

SHADES OF GRAY

A Monthly Newsletter by and for
the Seniors of Pahrump and the
Pahrump Valley area.
SEPTEMBER 2023
VOLUME 6 ISSUE 9



Anne Blankenship-Harris
Editor & Site Manager

PAHRUMP SENIOR CENTER (PSC) 1370 W BASIN AVE. PAHRUMP NV 89060-4501 Tel: (775) 727-5008 FAX: (775) 751-6831

PAHRUMP SENIOR CENTER NEWSLETTER

LABOR DAY IS MONDAY SEPTEMBER 4TH 2023

Labor Day is a [federal holiday in the United States](#) celebrated on the first Monday in September to honor and recognize the [American labor movement](#) and the works and contributions of [laborers](#) to the development and achievements of the [United States](#). The [three-day weekend](#) it falls on is called Labor Day Weekend.

Beginning in the late 19th century, as the [trade union](#) and [labor movements](#) grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the [Central Labor Union](#) and the [Knights of Labor](#), which organized the first parade in [New York City](#). In 1887, [Oregon](#) was the first state of the United States to make it an official [public holiday](#). By the time it became an official [federal holiday](#) in 1894, thirty [states in the U.S.](#) officially celebrated Labor Day.



[Canada's Labour Day](#) is also celebrated on the first Monday of September. More than 80 other countries celebrate [International Workers' Day](#) on May 1, the European holiday of [May Day](#). May Day was chosen by the [Second International](#) of [socialist](#) and [communist](#) parties to commemorate the general [labor strike](#) in the United States and events leading to the [Haymarket affair](#), which occurred in [Chicago](#) on May 1 – May 4, 1886.



PAHRUMP SENIOR CENTER BOARD OF TRUSTEES

Jim Gronemann, *President*

Dolores Rice, *Vice President*

Sharon Dorgan, *Secretary/Treasurer*

Gerry Rice, *Trustee*

Nancy Fowler, *Trustee*

SEPTEMBER HOLIDAYS & EVENTS

FRIDAY SEPT. 1ST **LABOR DAY BBQ @ PSC**

See Menu in this Edition for Food Being Served

MONDAY SEPT. 4TH **LABOR DAY— PSC CLOSED**

SUNDAY SEPT. 10TH NAT'L GRANDPARENTS DAY

SUNDAY SEPT. 10TH SUICIDE PREVENTION DAY

MONDAY SEPT. 11TH PATRIOTS DAY

FRIDAY SEPT. 15TH ROSH HASHANA BEGINS

SUNDAY SEPT. 17TH ROSH HASHANA ENDS

THURSDAY SEPT. 21ST INT'L DAY OF PEACE

SATURDAY SEPT. 23RD FALL (Autumn) BEGINS

THANK YOU CVS AND ALBERTSON'S from all of us at the Pahrump Senior Center for all you do for our seniors at our senior center!



**Happy Birthday to all our
September Birthday Members!**

PAHRUMP SENIOR CENTER ~ The Best In The West!

**Check out our website: www.PahrumpSeniorCenter.org
Our FACEBOOK is: www.FaceBook.com/PahrumpSeniorCenterII**

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. Last month we upgraded our office software that allows us to legally e-mail our Newsletters, Event Notices and the like to all those who opted-in on our e-mail list. If you want to add your e-mail address to our private e-mail list, please go to our website and subscribe on our HOME webpage. It's so easy! You can also subscribe by updating our 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

DISCLAIMERS AND 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!

Elizabeth Peraza

Invites you to a FREE

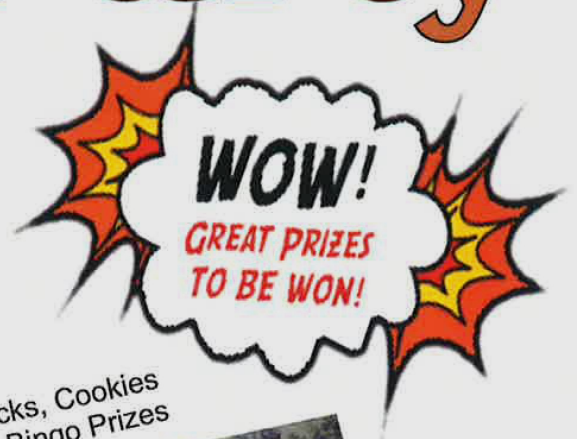
Bingo Party

Free Raffle during Bingo!

