



# JULY 2022 NEWSLETTER & MENU

## Happy 4th of July



### Hello from the Director.

I am Christina Larsen. I'm your new Senior Center Director. I'm so excited to be here. I have so many things I want and can't wait to do. I have two beautiful daughters and I'm engaged to be married February 2023. I have passion for taking care of others, so I feel I will fit in great here and plan on being here for a long time.

Thank you for the donations that were given to the Senior center. We appreciate all donations.

## Thanks for Donating!

#### SENIOR CENTER STAFF

Director: Christina Larsen  
Admin Clerk: Serefina Gomez  
Cooks: Carmen Jimenez & TBD  
Community Health Workers (CHW):  
Ericka, Janice, Kori, & Mary Jo

#### PERSHING COUNTY SENIOR CENTER

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Lovelock, NV 89419  
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#### SENIOR ADVISORY BOARD MEMBERS

Virginia Rose, Chair  
Tami Belcher, Vice Chair  
Susie Bendure  
Jeanne Munk  
Leandra Woods

FACEBOOK: Pershing County Senior Center email: [seniorcenter@pershingcountynv.gov](mailto:seniorcenter@pershingcountynv.gov)

"We are here for you"

# Senior Center Happenings

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## TRANSPORTATION SCHEDULE



THURSDAY, July 14th FALLON TRIP

THURSDAY, July 28th RENO TRIP

Transportation Trips to Fallon will be on the 2nd Thursday of the Month

Trips to Reno will be on the 4th Thursday of the Month

This regular schedule should make it easier for you to schedule appointments.

The out-of-town van leaves at 7:30 a.m. and needs to leave the destination city by 2 p.m.

For more information about scheduling and fees, give us a call at 775.273.229.

**Don't forget to join us for BINGO Monday-Friday**  
**Friday is Dollar BINGO!**



Join us on 7/14/2022 for a Paint & Sip activity. No purchase is required.

Starting 7/5/2022 we will be having Active Bingo, play your favorite game and add some exercising to it.

It will also be on 7/7, 7/12, & 7/14

## HOMEBOUND

If you or anyone you know is in need of homebound meals, whether long term or temporarily, please call the Senior Center and let us know so we can get you or them on Homebound.

This is an important service to our community and we want those who need it to take advantage of this service!

# July Birthdays



**Dave Cerini 3rd**

**Scott Sherman 4th**

**Carol Shank 7th**

**Daniel Juarez 8th**



**Zola Carlene 11th**

**Veeta Rasco 18th**

**James Sanford 19th**

**Janice Ruthorford 24th**

**Lamona Wells 24th**

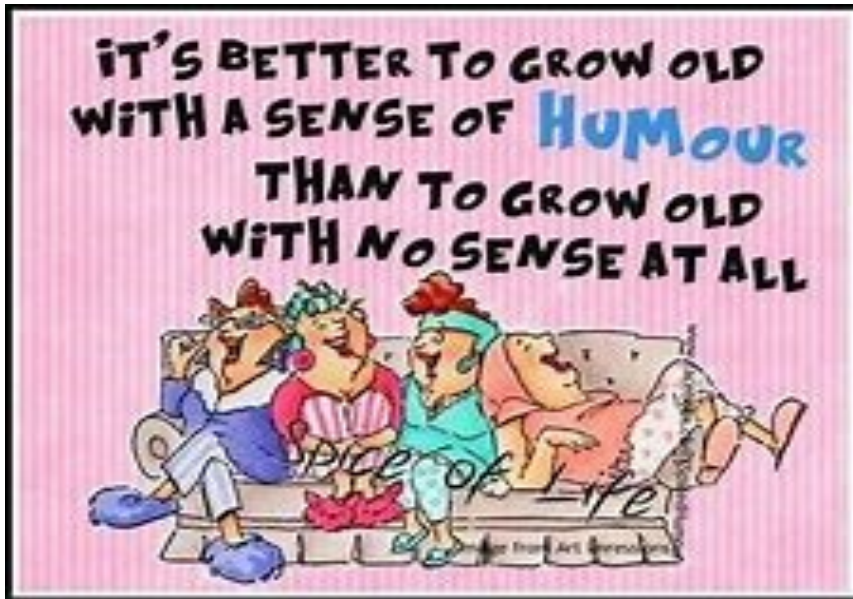
**Rodney Egbert 30th**

**Marian Munoz 30th**



From all of us here at the  
Pershing County Senior  
Center,  
we hope you had or have a  
wonderful Birthday

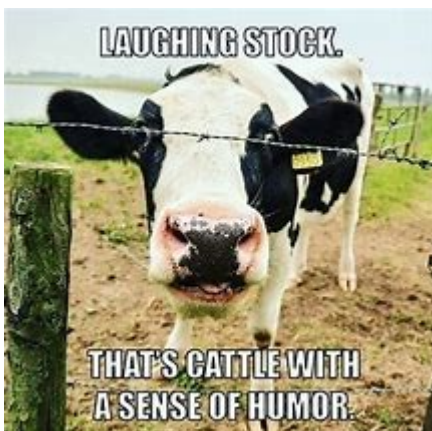




When you're different from all your friends but they still vibe with you



Favorite Senior Jokes Book:  
Funny Jokes for Seniors -  
Suddenly Senior





## Fun Facts about 4th of July

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One of the greatest misconceptions of the 4th of July lies in the name and date. It is widely believed that America declared their independence from Britain on July 4, 1776. However, the official vote actually took place two days before and the "Declaration" was published in papers on July 4.

