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Site Manager

# JULY 2021 NEWS LETTER

## SHADES OF GRAY

A NEWSLETTER BY & FOR THE SENIORS OF PAHRUMP VALLEY, NEVADA

VOLUME 4, ISSUE 7 JULY 2021

(775) 727-5008 Office@PahrumpSeniorCenter.org

PAHRUMP SENIOR CENTER, Inc.

1370 W Basin Avenue, Pahrump, NV 89060-4501

### JULY HOLIDAYS & EVENTS

July 1<sup>ST</sup> ~ BATTLE OF GETTYSBURG

July 2<sup>ND</sup> ~ THE CIVIL RIGHTS ACT

July 4<sup>TH</sup> ~ INDEPENDENCE DAY

July 6<sup>TH</sup> ~ TUESDAY  
NATIONAL FRIED CHICKEN DAY

July 13<sup>TH</sup> ~ TUESDAY  
NATIONAL FRENCH FRY DAY

July 14<sup>TH</sup> ~ WEDNESDAY  
NATIONAL MAC & CHEESE DAY

July 20<sup>TH</sup> ~ TUESDAY  
INTERNATIONAL CHESS DAY

July 28<sup>TH</sup> ~ WORLD WAR I

July 30<sup>TH</sup> ~ FRIDAY  
INTERNATIONAL FRIENDSHIP DAY

### HAVE A SAFE HAPPY 4<sup>TH</sup> OF JULY!

Did you know New York City has the biggest fireworks display in the United States, and that three U.S. Presidents died on July 4th? Yes, it is true!

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations go back to the 18th century and the American Revolution.

On July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the thirteen colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities rang-



Declaration of Independence

ing from fireworks, parades and concerts to more casual family gatherings and barbeques.

Please be safe as you celebrate this 4th of July, and keep in mind that we are now in Monsoon Season!

*The Senior Center will celebrate on Friday 2<sup>nd</sup> of July with a BBQ with all the fixins.*



Continental Congress, July, 1776

The Senior Center will be closed on Monday, July 5th. See you all on Tuesday, July 6th.

**PAHRUMP SENIOR CENTER ~ The Best In The West!**

**Check out our website: [www.PahrumpSeniorCenter.org](http://www.PahrumpSeniorCenter.org)**

**Our FACEBOOK is: [www.FaceBook.com/PahrumpSeniorCenterII](http://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. Please e-mail your request to: [WebGuy@PahrumpSeniorCenter.org](mailto:WebGuy@PahrumpSeniorCenter.org) or you can pick it up at the front desk at our Senior Center during the month.

### HOW TO CONTACT US

**Our WEBSITE** is updated weekly with newly added 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](http://WWW.PAHRUMPSENIORCENTER.ORG)

**Our FACEBOOK** is:

[www.FaceBook.com/PahrumpSeniorCenterII](http://www.FaceBook.com/PahrumpSeniorCenterII)

**By Telephone:** (775) 727-5008 Monday—Friday 9:00 AM—3:00 PM

**By E-mail:** [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)

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

### NOTICES, DISCLAIMERS & ACKNOWLEDGEMENTS

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

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

**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 a better place to live.

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

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**Our FACEBOOK is: [www.FaceBook.com/PahrumpSeniorCenterII](http://www.FaceBook.com/PahrumpSeniorCenterII)**

# ANNOUNCEMENTS

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## HOME GOING OF DORA GASTELUM

On Friday morning, June 25, 2021, our beloved PSC member and friend passed from this earthly life at the age of 101. Her beautiful

smile, laughter and fun-loving personality will be greatly missed at our senior center.

Watch your e-mail in-box for further information regarding memorial service.

## The PSC hours of operation are:

Monday—Friday 9:00 am to 3:00 pm

(Except Holidays)

**Our Senior Center 4<sup>TH</sup> of July Celebration Lunch** is Friday, July 2<sup>nd</sup> with a BBQ. The Senior Center will be closed Monday, July 5<sup>th</sup>.

**EXERCISE CLASS 9:30 a.m.**  
**Mondays, Tuesdays, Thursdays & Fridays.**  
No Fee(s) ~ Come Work Out With Us here at our Senior Center.

