

Thayne Senior Center

Enter as Strangers, Leave as Friends

AUGUST 2022



VOTE YES!

Please vote YES for the formation of the Lower Valley Senior Citizens Service District in the primary election.

If approved by voters, this district will enable the Thayne Senior Center to continue to provide our current services and expand services in the near future.

- All funding will be used for general operating costs for the senior center; funds will not be used for any other projects. Funds will help mitigate the increase in food, fuel, and labor costs.
- The district will be managed by a board of 5 trustees.
- Members of the board shall be elected at the general election which immediately follows the primary election establishing the district.
- 1 mill levy for a \$1,000,000 home will cost the owner approximately \$73.52 annually.
- That is \$6.13 each month (based on house value of \$1 million) to support seniors in our community.

- \$6.13 ONLY BUYS 1 OF THE FOLLOWING:

- *1.25 GALLONS OF GAS**
- *2 GALLONS OF MILK**
- *2 LOAVES OF BREAD**
- *1.25 LBS. OF HAMBURGER**

- There are many special districts including fire services, cemeteries, hospitals, and schools.

- This is the first and only district for you!!

Did you know that by 2030 the 65+ population in Wyoming is expected to increase 56% from the 90,000 in 2016? This is the fastest growing age group in Wyoming.

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PO Box 1033
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:
Mike Wellmann
Don Snider
Richard Haderlie
Holly Armstrong

Director
Melinda Pebbles

Office Manager
Janan Lindroos

Kitchen Manager
Ellen Hurd

Assistant Cook
Colby Jensen

Outreach Specialist
Cheryl Zahne

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
 Jean Barngrover
 Dorothy Beagle
 John & Nancy Bolle
 Gary & Sandy Daggett
 Linda Dierks
 Peggy Eppler
 James & Sandy Fairchild
 Jennifer Giese
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 DJ & Cheryl Morvillo
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 Robert & Joyce Saunders
 Christean Silver
 Nora Jean Simmons
 Steven & Rebecca Simpson
 Don & Jymme Snider
 Fred & Donna Summerfelt
 Shirley Taylor
 Senter & Phyllis Timmons
 Wilma Titensor
 Bruce Tracy
 Donna Viljak
 Dan Weber
 Dave Wilson
 Connie Wright
 Donna Zumbrun

"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.

Donations made by:

Jymme Snider
 Bob & Ann Bolyard
 Glen & Claire Perrin
 Jan Moore
 Steve & Lisa Pape
 Holly Armstrong
 Don Snider
 Christean Silver
 Ellen Hurd
 Nora Simmons
 Sharon Nielson
 Elisabeth Sorensen
 Virginia Radford
 Arnie & Kathy Sandness
 Steven & Rebecca Simpson
 Kenneth & Sharon Vinson
 Pat Gee
 Bob & Joyce Saunders



If you have an idea for a new activity or a skill you would like to share or teach please let the office staff know. We would get any supplies needed for the activity.



If you are interested in volunteering and helping us to deliver meals, please let the office staff know.

1. He's playing Monopoly.
 2. His son.
 3. The catcher and the umpire.

Brain Teaser Answers

Your doctor is NOT calling!

Ask the caller what service they want you to have and then hang up to call your doctor and ask them directly if you should have that service.



Preventing Medicare Fraud



SUPPORTED BY GRANT & MEMBERSHIP DONATIONS

The SMP is warning people not to talk to someone who calls about their health. If you have concerns, talk to your doctor.

If you see claims for telehealth services you didn't receive or seems suspicious on your Medicare statements, contact the SMP.

Riverton: 1-800-856-4398

Casper: 1-877-634-1006

Cheyenne: 1-877-634-1005



NOTICE:

Starting September 1, 2022 due to our increased costs our suggested donations will be as follows:

\$ 5.00 - Dine-in for registered seniors

\$ 6.00 - Take-out for registered seniors

\$10.00 for non-seniors

Freezer meals will be \$3.00 if available



VOTE YES

Senior Center Tax District

Formation of the Lower Valley Senior Citizens Service District

Shall the Lower Valley Senior Citizen Service District be established with a levy of 1 mill (not to exceed two (2) mills to be imposed on the taxable property of the district

YES

No

Healthy Heart Ambassador Blood Pressure Self-Monitoring

Starting September 6, 2022 we will be starting a program to help monitor your own blood pressure with our help. We will have "office hours" Tuesday's 10:30-11:30 where you can come in and have your blood pressure checked with us. Please let the office staff know if you are interested in enrolling in this program. It will be a 4 month program.



