

Thayne Senior Center

Enter as Strangers, Leave as Friends

July 2020



INDEPENDENCE DAY

Independence Day (colloquially the Fourth of July or July 4th) is a federal holiday in the United States commemorating the Declaration of Independence of the United States, on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States.

Families often celebrate Independence Day by hosting or attending a picnic or barbecue; many take advantage of the day off and, in some years, a long weekend to gather with relatives or friends. Decorations (e.g., streamers, balloons, and clothing) are generally colored red, white, and blue, the colors of the American flag. Parades are often held in the morning, before family get-togethers, while fireworks displays occur in the evening after dark at such places as parks, fairgrounds, or town squares.

The night before the Fourth was once the focal point of celebrations, marked by raucous gatherings often incorporating bonfires as their centerpiece. In New England, towns competed to build towering pyramids, assembled from barrels and casks. They were lit at nightfall to usher in the celebration. The highest were in Salem, Massachusetts, with pyramids composed of as many as forty tiers of barrels. These made the tallest bonfires ever recorded. The custom flourished in the 19th and 20th centuries and is still practiced in some New England towns.

Independence Day fireworks are often accompanied by patriotic songs such as the national anthem, "The Star-Spangled Banner"; "God Bless America"; "America the Beautiful"; "My Country, 'Tis of Thee"; "This Land Is Your Land"; "Stars and Stripes Forever"; and, regionally, "Yankee Doodle" in northeastern states and "Dixie" in southern states. Some of the lyrics recall images of the Revolutionary War or the War of 1812.

Firework shows are held in many states, and many fireworks are sold for personal use or as an alternative to a public show. Safety concerns have led some states to ban fireworks or limit the sizes and types allowed. In addition, local and regional weather conditions may dictate whether the sale or use of fireworks in an area will be allowed. Some local or regional firework sales are limited or prohibited because of dry weather or other specific concerns. On these occasions the public may be prohibited from purchasing or discharging fireworks, but professional displays (such as those at sports events) may still take place, if certain safety precautions have been taken.

A salute of one gun for each state in the United States, called a "salute to the union," is fired on Independence Day at noon by any capable military base.

New York City has the largest fireworks display in the country sponsored by Macy's, with more than 22 tons of pyrotechnics exploded in 2009. It generally holds displays in the East River. Other major displays are in Seattle on Lake Union; in San Diego over Mission Bay; in Boston on the Charles River; in Philadelphia over the Philadelphia Museum of Art; in San Francisco over the San Francisco Bay; and on the National Mall in Washington, D.C. During the annual Windsor-Detroit International Freedom Festival, Detroit, Michigan hosts one of the largest fireworks displays in North America, over the Detroit River, to celebrate Independence Day in conjunction with Windsor, Ontario's celebration of Canada Day. The first week of July is typically one of the busiest United States travel periods of the year, as many people use what is often a three-day holiday weekend for extended vacation trips.

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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 .

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NOTICE:

DUE TO FOOD SHORTAGES THE MENU ITEMS MAY CHANGE WITHOUT NOTICE. THIS INCLUDES THE MAIN ENTREE. WE WILL DO OUR BEST TO KEEP THIS FROM HAPPENING.

Agnes forms.....

We would really appreciate your help this summer with getting your agnes forms filled out and back to us as soon as possible. It helps with our meal count and our funding. If you are getting back to Star Valley for the summer, please let us know. You will need to fill out a new form.

Gone but not forgotten.....



*Marsha Caldwell
Timothy Bommer
John "Bud" Culliton
Burt Roberts
Ivan Bruderer*

Tai Chi will be held Tuesdays and Fridays at 10:00 AM during the months of July and August. The location will be at the Thayne Pavillion. Please remember to social distance before, during and after Tai Chi.



July Menu



This Institution is an Equal Opportunity Provider--- Please note that this menu is subject to change without notice.

