

Thayne Senior Center

Enter as Strangers, Leave as Friends

October 2021



World Series

The World Series is the annual championship series of Major League Baseball (MLB) in the United States and Canada, contested since 1903 between the champion teams of the American League (AL) and the National League (NL). The winner of the World Series championship is determined through a best-of-seven playoff, and the winning team is awarded the Commissioner's Trophy. As the series is played during the fall season in North America, it is also referred to as the Fall Classic. Since 2017, it has been officially known as the World Series presented by YouTube TV for sponsorship reasons.

Prior to both leagues being split into divisions in 1969, the team with the best regular-season win-loss record in each league automatically advanced to the World Series, barring a tie necessitating a pennant playoff. Since then, each league has conducted a championship series (ALCS and NLCS) preceding the World Series to determine which teams will advance, while those series have in turn been preceded by division series (ALDS and NLDS) since 1995 and by wild card games in each league since 2012. The World Series has been contested 116 times as of 2020, with the AL winning 66 and the NL winning 50.

Until 2002, home-field advantage in the World Series alternated from year to year between the National League and American League. From 2003 to 2016, home-field advantage was given to the league that won that year's All-Star Game. Starting in 2017, home-field advantage was awarded to the league champion team with the better regular-season win-loss record, except in 2020, when a neutral-site ballpark hosted all games of the series.

Come join us for our World Series baseball lunch at the Senior Center on October 26th.



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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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 Senter & Phyllis Timmons
 Wilma Titensor
 Bruce Tracy
 Donna Viljak
 Dave Wilson
 Connie Wright
 Donna Zumbrun



If you are not able to eat in the dining room, take-out meals will be available. You will need to come into the center and pick them up during lunch from 12:00-1:00.

WITCH'S HAT HALLOWEEN CRAFT

OCTOBER 8, 2021 @ 9:30AM

COST IS \$13.00

IF YOU ARE INTERESTED PLEASE LET THE OFFICE KNOW. WE HAVE A LIMITED AMOUNT.



"BUCKS 4 BRICKS" CHALLENGE

Meet or Beat Challenge

JYMME SNIDER CHALLENGES EVERYONE TO MEET OR BEAT HER DONATION OF \$100 FOR OUR NEW BUILDING FUND!



Gone but not forgotten:

Dale Luthi
 David Johnson
 Judith Frith
 William Fisher
 Jane Cress



Lincoln County Library System
and Lifetime Arts present:

