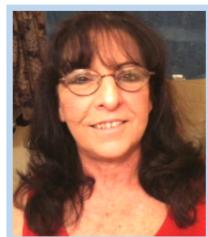


Happy Valentine's Day!



Anne Blankenship-Harris
Editor & Site Manager

SPRING 2022 IS ALMOST HERE

Yes, friends.... Spring 2022 is just around the corner! So get out those barbecue grills, get your patio furniture cleaned off, and let's grill some veggies and steaks!



OUR NEW YEAR CELEBRATION TURNOUT

More pictures on page 3...



Happy Valentine's Day

FEBRUARY 2022 EVENTS AND HOLIDAYS

- 1ST ... National Freedom Day
- 1ST ... Chinese New Year
- 1ST ... First Day of Black History Month
- 2ND ... Groundhog Day
- 9TH ... National Pizza Day
- 9TH ... Law Enforcement Apprec. Day
- 12ND ... Abraham Lincoln's Birthday
- 14TH ... Valentine's Day
- 16TH ... Do A Grouch A Favor Day
- 22ND ... George Washington's Birthday

 = Fly The Flag

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

**SHADES OF GRAY
NEWSLETTER**
**PAHRUMP
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MANAGING ANXIETY STRESS & DEPRESSION

Yes, it's natural to feel stress during a pandemic. Fears about COVID-19 and being uncertain about the future are common thoughts. These thoughts may create stress or anxiety for you, your children or grandchildren. But please remember you are not alone. Take for instance, what you say and what God your heavenly Father says.... The following thoughts have been compiled to help us face each situation by what the Word of God says.

Get God's perspective on things. In each situation ask yourself, What does God say about this?

You say, **MY SITUATION IS IMPOSSIBLE** — God says "With Me all things are possible." Luke 18:27

I'VE LOST SO MUCH — But God says, "Seek first the kingdom of God and His righteousness, and all these things shall be added to you." Matthew 6:33

I'M SINKING, I'M DESPRESSED — God says, "Underneath are the everlasting arms." Deuteronomy 33:27, also "... the darkness will shine as the day, for darkness is as light to the Lord." Psalm 139:12

THINGS ARE BAD, I DON'T HAVE THE STRENGTH TO GO ON; Psalm 46:1 says, "God is our refuge and strength, an ever-present help in trouble." Also, "Having done all to stand, stand therefore (hold your ground)... "be strong in the Lord Jesus... take your stand against the devil's schemes, it's (a spiritual battle), stand firm, take the Sword of the Spirit which is the WORD OF GOD, pray and keep alert." Ephesians 6:10-18 NLT

I WORRY ABOUT EVERYTHING — God says, "Cast (throw) all your cares (anxieties) on me, for I care for you." I Peter 5:7

Happy Birthday to all our February Birthday Members!



"I don't have pet peeves; I have whole kennels of irritation."
Whoopi Goldberg

MORE PICTURES FROM OUR NEW YEARS CELEBRATION



Life isn't always beautiful, but the ride is!

MORE PICTURES OF OUR NEW YEARS CELEBRATION...
RECOGNIZE ANYONE???



