

# Thayne Senior Center

Enter as Strangers, Leave as Friends

May 2026



115 Petersen Parkway  
PO Box 1033  
Thayne, WY 83127  
(307) 883-2678  
E-mail:  
thaynesr@silverstar.com  
Web site:  
www.thaynesenior.com

May 13th @11:30AM

## Don & Mark

Will be coming to play some amazing music for us before lunch!  
Come support & listen to some talented guys!!



### 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

## MAY SENIOR SPOTLIGHT



### Emily Cooper:

Emily was born in San Francisco in 1939. Her first job was at the Brookfield Zoo in Chicago. She then went to college and did her first year in music in Connecticut, and then got a degree in teaching in Florida. She taught part time as an art teacher, and for 36 years taught writing. She also owned her own horse farm and was a horse woman. Later on she got an interior design degree. She was married for 36 years and had 1 daughter and 3 boys (they were all born in different states!!) Emily's favorite hobbies are horses (she started riding at 3 years old), she likes woodworking, crafts, sewing, singing, music and anything to do with animals!!

# 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 .

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  
Lauri & Marvin Giese

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



2026 Thayne Senior Center

Afternoon Trips

## **May 2026**

27<sup>th</sup> : Mystery Trip-leave at 9am (\$28)

## **June 2026**

11<sup>th</sup> : Diamond P Grass Roots Bison Ranch

Wagon Ride to Feed Bison, leave @ 1:30 (\$15)

18<sup>th</sup> : Nat'l OR/CA Trail Museum & Butch

Cassidy Museum, leave at 2 (\$11)

24<sup>th</sup> : Pickleville-Seven Brides for Seven Brothers

Includes Dinner, leave @ 1:30 (\$75)\*\$25

## **July 2026**

9<sup>th</sup> : History of Jackson Hole Museum (\$17)

leave @ 2pm

16<sup>th</sup> : Pinedale Rendezvous Traders Fair & Pitchfork

Fondue, leave @ 1:30 (\$50)\*\$20

30<sup>th</sup> : Scenic Dinner Float, leave @ 2 (\$155)\*\$40

## **August 2026**

6<sup>th</sup> : Palisades Dam Tour, leave @ 1:30 (\$5)

14<sup>th</sup> : Golf Tournament

20<sup>th</sup> : Idaho Aquarium, leave @ 2 (\$21)

Make reservations early! \*Unrefundable deposit required.  
Prices per person & includes transportation.

# 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



**WE ALL WIN WHEN WE  
REPORT MEDICARE  
FRAUD!**

**READ YOUR MSN AND DON'T  
GIVE OUT YOUR MEDICARE  
NUMBER TO ANYONE  
CALLING YOU.**



SMPRESOURCE.ORG



877.808.2468

No matter the sports team you like, we can all agree that Medicare scammers are the real losers. You can be the MVP by reviewing your Medicare statements and reporting anything that looks like it might need a flag called.

Call the WY SMP  
at 1 800 856-4398.

# DINNER CLUB

Please sign up with Karen

# JACZ

Monday May 18th

@5:00pm

*State Senator*

*Dan Dockstader*

*Will be here on*

*Thursday, May 7th @12:30*

*to give us updates from the*

*Wyoming Legislative Session 2026*  
*and how it impacts Lincoln County.*

*He will also give us more news/  
updates on Lincoln County*

## Mother's Day Sip & Shop Craft Fair

May 8th/ 6pm-8pm

May 9th/ 9am-3pm

Alpine Civic Center

## MYSTERY TRIP!!

May 27th

We will be leaving the senior  
center @9am

-Bring good walking shoes & a  
jacket!!

