

Thayne Senior Center

Enter as Strangers, Leave as Friends

March 2024



Grand Gang



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



Roger & Alicemarie 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
Carole 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 & Glean Green
Bob & Linda Gwyn
Wayne & Janice Huhtala
Jan Jacobson
Doug & Bernie Kennedy
Sherry Luthi
Mike & Becky Myers
Gwen Nelson
Richard & Dianna Prati
Robert & Sandra Rasmussen
Chris Robb
Roger & Leora Smith
Fred & Donna Summerfelt
Shirley Taylor
Senter & Phyllis Timmons
Bruce & Vicky Tracy

Donna Viljak
Connie Wright
Robert & Susan Youmans
Donna Zumbrun

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*



Gone But not
Forgotten....

Ruth Swenson
Frank Goglio
Majken Bood



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

March 8th @ 2PM

The cost is \$5
Please sign up with Karen



March 25th Foot Clinic with Dr. Smith



*Please make an appointment
with office staff*

DINNER CLUB

MARCH 20TH @ 5:00PM

@ FATHOM

RESERVATION REQUIRED - PLEASE SIGN UP WITH KAREN



BINGO

Friday March 8th

\$26 Packet

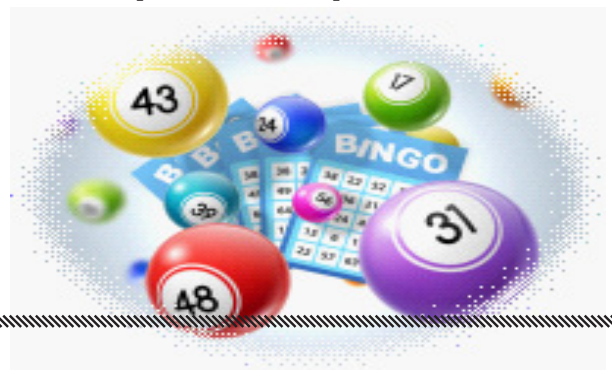
Door Prizes

50/50 Drawing

Doors open @ 6pm

Game @ 6:30pm

Concessions available
(open to the public)





March 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 Dijon Chicken Steamed Brown Rice Tossed Salad Broccoli WW Bread Bananas & Pineapple</p>
<p>4 Loaded Baked Potato Chili Con Carne Garden Vegetable Salad Steamed Broccoli Wheat Roll Grapes & Bananas</p>	<p>5 Chicken Pot Pie Mixed Greens Salad Green Beans Fruit Pizza</p>	<p>6 Pot Roast w/Gravy Carrots & New Potatoes Asparagus Wheat Roll Cantaloupe</p>	<p>7 Smothered Chicken Garden Rice Garden Vegetable Salad California Blend Veg WW Roll Chilled Apricots</p>	<p>8 Philly Cheesesteak Coleslaw Fruit Salad Oatmeal Raisin Cookie</p>
<p>11 Sweet & Sour Meatballs Garden Rice Creamy Coleslaw Oriental Vegetables Homemade Bread W/W Sliced Bananas</p>	<p>12 Potato Cheddar Soup Chef Salad Wheat Roll Strawberries & Bananas</p>	<p>13 Cottage Pie Garden Vegetable Salad Tangy Carrots Cindy's Rolls, WW Applesauce Cake</p>	<p>14 Turkey Tetrazzini Garden Vegetable Salad Herbed Broccoli Homemade Bread WW Strawberries & Bananas</p>	<p>15 Corned Beef w/New Potatoes Carrots & Cabbage Vegetable Salad Wheat Roll</p>
<p>18 Swiss Steak Brown Rice Spinach Salad California Vegetables French Bread Pineapple Cream Whip</p>	<p>19 Baked Fish Roasted Red Potatoes Cabbage Apple Salad Three Bean Salad Yellow Cake w/Lemon Frosting Grapefruit</p>	<p>20 Chicken Noodle Soup Mixed Relish Tray Strawberry Spinach Salad Cinnamon Roll Strawberries & Bananas Cottage Cheese</p>	<p>21 Pork Chop Scalloped Potatoes Tossed Salad Steamed Broccoli Ambrosia Fruit Cup Oatmeal Spice Cake</p>	<p>22 Parmesan Chicken Spaghetti Tossed Salad Mixed Vegetables Wheat Roll Applesauce</p>
<p>25 Cheeseburger w/Lettuce & Tomato Potato Wedges Creamy Coleslaw Broccoli Salad Wheat Bun 1/2 Banana Cottage Cheese & Mandarins</p>	<p>26 Chicken Enchiladas Black Beans Corn & Zucchini Mexicana Tossed Salad w/Italian Cantaloupe & Grapes</p>	<p>27 Beef Tips w/Gravy Egg Noodles Creamy Coleslaw Carrot Cake Chilled Apricots Strawberry Shortcake</p>	<p>28 Stuffed Chicken Baked Potato Spring Salad California Blend Veg WW Roll Citrus Fruit Salad</p>	<p>29 Meat Loaf Parsley Potatoes Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>

