



JULY
2021



happy
**4TH
OF
July**

"Independence Day: freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die." – Dwight D. Eisenhower

The goal of the Pershing County Senior Center is to offer congregate and homebound meals as well as transportation and social activities to maintain and improve the quality of life for older adults in Pershing County.

ERRAND SERVICE



- *Grocery Run
- *Pharmacy Run
- *Doctor Appointments
- *Call for more information and appointments

scogle1970@gmail.com

634 Irish American Dam Road
Lovelock, Nevada 89419

Phone
775-442-0070

SHERRY COYLE

ERRAND SERVICE



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SHERRY COYLE

INFORMATION



We are happy to provide transportation, but we have a limited amount of time for daily trips. Please arrange your travel so that we will be able to pick you up no earlier than 10:30 AM, and will be able to have the van back at the Center by 2:30PM. *Rides should be scheduled by 10 AM the day of travel for local trips.*

As always our out of town van leaves the Center at 7:30 AM, and we need to leave the destination city by 2 PM, so plan your appointments accordingly.

If you would like to ride the bus to any destination please call the Center— 273-2291

Meals and other services for folks 60 and older are provided at no cost to the recipient.

We do encourage a \$3.00 per meal donation, but it is entirely voluntary. We also afford you the opportunity for confidential donations for our other services. If you choose not to donate, you will still receive any services we offer.

Since we really don't require payment on a daily basis, for your meals, you will be able to make your donation whenever you choose and eat as often as you like.

See Transportation brochure for suggested donation rates

If you or anyone you know is in need of homebound meals, whether long term or just temporarily, please call the Center and let us know and we will get you or them put on Homebound. This is an important service to our community and we want people to take advantage of it!

ADRC

Sherrie Herringshaw, Resource Specialist with the Churchill County Aging and Disability Resource Center will no longer be coming to the Pershing County Senior Center for monthly visits. She is still able to help out our local seniors, but as of now, is going to the Community Center for appointments. If you would like to make an appointment with her, please call her at 775-423-7096. Thank you for your understanding.



INFORMATION

On July 7th, it is time to indulge on National Strawberry Sundae Day. Each year on this day, Americans combine vanilla or strawberry ice cream, strawberry sauce, fresh strawberries, and whipped cream. Make several strawberry sundaes, and enjoy this delicious treat with friends and family





