

Thayne Senior Center

Enter as Strangers, Leave as Friends

April 2024



\$1000

Grand Gang

\$1000

Holly Armstrong
Richard & Diane Auser
Lonnie & Norris Blockhus
Tom & Diane Caress
Dan & Pat Carter
Gary Carvalho
Barbara Cassatt
Mary Anna Clay
Steve & Vera Cook
Robert & Dianne Duval
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 Fellowship
Karen Pearce
Ricahrd & Di Prati
Robert & Sandra Rasmussen
Burtis L Roberts
Rotary Club of Star Valley
Carole Smith
Don & Jymme Snider
Tom & Deb Stuart
Fred & Donna Summerfelt
Jerry & Judy Sylvain
Marilyn Taylor
Top of The Rockies Snowmobile Club
Dan & Tammy Weber
Robert & Susan Youmans

\$1000

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.

\$1000

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

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 & Gleam 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
Nora Jean Simmons

Roger & Leora Smith
Fred & Donna Summerfelt
Shirley Taylor
Senter & Phyllis Timmons
Bruce & Vicky Tracy
Donna Viljak
Connie Wright
Robert & Susan Youmans
Donna Zumbrun



Thank you to all of our volunteers, you make a huge difference in our community!

Kim Arendts, Holly Armstrong, Norris Blockus, Rhea Brough, Barbara Cassatt, Vicki Canoso, Gary Carvalho, Monte & Sherry Clemow, John & Paula Diel, John & Jennine Emery, Judy Gonet, Janene Harding, Susan Hourany, Gisele Lalonde, Michael & Tammy Narmi, Steve Newman, Karen Pearce, Glen & Claire Perrin, Kathy Sandness, Don & Jymme Snider, Senter Timmons, Donna Viljak, Becky Walton, Dave Wilson, Mike & Katie Wellmann, Tyler White, Joseph Yarrow, and anyone we may have missed.

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

If you receive an unsolicited phone call from someone wanting to verify your:

- X Pain symptoms
- X Family history of cancer

Hang up. If you gave out any information, report it to your SMP.



SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Telehealth is a service that has been very beneficial to a lot of people. Be aware that there are scammers who pretend to be telehealth doctors and will call you asking to verify information. They may try to send you swab kits to test for cancer or durable medical equipment like braces to help with pain.

For assistance call SMP at
1 800 856-4398



Bowling

April 12th @ 2PM

The cost is \$5

Please sign up with Karen



April 26th

@ 12:30 PM

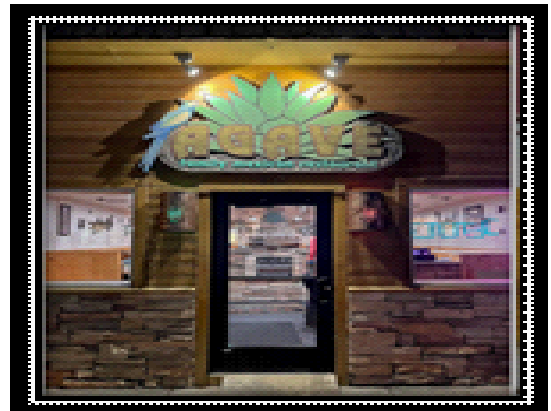
**** Final ****

LRC Tournament Game
(Who will win?)



DINNER CLUB

APRIL 17TH
5:00 PM
@ AGAVE



Reservation Required - Please sign up with Karen

April Menu



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

<p>1 Baked Ham Candid Sweet Potatoes Tossed Salad Green Bean Casserole Wheat Roll Apple Pie</p>	<p>2 White Chicken Chili Sweet Potato Wedges Cornbread Sliced Strawberries</p>	<p>3 Roast Beef Mashed Potatoes German Cole Slaw Savory Carrots WW Bread Pineapple Betty</p>	<p>4 Monterey Chicken Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>5 Spaghetti & Meat Sauce Garden Vegetable Salad California Blend Veg Garlic Bread Strawberry Applesauce Pear Crisp</p>
<p>8 Pizza w/Meat & Vegetables Tossed Salad w/ garbanzo beans Carrot & Apple Salad Banana/Pineapple Cup</p>	<p>9 Roast Pork Mashed Potatoes Garden Vegetable Salad Broccoli Garlic Bread Chilled Pears</p>	<p>10 Taco Salad w/ tortilla Chips Seasoned Black Beans Salsa Wheat Roll Cantaloupe</p>	<p>11 Chicken Cordon Bleu Rice Pilaf Tossed Salad Asparagus Wheat Roll Orange Lemon Bar</p>	<p>12 Beef Stroganoff Pasta Lettuce Salad Herbed Broccoli Cindy's Rolls Fluffy Fruit Cup</p>
<p>15 Chicken & Herbed Fettuccine Vegetable Salad Smoked Cabbage Homemade Bread Baked Apple</p>	<p>16 Beef Pepper Steak Steamed Brown Rice Tossed Vegetable Salad Carrot Coins Whole Wheat Bread Mixed Berries</p>	<p>17 BBQ Spare Ribs Baked Potato Coleslaw Herbed Broccoli French Bread Chilled Plums</p>	<p>18 Baked Fish Roasted Red Potatoes Cabbage Apple Salad Three Bean Salad Yellow Cake w/lemon frosting Grapefruit</p>	<p>19 Spinach & Mushroom Chicken Brown Rice Calico Salad Carrot Coins WW Roll</p>
<p>22 Meatloaf Parsley Potatoes Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>23 Chicken Salad Sandwich Pasta Salad Mixed Green Salad Wheat Crackers Strawberries & Bananas</p>	<p>24 Salisbury Steak Baked Potato Relish Tray Spinach WW Bread Pears</p>	<p>25 Baked Chicken Garlic Mashed Potatoes Colleen's Harvest Salad Asparagus WW Bread Fruit Ambrosia</p>	<p>26 Taco Soup 1/2 Grilled Cheese Tossed Salad w/ Italian Dressing Mixed Relish Tray w/ Beets Peach & Orange Delight</p>
<p>29 Bratwurst Oven Baked Fries Spinach Mushroom Salad California Blend Veg Wheat Bun Strawberries & Bananas</p>	<p>30 Chicken Fried Steak Mashed Potatoes Green Beans w/bacon Biscuit Apricots</p>			<p>Suggested Contribution Seniors \$5.00 Take Out Meals \$6.00 Non-Seniors Pay \$9.00</p>

