

Thayne Senior Center

Enter as Strangers, Leave as Friends

September 2021



The Thayne Senior Center would like to thank everyone for the generous support we received for our seventh annual golf tournament fundraiser. We had more teams that we have ever had.

Team Sponsors:

1st Bank
Bank of Star Valley
Century 21- Marquis & Kunkle
Compass Real Estate
Debbie Larsen, county assessor
Grey's River Cover Resort
Jenny M's Quilt Shop
Kendall Erickson/Sharp Insurance
Northern Title
Rotary of Star Valley
Simplot Smoky Canyon Mine
Star Valley Health
Many other individuals and seniors.

GOLD SPONSORS:

Compass Real Estate
Horseshoe Café
Rotary Club of Star Valley
Rustic Wyoming
Silverstar Communications
Simplot Mine
Wyoming Title & Escrow

Hole in 1 Sponsors:

Jenkins Building Supply -\$10,000 cash
Salt River Motors-\$18,000 side- by-side

Prize & Donation Contributors:

307 Mechanical
Alicemarie Miller
All About Skin
Alpine Vet Clinic
Bob & Linda Gwyn
Broulims- Alpine Market
Burger King/ HB Boys
Cabin Creek
Century 21 Marquis & Kunkle
Del Tequila
Eclipse
ETC
Final Touch
First Bank
Hair Magic
Hunters Home Appliance Center
Not Too Shabby
Rocky Mountain Seafood
Silverstar
SV Independent
Taqueria El Vasquero" Taco Bus"
Tootsie's

Hole Sponsors:

225 BBQ Etc.
307 Mechanical
4 Pines Physical Therapy
Alpine American Legion
Alpine Market- Broulims
Alpine Vet Clinic
Azar House
B& H Auto Repair
Black Mountain Rental
Bridger Animal Hospital
Compass Real Estate: Monte & Oly
Dad's Bar & Steakhouse
Driftwood Pizzeria
Greys River Cove Resort
Lewis Construction
Little Barklett's
Logos n' Stuff
Lower Valley Energy
Master Tech & Tire
Pine's Bar
Reed Rick Miller, CPA
Riverside Dental
Star Valley Brothers in Christ
Star Valley Medical Supply
Star Valley Power Sports
Sunrise Engineering
Tammy Carlston Mountain Retreat Real Estate
Thayne True Value
The Hitching Rail
The Salon
Therapy Works
Thomas Drilling
Wyoming Gunfighter
Yankee Doodle's Café

We are so thankful for all of the wonderful volunteers and the staff of Cedar Creek Golf Course. They made our event a HUGE success. Thank you to the kitchen staff of The Thayne Senior Center. We apologize if we have missed anyone. If you are at any of the businesses that supported our fundraiser, please thank them.

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Thayne, WY 83127
(307) 883-2678
E-mail:
thaynesr@silverstar.com**

**Web site:
www.thaynesenior.com**

**Board of Directors
President:
Dan Carter**

**Vice President:
Fred Summerfelt**

**Secretary:
Gary Carvalho**

**Board Members:
Steven Simpson
Don Snider
Richard Haderlie
Holly Armstrong**

**Director
Melinda Pebbles**

**Office Manager
Janan Lindroos**

**Kitchen Manager
Ellen Hurd**

**Assistant Cook
Colby Jensen**

**Outreach Specialist
Nancy Long**

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
Jim & Marsha Bagshaw
D. Paul Barbour
Jean Barngrover
Dorothy Beagle
William & Marilyn Boots
James & Connie Bowers
Yihlin Chan
Kathy Clark
J.C. Colley
Gary & Sandy Daggett
Linda Dierks
Peggy Eppler
James & Sandy Fairchild
Jennifer Giese
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Bob & Linda Gwyn
Jane Hall
L Dee & Janyce Hemmert
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Linda McNeel

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DJ & Cheryl Morvillo
Gwen Nelson
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Gene Root
Arnie & Kathy Sandness
Robert & Joyce Saunders
Christean Silver
Nora Jean Simmons
Don & Jymme Snider
Fred & Donna Summerfelt
Senter & Phyllis Timmons
Wilma Titensor
Bruce Tracy
Donna Viljak
Dave Wilson
Connie Wright
Donna Zumbrun

Do you have any recommendations for crafts or activities? Or have one you would like to share? Please let one of the staff members know if you have something in mind.