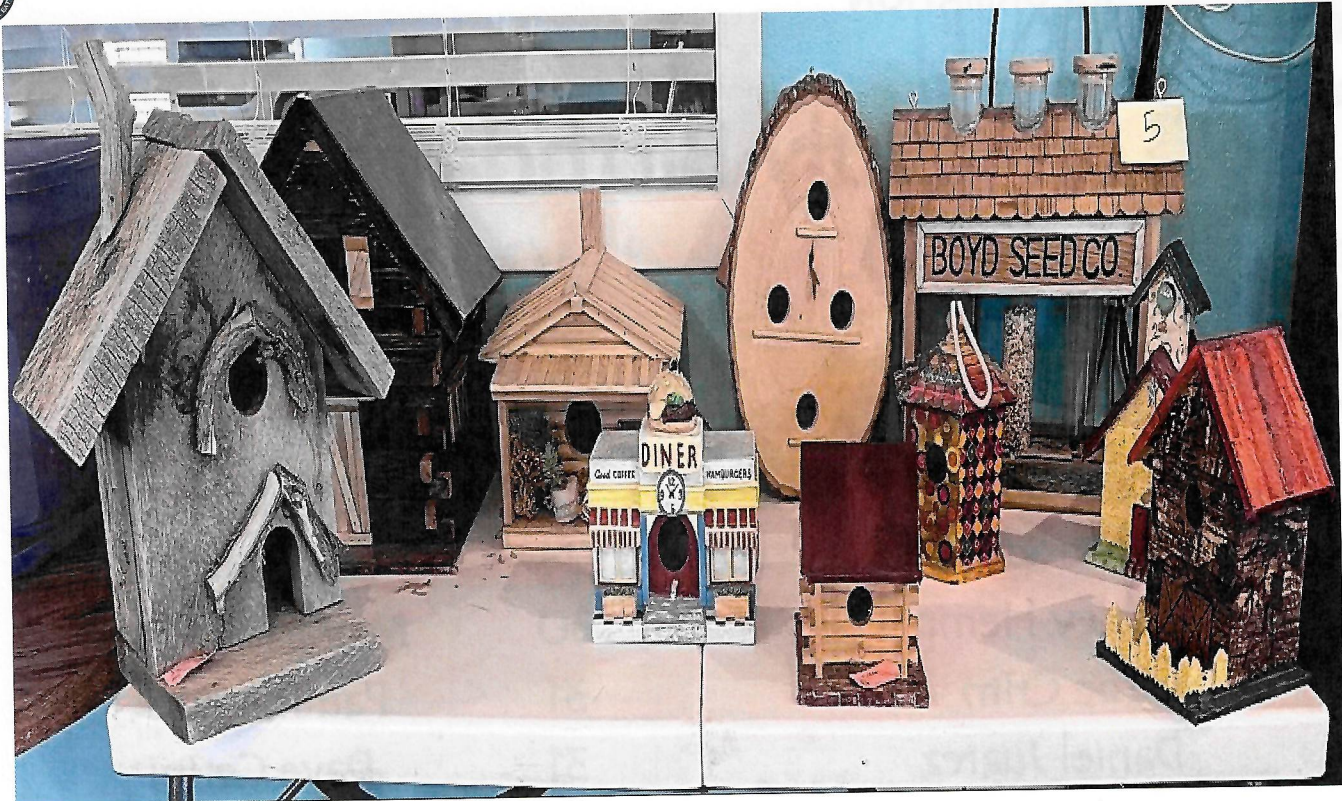
INFORMATION

July Birthdays

4	LaMoná Wells	21	Belinda Smith
5	Dyan Odle	22	Frances Gandiaga
6	Janice Garrett	23	Kathy Freeborn
7	Carol Shank	24	Janice Rutherford
10	Jolene Scilacci	24	Larry Holloway
14	Ashley Hemp	30	Marian Munoz
15	Joe Crim	31	Pauline Buck
18	Daniel Juarez	31	Dave Cerini
19	Carol Bowman	31	Marianne Papa
		31	Ron Skinner



Note: If you prefer not to have us remember your Birthday. Please tell us.



Birdhouse Winners

Frank Fisk

Bernie Schneider

Carol Schneider

Sally Echeverria, winner of two houses

Kristie Boyd, winner of two houses

Gayle Tyler , Won the beautiful courthouse birdhouse made by Tommy Hildenbrand

Ellie Robles

Betty Gruszka

Thank you to everyone who donated these beautiful birdhouse!! Your hard work and time is much appreciated!!

THANK YOU!!!!

Tommy Hildenbrand

Jo Brunk

Joe Crim

Irene Collins

Bernie Schneider

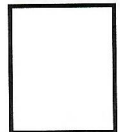
Cut off for start or stop homebound meals 9:30AM—Please call 775-273-5022
All meals include fruit, soup, and dessert to be determined and are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Brauts Pasta Salad Pineapple Chunks Dinner Roll \$250.00 Cookie	2 Cobb Salad Tropical Fruit Bread Stick Cake With Frosting
5 CLOSED	6 Tuna Salad Baby Carrots Mixed Fruit Chips Choc. Choc Chip Cookies	7 Hungarian Goulash Peas/Carrots Diced Pears Spinach Fettuccini Jell-O Poke Cake	8 Chimichangas Fruit Quarters Spanish Rice Soft Sugar Cookie	9 Chicken Garlic Pizza Green Salad Honey Dew German Apple Cake
12 Philly Cheese Steak Pea Salad Diced Peaches Fries Brownies	13 Taco Salad Apricots Beans, tortilla Chips Loaded Up Pretzel Cookie	14 Balsamic Chicken Roasted Brussel Sprouts Apple Sauce Rosemary Roasted Potatoes Coconut Macaroons	15 Ham Cheese Croissants 3-Bean salad Cantaloupe Chips Red Velvet Cupcakes	16 Tomato Bacon Tortellini Green Salad Pineapple Chunks Bread Hawaiian Wedding Cake
9 Tater Tot Casserole Green Beans Tropical fruit Magic Cookie Bars	20 Beef Stir-fry Stir-fry veggies Mandarins Udon Noodles Snicker Doodle Cookies	21 Sub Sandwiches Colorful Salad Mixed Fruit Chips Toffee Topped Bars	22 Cajun Cod Mexicali Corn Watermelon Spanish Rice Ranch Beans Pecan Pie Bars	23 Spaghetti Green Salad Diced Pears Garlic Bread Chocolate Pudding
6 Patty Melt Fruit Quarters Garlic Fries Cherry Almond Rice Pudding	27 Chicken Alfredo Mushrooms Onions Peppers Diced Peaches Linguini Buttermilk Pie	28 Chili Sour Cream Cheese Apple Sauce Corn Bread Oatmeal raisin Cookie	29 Grilled Kielbasa Corn On The Cob Cantaloupe Mac&Cheese Cherry Topped Lemon Cheese Cake	30 Fruit Cold Plate Cheese and Crackers Apple Crisp with Vanilla Ice Cream

Dates to Remember in JULY

4	HAPPY 4TH OF JULY
5	CLOSED IN OBSERVANCE OF 4TH OF JULY
7	NATIONAL STRAWBERRY SUNDAE

Pershing County Senior Center
PO Box 838
Lovelock, NV 89419



Every
65
seconds
someone in the United States
develops Alzheimer's disease.