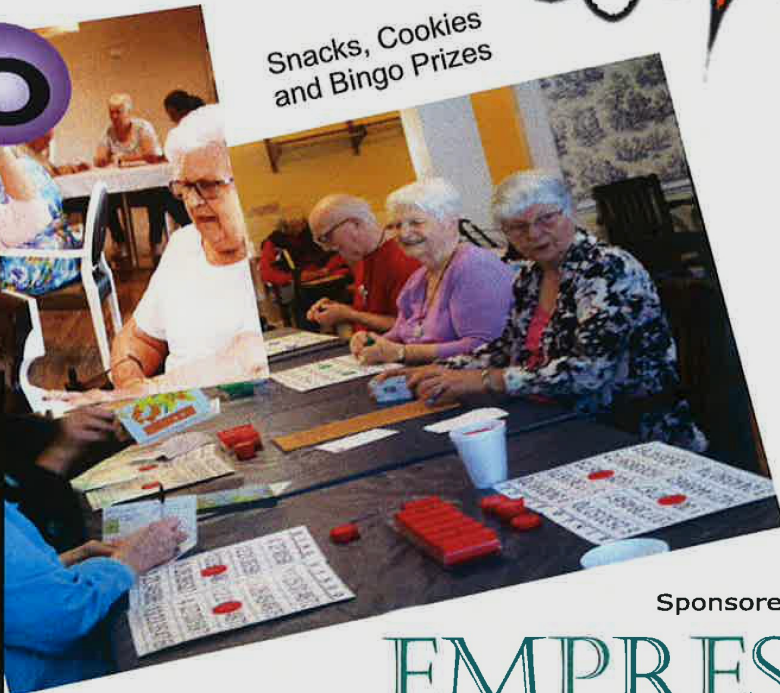
All Bingo Players will be entered into a drawing for one of

4 Walmart Gift Cards!

Must be present and playing to win raffle, one raffle prize per person



Snacks, Cookies
and Bingo Prizes



Sponsored by

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"Friends for Life" - A Las Vegas Woman Owned Small Business

R.S.V.P. - Text your Name to 702-886-2287

Have fun while getting answers to those frustrating and difficult questions. No Purchase Required. Just honest information!

LOCATION: PAHRUMP SENIOR CENTER

WHEN: FRIDAY, SEPT. 8, 2023

TIME: 10:00 AM TO 11:30 AM

Recipes For Our Seniors

EASY RHUBARB CRISP

Try this easy Rhubarb Crisp recipe. If you need a simple and quick dessert for the end of our summer, you can serve it with a scoop of vanilla bean ice cream for the ultimate treat and it's perfect for Thanksgiving too!



PREP TIME
15 Minutes

COOK TIME
35 Minutes

TOTAL TIME
1 Hour

Course: Dessert

Cuisine: British Traditional

Difficulty: Easy

Servings: 18 Servings

Recipe created by savorynothings.com

INGREDIENTS

Rhubarb Filing

- 6 pounds sliced rhubarb, fresh or frozen, see notes below for frozen.
- $\frac{3}{4}$ cup cornstarch
- $2\frac{1}{4}$ cups sugar
- $1\frac{1}{2}$ teaspoons ground cinnamon

Crumble Topping

- 3 cups of oats
- $1\frac{1}{2}$ cups sugar
- $1\frac{1}{2}$ teaspoon ground cinnamon
- 3 sticks cold butter cubed
(1 stick = 8 tablespoons or $\frac{1}{2}$ cup)
- $1\frac{1}{2}$ cups flour
- 3 pinches of salt

INSTRUCTIONS

1. **Prep:** Heat Oven to 400° F. Lightly butter 2 quart casserole dish.
2. **Make rhubarb filling:** Combine all ingredients for the rhubarb filling in large bowl. Evenly spread the filling into the prepared casserole dish.
3. **Make Topping:** Combine oats, flour, sugar, cinnamon & salt in large bowl. Cut in butter until crumbs form.
4. **Finish and Bake:** Evenly scatter the crumb topping over the rhubarb filling. Bake in the hot oven for around 35 minutes or until golden and bubbly. Allow to sit on the counter for 10 minutes before serving.

