

Thayne Senior Center

Enter as Strangers, Leave as Friends

January 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

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

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



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
John & Nancy Bolle
Vicki Canoso
Gary & Sandy Daggett
Linda Dierks
Larry & Janie Durk
James & Sandy Fairchild
Dan & Glean Green
Bob & Linda Gwyn
Janyce Hemmert
Wayne & Janice Huhtala
Jan Jacobson
Doug & Bernie Kennedy
Sherry Luthi
Judy Miller-Johnson
Mike & Becky Myers
Gwen Nelson
Richard & Dianna Prati
Robert & Sandra Rasmussen

Chris Robb
Nora Jean Simmons
Roger & Leora Smith
Fred & Donna Summerfelt
Shirley Taylor
Senter & Phyllis Timmons
Bruce & Vicky Tracy
Donna Viljak
Mark & Marianne Wilson
Dave Wilson
Connie Wright
Robert & Susan Youmans
Donna Zumbrun
Annette Tartarek

In 2024, the Thayne Senior Center (TSC) plans to create a senior citizen service district in an effort to ensure the financial viability of a number of programs, including the popular cafeteria and home-delivered meals program.

Wyoming statute allows Senior Citizen Service Districts to levy up to 2 mils.

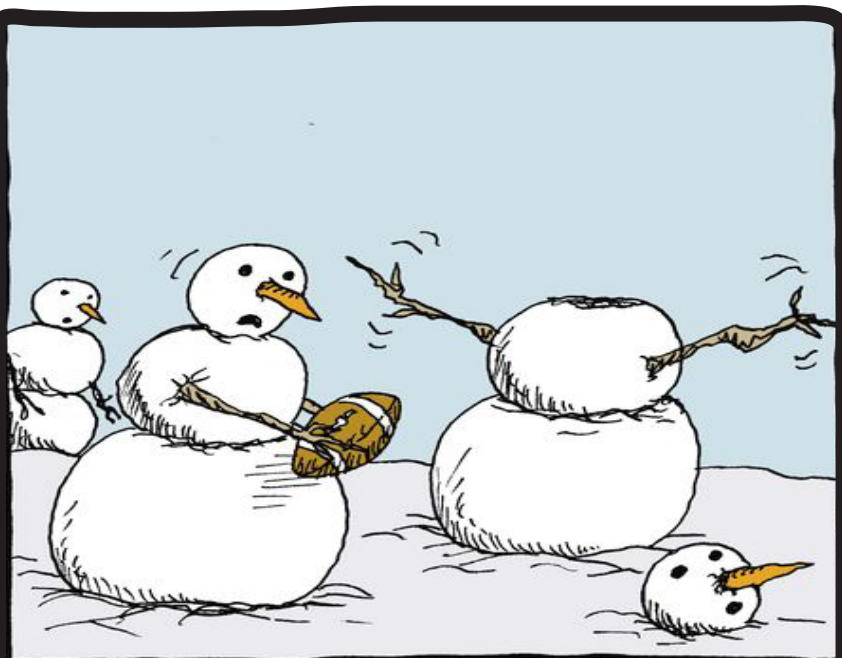
The Thayne Senior Center is seeking voter approval on the primary ballot to create a special district in an effort to create a more stable source of revenue for the center.

If formed, this district will assist the Thayne Senior Center to continue our current services with the plan of expanding services in the future.



Gone But not
Forgotten....

James (Jim) Altman



"You'd better sit out the rest of the game. You might have a concussion."

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

The Senior Medicare Patrol (SMP) has heard reports of catheter kits showing up as claims on Medicare statements. These are being billed to beneficiaries who don't need them or use them. Please review your Medicare statements and look through all claims. If you see something, say something!

1 800 856-4398



The SMP is hearing reports of catheter kits showing up on beneficiaries' Medicare statements when they weren't ordered or necessary.

