

# AUGUST NEWSLETTER 2023

**Pershing County Senior Center**

*Welcome August*

## **SENIOR CENTER STAFF**

**Director: Christina Steele**

**Admin Clerk: Serafina Gomez**

**Cooks: Carmen & Kim**

**Drivers: Ana Hill & Arturo**

**Volunteers: Matt**

**630 Western Ave.  
P.O Box 838  
Lovelock, Nv 89419  
P: 775-273-2291**

## **SENIOR ADVISORY BOARD MEMBERS**

**Tami Belcher, Chair**

**Virginia Rose, Vice Chair**

**Susie Bendure**

**Jeanne Munk**

**Leandra Wood**



**Hello August**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Wonder- August

N G G A N N A I L U J Q K W E W K B Q P M Y J O  
 L F S W J S Q D C H A R L O T T E L I X I W Q P  
 V T S S O X B D I L I D N I K E S O O H C S H C  
 Z G U O M I S S B U T T C W H U L Y A T E W S G  
 E T W N Y Z B K W V E L Z I T A M E S D D Q K T  
 T B T K S J T H C W O G S S I R C Q O T J R W M  
 D E D E R G A Y F W F Y U A S C X A T K B O F N  
 R E L A F I S D V K G G X G R Y H S E D O I A R  
 M C Z A I O F Z N I U B A H T G T X P Q H U N A  
 S H T T Q S G Y Q A A R K O J A W I S A B I K I  
 Z E L A A X E N Y H C U L Q R N C Y R M I P K T  
 A R Z X V T V Y A I G N F W Z W V D M H Y W G Y  
 H P E Z V P V Z A J E M A O D O H L B T M Z W P  
 X R F L T E H C D P U R O O V R D T B O H C H Y  
 K E M G P C S H T T S N X R K B T L M M K A O R  
 Y P W E U E Q W G I U P W Z T R I X X N F M X Z  
 Y P Y A E R W D O R N I D Z Q M K T F O F O P V  
 M A R W G P C H R I S T O P H E R Z W M H Z T H  
 U C S J Y T G R C P Z X X D U O S U M M E R M O  
 P I L L I W K C A J D R D T N Z F F H T M F K M  
 L O D Y X B N A M H S U T R M L U O W N W V Y C  
 R I A Y W S G K I E X X K Z N H V Y M S G P K D  
 K V F G I X O D A R T H S I D I O U S X I G R C  
 R X H R X Q N U M V Q D P Q W R Z O B M O Z G L