Americans Will Enjoy about 150 Million Hot Dogs During the 4th of July. According to the National Sausage and Hot Dog Council Americans are expected to eat around 150 million hot dogs over the July 4th holiday. This is part of an estimated 7 billion that are expected to be eaten during the summer season from Memorial Day to Labor Day.

Fireworks date back as a tradition of Independence Day as early as the first anniversary in 1777.



John Adams wrote in a letter to his wife, Abigail, that he wanted Independence Day to be celebrated with pomp, parade, shows, and "Illuminations." This original letter was written when Adams presumed that Independence Day would be celebrated on July 2.



### A Much Smaller Start

Although an official national census was not completed until 1790, the U.S. Census Bureau estimates that there were only about 2.5 million people living in America in 1776 when the Declaration of Independence was signed.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily soups include beans and / or vegetables as needed All meals include a dessert</p>				<p><b>1</b> Chicken &amp; Broccoli Steamed Peas &amp; Carrots Berry Cup Rice</p>
<p><b>4</b> Happy 4th of July Closed</p> 	<p><b>5</b> Hot dog on a bun Baked Beans Applesauce Tater Tots</p>	<p><b>6</b> Beef Enchiladas Mexicorn Peaches Spanish Rice</p>	<p><b>7</b> Pulled Pork Fresh Green Salad Oranges Potato Chips</p>	<p><b>8</b> Turkey Sandwich 3 Bean Salad Pears White Bread</p>
<p><b>11</b> Italian Sausage, Peppers &amp; Onions Broccoli Fruit Rice</p>	<p><b>12</b> Spaghetti w/Meatballs Fruit Cocktail Carrots &amp; Peas Garlic Bread</p>	<p><b>13</b> Chicken Strip Salad 3 bean Salad Mandarin Oranges Hard Boil Egg</p>	<p><b>14</b> Tuna Salad Pasta Salad Peaches Croissant</p>	<p><b>15</b> Birthday Celebration Steak Nachos Apricots Mixed Vegetables Potato Chips</p>
<p><b>18</b> Lemon Baked Cod Mixed Vegetable Fruit Cocktail White Rice</p>	<p><b>19</b> Grilled Chicken Beets Pears Bread</p>	<p><b>20</b> Chicken Croissant w/cranberries Apricots Green Beans/Bacon Croissant</p>	<p><b>21</b> Roast Beef Sandwich Broccoli Applesauce Mashed Potatoes</p>	<p><b>22</b> Cheeseburger 3 Bean Salad Peaches French Fires</p> 
<p><b>25</b> Apple Topped Pork Chop Mixed Vegetables Peaches Mashed Potatoes</p>	<p><b>26</b> Meat Loaf &amp; Mashed Potatoes Carrots Fresh Fruit Roll</p>	<p><b>27</b> Chicken Cordon Bleu Peas Pears Au Gratin</p>	<p><b>28</b> Beef Stroganoff Orange Spinach Salad Fresh Apple Egg Noodles</p>	<p><b>29</b> Breakfast 7:00-9:30am Biscuits &amp; Gravy Bacon Fruit cup w/yogurt &amp; Banana</p>



The background of the entire image is a close-up photograph of an artist's workspace. It features a light-colored surface, possibly a table or canvas, covered with various paint splatters in red, yellow, and green. In the lower-left quadrant, there is a large, round, dark-colored palette heavily coated with thick, textured layers of green, yellow, and white paint. A paintbrush with a silver ferrule and a wooden handle is positioned diagonally across the palette, its bristles dipped in a thick layer of light blue paint. Another smaller brush with a silver ferrule and a red handle is visible in the lower-center, also with light blue paint on its bristles. To the right of the brushes, there are more paint splatters, including a bright orange one and a blue one. In the bottom right corner, a small portion of a white paint tube with a blue cap is visible.

# *Fernley Estates*

## *Hosts*

# *Paint & Sip*

*July 14th @ 2pm*

*Lovelock  
Senior Center*



## Up coming activities for July

7/5/2000 Active Bingo

7/7/2022 Active Bingo

7/12/2022 Active Bingo

7/14/2022 Active Bingo, Paint/Snack activity

