



September Newsletter



It is that time of year again and school has started. I cannot believe it is already September. This year seems like its going by so fast.

It has been a very hot Summer. I hope you are staying hydrated and cool.



SENIOR CENTER STAFF

Director: Christina Larsen

Admin Clerk: Serafina Gomez

Cooks: Carmen Jimenez

& Jamie Meisner

Community Health Workers (CHW):

Erika, Janice, Kori, & Mary Jo

PERSHING COUNTY SENIOR CENTER

630 Western Ave.

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P: [\(775\) 273-2291](tel:7752732291)

SENIOR ADVISORY BOARD MEMBERS

Virginia Rose, Chair

Tami Belcher, Vice Chair

Susie Bendure

Jeanne Munk



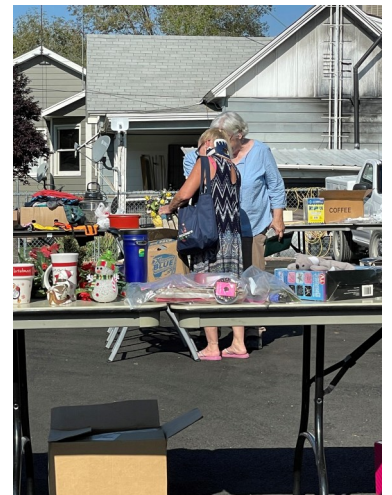
We had a successful month. We had our Senior Citizen Day Party as well as our Garage Sale to raise money for our

transportation fund so we are able to go on more trips.

I am so thankful for everyone who donated and I appreciate everyone who came out and found some new treasures as well as who just donated money to our fund raiser.

I really appreciate Nicole Reitz for making some pancakes so none would go hungry while they looked around.

I want to say thank you to the amazing people who came in early and helped me. I could not have done this yard sale without you. I am beyond thankful for the team I have.





Fun Facts about September



The ninth month, September, according to the Gregorian and Julian calendars, has 30 days. In the Northern Hemisphere seasonally, the dry heat of summer tends to subside around this time of year with temperatures easing and evenings cooling off bringing the first of autumn, around the 22nd or 23rd of the month. In the South Hemisphere winter is ending its cold hold on that half of the planet and spring is starting to show its warmer temperatures to come.

September or Autumnal Equinox

Every year in September, the Earth and sun align in such a way that the Earth does not lean toward or away from the sun. This means that it is virtually half day and half night all around the world during the equinox. Every area of the Earth gets close to 12 hours of day and 12 hours of night. The September equinox occurs on the 21, 22, 23 or 24 of every September. In 2011, it will occur on September 23. People, particularly Pagans, celebrate the equinox with festivals.

According to the Roman calendar, it was in fact the seventh month until their calendar was modified by the addition of January and February (around 153 BC), after that it then became the ninth month. The name September comes from 'septem' which is Latin for "seventh" of which it was originally the seventh month prior to 153 BC.



October is right around the corner. I would love to have Halloween Wreaths made and donated to the Senior Center so I can do a silent auction and raise money for our Transportation fund. I have some fun trips planned. Let others know around the community that we would love them made and donated. I cant wait to see what you come up with.

I would like the wreaths donated by 9/28/2022 So I can do the Silent auction on 9/29/2022.





Alice Carter 1st

Glenna McDonald 9th

Susie Bendure 11th

Richard Jarboe 14th

Diane Cerini 27th

Betty Gruszka 27th

Enjoy some pictures from last month

birthday's!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Meals comes with Soup of the day and Dessert.</p> <p>Meals are subject to change.</p>			<p>1 Artichoke Chicken Green Beans Applesauce White Rice</p>	<p>2 Tater Tot Casserole Green Salad Apples w/ Peanut Butter Rolls</p>
<p>5 Closed</p> <p>Labor Day</p>	<p>6 Spaghetti Fresh Salad Oranges Bread Sticks</p>	<p>7 Tuna Salad Sandwich Carrots w/ Ranch Peaches</p>	<p>8 Chicken Pot Pie Spinach Salad Mandarin Oranges</p>	<p>9 Breakfast !</p> <p>Breakfast Sandwich w/ Egg & Cheese Banana's w/ Yogurt Fruit Salad Hashbrowns</p>
<p>12 Beef Taco Salad Corn Fruit Salad Mexi Rice</p>	<p>13 Teriyaki Chicken Green Beans Pineapple Fried rice</p>	<p>14 BBQ Chicken Peas & Carrots Pears White Rice</p>	<p>15 Grilled Cheese Sandwich w/ Tomato Soup Tomatoes Grapes</p>	<p>16 Fish Tacos w/ Corn & Black Beans Cole slaw Strawberries w/ Yogurt</p>
<p>19 Green Enchiladas w/ Rice & Beans Mexi corn Fruit Cocktail</p>	<p>20 Meat loaf W/Mash Potatoes & Gravy Green Beans Peaches</p>	<p>21 Turley Sandwich on Croissants Fresh Salad Pears</p>	<p>22 Port Chops Carrots Apple Sauce Scalloped Potatoes</p>	<p>23 Breakfast !</p> <p>Pancakes W/Berries Strawberry yogurt</p>
<p>26 Cheese Burgers Broccoli Fruit Salad Potato Salad</p>	<p>27 Chicken Salad Sandwich Spinach Salad Grapes Chips</p>	<p>28 Sweet & Sour Pork w/ White Rice Green Beans Pineapple</p>	<p>29 Ham & Cheese Sandwich Pickles Apples Fries</p>	<p>30 Parmesan Chicken Fresh Salad Fruit Cocktail Rolls</p>



Starting this Month September 2022. We are going back to having a \$10.00 gas fee if you would like to go to Fallon, Reno and any other trip that we take. I love having the trips for our Seniors I know it is very helpful.



Transportation Schedule

Fallon Trip **THURSDAY, September 8th**

Reno Trip Thursday, **September 22nd**

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 775.273.2291.



Legal Services will be here on 9/6/2022. You can sign up at the front desk here at the Senior Center.

Fallon trip 9/8/2022

Reno Trip 9/22/2022

Halloween Wreaths Donation Due 9/28/2022

Halloween Silent Auction 9/29/2022

On **November 18th & 19th** I will be having Jason Casey from Senior Insurance Agency here at the center.

You are welcome to call and Schedule an appointment . To schedule an appointment call Jason Casey **775-829-9600** .