Mr. Tushman

Mrs. Garcia

Darth Sidious

Jack Will

Julian

Mr. Brown

Mon Mothma

Summer

Charlotte

Via

Daisey

Star Wars

Christopher

choose kind

Beecher Prep

Mrs. Petosa

Jango Fett

Miss Butt

precept

August

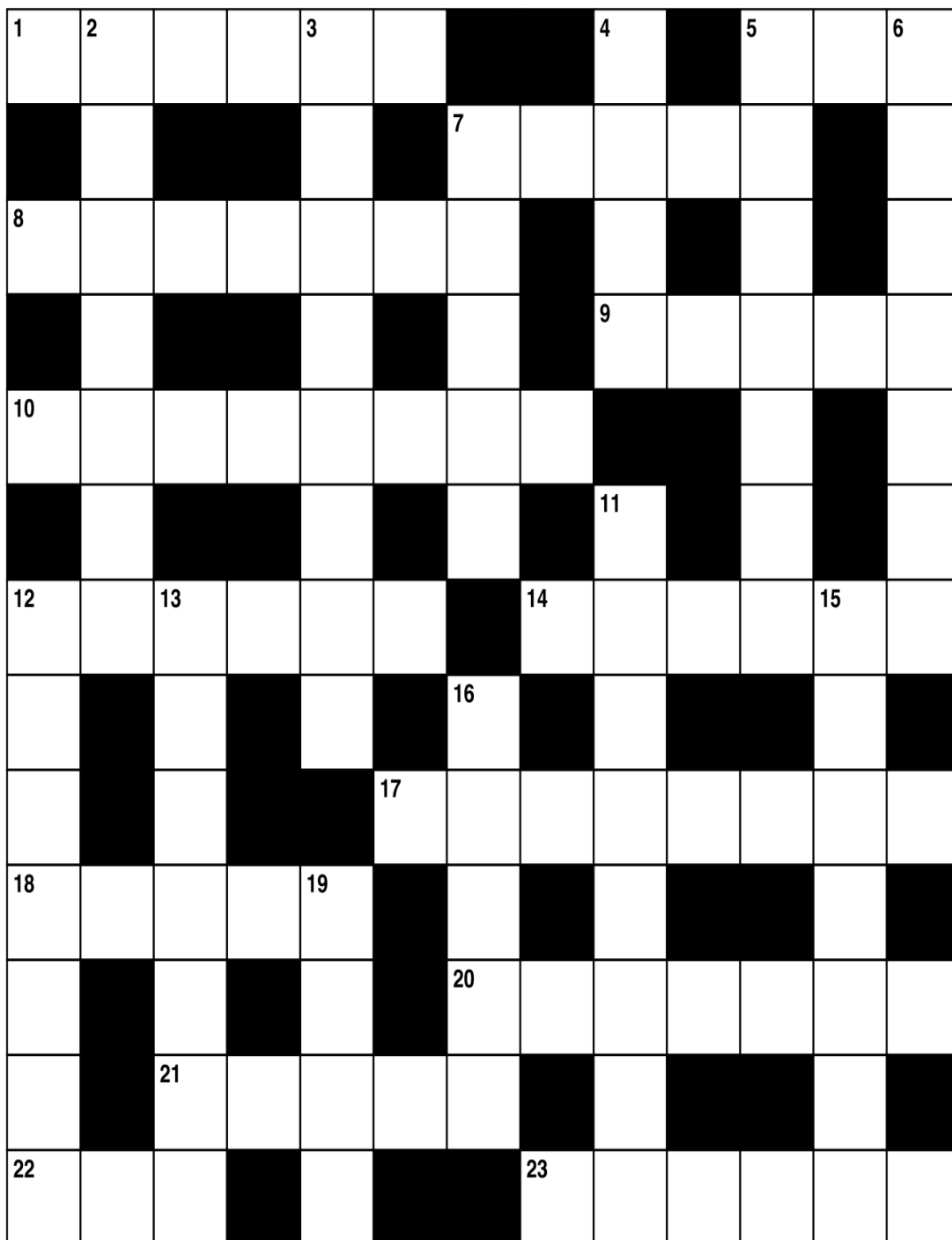
## Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

# Crossword Puzzles

## Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)



# *Recipe of the month*

## *Poppyseed Chicken Pasta Salad*

1. Bring a large pot of water to a boil along with 1 tablespoon kosher salt. Cook the pasta according to the package directions. Drain, but do not rinse the pasta.
2. While the pasta is cooking, prepare the dressing. Combine the mayonnaise, milk, vinegar, mustard, sugar, and poppy seeds in a small bowl or jar. Whisk until smooth. Refrigerate until ready to use.
3. Combine the cooled pasta, chicken, grapes, pecans, onions, and parsley in a large mixing bowl. Toss to combine. Pour the dressing over the salad and stir well to coat. Serve immediately or refrigerate until ready to serve.

## Ingredients

- 8 ounces small pasta: elbows, mini penne or bowtie, fusilli
- ☐ 2 cups cooked chicken, chopped into bite-size pieces
- ☐ 2 cups red or green grapes, halved
- ☐ 1/2 cup chopped pecans
- ☐ 1/4 cup green onions, sliced thin
- ☐ 2 tablespoons fresh Italian parsley, chopped small

## Poppyseed Dressing

- 1/3 cup mayonnaise
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons white vinegar
- ☐ 1 teaspoon yellow or Dijon mustard
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons poppy seeds












- . **Angie Pommerening 2nd**
- . **JoAnn Brown 4th**
- . **Devoy Munk 8th**
- . **Barry Davis 22nd**
- . **Bob Walker 28th**
- . **Dolores Hostman 28th**
- . **Al Rossoll 29th**