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



March Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TAI CHI 10AM LRC @ 12:30PM	2
3	4 Zumba 9:30AM Bridge 1 PM	5 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	6 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM National Oreo Day	7 Hand & Foot 9:30 AM Cribbage 12:30PM	8 TAI CHI 10AM LRC @ 12:30PM Bowling @ 2PM BINGO 6PM	9
10 	11 Zumba 9:30AM Board Meeting 10:00 AM Bridge 1 PM	12 HAND & FOOT 9:30 aM Tai Chi 10:00 AM Easter Craft 10:00 AM	13 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM	14 Hand & Foot 9:30 AM Cribbage 12:30PM PI Day	15 TAI CHI 10AM LRC Tournament 12:30 pm	16 
17 	18 Zumba 9:30AM Bridge 1 PM	19 HAND & FOOT 9:30 aM Tai Chi 10:00 AM 1st Day of Spring	20 QUILTING 9:00 AM <i>Bingo 12:30</i> Bridge 1 PM Dinner Club @ Fathom 5pm	21 Hand & Foot 9:30 AM Cribbage 12:30PM	22 TAI CHI 10AM LRC Tournament 12:30 pm	23
24/31 	25 Foot Clinic Appt Required Bridge 1 PM	26 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	27 QUILTING 9:00 AM <i>Bingo 12:30</i> Bridge 1 PM	28 Hand & Foot 9:30 AM Cribbage 12:30PM	29 TAI CHI 10AM LRC Tournament 12:30 pm	30

This calendar is subject to change without prior notice.

LAYERED CHOCOLATE MINT CHEESECAKE BARS

Ingredients

1 1/2 cups chocolate wafer cookie crumbs (about 30 cookies)
1/3 cup butter, melted
3 packages (8 ounces each) cream cheese, softened
1 cup sugar
1/2 cup sour cream
1 teaspoon Pure Peppermint Extract
1/2 teaspoon Green Food Color
3 eggs
2 ounces semi-sweet baking chocolate, melted

