thank you very much for coming..... The crowd of seniors enjoyed it!

INFINITY HOSPICE HOLDS SEMINAR AT OUR CENTER

Wes and Nikki from Infinity Hospice were at the Pahrump Senior Center today. Always happy to see Wes as he always has a good 'one on one' seminar.



SHANNON HAS BIRTHDAY AT OUR CENTER



Shannon turned 27 on August 6. HAPPY BIRTHDAY TO YOU.... And many more to come. Shannon works in the kitchen on the chow line here at our senior center

PAHRUMP SENIOR CENTER.... The Best In The West!
VISIT OUR WEBSITE: WWW.PAHRUMPSENIORCENTER.ORG



RUMMAGE

SALE

OPEN TO THE PUBLIC

PAHRUMP

SENIOR CENTER

(HELD INDOORS)

1300 W BASIN AVENUE

LOCATED IN THE CENTER OF SUNSET
COMMUNITY MOBILE HOME PARK

SATURDAY

SEPTEMBER 21ST

7:00 AM TO 2:00 PM

For More Info,
CALL (775) 727-5008

ALL PROCEEDS GO TO THE PAHRUMP SENIOR CENTER.

This is a way for all of us to unite and support a FUND-RAISER.

If you have anything just sitting around and think someone else may love it, please bring it in! **(NO CLOTHING PLEASE)**

Who knows, maybe you'll find your treasure.

Please everyone, let's get together and make this a positive FUN event.

COMPLETE MEMBERSHIP FORM THEN CUT WITH SCISSORS ON DOTTED LINE AND MAIL TO SENIOR CENTER WITH PAYMENT

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

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!

**START
HERE**

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.



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 AREA CODE 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 AREA CODE X X X X X X X X

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