Sign up with Karen

Cost: \$28.00

## Friday Night Lights

First Friday starts May 22nd through September 11th

@4:00- 8:00pm/ Lincoln County Fairgrounds

Live Music

Food

Vendors

Shine Car Hangout



# May Menu



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

<p>Suggested Contribution  <u>Seniors</u>          \$5.00  <u>Non-Seniors</u>          Pay \$9.00</p>		<p>One Free Meal Pass          For our Veterans          on May 22nd!          Thank you for your service!!</p>		<p>1  <u><b>BBO Beef Sandwich</b></u>          Potato Salad          Coleslaw w/          Pineapple          Pears          Snickerdoodle          Cookie</p>
<p>4  <u><b>Smothered Chicken</b></u>          Garden Rice          Garden Veg Salad          California Blend Veg          WW Roll          Chilled Apricots</p>	<p>5  <u><b>Lemon Steamed Fish</b></u>          Oven Brownd Potatoes          Lettuce Salad          Seasoned Carrots          Fresh Fruit          Chocolate Chip          Cookie</p>	<p>6  <u><b>Chicken Pot Pie</b></u>          Mixed Green Salad          French Style Green          Beans          Pineapple Chunks</p>	<p>7  <u><b>Meat Loaf</b></u>          Baked Potato          Lettuce Salad          Carrot Coins          Hot Roll          Fruity Gelatin Salad</p>	<p>8  <u><b>Chicken Caesar Salad</b></u>          Pickled Beats          WW Roll          Fruit Cup          Carrot Cake</p>
<p>11  <u><b>Loaded Baked Potato</b></u>          Chili Con Carne          Garden Veg Salad          Steamed Broccoli          Wheat Roll          Grapes &amp; Bananas</p>	<p>12  <u><b>Chicken Noodle Soup</b></u>          Mixed Relish Tray          Spinach Salad          Strawberries &amp;          Bananas          Cinnamon Roll</p>	<p>13  <u><b>Swedish Meatballs</b></u>          Pasta          Marinated Carrots          Roasted Brussels          Sprouts          Hot Roll</p>	<p>14  <u><b>Chicken Enchiladas</b></u>          Black Beans          Corn &amp; Zucchini          Mexicana          Tossed Salad          Cantaloupe &amp; Grapes</p>	<p>15  <u><b>Pot Roast w/ Gravy</b></u>          Carrots &amp; New          Potatoes          Asparagus          Wheat Roll          Cantaloupe</p>
<p>18  <u><b>Beef Stroganoff</b></u>          Pasta          Lettuce Salad          Herbed Broccoli          Cindys Rolls          Fluffy Fruit Cup</p>	<p>19  <u><b>Spinach &amp; Mushroom Chicken</b></u>          Brown Rice          Garden Veg Salad          Carrot Coins          WW Roll          Apple Slices</p>	<p>20  <u><b>Hamburger Steak</b></u>          Mashed Potatoes          Tossed Salad          Broccoli          WW Roll          Chilled Apricots</p>	<p>21  <u><b>Baked Chicken</b></u>          Mashed Potatoes          Perfection Salad          Spinach          Homemade Bread          Fruit Sundae</p>	<p>22  <u><b>Meatballs on a Hoagie</b></u>          Crunchy Calico          Salad          Green Beans          Chilled Peaches</p>
<p>25  </p>	<p>26  <u><b>Dijon Chicken</b></u>          Steamed Brown Rice          Tossed Salad          Broccoli          WW Bread          Bananas &amp;          Pineapple</p>	<p>27  <u><b>Chicken Fried Steak</b></u>          Mashed Potatoes          Tossed Salad          Carrot Coins          Mandarins &amp; Bananas</p>	<p>28  <u><b>Parmesan Chicken</b></u>          Spaghetti          Strawberry Spinach          Salad          Mixed Veg          Wheat Roll          Applesauce</p>	<p>29  <u><b>Taco Salad w/ Tortillia Chips</b></u>          Seasoned Black          Beans          Salsa          Wheat Roll          Cantaloupe</p>

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



# May Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TAI CHI 10AM  LRC @12:30  Bridge 1pm	2
					3	4 <b>Zumba 10:00AM</b>  Bridge 1 PM <b>Jerry Greenfield Property Tax @11:30</b>
10 MOTHERS DAY!!  	11 <b>Zumba 10:00AM</b>  Board Meeting 10:00 AM  Bridge 1 PM	12 Hand & Foot 9:30 am  Tai Chi 10:00 AM	13  Bridge 1 PM	14 <i>Hand &amp; Foot 9:30 AM</i>  Cribbage 12:30PM	15 TAI CHI 10AM  LRC @12:30  BRIDGE 1PM	16
17	18 <b>Zumba 10:00AM</b>  Bridge 1 PM  Jacz @5pm	19 Hand & Foot 9:30 am  Tai Chi 10:00 AM	20  Bridge 1 PM	21 <i>Hand &amp; Foot 9:30 AM</i>  Cribbage 12:30PM	22 TAI CHI 10AM  LRC @12:30  BRIDGE 1PM	23 
24	25 Closed	26 Hand & Foot 9:30 am  Tai Chi 10:00 AM	27 Bridge 1 PM  Mystery Trip @9	28 <i>Hand &amp; Foot 9:30 AM</i>  Cribbage 12:30PM	29 TAI CHI 10AM  LRC @12:30  BRIDGE 1PM	30



This calendar is subject to change without prior notice.

