

Thayne Senior Center

Enter as Strangers, Leave as Friends

February 2024



Grand Gang



Holly Armstrong
Richard & Diane Auser
Lonnie & Norris Blockhus
Tom & Diane Caress
Dan & Pat Carter
Gary Carvalho
Barbara Cassatt
Steve & Vera Cook
Tiphany Gayhart
Jeff & Kitty Glidden
Dennis & Susan Hourany
Jerry Kittleson
Dr. Jack & Martha Lehman
Lower Valley Senior Citizens
Kennis Lutz
Brian & Mary Miller
Jan Moore
Mountain View Pickleball Club

Narmi Family
New Hope Church
Karen Pearce
Ricahrd & Di Prati
Robert & Sandra Rasmussen
Burtis L Roberts
Rotary Club of Star Valley
Carol Smith
Don & Jymme Snider
Fred & Donna Summerfelt
Jerry & Judy Sylvain
Marilyn Taylor
Top of The Rockies Snowmobile Club
Dan & Tammy Weber
Robert & Susan Youmans



115 Petersen Parkway

PO Box 1033

Thayne, WY 83127

(307) 883-2678

E-mail:

thaynesr@silverstar.com

Web site:

www.thaynesenior.com

Board of Directors

President:

Gary Carvalho

Vice President:

Holly Armstrong

Secretary:

Susan Hourany

Board Members:

Barbara Cassatt

Don Snider

Steve Newman

Janene Harding

Director

Janan Lindroos

Office Manager

Mandy Nichols

Kitchen Manager

Ellen Hurd

Assistant Cook

Colby Jensen

Outreach Specialist

Karen Bates

Grand Gang

Come be a part of our grand gang. We are working on paying off our land for the new building. We need 150 people to donate a \$1000 each in the next 6 months starting September 1st to meet our goal. Everyone that donates \$1000 to be part of the grand gang will be mentioned in the monthly newsletter and when we meet our goal of paying off the land, we will have a plaque made with all the names of the individuals that were part of the grand gang. If you aren't able to afford \$1000, anything you are able to donate will help.



DOLLAR-A-MONTH CLUB

The Dollar-A-Month Club is a means of aiding the funding for publication of this newsletter. It is based on a voluntary contribution of one dollar per person per month .

Terry & Marsha Adkins
Jim & Marsha Bagshaw
Jean Barngrover
Dorothy Beagle
Judith (Jody) Beckett
Gary & Sandy Daggett
Dan & Gleam Green
Bob & Linda Gwyn
Wayne & Janice Huhtala
Jan Jacobson
Doug & Bernie Kennedy
Sherry Luthi
Shirley Taylor

Senter & Phyllis Timmons
Bruce & Vicky Tracy
Donna Viljak
Connie Wright
Robert & Susan Youmans
Donna Zumbrun
Mike & Becky Myers
Gwen Nelson
Richard & Dianna Prati
Robert & Sandra Rasmussen
Chris Robb
Roger & Leora Smith
Fred & Donna Summerfelt



Gone But not
Forgotten....

Tony Golsarry
Dennis Haderlie
Nola Crook Longhurst
DeLand Lainhart
Larry Brooks



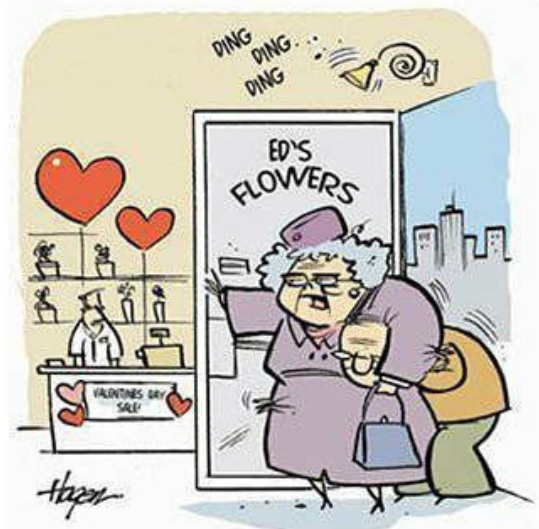
Memorial Board

*You can order a memory plaque for
a loved one to put up on the memory
board.*

The cost is \$30

To order, please talk to Janan

*IN LOVING
Memory*



"He'll take a dozen long-stemmed roses."

WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.

