

Anne Blankenship-Harris Editor & Site Manager

Senior

3hrump

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

SEPTEMBER 2022VOLUME 5 ISSUE 9



1370 W BASIN AVENUE, PAHRUMP NV 89060-4501

Telephone (775) 727-5008 Fax (775) 751-6831

PAHRUMP FALL FESTIVAL THIS MONTH











Celebrate Fall with this 57th annual tradition, the Pahrump Fall Festival!

The festival started out as a simple harvest festival where a couple hundred people gathered to share the harvest, have fun and eat some good barbecue.

Today, the festival starts on a Thursday and continues for four days ending on Sunday. This event is brought to you by the Town of Pahrump providing free admission to the festival and entertainment. There is a fee for the rodeo and unlimited carnival ride bracelets are available for purchase.

The Fall Festival includes a parade that commemorates the occasion traveling down Highway 160. Saturday traffic comes to a stop on Highway 160 as the annual parade travels down the highway for about 2 miles with over 50 floats. Hundreds stand and cheer on the high school marching band and carnival of floats as they make their way down the town's main highway. This year's theme is Stars & Stripes.

Rides, rides and more rides are another highlight of the festival! Kids and grownups alike come out to enjoy the thrill of riding the latest stomach twister. Rides include a roller coaster, a Ferris wheel and a boat load of fast turning rides for every thrill seeker. And no carnival would be complete without booths and booths of carnival games and your favorite carnival eats. Want to experience the excitement of riding a bull at the rodeo in a safe environment?

A highlight of the Fall Festival is the rodeo! The first festivals were made up of solely the rodeo and over the years the festival evolved into a 4 day celebration where the rodeo is still at the center of it all.

Hundreds of vendors gather at the Pahrump festival. Many of the vendors sell food and beverages while others cater to arts and crafts. You can encounter everything from new gadgets to handmade gems.

Don't miss the Arts and Crafts, Food and Horticulture exhibits at the Bob Ruud Community Center. For more information, opening & closing times, etcetera, go to page 3



"It is to be regretted that the rich and powerful too often bend the law and acts of government to their own selfish purposes."

Andrew Jackson ~ 7 th President of the United States of America



PAHRUMP SENIOR CENTER, Inc.

BOARD OF TRUSTEES

Jim Gronemann President

Dolores Rice Vice President

Sharon Dorgan Secretary/Treasurer

> Gerry Rice Trustee

Nancy Fowler Trustee

VIEW OUR PRIVACY POLICY AND OUR PSC DISCLAIMER(S) CLICK HERE

VISIT OUR WEBSITE PAHRUMPSENIORCENTER ORG

■ SEND ME TAX-DEDUCTIBLE RECEIPT



HAPPY BIRTHDAY

To All Our Seniors Who Have Birthdays In September, 2022!

[The Bible] is the rock on which our Republic rests.

Quote by Andrew Jackson, 7th President of the United States of America.

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!

the Pahrump Valley area, either population. Thank You!	r directly or through making Pahrump a	better place to live for our ser
<u> </u>	CUT ALONG LINE —	
DONATION FORM M	lake Check or Money Order payable to	: Pahrump Senior Center, Inc.
I would like to support THE PA	HRUMP SENIOR CENTER to help keep th	e doors open. MAIL TO:
DONOR NAME	DONATION AMOUNT	PAHRUMP SENIOR CENTER
	PLY DO NOT SEND CASH IN THE MAIL!	1370 W BASIN AVE PAHRUMP NV 89060-4501
☐ I DO WANT RECOGNITION	☐ I <u>DO NOT</u> WANT RECOGNITION	

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**.

PAHRUMP FALL FESTIVAL THIS MONTH

....Continued from Front Page

Date(s): Thursday, September 22nd thru Sunday September 25th, 2022

Time(s): Thursday 5:00 PM to Midnight

Friday & Saturday 9:00 AM to Midnight

Sunday 10:00 AM to 5:00 PM

Cost: FREE Entrance to the Park

Location: Petrack Park SW Corner of Highway 160 and Basin Avenue, Pahrump, NV

HOT AIR BALLOONS!

