

SHADES OF GRAY NEWSLETTER

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

JUNE ~ 2024 VOLUME 7 ISSUE 6

PAHRUMP SENIOR CENTER

1370 W BASIN AVE, PAHRUMP, NV 89060-4501

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



Anne Blankenship-Harris
Site Manager & Editor



WE'RE BACK ON-LINE

A BIG THANK YOU to all our members

who understood the situation we had regarding our website hack and newsletter software getting locked so that Oren our webguy could not access these two important communications tools we use daily in our day to day operations of service to our Pahrump Senior Center and seniors of the Pahrump Valley area.

FLAG DAY - JUNE 14TH

Also called: National Flag Day

Flag Day in the United States, is a day honoring the national flag of the United States observed on June 14 every year. The holiday commemorates the adoptions of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress. The Flag Resolution stated "That the flag of the thirteen United States be thirteen stripes alternate red and white, that the union be thirteen stars, white in a blue field, representing a new constellation.

The United States Army also celebrates the U.S. Army birthday on this date, as Congress adopted the American continental army after reaching a consensus position in the Committee of the Whole on June 14, 1775.

In 1916, President Woodrow Wilson issued a proclamation that officially establish June 14 as Flag Day. On August 3, 1949, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday. Pennsylvania became the first state to celebrate Flag Day as a state holiday, beginning in the town of Rennerdale. New York consolidated Laws designate the second Sunday in June as Flag Day, a state holiday.

You can **GOOGLE "FLAG DAY"** for more history on this holiday.

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PAHRUMP SENIOR CENTER, THE BEST IN THE WEST!

PICTURES OF OUR MEMORIAL DAY BBQ

Our Annual Memorial Day Celebration BBQ luncheon was held on Friday, May 24, 2024. Lot's of delicious food to eat, laughter and fun!



MORE PICTURES OF OUR MEMORIAL DAY CELEBRATION BBQ

Our Annual Memorial Day Celebration BBQ luncheon was held on Friday, May 24, 2024. Lot's of delicious food to eat, laughter and fun!



Our Democracy Is
In Your Hands!

VOTE

More Pictures of our Memorial Day Celebration BBQ..... held on Friday, May 24, 2024



**Be the reason somebody smiles today.
Even if it means just being there.**

Characters by
Charles Schulz



A tribute to Snoopy and the Peanuts gang



Recipes For Our Seniors

ROMAN EGG DROP SOUP (Quick & Easy)

Serves 6 by Barbara Lawrence, Palm Springs, CA

INGREDIENTS

- 1½ Quarts Chicken Broth
- 3 Eggs
- 4 Tablespoons freshly grated Parmesan Cheese
- 1 Tablespoon minced Parsley
- 1 Clove of Garlic, pressed (optional, but delicious)



DIRECTIONS

Bring broth to a boil. Beat eggs, cheese, parsley and garlic together or place in blender.

With a spoon stir the broth to create a vortex and gradually pour a steady stream of the egg mixture into center. Pour stream slowly to prevent lumping. Simmer only until egg strands are set, about 3 minutes.

Serve hot with bread sticks.

FOOD FOR THOUGHT

“I know how it will end, one of my children will unplug my life support to charge their phone.”

DID YOU KNOW...

- ✓ **You CAN get a good vacuum cleaner that does NOT make a racket.** Some people associate noise with power. But in tests, it was found very good vacuums that get the job done with much less noise. One example is the *Miele Dynamic U1 Cat & Dog* model.
- ✓ **Priming your walls before you paint? NOT necessary!** Self-priming paints have improved to the point where you no longer need to prime. This is true whether it's new construction or there's paint already on the walls. One coat of self-priming paint that's rated "excellent" at hiding will do the job.
- ✓ **Why eggs from chickens raised with "no hormones" are NOT worth the extra money.** By law, chickens that produce eggs can NOT be given hormones. That's why eggs with a "no hormone" claim on the package label are **no different** from eggs that don't have the "no hormone" claim.

PAHRUMP SENIOR CENTER, THE BEST IN THE WEST!

Bittersweet Chocolate Torte

EQUAL



Rich Chocolate Glaze

- 1/4 cup skim milk
- 2 ounces unsweetened chocolate, cut into small pieces
- 3 1/2 teaspoons Equal® for Recipes or 12 packets Equal® sweetener or 1/2 cup Equal® Spoonful™

- ◆ HEAT milk and chocolate in small saucepan, whisking frequently, until almost melted; remove from heat and whisk until chocolate is melted and smooth. Whisk in Equal®.
- ◆ COOL to room temperature, refrigerate glaze, if necessary, until thick enough to spread.