Be sure to report any claims that seem suspicious to the



WE WILL BE CLOSED
MONDAY JANUARY 1ST



Bowling
January 12th @ 2PM
Please sign up with office staff

SKYVIEW LANES

Get Your Game On
Open Bowling
Cosmic Bowling on Weekends
League Bowling



Dinner Club
Juan's House of Tacos
January 24th @ 5:00 PM



Please sign up in the office if
you would like to go

Jan 15th - Jan 19th



Build your
snowflake.
Buy 4 lunches and
get the 5th for \$1.00

*January 31st
is National Hot
Chocolate Day!
Join us and enjoy a hot
chocolate bar*





January Menu



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

1 <u>Closed</u> 	2 Blue Cheese Mushroom Burger Potato Salad Lettuce, Tomato, Onion Spinach Salad w/ Mandarin Oranges Peaches Orange Juice	3 Chicken Enchiladas Black Beans Corn & Zucchini Mexicana Tossed Salad w/Italian Cantaloupe & Grapes	4 Loaded Baked Potato Chili Con Carne Garden Vegetable Salad Steamed Broccoli Wheat Roll Grapes & Bananas	5 Turkey Tetrazzini Spinach Salad w/Strawberries Ginger Carrots Homemade Bread Citrus Fruit Salad
8 Porcupine Meatballs Au Gratin Potatoes Mixed Relish Tray Green Beans Wheat Roll Applesauce	9 Baked Pork Chops Steamed Brown Rice KFC Coleslaw Scandinavian Vegetable WW Bread Strawberries	10 Lasagna Spinach Salad w/Strawberries Italian Vegetables French Bread Bananas & Mandarin Oranges	11 Chicken Pot Pie Mixed Green Salad Green Beans Fruit Pizza	12 Hot Beef Roast Sandwich Mashed Potatoes Lettuce & Tomato Salad Carrot Coins Chilled Pineapple Cottage Cheese
15 Swiss Steak Shell Pasta Lettuce Salad Steamed Broccoli WW Roll Mixed Fruit	16 Chicken Cordon Bleu Steamed Brown Rice Seasoned Asparagus Wheat Crackers Banana	17 Taco Soup 1/2 Grilled Cheese Tossed Salad w/Italian Dressing Mixed Relish Tray w/ Beets Peach & Orange Delight	18 Biscuits & Sausage Gravy Roasted Potatoes v8 Wheat Biscuit Fruit Cup Parfait w/ Berries	19 Cottage Pie Veggie Salad Spinach Cindy's Rolls
22 Chicken Fried Steak Mashed Potatoes Tossed Salad w/Italian Dressing Carrot Coins Homemade Bread WW Bananas & Mandarin Oranges	23 Dijon Chicken Steamed Brown Rice Tossed Salad Broccoli WW Bread Bananas & Pineapple	24 Meatloaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad	25 Baked Breaded Fish Brown Rice Vegetable Soup Carrot Coins Wheat Bread Strawberries & Bananas	26 Scalloped Potatoes & Ham Carrot & Celery Tray Green Beans Wheat Roll Citrus Fruit Salad
29 Cheesy Beef Stuffed Shells Garden Vegetable Salad Herbed Broccoli Fresh Fruit	30 Chicken Noodle Soup Mixed Relish Tray Strawberry Spinach Salad Cinnamon Roll Strawberries & Bananas Cottage Cheese	31 Sloppy Joe Garden Vegetable Salad Mixed Vegetables Fruit & Marshmallow Cup		Suggested Contribution Seniors \$5.00 Take Out Meals \$6.00 Non-Seniors Pay \$9.00

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

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Creamy Baked Macaroni & Cheese

Ingredients

1 lb. dried elbow pasta
1/2 cup unsalted butter
1/2 cup all purpose flour
1 1/2 cups whole milk
2 1/2 cups half and half
4 cups shredded medium cheddar cheese divided
(measured after shredding)
2 cups shredded Gruyere cheese divided
(measured after shredding)
1/2 Tbsp. salt
1/2 tsp. black pepper
1/4 tsp. paprika