HOT AIR BALLOONS will launch Friday, Saturday and Sunday (weather permitted)

at sunrise (6:00 AM).







2022 PAHRUMP FALL FESTIVAL Hours of Operation

ARTS & CRAFTS

Run by the Pahrump Valley Quilters will be in the Bob Ruud Community Center. It will be open starting Friday September 23rd.

Friday: 11:00 AM to 6:00 PM Saturday: 11:00 AM to 6:00 PM

Sunday: 10:00 AM to 4:00 PM

CARNIVAL

Paradise Amusement will start Thursday September 22, 2022.

The hours of operation are:

Thursday: 5:00 PM til close Friday: 3:00 PM til close Saturday: 1:00 PM til Close

Sunday: noon – til close (Closing time depending on crowd)



....Continued from Page 3

Live Entertainment

Live Entertainment will start Thursday September 22, 2022. The hours of operation are:

Thursday: 5:00 PM – Midnight Friday: Noon – Midnight Saturday: Noon – Midnight Sunday: 10:00 AM – 5:00 PM

VENDORS

Paradise Amusement

VENDORS will be open for business starting Thursday September 22, 2022

The hours of operation are: Thursday: 5:00 PM to Midnight Friday: Noon to Midnight Saturday: Noon to Midnight

Sunday: 10:00 AM to 5:00 PM

CORNHOLE TOURNAMENT will be Thursday September 22, 2022, the hours are:

Cornhole Tournament Sign in @ 5:30pm

Cost \$20 per person Bring your own partner 2022 Fall Festival Hours of Operation

HORSESHOE TOURNAMENT will be Friday and Saturday September 23 & 24, 2022,

The hours are: Friday 9/23/2022 South Nevada Horseshoe Pitching Series Open to anyone Double HI/Low Sign In @ 5:30 PM **Cost \$ 20 per person** Saturday 9/24/2022 Nevada State Horseshoe Pitching Association N.S.H.P.A Sanction Singles A, B, C class 30' and 40' Sign in @ 5:30pm Cost \$20 per person For more info on Cornhole & Horseshoe Tournament call the Office 775–751-4813 or Cell 435–691–3857

CAR SHOW will be Saturday September 24, 2022.

PARADE

By NCSO will be Saturday September 24, 2022. Willie Barer Grand Marshall Saturday: Start time 9:00 AM Line up at 6:00 PM (Dandelion Street)

RODEO

By Ladner Rodeo Productions, will be Friday September 23, 2022, and Saturday September 24, 2022. Gates open at 6:00 PM both days. Show starts at 7:00 PM both days Mutton bustin, open barrel racing, ranch bronc, caff roping, breakaway, team roping and Bull riding. Entries open Sept. 1, Contact Ladner Rodeo 775-482-4611 or on Facebook LADNER RODEO PRODUCTIONS.

UNIV PHYSICAL THERAPY

FREE 7 Week Community Fall Prevention Program

Empower yourself!

Why join us:

- Develop knowledge and skills for preventing falls
- Enhance self confidence in falls-risk situations
- Learn and explore various topics with different healthcare experts
- Connect and engage with the community

Are you fearful of falling?
Have you been stumbling lately?
Falls are not a normal part of aging and most can be prevented. Join us fo a free fall prevention program!





WHERE: Great Basin College-Pahrump Valley Center 551 E Calvada Blvd. Parhump, NV 89048

WHEN: Fridays, Starting on September 23rd from 10am-12pm

COST: Complimentary registration includes snacks, beverages, and educational activities