PAHRUMP SENIOR CENTER MENU ~ FEBRUARY 2022

TEL: (775) 727-5008 FAX: (775) 7751-6831

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CARNE ASADA TACOS REFRIED BEANS MEXICAN CORN CHURROS MEXICAN CHICKEN SOUP	2 CREAMY LEMON CHICKEN ASPARAGUS RICE PILAF CAKE BEAN SOUP	3 ADSD #159 PORK CHOPS CARROTS MUSHROOM GRAVY BAKED POTATO FRUIT CREAMY CHEESE TORTELLIN SOUP	4 ADSD #104 POT ROAST BEEF RED POTATOES MIXED VEGGIES SALAD MANDARIN ORANGES CHEESY VEGGIE SOUP	
7 ITALIAN RICE & BEEF APPLE SAUCE ROLL BEAN SOUP	8 ADSD #32 CHICKEN PASTA PRIMAVERA GARLIC BREAD SALAD CITRUS DELIGHT MINESTRONE SOUP	9 SLOPPY JOES BAKED BEANS BABY CARROTS FRUIT SALAD CHICKEN NOODLE SOUP	10 PORK ROAST RED POTATOES CORN SPLIT PEA SOUP STRAWBERRY SHORTCAKE	11 ADSD # 114 LEAMON BAKED FISH RICE MIXED VEGGIES BROWNIE CREAM OF BROCCOLI
14 COUNTRY FRIED STEAK COUNTRY GRAVY MASHED POTATOES BROCCOLI APPLE CRISP BLACK BEAN AND SAUSAGE SOUP	15 CRANBERRY CHICKEN RICE PILAF CAULIFLOWER COOKIES FRENCH ONION SOUP	16 ADSD #29 SHEPARDS PIE SPINACH SALAD MUFFIN BANANA TOMATO BASIL SOUP	17 CHICKEN CORDON BLEU PARSLEY POTATOES CARROTS YOGURT PIE CREAM OF MUSHROOM SOUP	18 ADSD #18 SALMON ASPARAGUS ANGEL HAIR PASTA MANDARIN ORANGES BEAN SOUP
21 CLOSED PRESIDENTS DAY	22 ADSD #81 STUFFED PORKCHOPS BRUSSEL SPROUTS ROLL 3 BEAN SALAD PINEAPPLE CREAM OF POTATO SOUP	23 SMOTHERED BURRITO SPANISH RICE MEXICORN PEACH CRISP ASPARAGUS SOUP	24 HOT DOGS MAC & CHEESE GREEN BEANS CAKE BEEF BARLEY SOUP	25 ADSD #3 MEATLOAF MASHED POTATOES GRAVY SPINACH WW BREAD FRUIT CRAB BISQUES SOUP
28 ADSD #102 CHICKEN & DUMPLINGS PEAS CARROT SALAD FRUIT VEGGIE SOUP				

WWW.PAHRUMPSENIORCENTER.ORG

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WWW.PAHRUMPSENIORCENTER.ORG**ACTIVITIES ~ FEBRUARY 2022**

PLEASE NOTE: EVENTS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February is National Black History month.	1 National Freedom Day BRIDGE 12:30 PM	2 BINGOSIZE HAIRCUTS 1: PM - 3: PM	3 RIPPITS KNITTING CLUB 10:30 PM BINGOSIZE 12:30 PM HAIRCUTS 1:PM – 3:PM	4 TOPS MEETING 8:00 AM BRIDGE 12:30 PM
7 BEADING HEARTS 12:30 PM POKER 12:30 PM	8 SENIOR SERVICES- S.N.A.P. BENEFITS 10:00 AM BRIDGE 1 2:30 PM	9 BINGOSIZE 12:30 PM HAIRCUTS 1:PM - 3:PM	10 RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:PM – 3:PM	12 TOPS MEETING 8:00 AM BRIDGE 12:30 PM
14 Valentines Day HUMANA 10:00 AM VALENTINES DAY CUPCAKES BEADING HEARTS 12:30 PM POKER 12:30 PM	15 BINGOSIZE 12:30 PM HAIRCUTS 1:PM - 3:PM	16 BINGOSIZE 12:30 PM HAIRCUTS 1:PM - 3:PM	17 BINGOSIZE 12:30 PM HAIRCUTS 1:PM – 3:PM	18 TOPS MEETING 8:AM BRIDGE 12:30 PM RAF & VONNIE ENTERTAINMENT 10:30 AM
21 President's Day CLOSED PRESIDENTS DAY	22 BRIDGE 12:30 PM BUNCO 12:30 PM	23 BINGOSIZE 12:30 PM BLIND SUPPORT 12:30 PM	24 RIPPITS KNITTING CLUB 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:PM – 3:PM	25 TOPS MEETING 8:00 AM BRIDGE 12:30 PM
28 BEADING HEARTS 12:30 PM SHOW & TELL DAY POKER 12:30 PM				A Valentine Telegram I cherish everything about you, I always have and I always will. Our life together is filled with joy, And we cherish the small thrills. I want to make sure you understand, How committed to you I am. I want to make you happy! do all I can, Enjoy this Valentine telegram.



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...The Best In The West!*

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