A
Delicious
Recipe
from our
friends
at
EQUAL
(If you are
allergic to
Equal, you
can
substitute
Stevia in
its place.)

Bittersweet Chocolate Torte Makes 12 servings

- 6 tablespoons margarine
 - 4 ounces unsweetened chocolate
 - 1/3 cup skim milk
 - 1/3 cup apricot preserves with NutraSweet® brand sweetener or apricot spreadable fruit
 - 2 teaspoons instant coffee crystals
 - 1 egg yolk
 - 1 teaspoon vanilla
 - 10 3/4 teaspoons Equal® for Recipes or 36 packets Equal® sweetener or 1 1/2 cups Equal® Spoonful™
 - 3 egg whites
 - 1/8 teaspoon cream of tartar
 - 1/4 cup all-purpose flour
 - 1/8 teaspoon salt
- Rich Chocolate Glaze (optional recipe on front of card)

Garnish with light whipped topping, chocolate drizzle and/or raspberries, if desired.

- ◆ HEAT margarine, chocolate, milk, apricot preserves, and coffee crystals in small saucepan, whisking frequently, until chocolate is almost melted.
- ◆ REMOVE pan from heat; continue whisking until chocolate is melted and mixture is smooth. Whisk in egg yolk and vanilla; add Equal®, whisking until smooth.

- ◆ BEAT egg whites and cream of tartar to stiff peaks in large bowl. Fold chocolate mixture into egg whites; fold in combined flour and salt. Lightly grease bottom of 8-inch round cake pan and line with parchment or baking paper. Pour cake batter in pan.
- ◆ BAKE in preheated 350°F oven until cake is just firm when lightly touched, 20 to 25 minutes, and toothpick comes out clean (do not overbake). Carefully loosen side of cake from pan with small sharp knife, which will keep cake from cracking as it cools. Cool cake completely in pan on wire rack; refrigerate until chilled, 1 to 2 hours.
- ◆ REMOVE cake from pan and place on serving plate. Spread with Rich Chocolate Glaze, if desired.

Nutrition information per serving:

Bittersweet Chocolate Torte

139 cal., 3 g pro., 11 g carb., 11 g fat, 18 mg chol., 108 mg sodium

Food exchanges: 1/2 bread, 2 fat

51% calorie reduction from traditional recipe

Rich Chocolate Glaze

30 cal., 1 g pro., 3 g carb., 3 g fat, 0 mg chol., 3 mg sodium

Food exchange: 1/2 fat

50% calorie reduction from traditional recipe

EQUAL

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PAHRUMP SENIOR CENTER

MENU ~ JUNE 2024

1370 W Basin Avenue, Pahrump, NV 89060-4501 TEL: (775) 727-5008 FAX: (775) 751-6831

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LS Ham Steak Peas and Carrots Pears Milk & Juice Chicken Vegie Soup	4 Country Fried Chicken Roasted Potatoes Green Beans Peaches Beef Barley Soup Milk & Juice	5 Cheesy Turkey Cassarole Vegie Blend Cupcake Bean Soup DSH Birthday Milk & Juice	6 Meatloaf ADSD #3 Mashed Potatoes & Gravy Corn W/W Roll Mixed Fruit Milk & Juice Chicken Noodle Soup	7 ADSD #161 Lemon Baked Fish Rice Peas Grapes W/W Bread Moik & Juice Creamy Spinach Soup
10 Spaghetti w/Meatsauce Zucchini W/W Bread Orange/Mango Cup Bean Soup Milk & Juice ADSD #39	11 BBQ Chicken Roasted Potato Broccoli Apple Sauce Beef-Rice Soup Milk & Juice	12 Pork Chowmein Spinach W/W Bread Pineapple Egg Drop Soup Milk & Juice ADSD #122	13 Open-Face Roast Beef with Wheat Bread Green Beans Pears Milk & Juice Tomato Vegie Soup	14 Chicken Pasta Bake Vegie Blend Mixed Fruit Ravioli Soup Milk & Juice
17 Western Bacon Burger Mac & Cheese Manhattan Blend Vegie Cake Cream of Broccoli Soup Milk & Juice	18 Herb Baked Chicken Mashed Sweet Potato Vegie Medley W/W Bread Applesauce Milk & Juice Chicken Rice Soup ADSD #73	19 CLOSED JUNETEENTH	20 Pork Roast w/Rice Green Beans Pears Vegie Soup Milk & Juice	21 TUNA Casserole Vegie Medley ADSD #56 Sliced Tomato W/W Bread Oatmeal Date Bar Lentil Soup Milk & Juice
24 Italian Beef & Rice Carrots W/W Roll Applesauce Milk & Juice Pinto Bean Soup ADSD #124	25 Chicken Cordon Bleu Mashed Potatoes Vegie Blend Peaches Cream Tomato Soup Milk & Juice	26 Seasoned Chicken Nuggets Sweet Potato Green Beans & Mushrooms Berry Cup Milk & Juice Split Pea Soup ADSD #166	27 BBQ Pork Sandwich Mac & Cheese Broccoli W/W Roll Pears Beefy Noodle Soup Milk & Juice	28 Crab Pasta Bake Vegie Medley Jello Corn Chowder Soup Milk & Juice