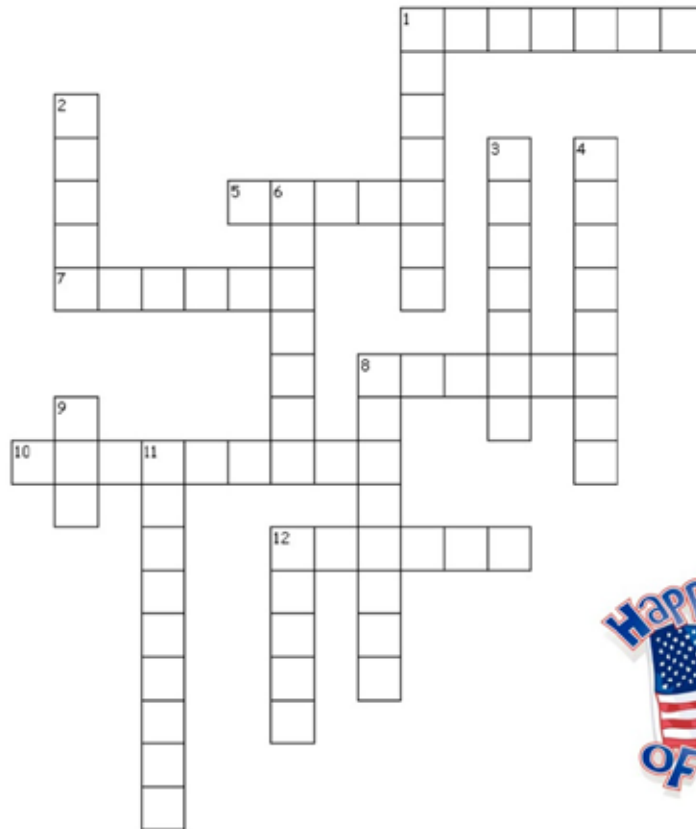
<p>Suggested Contribution Seniors \$4.50 Non-Seniors Pay \$8.00</p>		<p>1 Turkey Tetrazzini Cucumber Tomato Salad Ginger Carrots Homemade Bread Citrus Fruit Salad</p>	<p>2 Cheesy Beef Sandwich Lynne's Oven Roasted Potatoes Vegetables Brussel Sprouts Homemade Bread Peach & Berry Crisp</p>	<p>3 CLOSED</p> 
<p>6 Baked Breaded Fish Rice Pilaf Vegetable Stew Carrot Coins French Bread Fruit Cup</p>	<p>7 Braised Beef Tips Angel Hair Pasta Tossed Green Salad Grilled Broccoli WW Bread Strawberry Shortcake</p>	<p>8 Hot Turkey Sandwich Mashed Potatoes Spring Salad Spinach Pineapple Upside Down Cake</p>	<p>9 Swiss Steak w/ Tomato Sauce Baked Potato Brussels Sprouts Waldorf Fruit Salad Blueberry Plum Crisp</p>	<p>10 Chicken Pot Pie Mixed Green Salad Green Beans Fruit Pizza</p>
<p>13 Chicken Fried Steak Whipped Garlic Potatoes Lettuce & Tomato Salad Roasted Italian Vegetables Hot Roll Apricot Crisp</p>	<p>14 Spinach Mushroom Chicken Brown Rice Calico Salad Baby Carrots WW Roll Apple Slices</p>	<p>15 Tamale Pie Tomato & Lettuce Yellow Squash Wheat Bread Mixed Fruit</p>	<p>16 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange</p>	<p>17 Taco Salad w/lettuce, tomatoes & salsa Savory Black Beans Corn Bread Watermelon OJ</p>
<p>20 Monterrey Chicken Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>21 Roast Beef Mashed Potatoes Mixed Green Salad Savory Carrots WW Bread Pineapple Betty</p>	<p>22 Chicken & Herbed Fettuccine Greek Salad Dilly Cauliflower Hot Roll Berry Pie</p>	<p>23 Sweet & Sour Meatballs Garden Rice Tossed Salad Oriental Vegetables Homemade Bread Sliced Bananas</p>	<p>24 BBQ Spare Ribs Baked Potao KFC Coleslaw California Vegetables French Bread Chilled Plums</p>
<p>27 Ham & Macaroni Bake Mediterranean Salad Grilled Broccoli Cindy's Rolls Fruit & Marshmallow Cup</p>	<p>28 Cheeseburger Potato Wedges Lettuce & Tomato Slices Peaches Chocolate Chip Cookie</p>	<p>29 Broccoli Chicken Bake Rice Carrot Apple Salad WW Roll Orange</p>	<p>30 Meat Loaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>31 Chicken Fajita Cilantro Rice Tomato, Lettuce Cooked Cabbage w/ Red Pepper Red Grapes</p>

MEALS ARE SERVED MONDAY THROUGH FRIDAY--- 11:45 AM TO 12:45 PM

SATURDAY BREAKFAST (WHEN SCHEDULED) --- 9 AM TO 10 AM

Puzzle Page

Fourth of July Crossword Puzzle



Across

1. This is the one founding father to sign the Declaration of Independence on the Fourth of July.
5. This is the place where most of the fireworks are imported from.
7. Only one founding father signed the Declaration of Independence on July 4th. The rest of them signed in this month.
8. The stars of the original American flag were in this shape to symbolize equality.
10. This person is credited with writing the Declaration of Independence.
12. This animal was the suggested patriotic bird by Ben Franklin.