- Medicare Supplements
- Stand Alone Prescription Drug Plans
- **NEW to 2023: Low Premium Medicare Advantage Plan**
A Medicare Advantage plan includes Parts A, B, & D

Email, text, or call your local Medicare Advisors (no cost)

Tom Caress

Star Valley Ranch Resident

307-226-0594

caressinsurance.tom@gmail.com



Wayne Hall

Star Valley Ranch Resident

307-772-1286

hallwayne6@gmail.com

Scam Watch

Remote Patient Monitoring

Check your MSN or EOB for claims that reference "remote monitoring" or office visits that didn't take place.



SUPPORTED BY GRANT # H99PC00000 FROM AHA



Remote patient monitoring (RPM) covers a variety of services providers may offer to help monitor/assess chronic conditions. The Senior Medicare Patrol (SMP) is hearing of RPM claims appearing on Medicare statements where the beneficiary does not believe they received or agreed to the services.

If you see suspicious RPM claims on your Medicare statement, contact the WY SMP at 1 (800) 856-4398.



Bowling

February 9th @ 2PM

The cost is \$5

Please sign up with Karen

SKYVIEW LANES

Get Your Game On

Open Bowling
Cosmic Bowling on Weekends
League Bowling



Winter Sleigh Ride

February 28th @ 2pm

Cost is \$15



Please sign up with Karen

DINNER CLUB

FEBRUARY 21ST @ 5:00PM

@ HORSESHOE CAFE

CHOICE OF CHICKEN BREAST OR CHICKEN FRIED STEAK



PLEASE SIGN UP WITH KAREN

Valentine's Day Craft

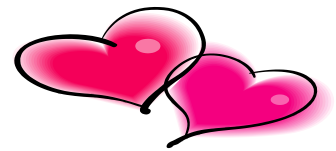
Bubble Gum Machine



FEBRUARY 5TH
@ 10:30AM
COST IS \$5

SIGN UP W/KAREN

February Menu







THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER--PLEASE NOTE THAT THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

<p>Suggested Contribution Seniors \$5.00 Take Out Meals \$6.00 Non-Seniors Pay \$9.00</p>			<p>1 Crunchy Chicken Salad Potato Salad Spinach Salad w/ Mandarin Oranges W/W Bread Chilled Apricots</p>	<p>2 Salisbury Steak Baked Potato Vegetable Soup Green Beans Hot Roll Mandarin, Pineapple, & Grape Cup</p>
<p>5 Spinach & Mushroom Chicken Brown Rice Calico Salad Carrot Coins W/W Roll Apple Slices</p>	<p>6 BBQ Spare Ribs Baked Potato KFC Coleslaw Herbed Broccoli French Bread Chilled Plums</p>	<p>7 French Dip Sandwich Roasted Red Potatoes Garden Vegetable Salad Seasoned Green Beans Hoagie Bun Bananas & Mandarin Oranges</p>	<p>8 Chicken & Herbed Fettuccine Strawberry Spinach Salad California Vegetables Wheat Roll Berry Pie</p>	<p>9 Chili Con Carne Relish Tray Corn Beef Strawberries & Bananas</p>
<p>12 Chicken Fried Chicken Mashed Potato Steamed Broccoli Wheat Roll Plum</p>	<p>13 Clam Chowder Wheat Crackers Spinach Salad w/ Mandarin Oranges Broccoli Wheat Roll Apricot Crisp</p>	<p>14 Roast Beef Garlic Mashed Potatoes Marinated Carrots Green Beans Wheat Roll Applesauce</p>	<p>15 Monterey Chicken Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>16 Baked Italian Pasta Spring Salad Asparagus Wheat Roll Tapioca Pudding</p>
<p>19 Meatloaf Parsley Potatoes Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>20 Sweet & Sour Chicken Brown Rice Spinach Mandarin Salad Broccoli Wheat Roll Strawberries</p>	<p>21 Pizza w/Meat & Veggies Tossed Salad w/Garbanzo Beans Carrot & Apple Salad Banana/Pineapple Cup</p>	<p>22 Chicken Noodle Soup Mixed Relish Tray Strawberry Spinach Salad Cinnamon Roll Strawberries & Bananas Cottage Cheese</p>	<p>23 Beef Stroganoff Steamed Rice Spinach Salad w/ Strawberries Broccoli Wheat Roll Apple Brown Betty</p>
<p>26 Grilled Cheese on Wheat Tomato Basil Soup Spinach Mandarin Salad Cauliflower Pea Salad Apricots</p>	<p>27 Hot Turkey Sandwich Mashed Potatoes Spring Salad Spinach Strawberries & Bananas</p>	<p>28 Taco Salad w/ Lettuce, Tomatoes, & Salsa Chuchwagon Vegetables Cottage Cheese & Cantaloupe Citrus Fruit Cup</p>	<p>29 BBQ Pork Boston Baked Beans Confetti Coleslaw Spinach Salad w/Tomato Wheat Roll Apricots</p>	