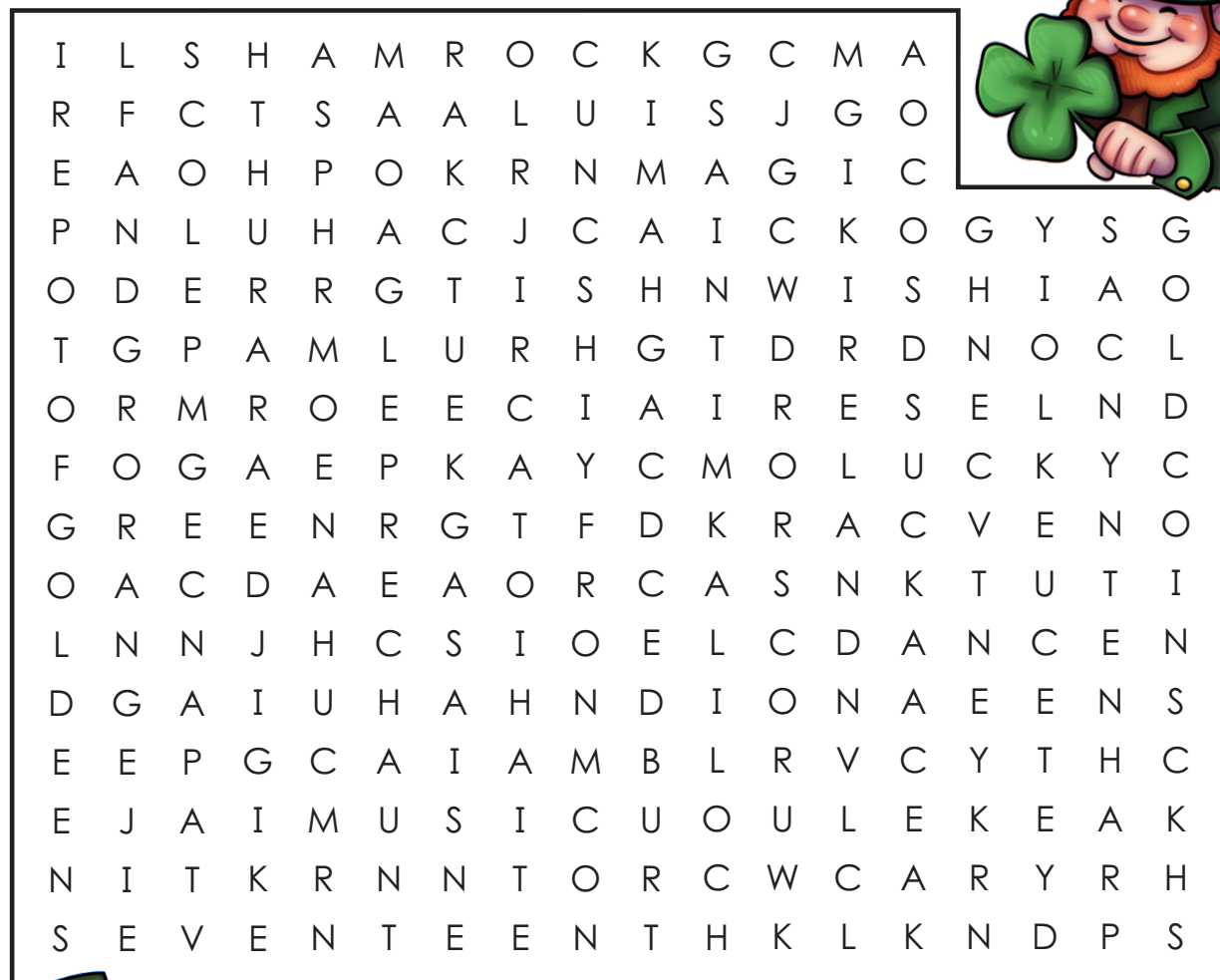


Directions

1. Preheat oven to 350. Mix cookie crumbs and butter. Press firmly onto bottom of foil-lined 9-inch square baking pan. Refrigerate until ready to use.
2. Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add sour cream and peppermint extract; mix well. Add eggs, 1 at a time, beating on low speed after each addition just until blended. Pour 1/2 of the batter over crust. Tint remaining batter green with food color. Pour over batter in pan.
3. Bake 25 to 30 minutes or until center is almost set. Cool completely on wire rack.
4. Refrigerate 4 hours or overnight. Lift out of pan onto cutting board. Cut into bars. Drizzle bars with melted chocolate. Store leftover bars in refrigerator.

PUZZLE PAGE

St. Patrick's Day Word Search



Find the words in the puzzle. Words are hidden →, ↓, and ↘.



DANCE	JIG	POT OF GOLD
FOUR-LEAF CLOVER	LEPRECHAUN	RAINBOW
GOLD COINS	LUCKY	SAINT
GOOD LUCK	MAGIC	SEVENTEENTH
GREEN	MARCH	SHAMROCK
HARP	MUSIC	ST. PATRICK'S DAY
IRELAND	ORANGE	WISH

**Join us on March
15th for**

**St Patrick's Day
Lunch**

**We will be
serving
Corned Beef &
Cabbage**



*Join us for Easter Craft
Tuesday March 12th
@ 10:00 AM
Cost is \$5*



Please sign up with Karen

LRC TOURNAMENT WINNER

Congratulations Peggy!

**A HUGE Thank You to evryone that joined us
each week, it was a ton of fun seeing who the
winners were each week!!**



**Join us for the next tournament.
Please sign up with Karen
Beginning Friday March 15th
Ending Friday April 19th**



REMEMBER THESE IMPORTANT MARCH 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

Bingo - Every Wednesday @ 12:30pm

March 6th - National Oreo Day

March 8th - Bowling @ 2pm -res required

March 8th - Bingo - Doors @ 6pm Game @6:30pm

March 11th - Board Meeting @ 10:00 am

March 12th- Easter Craft @ 10:00 am

March 14th- Pi Day

March 15th - LRC Tournament Begins

March 15th - St Patrick's Day lunch

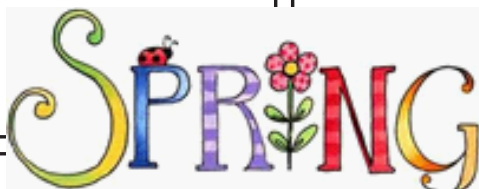
March 19th - Spring Lunch

March 20th - Dinner Club Fathom -res required

March 25th - Foot Clinic - res required

March 31st - Easter

**JOIN US MARCH 19TH
FOR SPRING LUNCH
WE WILL BE SERVING
BAKED FISH**



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.