# HAWAIIAN HAM AND CHEESE SLIDERS



## Ingredients

- 3/4 cup melted Butter**
- 1 tbsp Dijon Mustard**
- 1 tsp Worcestershire Sauce**
- 1 tsp Brown Sugar**
- 1 tbsp Poppy Seeds**
- 2 tsp Dried Minced Onion**
- 12 King's Hawaiian Dinner Rolls**
- 9 oz thin sliced Deli Ham**
- 8 oz thin sliced Swiss Cheese**

## Directions

- 1. Preheat oven to 350.**
- 2. Grease a 9x13 inch Baking Pan**
- 3. Combine Butter, Mustard, Worcestershire Sauce, Brown Sugar, Poppy Seeds, & Dried Onion**
- 4. Slice the rolls to make sandwiches. Remove tops and set aside.**
- 5. Place the bottom pieces into the prepared baking dish.**
- 6. Layer the ham onto the rolls. Top the ham with the Swiss cheese.**
- 7. Place the tops of the rolls onto the sandwiches. Brush or pour the liquid mixture evenly over the rolls.**
- 8. Bake 20 minutes or until the rolls are lightly browned and cheese has melted.**
- 9. Separate into individual sandwiches to serve.**

# PUZZLE PAGE



## Mother's Day Second Sunday of May

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

APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE



# Mother's Day Lunch

*May 8th*

*We will be serving  
Chicken Caesar Salad!!*

MAY 4TH  
@ 11:30

**Jerry Greenfield**

Property Tax Refund

Come in to the center and  
talk with him!!

## WY Welcomes the Wall That Heals –

**Afton, WY July 9-12, 2026**

### Volunteering-

Volunteers are the heart of this event. Opportunities include setup and teardown, welcoming visitors, assisting at the Wall and Education Center, parking, ceremony support, and escort services and viewing. Setup (7/8) and teardown (7/12) shifts are 4–6 hours and require the ability to lift up to 85 lbs. For volunteer information, please contact:

**Tracey Martiny** at (907) 854-6825 and

**Alison Rainey** at (307) 248-8876 or [wywelcomestwth.volunteers@yahoo.com](mailto:wywelcomestwth.volunteers@yahoo.com). **Volunteer Platform:** [Wy Welcomes The Wall That Heals Volunteer Sign Up](#)

### Sponsorship-

Donations—financial or in-kind—help cover logistics, security, and programming. For sponsorship and donation information, please contact:

**Bud Scheller**, at (307) 690-4475 or [budscheller@yahoo.com](mailto:budscheller@yahoo.com).

### Educational Tours-

Guided tours (approximately 45 minutes) are available for employers, community groups, and youth organizations, led by VVMF staff. For tour information, please contact:

**Liz Holtgreve** at (307) 248-3205 or [lholtgreve@gmail.com](mailto:lholtgreve@gmail.com).

### In Memory-

The program honors veterans who served in the Vietnam War, returned home, and later passed away by enrolling them in the Honor Roll at: <https://www.vvmf.org/Honor-Roll/>. During *The Wall That Heals* exhibit, the Education Center will display digital photos of all In Memory honorees from the state in which the exhibit is being held. To be included in the display in Afton, applications must be received by **June 9th**. For more information about the In Memory Program, please contact:

**Ron Anderson** (307) 248-8543 or [gcreekranch@gmail.com](mailto:gcreekranch@gmail.com).

**WE WILL BE  
CLOSED  
MAY 25TH  
FOR  
MEMORIAL  
DAY**

**MEMORIAL DAY**

REMEMBER AND HONOR



# REMEMBER THESE IMPORTANT MAY DATES...

Zumba - Monday @ 10:00 am

Bridge - Monday, Wednesday & Friday @ 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 - Thursday @ 12:30 pm

May 4th- Property Tax Refund Jerry Greenfield @11:30am

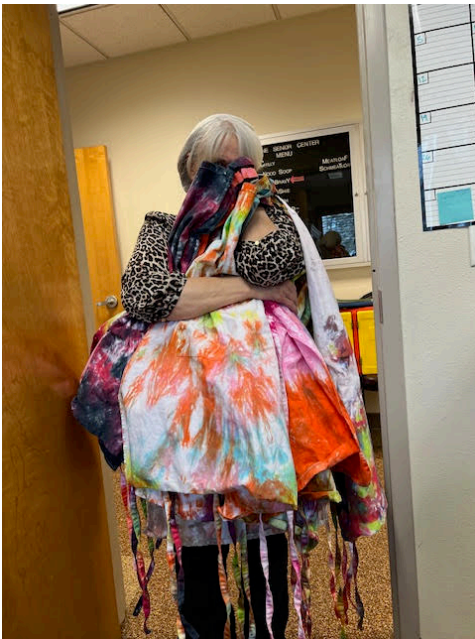
May 7th- Dan Dockstader Presentation @12:30pm

May 8th- Mothers Day Lunch @12:00pm

May 11th- Board Meeting @10am

May 18th- Dinner Club/ Jacz @5pm

May 27th- Mystery Trip @9am



Our  
Fun  
Tie- Dye  
Day!!!