DINING ROOM MEALS ARE AVAILABLE FROM 12:00 - 1:00 PM MONDAY - FRIDAY
 PHONE NUMBER 307-883-2678

February Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Hand & Foot 9:30 AM Cribbage 12:30 pm	2 TAI CHI 10AM LRC Tournament 12:30 pm Groundhog Day	3 
4	5 Zumba 9:30AM Valentines Day Craft 10:30am Bridge 1 PM	6 HAND & FOOT 9:30 am Tai Chi 10:00 AM Wii Bowling	7 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM	8 Hand & Foot 9:30 AM Cribbage 12:30PM	9 TAI CHI 10AM LRC Tournament 12:30 pm Bowling @ 2PM	10
11 	12 Zumba 9:30AM Board Meeting 10:00 AM Bridge 1 PM	13 HAND & FOOT 9:30 am Tai Chi 10:00 AM Wii Bowling	14 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM VALENTINES DAY	15 Hand & Foot 9:30 AM Cribbage 12:30PM	16 TAI CHI 10AM LRC Tournament 12:30 pm	17
18 	19 Zumba 9:30AM Bridge 1 PM President's Day	20 HAND & FOOT 9:30 am Tai Chi 10:00 AM Wii Bowling	21 QUILTING 9:00 AM <i>Bingo 12:30</i> Bridge 1 PM Dinner Club @ Horseshoe 5pm	22 Hand & Foot 9:30 AM Cribbage 12:30PM	23 TAI CHI 10AM LRC Tournament 12:30 pm	24
25	26 Zumba 9:30AM Bridge 1 PM	27 HAND & FOOT 9:30 am Tai Chi 10:00 AM Wii Bowling	28 QUILTING 9:00 AM <i>Bingo 12:30</i> Bridge 1 PM Sleigh Ride @ 2PM	29 Hand & Foot 9:30 AM Cribbage 12:30PM		

This calendar is subject to change without prior notice.



Valentine's Day Rice Krispies Treats



Ingredients

7 cups Rice Krispies
1 bag (10.5 oz) mini marshmallows
1.5 oz package strawberry gelatin
1/2 cup butter or margarine
1 tsp vanilla



Directions

1. Melt the butter in a large saucepan over low-medium heat. Add the marshmallows and let it sit for about 30 seconds. Stir gently. Add the vanilla extract and gently stir again. Next add the strawberry gelatin mix and stir gently again. Notice how I keep repeating "stir gently?" This will keep the treats lighter, not "tough." Let the marshmallows partially melt but remove from heat before they are fully melted.
2. Stir (off the burner) until they are completely melted.
3. Add the Rice Krispies and gently mix.
4. Scoop into a 9×13 greased pan and gently pat down with clean buttered hands.
5. Let cool/dry for at least 2 hours before cutting into bars and serving.

Decoration Ideas

Use Valentine's Day-themed cookie cutter (like hearts).

Sprinkle some red and white heart-shaped sprinkles on top!

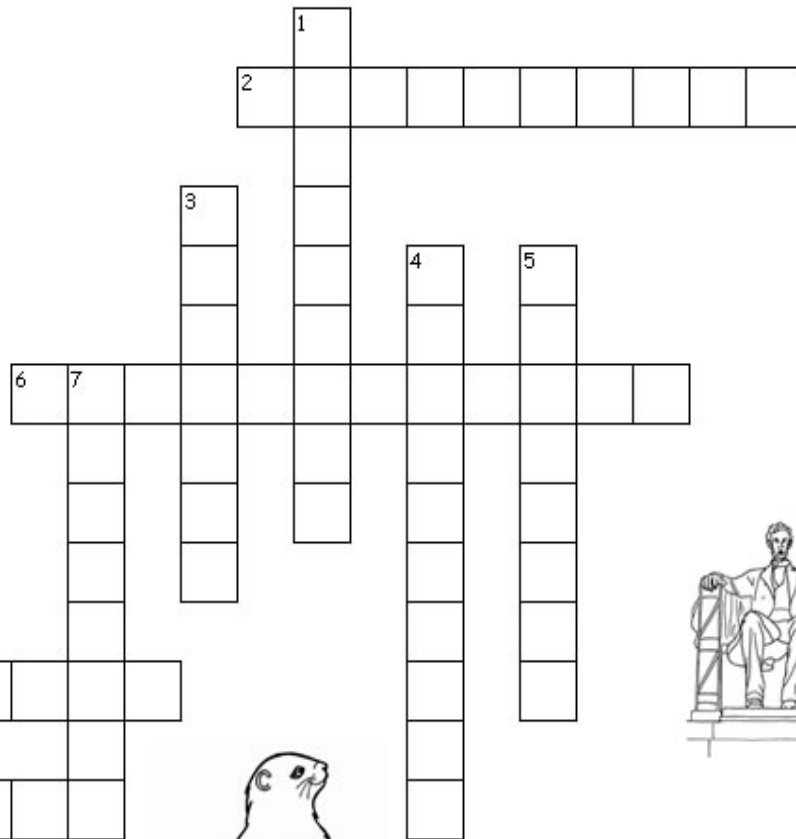
If you are giving them away - don't forget to include a cute little card with them.