Please be aware of phone scams. If it sounds too good to be true it's a scam. DO NOT give any personal information over the phone.



Buy one meal get one meal for \$1.50 Every Wednesday in September in the dining room only.

* For Registered Seniors*



Starting October 1, 2021 we will no longer be offering curbside meal pickup. We encourage everyone to come enjoy your meal in the dining room. If you have any concerns please contact Melinda at 307-883-2678.



Dr. Smith the Podiatrist will be here September 20th. He still has a few appointments available. If you need an appointment please call the office at 307-883-2678 to schedule.




*Please join us for a
coaster craft class
September 14th
@ 10:30 AM. Let the
office staff know if
you would like to
make one.*

(no charge for 1 coaster)

We will be closed
September 6, 2021
for Labor Day

happy
LABOR
day



Cardiac Genetic Testing

Scammers are offering Medicare beneficiaries cardiac genetic testing to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft.

Cardiac Marker - Test

- AST
- ALT (S)
- Alkaline Ph
- Cardiac Enzyme
 - CPK
 - CK-MB
 - LDH
- Electrolyte
 - Sodium
 - Potassium
 - Chloride

REPORT THIS SCAM TO THE SMP!

SUPPORTED BY SENIORS & MAINTENANCE FROM AGU

Be aware of a new twist on an old scam. !! While genetic testing scams have been around for a few years, scammers have added cardiac genetic tests to the mix.

Please do not accept these unsolicited offers. If you receive calls about this or have received these kits, please report it to the

SMP at 877-808-2468 or to


info@smpresource.org or to the

Wyoming SMP at



800 856-4398



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.



You can get your Blood Pressure taken every first and third Thursday of the month at 11:45 am in the foyer of the senior center.

September Menu



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

		1 Dijon Chicken Steamed Brown Rice Green Salad Broccoli WW Bread Strawberries	2 Cottage Pie Garden Vegetable Salad Tangy Carrots Cindy's Rolls, WW Applesauce Cake	3 BBQ Spare Ribs Baked Potato KFC Coleslaw California Vegetable French Bread Chilled Plums
6 CLOSED 	7 Swedish Meatballs Mashed Potatoes Marinated Carrots Roasted Brussels Sprouts Hot Roll Peaches served Over Cake	8 Baked Fish Roasted Red Potatoes Cabbage Apple Salad Three Bean Salad Yellow Cake w/Lemon Frosting	9 Beef & Broccoli Stir Fry Steamed Brown Rice Steamed Carrots Wheat Bread Pineapple Tidbits	10 BBQ Chicken Baked Potato Tossed Green Salad Scandinavian Vegetables Hot Roll Fast Fruit Salad
13 Monterrey Chicken Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots	14 Meat Loaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad	15 Turkey Tetrazzini Garden Vegetable Salad Herbed Green Beans Homemade Bread WW Citrus Fruit Salad	16 Cheesy Beef Sandwich Lynne's Oven Roasted Potatoes Vegetable Soup Brussels Sprouts Homemade Bread WW Peach & Berry Crisp	17 Biscuits & Sausage Gravy Scrambled Eggs Fresh Fruit Fruit Juice
20 Pizza w/Meat & Veggies Oregon Bean Medley Mixed Fruit Cup Creamy Rice Pudding	21 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange	22 Hamburger Steak Whipped Potatoes Carrot & Celery Salad Red Cabbage Homemade Bread WW Fruit Cup	23 Chicken Enchiladas Refried Beans Tortilla Soup Garden Vegetable Salad Sliced Melon	24 Beef Tips Egg Noodles Cauliflower Au Gratin Cinnamon Raisin Bread Fruity Cherry Salad
27 Baked Italian Pasta Spring Salad Roasted Asparagus Focaccia Grapes Tapioca Pudding	28 Stuffed Chicken Baked Potato Spring Salad Asparagus WW Roll Citrus Fruit Salad	29 Sloppy Joe Garden Vegetable Salad Mixed Vegetables Fruit & Marshmallow Cup	30 Roast Pork Mashed Potatoes Carrot Salad Green Beans WW Bread Pineapple Upside Down Cake	Suggested Contribution Seniors \$4.50 Non-Seniors Pay \$8.00