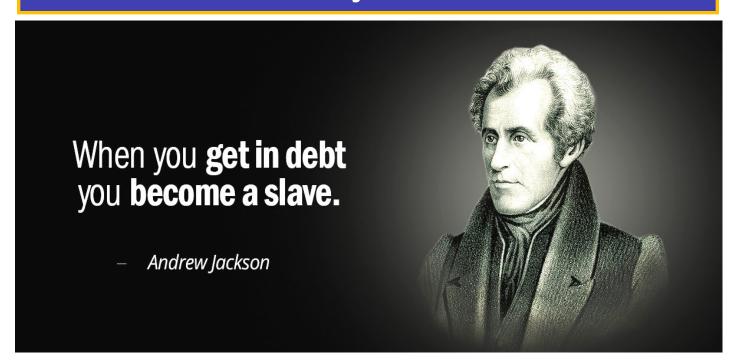
RSVP: Registration is required

To register, contact Hanna Brunty via email brunth1@unlv.nevada.edu



Students of Physical Therapy at University of Nevada Las Vegas Campus visited us here at our awesome Pahrump Senior Center, August 16, 2022.

Another Quote by our 7th President



YOU CAN RECEIVE OUR MONTHLY NEWSLETTER By E-MAIL and/or by US Postal Service Mail.

SIGN-UP TODAY! IT'S FREE!

Our Monthly Newsletter "Shades of Gray" is available in printed form mailed to your address. It is also available to you by email.

BY EMAIL:

Go to our website https://pahrumpseniorcenter.org and on the main HOME page, scroll down to the "SUBSCRIBE TO MONTHLY NEWSLETTER" section and enter your email address and click **SIGN UP.**

BY US POSTAL SERVICE MAIL:

IT'S FREE!

Complete the Membership Form in this newsletter on page 7, and mail it to our Senior Center or give it to the Reception Person at the Senior Center on your next visit. PLEASE NOTE: PLEASE PRINT LEGIBLY OR WE CANNOT PROCESS YOUR REQUEST. If your penmanship isn't quite what it used to be, please have someone assist you in filling out the form. Thank You!

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.

<u>UPDATE YOUR INFO WITH US</u> PLEASE USE THIS FORM TO UPDATE YOUR MAILING ADDRESS, PHONE, OR EMAIL ETCETERA. THANK YOU FOR YOUR SUPPORT!

START shared. It is used only by our auditing purposes to maintain	Senior Center for internal use, statistical reports and governmental our non-profit 501(c)(3) tax-exempt status.
TODAY'S DATE:/	
FIRST MEMBER (PLEASE PRINT) PLE	EASE CHECK ALL THAT APPLY: NEW MEMBER RENEWAL UPDATE MY INFORMATION
IVIALE U FEIVIALE U	OF DATE OF THE ORIGINATION C
First Name Mid	ddle Initial Last Name
Address	Apt / Unit City State/Province Zip
Cell () X X X	Home Phone () — X X X X
E-mail	
Birth Date//////	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.
	nip Form to the person at the front check-in counter along with of Membership Fee made payable to PAHRUMP SENIOR CENTER.
SECOND MEMBER (PLEASE PRINT) MALE FEMALE	PLEASE CHECK ALL THAT APPLY: NEW MEMBER RENEWAL UPDATE MY INFORMATION
First Name Midd	lle Initial Last Name
Address	Apt / Unit City State/Province Zip
Cell ()	Home Phone () —
E-mail	
Birth Date//	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 remember to pray for all our senators and congressional elected officials in our State and Federal government. God knows they truly need our prayers as it seems Godly morals and righteousness is a thing of the past in the hearts and lives of the majority of our elected officials.

We are reminded that, in the fleeting time we have on this Earth. what matters is not wealth, or status, or power, or fame, but rather how well we have loved and what small part we have played in making the lives of other people better.

Barack Obama

PAHRUMP MEALS ON WHEELS

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

PLEASE TALK TO ANNE OR JIM ABOUT 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 Ave

Pahrump, NV 89060-4501

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

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 out 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.