Happy Un-Birthday "Pie Throwing" Party

August 23, 2022

Come have fun at our Un-Birthday fundraiser party. Have your chance to throw a pie at your favorite target. Cost per pie to throw will be \$10 or 3 for \$20.



**Lunch will be \$2.00
if you have a
birthday this year!**

BAR T 5

AUGUST 18, 2022

COST- \$ 50.00

WE WILL LEAVE THE CENTER AT
3:00 PM

PLEASE GET WITH CHERYL IF
YOU LIKE TO JOIN US.



Brain Teasers

1. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?
2. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?
3. Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?



August Menu

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

1 Lasagna Spinach Salad w/ Strawberries Italian Vegetables French Bread Bananas & Mandarin Oranges	2 Braised Pork Chop Mashed Potatoes Lettuce & Tomato Salad Carrot Coins Wheat Roll Chilled Apricots	3 Beef Tips with Gravy Egg Noodles Creamy Coleslaw California Veg. Wheat Bread w/ Fruit Spread Chilled Apricots Strawberry Shortcake	4 Monterey Chicken Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots	5 Cheesy Beef Sandwich Vegetable Soup Brussels Sprouts Fresh Fruit
8 Dijon Chicken Steamed Brown Rice Tossed Salad Broccoli WW Bread Bananas & Pineapple	9 Meat Loaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad	10 Crunchy Chicken Salad Potato Salad Spinach Salad w/ Mandarin Oranges WW Bread Chilled Apricots	11 Taco Salad w/ Tortilla Chips Seasoned Black Beans Salsa Wheat Roll Cantaloupe	12 BBQ Spare Ribs Garden Vegetable Salad California Blend Wheat Roll Apricots Gelatin w/Strawberries
15 Swedish Meatballs Mashed Potatoes Marinated Carrots Roasted Brussels Sprouts Hot Roll Peaches Served Over Cake	16 Roast Pork Mashed Potatoes Lettuce, Tomato, Cucumber Salad California Vegetables WW Roll Chilled Apricots Peach & Orange Delight	17 Chicken Noodle Soup Mixed Relish Tray Strawberry Spinach Salad Cinnamon Roll Strawberries & Bananas Cottage Cheese	18 Swiss Steak Shell Pasta Lettuce Salad Steamed Broccoli WW Roll Mixed Fruit	19 Sweet & Sour Chicken Brown Rice Spinach Mandarin Salad Broccoli Wheat Roll Strawberries
22 BBQ Chicken Baked Potato Tossed Green Salad Scandinavian Vegetables Hot Roll Fast Fruit Salad	23 Hamburger Steak Mashed Potatoes Tossed Salad w/Italian Dressing Broccoli WW Roll Chilled Apricots	24 Baked Fish w/ Lemon Pepper Seasoned Oven Browned Potatoes Cole Slaw Stuffed Celery Whole Wheat Bread Purple Plums	25 Blue Cheese Mushroom Burger Potato Salad Lettuce, Tomato, Onion Spinach Salad w/Man- darin Oranges Peaches Orange Juice	26 Turkey Tetrazzini Spinach Salad with Strawberries Ginger Carrots Homemade Bread Citrus Fruit Salad
29 Baked Chicken Potatoes au Gratin Relish Tray Zucchini, Carrots & Basil WW Roll Melon Cup	30 Hot Roast Beef Sandwich Mashed Potatoes Lettuce & Tomato Salad Carrot Coins Chilled Pineapple Cottage Cheese	31 Parmesan Chicken Basil & Garlic Pasta Garden Vegetable Salad Italian Vegetables WW Roll Fast Fruit Salad	Suggested Contribution Seniors \$4.50 Non-Seniors Pay \$8.00	