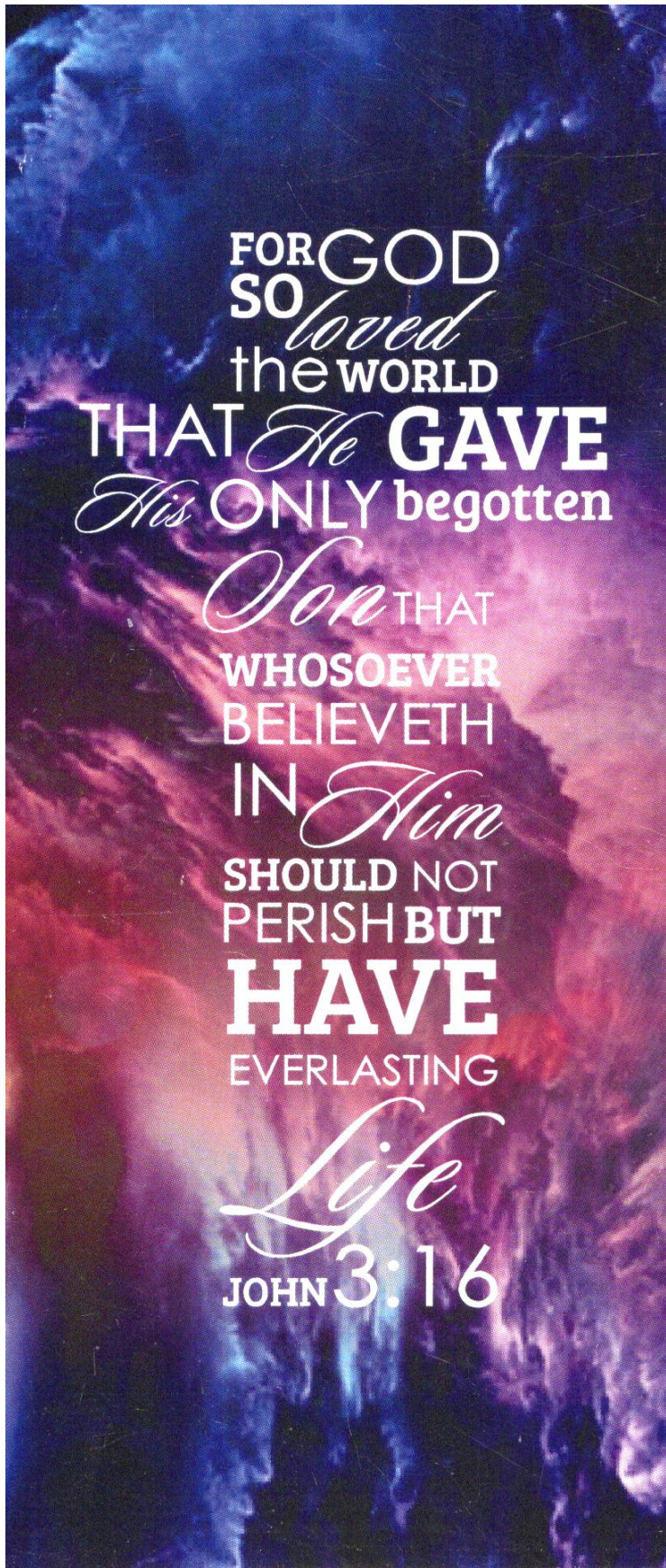
Lunch is served Monday - Friday (Except Holidays) 11:30 AM to 12:30 PM 60+ Years \$4.00 Donation Appreciated
 Under 60 Years of Age: \$5.00 Fee Salad Bar: \$3.00 Fee Coffee & Iced Tea: \$1.00 Fee (Bottomless Cup)