Down

1. This is the university that 7 of the Declaration of Independence signers attended.
2. This daughter of a past president is born on the Fourth of July and will be turning nineteen this year.
3. This is an activity that many friends and family members get together for on the Fourth of July.
4. The Liberty Bell is tapped this many times on the Fourth to represent the original number of colonies.
6. An estimated 150 million of these will be eaten on the Fourth of July.
8. This is the group responsible for making the Fourth of July a federal holiday.
9. This person is credited with writing "The Star Spangled Banner."
11. These light up the night sky on the Fourth of July.
12. This is the number of presidents who died on the Fourth of July.

Fun Days in July

July 9th Sugar Cookie Day

July 20th Lollipop Day

July 28th Hamburger Day

July 30th Cheesecake Day

**WE WILL BE CLOSED
JULY 3, 2020.**



Please watch your email for your end of the month statements. If you don't receive it let us know. Thank you for your support.

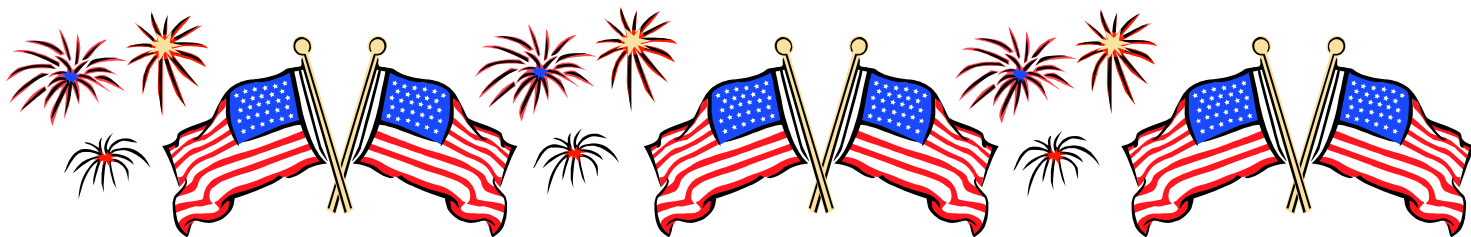
Come and get Lunch...

We want to thank all of you for supporting us throughout COVID as well as the many years we have been here for the seniors in our community. The staff is happy to be serving meals during the pandemic, even though our dining room is currently closed. We look forward to the day that we can all be together again. We miss all of your smiling faces. The center asks for your continued support by ordering curbside meals. If we do not serve meals, we do not receive any grant money.

Last June we were serving an average of 103 meals in our dining room, as of June 15th this year we are only serving an average of 66 curbside meals. We would like to serve more meals to keep the center open and fiscally sound.

Again, we want to thank you from the bottom of our hearts for your support and friendship. You make our job enjoyable and we cannot wait to have you back at the center. The staff looks forward to talking with you and hearing your stories. We want our dining room full of laughter as soon as it is safe for everyone.

If you would like to order lunch meals, have any questions or need assistance, please call the center at 307-883-2678.



COVID-19 TREATMENT SCHEMES

#SMPWATCHCOVID19

Treatments:

Coronavirus treatment fraud can be anything from billing for services not rendered, to services performed by nonqualified individuals.

Cures:

While there are no miracle cures, that doesn't keep the scammers from advertising them. Con artists are hawking colloidal silver, teas, supplements, oils, creams, and even toothpaste as treatments and cures for COVID-19.

Vaccines:

There is currently no FDA approved vaccine for the coronavirus, yet some Medicare recipients are reporting they are receiving calls and emails for in-home vaccines and enrollment in vaccine trials.

SUPPORTED BY UNAFIT + WMP/COVID FROM ICL

For assistance in preventing, detecting, or reporting Medicare fraud, call the Wyoming Senior Medicare Patrol at 1 800 856-4398 We can HELP!



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