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



August Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ZUMBA 9:00 AM BRIDGE 1 PM	2 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	3 BRIDGE 1 PM	4 Hand & Foot 9:30 AM Cribbage 12:30 pm	5 TAI CHI 10:00 AM Bridge 1 PM	6
7	8 ZUMBA 9:00 AM Board Meeting 10:00AM BRIDGE 1 PM	9 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	10 BRIDGE 1 PM	11 Hand & Foot 9:30 AM Cribbage 12:30 pm	12 GOLF TOURNAMENT 9:00 AM SHOTGUN TAI CHI 10:00 AM Bridge 1 PM	13 
	15 ZUMBA 9:00 AM BRIDGE 1 PM	16 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	17 Bridge 1 PM	18 Hand & Foot 9:30 AM Cribbage 12:30 pm BAR T 5 (RES. REQUIRED)	19 TAI CHI 10:00 AM Bridge 1 PM	20
21	22 ZUMBA 9:00 AM Bridge 1 PM	23 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm Unbirthday Party "Pie Throwing"	24 Bridge 1 PM	25 Hand & Foot 9:30 AM Cribbage 12:30 pm	26 TAI CHI 10:00 AM Bridge 1 PM	27 
	29 ZUMBA 9:00 AM Bridge 1 PM	30 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	31 Bridge 1 PM			

This calendar is subject to change without prior notice.

FRITOS CORN SALAD

INGREDIENTS

- 2 (15 ounce) cans whole kernel corn, drained
- 1 red bell pepper, finely diced
- 2 cups shredded Mexican blend cheese
- 1 cup mayo (can substitute light mayo)
- 1/2 teaspoon black pepper
- 1 (9.25 ounce) bag Chili Cheese Fritos, lightly crushed
- fresh cilantro, for garnish



INSTRUCTIONS

1. In a large mixing bowl, stir together corn, diced bell pepper, shredded cheese, mayo, and black pepper.
2. Right before serving, stir in crushed Chili Cheese Fritos.
3. Garnish with fresh cilantro if desired.

NOTES

- This salad is best served right after Fritos are added.
- If making ahead, wait until right before serving to add Fritos. Store in the refrigerator until ready to serve.
- This salad is good for up to 3 - 4 days if stored in an airtight container in the fridge but the Fritos will get soggy the longer it sits.
- If you can't find (or don't like) Chili Cheese Fritos, plain Fritos corn chips will work



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Facebook and Instagram
accounts.

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Instagram - *thaynesenior*



PUZZLE PAGE



BASEBALL Word Search

R	S	R	K	J	B	K	A	O	S	K	R	A	P	E	X	B	F	Q
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K	J	C	W	P	E	G	B	C	H	S	W	A	E	L	X	E	Y	S
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ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB
DECK
DOUBLE HEADER
FIRST
FOUL

GROUND BALL
HELMET
HITS
LEAGUE
LINEUP
LOSE
MITT
NINE
NO-HITTER
OUT

PARK
RUN
SAVES
SCORE
STARTING PITCHER
STEAL
TAG
THROW
UNIFORM
WALK



Thayne Senior Center's

"Wild About Seniors" Fundraiser

8th Annual Golf Invitational

GOLD SPONSORS

* DAD'S BAR & STEAKHOUSE

* HORSESHOE CAFE

* MAYOR LUTZ & TIPHANY
GAYHART

* ROTARY OF STAR VALLEY

* RUSTY'S TREE SERVICE

* SVI MEDIA

* TETON ACUPUNCTURE &
INTEGRATIVE MEDICINE

* COMPASS REAL ESTATE

Friday August 12th, 2022

Cedar Creek Golf Course— 9am shotgun start



\$400 per team *

or

\$100 per person *

PRIZES: CASH PRIZES FOR TEAM GROSS & NET

HOLE IN ONE PRIZES: SIDE BY SIDE ATV &
\$10,000 CASH

Registration: Call the Center 883-2678
www.thaynesenior.com

HOLE IN 1 SPONSORS:


SALT RIVER MOTORS


Jenkins
LUMBER & HARDWARE
Alpine Wyoaring

REMEMBER THESE IMPORTANT AUGUST DATES...

Zumba - Monday @ 9:00 am

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

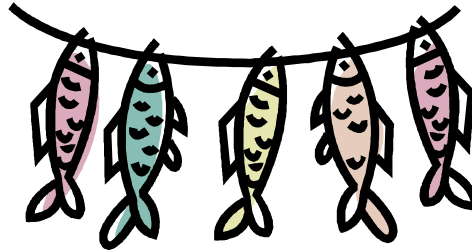
Cribbage - Tuesday and Thursday @ 12:30 pm

August 8th - Board Meeting 10:00 am

August 12th - Golf Tournament

August 18th - Bar T 5 leave the center at
3:00 pm (res. required)

August 23rd - Un-birthday "Pie Throwing"
Party



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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