Instructions

1. Preheat oven to 325 degrees F and grease a 3 qt baking dish (9x13"). Set aside.
2. Bring a large pot of salted water to a boil. When boiling, add dried pasta and cook 1 minute less than the package directs for al dente. Drain and drizzle with a little bit of olive oil to keep from sticking.
3. While water is coming up to a boil, shred cheeses and toss together to mix, then divide into three piles. Approximately 3 cups for the sauce, 1 1/2 cups for the inner layer, and 1 1/2 cups for the topping.
4. Melt butter in a large saucepan over MED heat. Sprinkle in flour and whisk to combine. Mixture will look like very wet sand. Cook for approximately 1 minute, whisking often. Slowly pour in about 2 cups or so of the half and half, while whisking constantly, until smooth. Slowly pour in the remaining half and half and the whole milk, while whisking constantly, until combined and smooth.
5. Continue to heat over MED heat, whisking very often, until thickened to a very thick consistency. It should almost be the consistency of a semi thinned out condensed soup.
6. Remove from the heat and stir in spices and 1 1/2 cups of the cheeses, stirring to melt and combine. Stir in another 1 1/2 cups of cheese, and stir until completely melted and smooth.
7. In a large mixing bowl, combine drained pasta with cheese sauce, stirring to combine fully. Pour half of the pasta mixture into the prepared baking dish. Top with 1 1/2 cups of shredded cheeses, then top that with the remaining pasta mixture.
8. Sprinkle the top with the last 1 1/2 cups of cheese and bake for 15 minutes, until cheesy is bubbly and lightly

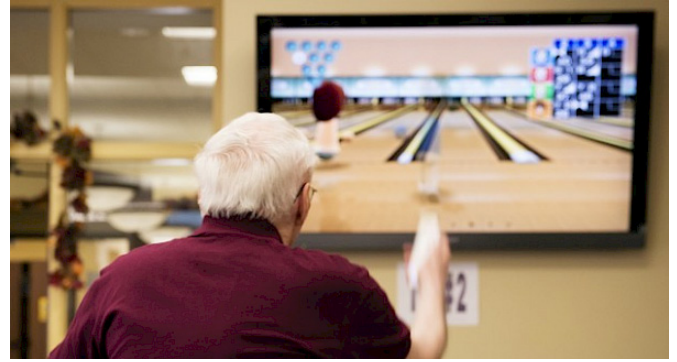
PUZZLE PAGE

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January 15th is National Hat Day! Come in and show off your favorite hat



Wii Bowling tournament Monday January 8th thru February 26th



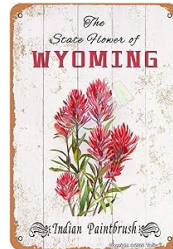
If you would like to sign up please let the office staff know.

LRC Tournament

Jan 5th - Feb 2nd

Please see office staff
to reserve your spot, it
will be the same players

all 5 weeks



January Wyoming Facts

January 16, 1890, Wyoming was admitted as the 44th state in the United States.

January 13, 1915, a record low temperature of -66 degrees Fahrenheit was recorded in the small town of Riverside, Wyoming. This frigid temperature remains the coldest ever recorded in the state and one of the lowest on record in the United States.

January 13, 1887, the Cheyenne and Northern Railroad was officially incorporated, this helped facilitate the transportation of goods and people across long distances.

January 31, 1917, The Wyoming State Flag was adopted by the fourteenth legislature. The State Flower, Indian Paintbrush was also adopted

REMEMBER THESE IMPORTANT JANUARY 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 Tournament- Every Friday @ 12:30 pm

Wii Bowling Tournament - Every Monday @12:30pm

January 1st - CLOSED

January 5th - LRC Tournament begins

January 8th - Board Meeting 10:00 am

January 8th - Wii Bowling Tournament begins

January 12th - Bowling @ 2pm

January 15th-19th - Build your Snowflake

January 15th - National Hat Day

January 24th - Dinner Club @ Juan's (res required)

January 31st - National Hot Chocolate Day



SUPPORT GROUPS FOR CAREGIVERS

Wyoming Chapter

The Dementia Caregiver Support Groups meet on an ongoing monthly basis and are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. Please call ahead before your first visit to register and receive the ZOOM link: 800-272-3900

WYO Virtual Dementia Caregiver Support Groups

Registration is required before you attend your first meeting.

Call 800-272-3900 or Email amaguilar@alz.org

Jackson, WY Caregiver Support Group	3rd Wednesday	4:30 to 6:00 pm
Veteran Caregiver Support Group	(Coming in 2023. Email debianchi@alz.org if you would like to participate in this group when it begins.)	
WYO Statewide Lunchtime Group	2nd, 4th, and 5th Monday	11:00 am to noon

New Building Progress

**YOU CAN MAKE A DONATION ON OUR WEBSITE WWW.THAYNESENIOR.COM.
WE ARE STILL WORKING TOWARDS GETTING THE LAND PAID OFF.
THANK YOU TO ALL THOSE WHO HAVE DONATED!**