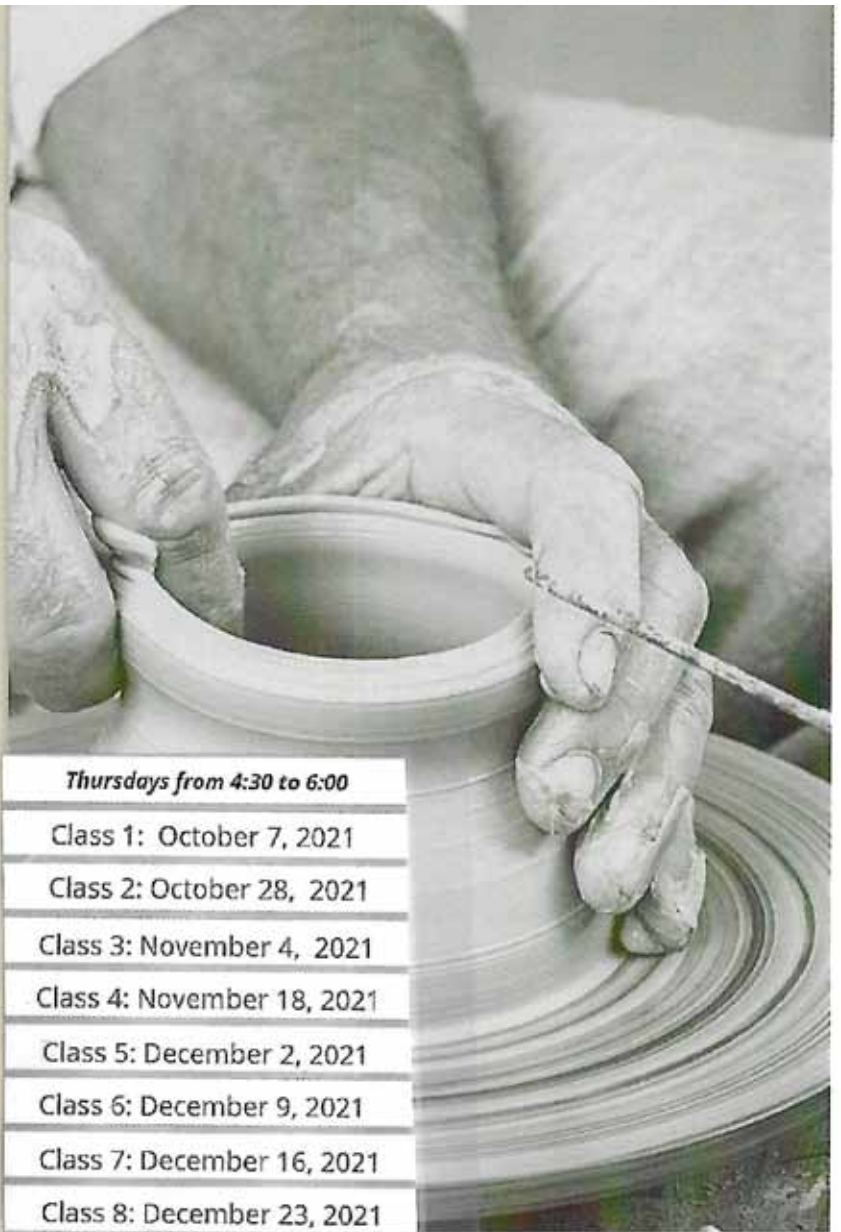
COMMUNITY CLAYWORKS WITH JAKE PARKS

Join us at your local library for
pottery classes!

Classes will be conduct in-person and virtually.

Thursdays at 4 PM
Starting October 7th 2021

FMI call 307-885-3158 (Missy)
or 307-877-6961 (Richard)



Thursdays from 4:30 to 6:00

Class 1: October 7, 2021

Class 2: October 28, 2021

Class 3: November 4, 2021

Class 4: November 18, 2021

Class 5: December 2, 2021

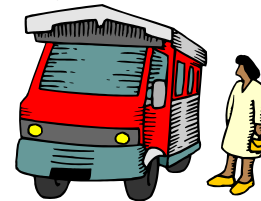
Class 6: December 9, 2021

Class 7: December 16, 2021

Class 8: December 23, 2021

We would like to remind everyone that our transportation services are still available. If you are in need of a ride please let us know 24 hours in advance.

Our service hours are from 8:00 am to 2:00 pm. We can give you a ride anywhere in our service area. Suggested donation for transportation is \$2.00 each direction for seniors.



Pumpkin Patch Dirt Cups



INGREDIENTS

- 1 box Instant Chocolate Pudding
- 3 cups milk
- 2 packages Oreos
- 1 package Green Sour Straws Candy
- 1 package Pumpkin Candies

INSTRUCTIONS

1. Make the pudding by following directions on the box (whisk together pudding mix and 3 cups cold milk).
2. Use a food processor to crush the Oreos until smooth.
3. Layer the Oreos and chocolate pudding in a clear cup. Oreos, pudding, Oreos, pudding, and top with Oreos.
4. Top with a Green Sour Straw candy cut in half (the pumpkin vine) and three pumpkin candies.
5. Serve with a spoon!

Just a quick reminder that Medicare's annual enrollment period is just around the corner. From Oct. 15 through Dec. 7, Medicare beneficiaries should check their Medicare prescription drug coverage (Part D) for any changes coming in 2022. Because premiums, deductibles, and the cost of medications may increase, taking advantage of this yearly opportunity (to review your plan and perhaps change to a different one) IT MAY SAVE YOU MONEY.

Call the Wyoming State Health Insurance Information Program (WSHIIP) today to schedule an appointment (at no cost to you).