NOTES

Ingredient Notes

Rhubarb: You can use frozen rhubarb in place of fresh. Measure rhubarb while frozen, then thaw completely! It is recommended to carefully drain the thawed rhubarb, but do not squeeze it. Be very careful when tossing with the other ingredients. If the thawed rhubarb feels very wet, add an extra tablespoon of cornstarch.

Oats: Always use quick oats because the texture in a crisp is better vs old fashioned oats. If you only have old fashioned oats, the crisp topping will have a coarser texture and won't come together as nicely. You can pulse old fashioned oats in a food processor – 3 times to chop them up a little.

Butter: Make sure your butter is fridge-cold when using it in this recipe for best results. If you need to use margarine in place of the butter, please only use stick margarine and NOT a buttery spread! The crumble topping will not work with a spread.

Cornstarch: It is preferred to use cornstarch in the filling over flour, because it mixes better with the juices. If you only have flour on hand, feel free to use it in the filling, but make sure it sticks to the rhubarb and doesn't all drop to the bottom of the dish—else you will have a thick coating of flour on the bottom of your crisp.

RECIPE TIPS


Do NOT cut back on the sugar in this recipe. Rhubarb is tart and really does need the sweetness.

PAHRUMP SENIOR CENTER

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

MENU ~ SEPTEMBER 2023

PLEASE NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 LABOR DAY BBQ HAMBURGERS/ HOT DOGS BAKED BEANS POTATO SALAD COLE SLAW ICE CREAM MILK & JUICE			
	4 CLOSED LABOR DAY	5 CHEESE N' PEPPERONI PIZZA MACARONI SALAD BROWNIE NORTHERN BEAN SOUP MILK & JUICE	6 ADSD #123 CHICKEN TENDERS & FRIES CHEESY CAULIFLOWER SOUP DYH MONTHLY B-DAY CAKE COFFEE ICE CREAM CORN CHOWDER MILK & JUICE	7 SPAGHETTI W/ MEAT SAUCE CORN W/W ROLL PEACHES MILK & JUICE CREAM OF MUSHROOM SOUP
	11 CHICKEN CORDON BLEU AU GRATIN POTATO VEGGIE BLEND JELLO BLACK BEAN SOUP MILK & JUICE	12 APPLE ROASTED PORK ROASTED POTATO W/W ROLL CARROTS CHOCOLATE MILKSHAKE CREAM OF CHICKEN SOUP MILK & JUICE	13 TILAPIA BUTTER RICE CORN FRUIT STUFFED PEPPER SOUP MILK & JUICE	14 ADSD #3 MEATLOAF MASHED POTATO/GRAVY COLLARD GREENS W/W ROLL COBBLER FRENCH ONION SOUP MILK & JUICE
	18 ADSD #14 BEEF PATTY MBOZZARELLA CHEESE FRIES BROCCOLI CUPCAKE CRACKED CHICKEN NOODLE SOUP MILK & JUICE	19 CHICKEN STRIPS W/ PEPPERS RICE VEGETABLE BLEND BUTTERSCOTCH PUDDING PINTO BEAN SOUP MILK & JUICE	20 BROWN SUGAR ROAST PORK MASHED POTATO SPINACH CAKE CABBAGE SOUP MILK & JUICE	21 TURKEY/BACON /MASHED POTATO WRAPS CARROTS PEARS LENTIL SOUP MILK & JUICE
	25 CHICKEN QUESADILLA SALSA MEXICORN FRUIT MIX W/ WHIPPED CREAM PORK VERDE SOUP MILK & JUICE	26 ADSD #15 STEAK STRIPS & ONIONS AU GRATIN POTATO CAULIFLOWER PEACHES TOMATO BASIL SOUP MILK & JUICE	27 HAM CASSEROLE W/W BREAD MELON CREAM OF SPINACH SOUP MILK & JUICE	28 ADSD #73 HERB BAKED CHICKEN MASHED POTATO PEAS CUPCAKE VEGGIE SOUP MILK & JUICE
				29 ADSD #56 SAURBRATEN BUTTER NOODLES BROCCOLI VANILLA PUDDING NORTHERN BEAN SOUP MILK & JUICE

LUNCH IS SERVED MONDAY THRU FRIDAY 11:30 A.M. TO 12:30 P.M.