# JULY 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 JULY a Happy Heathy Year!

# HAPPY BIRTHDAY!

## Tasty 4<sup>TH</sup> OF JULY POPCORN S'MORES

### INGREDIENTS

- 3 Tbsp. Canola Oil
- ½ Cup of Popcorn Kernels
- One 3-Quart Saucepan
- 1 Cup Brown Sugar
- ½ Stick of Butter
- ½ Cup Corn Syrup
- ½ Tsp. Baking Soda
- 1 Package (10½ oz) Mini-Marshmallows
- 2 Cups Mini Graham Cookies
- 1 Cup Chocolate Chips

### POPCORN S'MORES DIRECTIONS


1. Heat oil in a 3-quart saucepan over medium heat for about 3 minutes. Add popcorn. Cover, leaving cover just slightly ajar. Shake frequently over medium heat until popping stops. Dump popcorn into large bowl.
2. Combine brown sugar, butter and corn syrup in medium saucepan. Cook until hard cracking stage (290° to 295°F); remove from heat and stir in baking soda.
3. Combine popcorn and marshmallows in a large bowl. Pour mixture over popcorn to coat. Gently stir in graham cookies and chocolate chips. Spread mixture evenly into greased 15 X 10 inch pan.
4. Let cool completely. Break into pieces and enjoy!



# PAHRUMP SENIOR CENTER Tel: (775) 727-5008

# MENU ~ JULY 2021

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>5</b> <b>CLOSED</b> IN OBSERVANCE OF <b>4<sup>TH</sup> OF JULY</b>	<b>6</b> TURKEY BACON WRAPS PEAS SALAD CITRUS DELIGHT SOUP	<b>7</b> MEATBALL SUBS L.S. POTATO CHIPS BABY CARROTS SALAD JELLO W/FRUIT SOUP	<b>8</b> BBQ CHICKEN SOUR CREAM POTATO SALAD SPINACH FRUIT CAKE BEAN SOUP ADSD # 1	<b>9</b> BAKED SALMON BUTTERED POTATOES BRAISED CABBAGE SPINACH SALAD COOKIE SOUP
<b>12</b> CHICKEN CORDON BLEU PARSLEY POTATOES BROCCOLI FRUIT BROWNIES SOUP	<b>13</b> TUNA MELTS MAC SALAD CELERY/CARROT STICKS FRUIT FLUFF BEAN SOUP	<b>14</b> TORTELLINI W/ WHITE SAUCE SPINACH GARLIC TOAST FRUIT CAKE SOUP	<b>15</b> HOT TURKEY SANDWICH PEAS & CARROTS TOMATO SALAD ORANGES COOKIE BEAN SOUP ADSD # 167	<b>16</b> MEATLOAF MASHED POTATOES CORN W/W BREAD FRUIT
<b>19</b> PHILLY CHEESESTEAK CAULIFLOWER SALAD FRUIT BEAN SOUP	<b>20</b> FRIED CHICKEN BUTTER GARLIC NOODLES BRUSSEL SPROUTS FRUIT CAKE SOUP	<b>21</b> PORK & GREEN BEANS RICE PILAF BROCCOLI SALAD JELLO FRUIT	<b>22</b> SPAGHETTI W/ MEAT SAUCE ZUCCHINI SALAD 7 GRAIN BREAD FRUIT CUP SOUP ADSD #39	<b>23</b> LEMON BAKED FISH BROWN RICE GREEN BEANS SALAD FRUIT ADSD #79
<b>26</b> COUNTRY FRIED STEAK MASHED POTATOES SAUSAGE GRAVY CARROTS YOGURT PIE SOUP	<b>27</b> CHICKEN PARMESAN ANGEL HAIR PASTA SALAD GARLIC BREAD FRUIT BEAN SOUP	<b>28</b> PEPPER STEAK SCALLOPED POTATOES PEAS & MUSHROOMS MUFFIN SOUP ADSD #137	<b>29</b> KAHILUA PORK RICE MIXED VEGGIES MANDARIN ORANGES BEAN SOUP	<b>30</b> MEATLOAF MASHED POTATOES SPINACH W.W BREAD FRUIT SOUP ADSD #3