PUZZLE PAGE



FEBRUARY



Across

2. _____ Day - A Holiday Celebrating Our Leaders
6. February is _____ Month (2 words)
8. The Sweetest Day
9. February's Season

Down

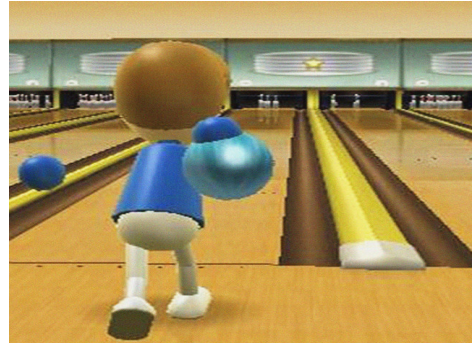
1. February 2 is _____ Day
3. President Abraham _____
4. Our first President (last name)
5. February is the _____ month
7. Happens every 4 years (2 words)

Join us
February 14th for
Valentine's Day Lunch
We will be serving
Roast Beef & Mashed
Potatoes



Wii Bowling Tournament
Tuesday February 6th
thru Tuesday March 26th

The dates have been changed from January



**If you would like to sign up please let the
office staff know.**

LRC Tournament

The tournament has been
extended to February
9th. Come in and see who
the big winner is!



Random Acts of Kindness
week is February 11th - 17th
It's a celebration of all the
ways we can become a
positive
influence in each other's lives.

"HUMAN KINDNESS HAS NEVER WEAKENED THE
STAMINA OR SOFTENED THE FIBER OF A FREE
PEOPLE. A NATION DOES NOT HAVE TO BE CRUEL
TO BE TOUGH."

- FRANKLIN D. ROOSEVELT



**RANDOM ACTS OF KINDNESS
FOUNDATION**
www.randomactsofkindness.org

REMEMBER THESE IMPORTANT FEBRUARY DATES...

Zumba - Monday @ 9:30 am

Bridge - Monday & Wednesday @ 1:00 pm

Hand & Foot - Tuesday & Thursday @ 9:30 am

Tai Chi - Tuesday and Friday over Zoom 10:00 am @
the community center or from home

Cribbage - Tuesday & Thursday @ 12:30 pm

Quilting - Wednesdays @ 9:00 am

LRC- Every Friday @ 12:30 pm

Wii Bowling Tournament - Every Tuesday @12:30pm

Bingo - Every Wednesday @ 12:30pm

February 2nd - Groundhog Day

February 5th - Valentines Day Craft

February 6th - Wii Bowling Tournament begins

February 9th - Bowling @ 2pm -res required

February 9th - Final Round of LRC Tournament

February 11th-17th Random Acts of Kindness Week


February 12th -Board Meeting 10:00 am

February 14th - Valentine's Day


February 19th - President's Day




February 21st - Dinner Club Horseshoe -res required

February 28th - Sleigh Ride @ 2pm -res required



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Across

2. _____ Day - A Holiday Celebrating Our Leaders

6. February is _____ Month (2 words)

8. The Sweetest Day

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Down

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3. President Abraham _____

4. Our first President (last name)

5. February is the _____ month

7. Happens every 4 years (2 words)

New Building Progress

**WE HAVE MADE GREAT PROGRESS, THE LAND WILL BE PAID OFF IN MARCH 2024!
A HUGE THANK YOU FOR ALL THE DONATIONS AND SUPPORT!**

YOU CAN MAKE A DONATION ON OUR WEBSITE WWW.THAYNESENIOR.COM.