CURBSIDE MEALS ARE AVAILABLE FOR PICKUP 11:00 - 12:00 AM MONDAY- FRIDAY
 DINING ROOM MEALS ARE AVAILABLE FROM 12:00 - 1:00 PM MONDAY - FRIDAY
 PLEASE CALL TO RESERVE YOUR CURBSIDE MEAL
 PHONE NUMBER 307-883-2678

SEPTEMBER CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BRIDGE 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	2 Hand & Foot 9:30 AM Cribbage 12:30 pm BLOOD PRESSURE 11:45 AM Bar J Wrangler's (res. Required)	3 TAI CHI 10:00 AM BRIDGE 1 PM	4
5	6 CLOSED	7 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	8 BRIDGE 1 PM ZUMBA 9:30 AM BINGO AFTER LUNCH	9 Hand & Foot 9:30 AM Cribbage 12:30 pm	10 TAI CHI 10:00 AM Bridge 1 PM LCR after Lunch	11 
12 	13 Board Meeting 10 AM BRIDGE 1 PM	14 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm Coaster Craft Class @ 10:30 am	15 Bridge 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	16 Hand & Foot 9:30 AM Cribbage 12:30 pm BLOOD PRESSURE 11:45 AM	17 TAI CHI 10:00 AM BRIDGE 1 PM	18
19	20 Board Mtg. 10:00 AM BRIDGE 1 PM Foot Clinic with Dr. Smith (appt. Required)	21 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	22 BRIDGE 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH	23 Hand & Foot 9:30 AM Cribbage 12:30 pm MYSTERY TRIP Leave @ 9:00am (Res Required)	24 TAI CHI 10:00 AM BRIDGE 1 PM	25 
26	27 BRIDGE 1 PM	28 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	29 BRIDGE 1 PM ZUMBA 9:30 AM BINGOCIZE AFTER LUNCH Pizza & Bowling @ 4:30 pm (res required)	30 Hand & Foot 9:30 AM Cribbage 12:30 pm		

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. We will not have Bingocize September 8th.