LUNCH IS MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS  
 SALAD BAR IS A \$2.00 FEE / COFFEE & ICE TEA \$1.00 FEE BOTTOMLESS CUP

LUNCH \$3.00 SUGGESTED DONATION APPRECIATED

## MENU ~ JULY 2021

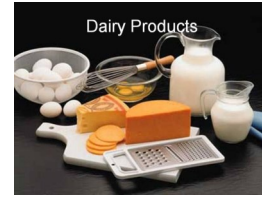
PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGE

**ACTIVITIES CALENDAR ~ JULY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> EXERCISE CLASS 9:30 KNITTING LADIES 11:00 HAIRCUTS 2:PM - 4:PM	<b>2</b> EXERCISE CLASS 9:30 BRIDGE 12:30
<b>5</b> <b>CLOSED</b> IN OBERVENCE OF <b>4<sup>TH</sup> OF JULY</b> <b>HOLIDAY</b>	<b>6</b> EXERCISE CLASS 9:30 BRIDGE 12:30	<b>7</b> NEVADA HOSPICE SEMINAR 10:AM DESERT VIEW HOSPITAL JULY BIRTHDAYS 11:00 AM HAIRCUTS 2:00 PM – 4:00 PM	<b>8</b> EXERCISE CLASS 9:30 KNITTING LADIES 11:00 HAIRCUTS 2:00 PM – 4:00 PM	<b>9</b> EXERCISE CLASS 9:30 BRIDGE 12:30
<b>12</b> EXERCISE CLASS 9:30 BEADING CLASS 12:30	<b>13</b> EXERCISE CLASS 9:30 BRIDGE 12:30	<b>14</b> PRO CARE HOSPICE SEMINAR – 10:00 AM HAIRCUTS 2:00 PM – 4:00 PM	<b>15</b> EXERCISE CLASS 9:30 HAIRCUTS 2:00 PM – 4:00 PM	<b>16</b> EXERCISE CLASS 9:30 BRIDGE 12:30
<b>19</b> EXERCISE CLASS 9:30 BEADING CLASS 12:30	<b>20</b> EXERCISE CLASS 9:30 BRIDGE 12:30	<b>21</b> HAIRCUTS 2:00 PM – 4:00 PM	<b>22</b> EXERCISE CLASS 9:30 KNITTING LADIES 11:00 HAIRCUTS 2:00 PM – 4:00 PM	<b>23</b> EXERCISE CLASS 9:30 BRIDGE 12:30
<b>26</b> EXERCISE CLASS 9:30 BEADING CLASS 12:30	<b>27</b> EXERCISE CLASS 9:30 BUNCO 12:00	<b>28</b> HAIRCUTS 2:00 PM – 4:00 PM BLIND SUPPORT 12:30	<b>29</b> EXERCISE CLASS 9:30 KNITTING LADIES 11:00 HAIRCUTS 2:00 PM – 4:00 PM	<b>30</b> EXERCISE CLASS 9:30 BRIDGE 12:30

HAIRCUTS BY APPOINTMENT ONLY ~ CALL (775) 727-5008

## ◆ NUTRITION SERVICES SENIORS AGE 60+



- ◆ 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.

## 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](http://PAHRUMPSENIORCENTER.ORG)

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

**\$3 Donation Appreciated** Lunch includes soup and your choice of milk or juice

### **SALAD BAR ~ Salad Bar Fee of \$2.00.**

Served 11:00 A.M. to 12:30 P.M. SALAD BAR and SOUP with your choice of milk or juice is included when you pay the **Salad Bar Fee of \$2.00.**

### **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 

## A Christian Prayer of Thanksgiving ...

*Brought to you by Family Services of Jesus The Messiah Church, Pahrump, NV.*

Heavenly Father, Thank You for your provision, protection over my family and our country, for good health, and our Pahrump senior center. I pray this in the name of Jesus, Amen.

# 2021 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	AREA CODE 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	AREA CODE 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.



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

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

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

**RETURN SERVICE REQUESTED**

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

**MAILING LABEL**  
PLEASE APPLY STRAIGHT