

Thayne Senior Center

Enter as Strangers, Leave as Friends

March 2026



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Web site:
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Board of Directors

President:

Gary Carvalho

Vice President:

Robert Harshaw

Secretary:

Delphine Rossi

Board Members:

Don Snider

Steve Newman

Dave Mildbrandt

Jayne Pronger

Director

Janan Lindroos

Office Manager

Kimber Johnson

Kitchen Manager

Ellen Hurd

Outreach Specialist

Karen Bates

Thank you!!

To all of our amazing volunteer drivers!!

Glen Perrin, Gary Carvalho, Bob Harshaw, John & Jeanine Emery,
Don & Jymme Snider, Dean Welling, Jeri King, John & Paula Diel,

Marc & Lorna Speth, Norris Blockhus, Vicki Canoso

We wouldn't be able to do it without you!!



Music/ Silent Auction
Fundraiser:

We want to thank everyone who came and supported our auction on January 21st!

We were able to raise \$600 with all the desserts that were donated!!



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 .

Mary Ann Ahrens
Richard & Diane Auser
Jim & Marsha Bagshaw
Dorothy Beagle
Bob Bingham
Gregg & Dawn Camic
Gary & Sandy Daggett

Dave & Judy
Dan & Gleam Green
Janyce Hemmert
Lucy McCann
Linda McNeel
James Odle

Richard & Dianna Prati
Bob & Joyce Saunders
Nora Jean Simmons
Roger & Leora Smith
Fred & Donna Summerfelt
Senter & Phyllis Timmons
Donna Viljak



*Happy
St. Patrick's
Day*

Gone but not
Forgotten....

Gilbert (Gib) Oswald

John Doyle



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

Medicare Summary Notice (Page 1 of 5)
for Part B (Medical Insurance)
The Official Summary of Your Medicare Claims from the Centers for Medicare & Medicaid Services

HEATHER WASHINGTON
10400 W. WASHINGTON
SHERIDAN, WYOMING
82401-1000

Notice for Jennifer Washington	
Medicare Number	1E6L71C-M079
Date of this Notice	December 16, 2024
Claims Processed Between	June 15 - October 16, 2024

What is an MSN?
Medicare Summary Notices, or MSNs, are notices you receive every four months if you have claims for products or services. They explain what you were billed for, the Medicare-approved amount, and the amount you may owe. Contact the SMP to learn how to read your MSN. SMPRESOURCE.ORG

Free Deductible Status
Your deductible is what you must pay for most health services before Medicare begins to pay.

Part B Deductible you have now met \$65.00 of your \$600.00 deductible for 2024.

Be Informed!
Welcome to your new Medicare Summary Notice! It has clear language, a signature, and a personal summary of your claims and amounts. This approved no-charge explanation can help with your questions, support denied or file an appeal. It also includes important information from Medicare.

Have you heard of an MSN, also known as a Medicare Summary Notice? This is an important document that is sent to Medicare beneficiaries every 4 months with claims or services your Medicare number was billed for. Make sure you review them and that you were billed for what you were supposed to be. If you see something concerning, report it to the WY SMP at 1 (800) 856-4398.



-Bowling- March 20th @ 2PM

Please sign up with Karen!



Trivia Game Night March 11th @6:00pm

Pay into the 50/50 Raffle to play the trivia game.

We will have consession stands that you will be able to purchase food/ drinks from.

A donation box will also be set out.

Dinner Club

March 18th @5pm

@Leyon's In Afton

Reservation Required - Please sign up with Karen

St. Patty's Day Game

@12:30pm

Come Eat Some Yummy St. Patrick Day Cunch And Play A Fun Game After!!