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



GOLF TOURNAMENT 2021



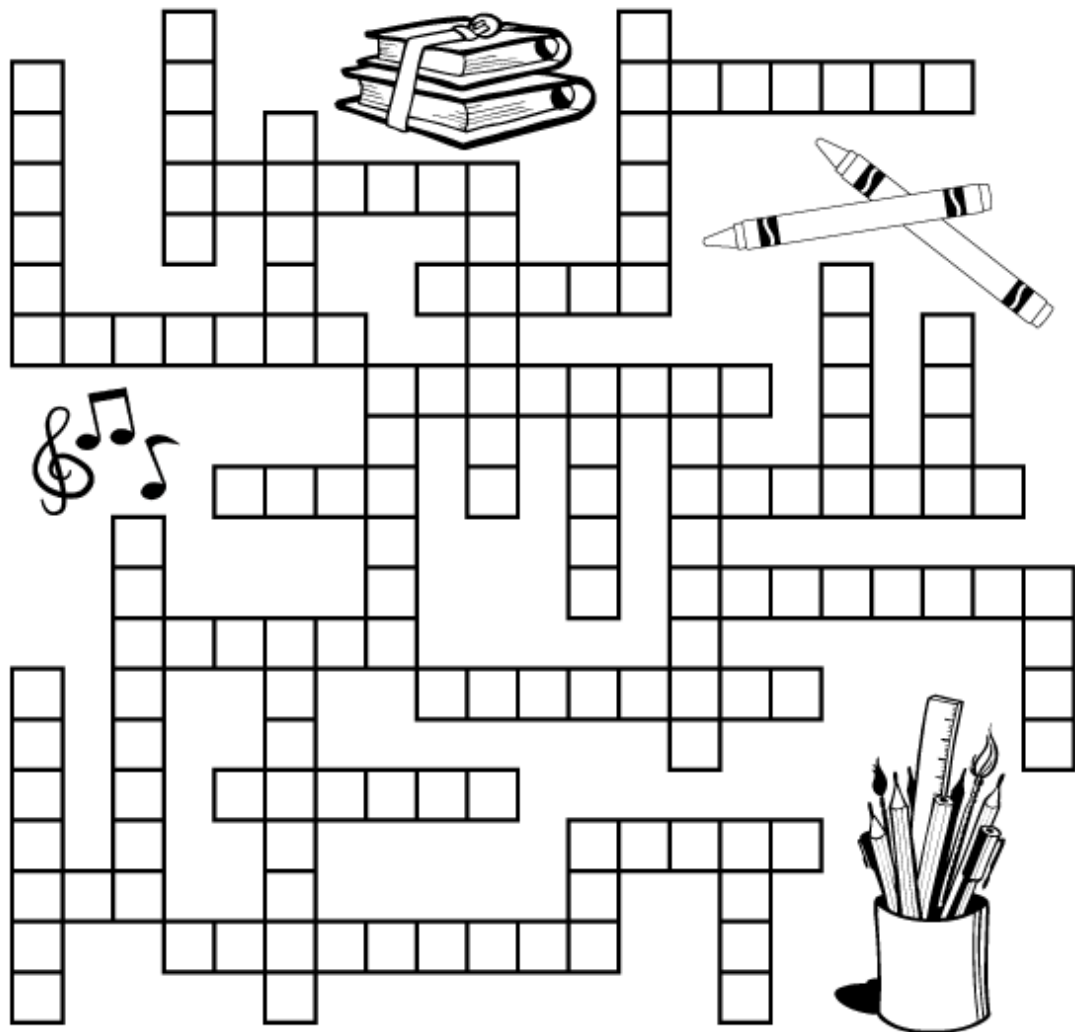
**Thank you to our
Volunteers**

Holly Armstrong
Dan & Pat Carter
Gary Carvalho
Linda Gwyn
Rick Haderlie
Bob Horton
Claire Perrin
Steven & Rebecca Simpson
Don & Jymme Snider
Fred & Donna Summerfelt
Julia Wykasinovich

Thanks a Million!!!

PUZZLE PAGE

BACK TO SCHOOL



3 letter words

Art
Gym

4 letter words

desk
glue
kids
Math

5 letter words

learn
lunch
Music
paper
ruler
grade

6 letter words

eraser
lesson
pencil
recess
school

9 letter word

classroom

7 letter words

crayons
library
numbers
reading
student
teacher

8 letter words

alphabet
backpack
calendar
notebook
scissors
spelling

Tree Valley Academy

CREAMY CROCKPOT CRACK CHICKEN



Ingredients

- 2 lbs chicken breasts
- 1 pkt ranch dressing mix
- 1 8 oz block cream cheese
- 1/2-3/4 cup cooked crumbled bacon depending on how much you like bacon
- 1 cup shredded cheddar cheese
- 4 green onions sliced
- Buns

Instructions

1. In crockpot add your chicken, sprinkle with ranch and then place cream cheese on top.
2. Cover and cook on low for 6-7 hours.
3. Remove lid and shred chicken and stirring in the cream cheese.
4. Add your cheddar cheese, bacon and green onions and give it a stir to combine.
5. Serve on buns, croissants, tortillas, etc.

Join us for BINGO
September 8, 2021
Right after Lunch



LCR

September 10, 2021

Right after Lunch

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 at the community center

Cribbage - Tuesday and Thursday @ 12:30 pm

Zumba - Wednesday @ 9:30 am

Bingocize - Wednesdays after Lunch

September 2nd - Bar J Wranglers (res. required) meet at the ticket booth at 5:45 pm

September 6th - CLOSED for Labor Day

September 10th - LCR after Lunch

September 13th & 27th - Board Meeting @ 10:00 am

September 14th - Coaster Craft Class @ 10:30 am

September 20th - Foot Clinic with Dr. Smith (appt. required)

September 23rd - Mystery Trip (res. required) Leave the center @ 9:00 am

September 29th - Pizza and Bowling @ 4:30 pm (res. required) *Meet at Skyview Lanes

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Thayne Senior Center

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