# August Lunch Menu

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <b>Daily soups</b><br><b>Include beans &amp; or Vegetables</b><br><b>All meals include dessert &amp; Menu is subject to change.</b>   | <b>1 BBQ Chicken</b><br><b>Steamed spinach</b><br><b>Honey Dew</b><br><b>Potato salad</b>  | <b>2 Chicken</b><br><b>enchiladas</b><br><b>Corn</b><br><b>Pineapple</b><br><b>Strawberry</b><br><b>short cake</b><br> | <b>3 Tuna casserole</b><br><b>Herbed Medley</b><br><b>veggies</b><br><b>Sliced tomatoes</b><br><b>Wheat roll</b>                                     | <b>4 Sub sandwich</b><br><b>Cucumbers</b><br><b>Banana</b><br><b>Chips</b><br>                 |
| <b>7 Meat loaf</b><br><b>Salad</b><br><b>Chantilly fruit</b><br><b>Mash &amp; gravy</b><br><b>Roll</b><br> | <b>8 BBQ Chicken</b><br><b>Corn</b><br><b>Apple sauce</b><br><b>Corn bread</b>   | <b>9 Chicken pot pie</b><br><b>Over a biscuit</b><br><b>Peas &amp; carrots</b><br><b>Mix fruit</b><br>                 | <b>10 Chicken Strips</b><br><b>3 bean salad</b><br><b>Water melon</b><br><b>Potato wedges</b>  | <b>11 Hamburger</b><br><b>Mixed steamed</b><br><b>veggies</b><br><b>Cantaloupe</b><br><b>chunks</b><br><b>Baked beans</b>   |
| <b>14 Roast beef sand-</b><br><b>wich</b><br><b>Grapes</b><br><b>Potato salad</b><br><b>Chips</b>   | <b>15 Chicken salad</b><br><b>sandwich</b><br><b>Pears</b><br><b>Chips</b><br>                              | <b>16 Chefs salad</b><br><b>Mandarin</b><br><b>oranges</b><br><b>Wheat roll</b><br><b>Cake</b>  | <b>17 Shepherds Pie</b><br><b>Banana</b><br><b>Wheat roll</b><br> | <b>18 Chicken tacos</b><br><b>Spit peas</b><br><b>Peach's</b><br><b>w/cottage cheese</b><br><b>Brown rice</b>   |
| <b>21 Chicken fried</b><br><b>steak</b><br><b>Carrots</b><br><b>Banana</b><br><b>Mash &amp; gravy</b><br><b>Wheat roll</b>  | <b>22 Chicken broccoli</b><br><b>&amp; rice</b><br><b>Beet salad</b><br><b>Fruit cup</b><br><b>Roll</b><br> | <b>23 Velveeta</b><br><b>Mac &amp; cheese</b><br><b>Steamed</b><br><b>spinach</b><br><b>Strawberry/</b><br><b>banana</b><br><b>yogurt</b>   | <b>24 Fish &amp; chips</b><br><b>(cod)</b><br><b>Corn</b><br><b>Pineapple</b><br><b>w/cottage cheese</b><br><b>Chips</b>                             | <b>25 French toast</b><br><b>Mixed fruit</b><br><b>Vanilla yogurt</b><br><b>Eggs &amp; hash</b><br><b>browns</b><br><b>Orange juice</b><br><br><b>BREAKFAST</b><br><b>7am-9am</b> |
| <b>28 Chicken parm</b><br><b>California blend</b><br><b>veggies</b><br><b>Green salad</b><br><b>Texas toast</b>   | <b>29 Beef tacos</b><br><b>Broccoli &amp;</b><br><b>cauliflower</b><br><b>Mexi corn</b><br><b>Apricots</b>   | <b>30 Chili cheese</b><br><b>baked potato</b><br><b>Steamed carrots</b><br><b>Blue berry yogurt</b>   | <b>31 Beef stroganoff</b><br><b>Green beans</b><br><b>Salad</b><br><b>Roll</b>   |   |
|   |  |    |  |    |