1 800 856-4398 - Riverton

1 877 634-1006 - Casper

1 877 634-1005 - Cheyenne

MEDICARE
OPEN ENROLLMENT

October 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 Hot Turkey Sandwich Mashed Potatoes Spring Salad Spinach Pineapple Upside Down Cake</p>
<p>4 Taco Salad w/lettuce, tomatoes & salsa Savory Black Beans Cornbread Watermelon OJ</p>	<p>5 Turkey Tetrzzini Garden Vegetable Salad Herbed Green Beans Homemade Bread WW Citrus Fruit Salad</p>	<p>6 Chicken Fried Steak Whipped Garlic Potatoes Lettuce & Tomato Salad Roasted Italian Vegetables Hot Roll Apricot Crisp</p>	<p>7 Teriyaki Chicken Brown Rice Spinach Mandarin Orange Salad Wheat Bread Tropical Fruit Salad</p>	<p>8 French Dip Sandwich Seasoned Green Beans Hoagie Bun Plum Whip</p>
<p>11 Parmesan Chicken Basil & Garlic Pasta Garden Vegetable Salad Italian Vegetables Cindy's Rolls WW Fast Fruit Salad</p>	<p>12 Yankee Pot Roast Parsley Potatoes Carrots, Celery & Cucumber Salad Stewed Tomatoes WW Bread Fruit Sundae</p>	<p>13 White Chicken Chili Wheat Crackers Cooked Cabbage WW Bread Pears</p>	<p>14 Sweet & Sour Meatballs Garden Rice Creamy Coleslaw Oriental Vegetables Homemade Bread WW Slice Bananas</p>	<p>15 Baked Fish Roasted Red Potatoes Cabbage Apple Salad Three Bean Salad Yellow Cake w/lemon Frosting Grapefruit</p>
<p>18 Ham & Macaroni Bake Mediterranean Salad Grilled Broccoli Cindy's Rolls Fruit & Marshmallow Cup</p>	<p>19 Salisbury Steak Mashed Potatoes Vegetable Salad Carrot Coins Hard Roll Apple Cobbler</p>	<p>20 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange</p>	<p>21 Tamale Pie Tomato & Lettuce Yellow Squash Wheat Bread Mixed Fruit</p>	<p>22 Baked Chicken Potatoes au gratin Lettuce & Tomato Salad Zucchini, Carrots & Basil WW Roll Melon Cup</p>
<p>25 Lasagna Tossed Green Salad Italian Vegetables French Bread Melon Cup</p>	<p>26 NY Deli Style Dog Oven Browned Potatoes Russian Salad Smoked Cabbage Assorted Condiments Applesauce Jello</p>	<p>27 Pork Chop Mashed Potatoes Russian Salad California Blend Veg. Fresh Apple Cake Cranberry Juice</p>	<p>28 Chicken Pot Pie Mixed Greens Salad Green Beans Fruit Pizza</p>	<p>29 Rotten Meat w/ Goblin Drool Devil's Inferno Slimy Swamp Grass Pumpkin Scabs Tombstone Bloody Nuggets</p>

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

OCTOBER CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TAI CHI 10:00 AM BRIDGE 1 PM	2
3	4 BRIDGE 1 PM	5 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	6 BRIDGE 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	7 Hand & Foot 9:30 AM Cribbage 12:30 pm BLOOD PRESSURE 11:45 AM	8 HALLOWEEN CRAFT 9:30 AM TAI CHI 10:00 AM Flu Shot Clinic 11:00-1:00 Bridge 1 PM	9 
10 	11 Board Meeting 10 AM BRIDGE 1 PM	12 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	13 Bridge 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	14 Hand & Foot 9:30 AM Cribbage 12:30 pm	15 TAI CHI 10:00 AM BRIDGE 1 PM BOARD ELECTIONS	16
17	18 BRIDGE 1 PM	19 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	20 BRIDGE 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	21 Hand & Foot 9:30 AM Cribbage 12:30 pm Dinner Club 5:00 pm	22 TAI CHI 10:00 AM BRIDGE 1 PM	23 
24 	25 BRIDGE 1 PM	26 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm Baseball Lunch	27 BRIDGE 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	28 Hand & Foot 9:30 AM Cribbage 12:30 pm	29 TAI CHI 10:00 AM BRIDGE 1 PM Halloween Lunch	30

This calendar is subject to change without prior notice.

Come tryout our new and exciting exercise class. Bingocize is a new way to play bingo while incorporating exercise. The class will be every Wednesday right after lunch.

**LOOKING FOR A FUN,
NEW WAY TO BE
MORE ACTIVE?**



Upcoding

When a provider assigns an inaccurate billing code to a medical procedure or treatment to increase reimbursement



Upcoding - Have you ever heard the term "upcoding"? Upcoding is when a provider assigns an inaccurate billing code to a medical procedure or treatment to increase reimbursement. When checking over your Medicare insurance statements, make sure the services billed are the services you received. If you find questionable billing, contact the Wyoming Senior Medicare Patrol at 800 856-4398.