PAHRUMP SENIOR CENTER ACTIVITIES ~ JUNE 2024

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	BEADING CLASS 12:30 PM POKER 12:30 PM	4	JOHN WEHRLEY FOR COMMISSIONER 10:30 AM BINGOSIZE 12:30 PM	5	FARMERS MARKET 9:00 AM TO 12:00 NOON	6	TRUSTED ALLY HOME CARE RIPPETS 10:30 AM (Knitting Club) BINGOSIZE 12:30 PM	7	T.O.P.S. Meet 8:00 AM INFINITY HOSPICE 10:00 AM FUSION Belly Folk Dance Classes 1:PM to 3:PM <i>Use It Or Lose It</i>
10	JOHN WEHRLEY FOR COMMISSIONER 10:30 AM Beading Class 12:30 PM Poker 12:30 PM	11	BINGOSIZE 12:30 PM	12	Prickly Pears Inflation Reduction Act Presentation 10:00 AM	13	RIPPETS 10:30 AM (Knitting Club) BINGOSIZE 12:30 PM	14	T.O.P.S. Meet 8:00 AM FUSION Belly Folk Dance Classes 1:PM to 3:PM <i>Use It Or Lose It</i>
17	MICHELLE FIORI 10:00 AM Beading Class 12:30 PM Poker 12:30 PM	18	BINGOSIZE 12:30 PM BUNCO 1:00 PM	19	CLOSED JUNETEENTH	20	INFINITY HOSPICE 10:00 AM RIPPETS 10:30 AM (Knitting Club) BINGOSIZE 12:30 PM	21	T.O.P.S. Meet 8:00 AM FUSION Belly Folk Dance Classes 1:PM to 3:PM <i>Use It Or Lose It</i>
24	Beading Class 12:30 PM Poker 12:30 PM	25	BINGOSIZE 12:30 PM BUNCO 1:00 PM	26	Blind Support LV Chapter 12:30 PM	27	RIPPETS 10:30 AM (Knitting Club) BINGOSIZE 12:30 PM	28	T.O.P.S. Meet 8:00 AM FUSION Belly Folk Dance Classes 1:PM to 3:PM <i>Use It Or Lose It</i>

ALL ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE



FOR GOD
SO *loved*
the WORLD
THAT *He* GAVE
His ONLY begotten
Son THAT
WHOSOEVER
BELIEVETH
IN *Him*
SHOULD NOT
PERISH BUT
HAVE
EVERLASTING
Life
JOHN 3:16

HOW TO ACCEPT JESUS' GIFT OF SALVATION

STEP 1 Understand that God desires fellowship and companionship with all of us, so much so that He gave His own Son so we could spend eternity with Him.

"God showed how much he loved us by sending his only Son into this wicked world to bring to us eternal life through his death" (1 John 4:9).

STEP 2 Realize that although we are all sinners and the consequence of our sin is separation from God and eternal death, God offers us forgiveness and eternal life with Him through Jesus.

"For the wages of sin is death, but the free gift of God is eternal life through Jesus Christ our Lord" (Romans 6:23).

STEP 3 Acknowledge that Jesus is the only way to be forgiven of your sins and united with God now and for eternity.

"Jesus told him, 'I am the Way—yes, and the Truth and the Life. No one can get to the Father except by means of me'" (John 14:6).

STEP 4 Believe with your whole heart that Jesus is the Son of God and tell Him that you want to receive Him as your Lord and Savior.

"If you tell others with your own mouth that Jesus Christ is your Lord and believe in your own heart that God has raised him from the dead, you will be saved (Romans 10:9).

STEP 5 Receive Jesus Christ into your heart and declare yourself to be a true child of the Living God.

"To all who received him, he gave the right to become children of God. All they needed to do was to trust him to save them" (John 1:12).

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Today is slap an
Idiot day



I'm Gonna be
so busy

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