*Win Your St. Patty Day Gold!!
May the Best Leprechaun Win!!*



March Menu



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

<p>2 <u>Salisbury Steak</u> Nashed Potatoes Veg Salad Hot Roll Mandarin Oranges</p>	<p>3 <u>Pork Chop Supreme</u> Scalloped Potatoes German Blend Veg WW Bread Fruit Cup Orange Juice</p>	<p>4 <u>Cheesey Beef Stuffed Shells</u> Garden Veg Salad Herbed Broccoli Fresh Fruit</p>	<p>5 <u>Smothered Chicken</u> Garden Rice Spinach Salad w/ Strawberries California Blend Veg WW Roll Chilled Apricots</p>	<p>6 <u>Roast Beef</u> Oven Brownded Potatoes Glazed Carrots Green Beans Melon Cup</p>
<p>9 <u>Ham & Macaroni Bake</u> Mediterranean Salad Grilled Broccoli Cindys Rolls Fruit/ Marshmallow cup</p>	<p>10 <u>White Chicken Chili</u> Sweet Potato Wedges Cornbread Sliced Strawberries</p>	<p>11 <u>BBQ Spare Ribs</u> Garden Veg Salad California Blend Wheat Roll Apricots Gelatin w/ Strawberries</p>	<p>12 <u>Chicken Fettuccine</u> Veg Salad Smoked Cabbage HM Bread Baked Apple</p>	<p>13 <u>Meat Loaf</u> Baked Potato Lettuce Salad Carrot Coins Hot Roll</p>
<p>16 <u>Dijon Chicken</u> Steamed Brown Rice Tossed Salad Broccoli WW Bread Bananas & Pineapple</p>	<p>17 <u>Corned Beef w/ New Potatoes</u> Carrots & Cabbage Veg Salad Wheat Roll Chilled Apricots</p>	<p>18 <u>Pizza</u> Tossed Salad Carrot/ Apple Salad Banana/ Pineapple Cup</p>	<p>19 <u>Chicken Pot Pie</u> Mixed Green Salad French Style Green Beans Pineapple Chunks</p>	<p>20 <u>Beef Stroganoff Pasta</u> Lettuce Salad Herebed Broccoli Cindys Rolls Fluffy Fruit Cup</p>
<p>23 <u>Spinach & Mushroom Chicken</u> Brown Rice Calico Salad Carrot Coins WW Roll Apple Slices</p>	<p>24 <u>Hamburger Steak</u> Whipped Potatoes Garden Veg Salad Steamed Cabbage Hm Bread Pineapple/ Strawberries</p>	<p>25 <u>Monterey Chicken</u> Steamed Rice Tossed Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>26 <u>Swedish Meatballs w/ Pasta</u> Jeans Salad Carrot Coins Wheat Roll Bananas/ Oranges</p>	<p>27 <u>Lemon Baked Fish</u> Roasted Red Potatoes Creamy Coleslaw Italian Veg Strawberry Shortcake</p>
<p>30 <u>Taco Salad</u> Chuckwagon Veg Cottage Cheese & Cantaloupe Citrus Fruit Cup</p>	<p>31 <u>Chicken Noodle Soup</u> Mixed Relish Tray Strawberry Spinach Salad Cinnamon Roll</p>			<p>Suggested Contribution: <u>Seniors</u> \$5.00 <u>Non-Seniors</u> Pay \$9.00</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 	2 Zumba 9:30AM Bridge 1:00pm	3 HAND & FOOT 9:30AM TAI CHI 10AM	4 QUILTING @9AM BINGO @12:30 BRIDGE @1	5 Hand & Foot 9:30Am Cribbage 12:30pm	6 TAI CHI 10AM LRC @ 12:30PM	7
8	9 Zumba 9:30AM Bridge 1 PM Board Meeting @10am	10 Hand & Foot 9:30 am Tai Chi 10:00 AM	11 QUILTING 9:00 AM Bingo 12:30 BRIDGE 1 PM TRIVIA GAME @6PM	12 Hand & Foot 9:30 AM Cribbage 12:30PM	13 TAI CHI 10AM LRC @ 12:30PM	14 
15 	16 Zumba 9:30AM Bridge 1 PM	17 Hand & Foot 9:30 am Tai Chi 10:00 AM St. Patricks day Lunch St. Patty's Game @12:30	18 QUILTING 9:00 AM Bingo 12:30 BRIDGE 1 PM DINNER CLUB @5PM	19 Hand & Foot 9:30 AM Cribbage 12:30PM	20 TAI CHI 10AM LRC @12:30 pm Bowling @2pm	21
22	23 Zumba 9:30AM Bridge 1 PM	24 Hand & Foot 9:30 am Tai Chi 10:00 AM	25 QUILTING 9:00 AM Bingo 12:30 Bridge 1 PM	26 Hand & Foot 9:30 AM Cribbage 12:30PM	27 TAI CHI 10AM LRC 12:30 pm	28 
29 	30 Zumba 9:30AM Bridge 1 PM	31 Hand & Foot 9:30 am Tai Chi 10:00 AM				

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



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

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 17th for

St Patrick's Day Lunch
@12:00pm

We will be
serving
Corned Beef &
Cabbage



Tip:

Buy one get one free
Corned Beef and Cabbage Lunch!!
Good for March 17th



FUN FACT:

St. Patrick was NOT Irish!!

He was kidnapped by Irish raiders as a teenager



FUN FACT:

The original color
was blue!!
"St. Patricks Blue" was
the traditional color until
the 18th century.

FUN FACT:

The earliest St.
Patrick's Day
parade was held
in 1601 in
St. Augustine,
Florida. Not in
Ireland



FUN FACT:

Since 1962 Chicago has turned
its river green using a secret
formula, a tradition that started
on March 12, 1955.

REMEMBER THESE IMPORTANT MARCH DATES...

March 9th- Board Meeting @10am

March 11th- Trivia Game Night @6pm

March 17th- St. Patty's Game @12:30pm

March 17th- St Patrick's Day Lunch @12pm

March 18th- Dinner club at Leyon's @5pm

March 20th- Bowling @2

Monday: Zumba @9:30am- Bridge @1pm

Tuesday: Hand & Foot @9:30am- Tai Chi @10am

Wednesday: Quilting @9am- Bingo @12:30-
Bridge @1pm

Thursday: Hand & Foot @9:30am- Cribbage
@12:30pm

Friday: Tai Chi @10am- LRC @12:30pm