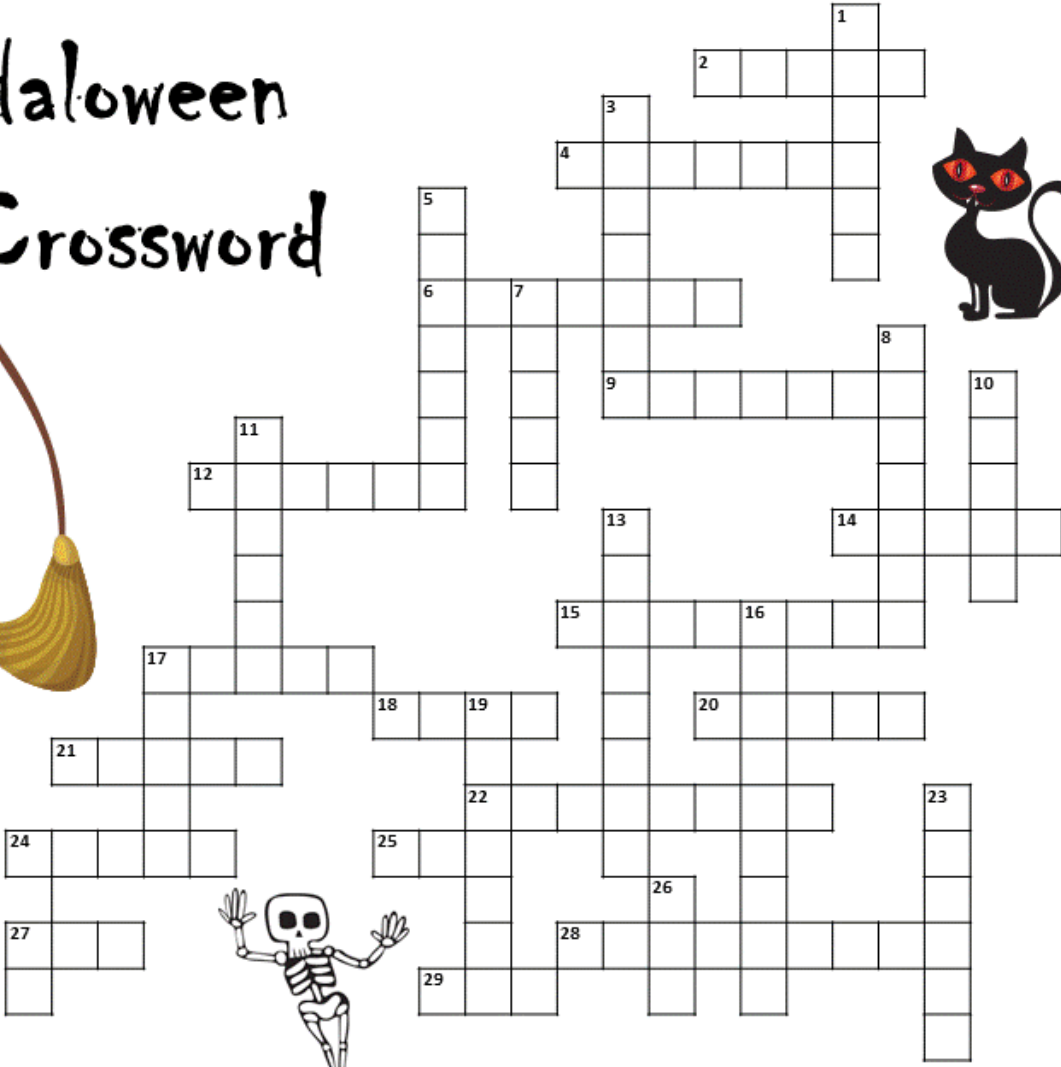
 **SMP**RESOURCE.ORG
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PUZZLE PAGE

Haloween Crossword



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Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. ____ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern

- 20. What the pot might call the kettle
- 21. ____ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whooh? Whooh?
- 28. Playground for ghosts
- 29. What a spider spins

Down

- 1. When something makes our skin crawl, it's this
- 3. ____ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and ____ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature

- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary

Veteran Drive-Thru Flu Clinics

The Afton VA Clinic team is holding Veteran drive-thru Flu Clinics every Wednesday starting Sept. 22, through the end of October from 4:30-5:30 p.m. Enrolled Veterans are encouraged to stop by for this fast and easy option to get their flu shot.



- The Public Health will be holding a Flu Shot Clinic on October 8th from 11:00am - 1:00pm. It will be held at the Thayne Senior Center.



Dinner Club October 21st @ 5:00 pm

We will be going to Juan's House of Tacos
Please sign up in the office



If you would like to keep doing dinner club during the winter please let the staff know. Also any suggestions on where you would like to eat would be appreciated.

REMEMBER THESE IMPORTANT SEPTEMBER DATES...

Bridge - Monday, Wednesday and Friday @ 1:00 pm

Hand & Foot - Tuesday and Thursday @ 9:30 am

Tai Chi - Tuesday and Friday @ 10:00 am @ the community center

Cribbage - Tuesday and Thursday @ 12:30 pm

Zumba - Wednesday @ 9:30 am

Bingocize - Wednesdays after Lunch

October 7th - Blood Pressure Clinic @ 11:45 am

October 8th - Halloween Craft @ 9:30am (res. required)

October 8th - Flu Shot Clinic 11:00am - 1:00 pm

October 15th - Board Elections

October 21st - Dinner club at Juan's @ 5:00 pm (res. required)

October 26th - Baseball Lunch

October 29th - Halloween Lunch



This publication was, in part, developed under a grant from the U. S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division. However, these contents do not necessarily represent the policy of the U. S. Department of Health and Human Services or the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government. Opinions expressed herein are solely those of the Thayne Senior Center, employees, or assignees.

Thayne Senior Center

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