SALAD BAR AVAILABLE \$3.00 FEE

60+YEARS LUNCH \$4.00 DONATION APPRECIATED
COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE

PAHRUMP SENIOR CENTER**ACTIVITIES ~ SEPTEMBER 2023**

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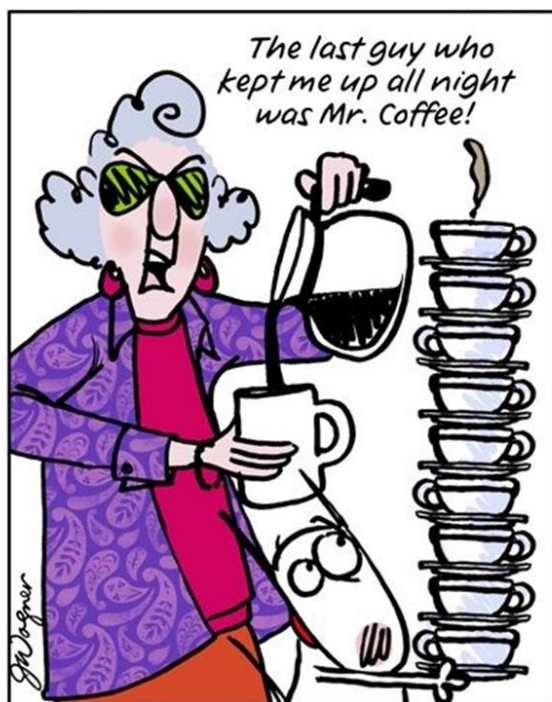
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAVE A HAPPY SAFE LABOR DAY CELEBRATION!				
4 CLOSED LABOR DAY	5 BINGOSIZE 12:30 PM HAIRCUTS 12:30 PM	6 CHRONIC ILLNESS CLASS 9:00 AM - 11:30 AM	7 RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 12:30 PM	1 LABOR DAY BBQ @ PSC TOPS MEETING 8:00 AM FUSION BELLY DANCING 12:30 - 2:30 PM
11 BEADING HEARTS 12:30 PM POKER 12:30 PM	12 BINGOSIZE 12:30 PM HAIRCUTS 12:30 PM	13 CHRONIC ILLNESS CLASS 9:00 AM - 11:30 AM CATHOLIC CHARITIES/ FLU SHOT CLINIC 9:00 – 11:00 AM BLIND SUPPORT- PAHRUMP CHAPTER 12:30 PM	14 RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 12:30 PM	8 TOPS MEETING 8:00 AM LIZ & JAMES BINGO PARTY 10:00 AM FUSION BELLY DANCING 12:30 - 2:30 PM
18 BEADING HEARTS 12:30 PM POKER 12:30 PM	19 BINGOSIZE 12:30 PM HAIRCUTS 12:30 PM	20 CHRONIC ILLNESS CLASS 9:00 AM - 11:30 AM KRISTIN – FARMERS INSURANCE MEDICARE 10:00 AM	21 FALL PREVENTION SCREENING 9:00 AM – 12:00 NOON BINGOSIZE 12:30 PM HAIRCUTS 12:30 PM	15 TOPS MEETING 8:00 AM FUSION BELLY DANCING 12:30 - 2:30 PM
25 BEADING HEARTS 12:30 PM POKER 12:30 PM	26 BINGOSIZE 12:30 PM BINCO 12:30 PM HAIRCUTS 12:30 PM	27 CHRONIC ILLNESS CLASS 9:00 - 11:30 AM BLIND SUPPORT 12:30 PM	28 RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 PM – 3:00 PM	22 TOPS MEETING 8:00 AM FUSION BELLY DANCING 12:30 - 2:30 PM
				29 TOPS MEETING 8:00 AM FUSION BELLY DANCING 12:30 - 2:30 PM

OUR SENIOR FUNNY BONE AND OTHER INTERESTING ITEMS

"Be careful who you trust, the devil was once an angel!"

"Did you know that freshly chopped parsley helps oxygenate our blood. True fact! Parsley is a great topper on our food."

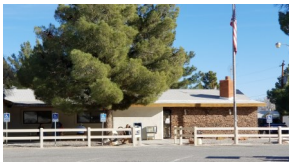
"Can you imagine.... Costco had its Halloween costumes and candy For Sale starting this past July. And, the Christmas items have started appearing For Sale at the local Costco stores the 3rd week of August. Let's get a head start on Christmas shopping at Costco."



HAVE YOU HUGGED
SOMEONE TODAY?

TRY IT.... IT IS A
GREAT STRESS
RELIEVER!





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

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