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



April Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Zumba 10:00AM Bridge 1 PM April Fools Day	2 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	3 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM LAND PAYOFF CELEBRATION	4 Hand & Foot 9:30 AM Cribbage 12:30PM	5 TAI CHI 10AM LRC Tournament @ 12:30PM	6
7	8 Zumba 10:00AM Board Meeting 10:00 AM Bridge 1 PM	9 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	10 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM	11 Hand & Foot 9:30 AM Cribbage 12:30PM	12 TAI CHI 10AM LRC Tournament @ 12:30PM Bowling @ 2PM	13
14	15 Zumba 10:00AM Bridge 1 PM	16 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	17 QUILTING 9:00 AM <i>Bingo 12:30</i> BRIDGE 1 PM Dinner Club @ Agave 5pm	18 Hand & Foot 9:30 AM Cribbage 12:30PM	19 TAI CHI 10AM LRC Tournament 12:30 pm	
	22 Zumba 10:00AM Bridge 1 PM Earth Day	23 HAND & FOOT 9:30 aM Wreath Craft Class 9:30am Tai Chi 10:00 AM	24 QUILTING 9:00 AM <i>Bingo 12:30</i> Bridge 1 PM	25 Hand & Foot 9:30 AM Cribbage 12:30PM	26 TAI CHI 10AM LRC (final) Tournament 12:30 pm	27
28	29 Zumba 10:00AM Bridge 1 PM	30 HAND & FOOT 9:30 aM Tai Chi 10:00 AM				

This calendar is subject to change without prior notice.

THREE INGREDIENT HOMEMADE ICE CREAM



Ingredients

2 cups Heavy Cream

1 (14oz) can Sweetened Condensed Milk

1 tsp Vanilla Extract

Mix in items of your choice, Chocolate, Crushed Oreos, Caramel, Finely Chopped Strawberries (any fruit), sprinkles, etc.

Directions

1. In a large bowl, whip the cream until stiff peaks form.

You can use an electric beater to make this process easier.

2. Add chilled and sweetened condensed milk and vanilla; stir slowly until just combined.

3. Stir in mix-ins of your choice. Get creative! You can separate your base into multiple containers to try more flavors.

4. Seal into Tupperware containers with lids, and freeze at least 4 hours before enjoying.



PUZZLE PAGE

Spring Flowers Word Search



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

Anemone
Carnation

Chrysanthemum

Daffodil
Daisy

Hydrangea

Iris

Lavender

Lilac

Lily

Orchid

Poppy

Rose

Snapdragon

Sunflower



**Join us April
1st
for **Easter**
Lunch**

**We will be
SERVING
Baked Ham**



Join us for Wreath Craft Class
with Melissa Draney
Tuesday April 23rd
@ 9:30 AM
Cost is \$15
Please sign up w/Karen



REMEMBER THESE IMPORTANT APRIL DATES...

Zumba - Monday @ 10:00 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

April 3rd - Easter Lunch

April 3rd - Land Payoff Celebration

April 8th - Board Meeting @ 10:00 am

April 12th - Bowling @ 2pm -res required

April 17th - Dinner Club @ Agave 5 pm -res required

April 23rd - Wreath Craft Class @ 9:30am

April 25th - Volunteer Lunch

April 26th - Final LRC Tournament

BINGO

Thank you!

Mayor Devin Simpson

for calling Bingo!

Everyone had a great time!!

BiG
THANKS!

New Building Progress

**WE WILL BE HAVING A LAND PAYOFF CELEBRATION LUNCH APRIL 3RD
A HUGE THANK YOU FOR ALL THE DONATIONS AND SUPPORT!**

YOU CAN MAKE A DONATION ON OUR WEBSITE WWW.THAYNESENIOR.COM.