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PAHRUMP SENIOR CENTER

TEL: (775) 727-5008 FAX: (775) 751-6831 WWW.PAHRUMPSENIORCENTER.ORG

G PLEASE NOTE MENU SUBJECT TO CHANGE

MENU ~ SEPTEMBER 2022

MEATLOAF MASHED POTATOES W/W BREAD FRUIT CABBAGE SOUP MLK OR JUICE SANDWICH CARROT SALAD **CREAM OF MUSHROOM SOUP ZUCCHINI** ADSD #79 W/W ROLL SALAD FRUIT ADSD #3 SQUASH GRILLED L.S HAM & SWISS FRIDAY NORTHERN BEAN SOUP MINNESTRONE SOUP TOMATO BASIL SOUP LEMON BAKED FISH LS. POTATO CHIPS TUNA CASSEROLE **MEATBALL SUB** GREEN BEANS MILK OR JUICE MILK OR JUICE BROWN RICE MILK OR JUICE MLK OR JUICE PASTA SALAD SPINACH VEGGIE SOUP MILK OR JUICE 7 GRAIN BREAD PEACH CRISP MASHED POTATOES CORN CHEESY CHICKEN/RICE SOUP ADSD #29 **THURSDAY** CAKE ADSD #3 FRUIT ALBONDIGAS SOUP FRUIT MEXICORN SPANISH RICE SPINICH CORN SMOTHERED BURRITOS COUNTRY FRIED STEAK MASHED POTATOES FRENCH ONION SOUP CHICKEN MARSALA **BUTTER NOODLES** SHEPARDS PIE W/W BREAD MILK OR JUICE MLK OR JUICE MLK OR JUICE MLK OR JUICE **ASPARAGUS** MEATLOAF **BEAN SOUP** MUFFIN 22 PORK VERDE CAULIFLOWER CAULIFLOWER PEAR CRISP WEDNESDAY 7 GR. BREAD BEAN SOUP ONIONS GARLIC NOODLES ADSD #78 CREAM OF CARROT SOUP BROCOLLI FRUIT SALAD CHICKEN NOODLE SOUP KEILBASA W/PEPPERS & ADSD #71 CREAMY POTATO SOUP STUFFED PORK CHOPS HERB BAKED CHICKEN THREE BEAN SALAD STEAMED SPINACH PEAS W/ ONIONS FLOUR TORTILLAS MILK OR JUICE **BRAN MUFFIN** MILK OR JUICE MLK OR JUICE MLK OR JUICE APPLESAUCE STUFFING 7 PUDDING MILK OR JUICE MEXICORN CORNBREAD POTATO SALAD 7G BREAD PEARS PINTO BEAN SOUP BRAISED CABBAGE PEARS FRUIT CUP MLK OR JUICE ADSD #89 BBQ CHICKEN SQUASH TUESDAY ADSD #72 CHICKEN CORDON BLEU ALBONDIGAS SOUP PARSLEY POTATOES BAKED PORK CHOP **BISQUIT W/HONEY CUCUMBER SALAD** CHILI W/CHEESE **GOULASH SOUP** MILK OR JUICE MILK OR JUICE CARROTS 27 CHEESY CAULIFLOWER SOUP **LABOR DAY** COLE SLAW CORN PINEAPPLE CAKE CLOSED MONDAY SCALLOPED POTATOES **BEEF BARLEY SOUP** FRUIT CHICKEN FINGERS **VEGGIE LASAGNA** SPLIT PEA SOUP TATOR TOTS MLK OR JUICE MLK OR JUICE MLK OR JUICE HAM STEAK ICE CREAM MUFFIN 19

LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:30 PM 60+YEARS LUNCH \$4.00 DONATION APPRECIATED SALAD BAR \$3.00 FEE COFFEE OR ICED TEA \$1.00 FEE LUNCH UNDER 60 YEARS \$6.00 FEE

PAHRUMP SENIOR CENTER

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

WWW.PAHRUMPSENIORCENTER.ORG

ACTIVITIES ~ SEPTEMBER 2022

ALL ACTIVITES ARE SUBJECT TO CHANGE MONDAY-FRIDAY 9:00 AM - 3:00 PM

WWW.FAHRUMITSENIORCENIER.ORG	NICKCEN ER.CKG	ALL ACTIVIT	HES ARE SUBJECT TO CHANGE	CHANGE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			RIPPITS KNITTING GROUP 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	2 TOPS MEETING 8:00 AM
5 CLOSED LABOR DAY	6 BINGOSIZE 12:30 PM	7 HAIRCUTS 1:00 – 3:00 PM	RIPPITS KNITTING GROUP 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	9 TOPS MEETING 8:00 AM
12 BEADING HEARTS 12:30 PM POKER 12:30 PM	13 BINGOSIZE 12:30 PM	14 CAPTION CALL INFO 9:30 AM PAHRUMP CHAPTER BLIND SUPPORT 12:30 PM	MARTPHONE CLASS – AT&T At 9:30 AM to 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	16 TOPS MEETING 8:00 AM
19 BEADING HEARTS 12:30 PM POKER 12:30 PM	20 BINGOSIZE 12:30 PM	21 NATHAN ADELSON ICE CREAM FLOATS 10:00 AM HAIRCUTS 1:00 – 3:00 PM	RIPPITS KNITTING GROUP 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 - 3:00 PM	23 TOPS MEETING 8:00 AM
26 BEADING HEARTS 12:30 PM POKER 12:30 PM	27 SHERRIF WEHRLY 10:00 AM BUNCO 12:30 PM BINGOSIZE 12:30 PM	28 BLIND SUPPORT 12:30 PM	29 RIPPITS KNITTING GROUP 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	30 TOPS MEETING 8:00 AM CHAD GOINS MEDICARE INFO 10:00 AM

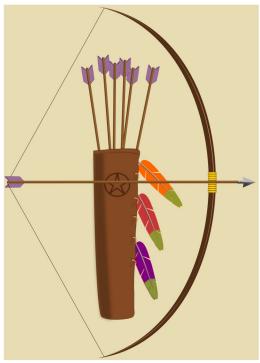
BOB MARKWORTH, EXPERT ARCHER, 86 YEARS YOUNG SHOWCASED AT PCS

Bob Markworth, Expert Archer is 86 years young. He shared with us on Friday, August 25, 2022 (see pictures below). This took place at our Pahrump Senior Center (pictures below). Bob Markworth shared his story on how he began at 12 years of age and is still shooting his bow and arrow. Recently, Bob Markworth was inducted into the Archery Hall of Fame.









JUST FOR LAUGHS



Sure, marriage can be fun some of the time. Trouble is, you're married all of the time.



If you need
a shoulder
to cry on,
pull off to the side
of the road.









RECIPES – For Our Seniors

TAMALE PIE RECIPE

INGREDIENTS—What you will need

- 1 Pound Extra Lean Ground Beef 90/10 (or ground Turkey)
- 1 Cup Chopped Onion (Yellow or Sweet)
- 1 Cup Chopped Green Bell Pepper
- 2 8-ounce Cans Tomato Sauce
- 1 12-ounce Can whole kernel Corn, drained
- ½ Cup pitted ripe Olives, chopped
- 1 Clove Garlic—minced
- 1 Tablespoon Sugar
- 2 to 3 teaspoons Chili Powder
- 1½ Cups (6 ounces) shredded Sharp Cheddar Cheese
- 3/4 Cup Yellow Cornmeal
- 1 Tablespoon Butter (or margerine)
- 1 Teaspoon Salt

PREPERATION INSTRUCTIONS

Cook meat, onion, and green bell pepper in a large skillet until meat is lightly browned and vegetables are tender. Stir in tomato sauce, corn, olives, garlic, sugar, 1 teaspoon salt, chili powder, and dash of ground black pepper. Simmer 20 to 25 minutes, or until thick. Add cheese. Stir until cheese is melted. Pour meat mixture into greased 9x9x2-inch baking dish. In a separate sauce pan, stir cornmeal and ½ teaspoon salt into 2 cups cold water. Cook and stir until thick. Add butter; mix well. Spoon over hot meat mixture.

Bake in oven at 375° for about 40 minutes. Makes 6 servings.



Tel: (775) 727-5008
e-mail: Office@PahrumpSeniorCenter_org
FaceBook_com/PahrumpSeniorCenterII
Website: PahrumpSeniorCenter_org

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

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

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