May, 2021 | Issue 3: Volume 13 | Hot Springs County Senior Center

Spring is in the Air By Trenda Moore

I recently had the opportunity to stop at Owl Creek Veterinary Clinic to talk to Dr. Dickey as he was helping a momma goat birth triplets. All three arrived safe and sound and I got my inner self restored waiting and watching the wonder of it all. We who live in the agriculture world take a lot for granted as we live it every day. It was so refreshing to see the new come into this old world. It appears that SPRING has arrived in Wyoming. Our little snows help with great moisture renewing the land and bring on the grass and flowers. I love this time of year and seeing all the new life when I'm driving home every afternoon. I wish I could share what I see daily with each and every one of you. We live in an amazing place.

With Spring and our reopening after the shutdown, there is a lot coming up for you to participate in and enjoy. We are enjoying hearing all the laughter and having people in the building and NOW WE NEED YOUR INPUT. This center is your center. We need to know what you'd like or if you have new ideas you'd like to try.

We have had numerous requests for support groups for a LOW VISION GROUP, GRIEF SHARE, ALZHEIMERS and more. Please know we are working on trying to set up new groups. If anyone is passionate about one or more of these topics and would be interested in facilitating a group, please let us know. We have also had other requests/opportunities for starting more new things. Please call us and weigh in on whether or not you would like to participate in any or all of the following. We need to gauge the interest to concentrate our efforts on what is important to you.

Suggestions have been:

· ART CLASS will begin again when the weather clears up and Sherry is comfortable with the traveling. Individuals can certainly always still come on their own and use the facility even though class is not going on currently

· FAST TRACK – We have women that would love to teach those interested in learning and playing this fun game

· BRIDGE – We are looking for someone that is qualified and willing to teach beginning players.

· TAI CHI FOR ARTHRITIS – Justin is going to training to facilitate two sessions of this great program in the next twelve months.

· AFTERNOON CRAFT, HOBBY ACTIVITIES AS A GROUP – The idea being for anyone interested to bring whatever they are working on, come to the center, socialize and share with others while working on their current project.

· HAND & FOOT – this died a little with COVID and people moving away. If we have players, we will continue. We just need to hear from you.

· 16 COUPLE PINOCHLE

· CRIBBAGE PLAYERS

Please consider the above and let us know how you feel. CALL and let us know what you are interested in. CALL 864-2151 as soon as possible and tell us what you want!

Word Search

Mother's Day

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

Advice
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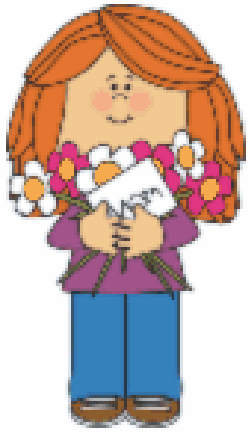
Gift
Grandma
Helpful
Home
Hug
Kiss
Love
Loving
Mother
Teacher
Thoughtful
Wise



Bingo

BINGO IS BACK!
Every Saturday from
6:15 p.m. - 9:00 p.m.

Riddles:

1) What was Memorial Day formerly known as?

2) What city hosts the oldest Memorial Day parade?

3) What year was Memorial Day first observed?

Find the answers on page 14

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SENIORS WELCOME

Hot Springs County Senior Center

invites you to our

Afternoon Mother's Day Tea

Saturday, May 8th
Tea time starts at 1:30 p.m.
Come join us for cold/hot tea, coffee and cookies!

Suggested attire for the occasion

- Spring dresses
- Hats
- Gloves and Pearls

Bring your BEST tea cup along and proudly show it off!

We will be giving out door prizes for **Best Dressed**, **Most Outstanding Hat** and **Best Tea Cup**

Come down to the Senior Center or call us at 864-2151 to reserve your tea spot today!

Upcoming Events

May 9th

Sunday, May 9th is the Nationally celebrated holiday of Mother's Day. Join us for lunch on Friday, May 7th to celebrate Mothers, Grandmothers and other motherly role models. The menu will be BBQ Pork Wings, squash, rolls, coleslaw and mixed fruit.

Sunday Brunch/Lunch
May 2nd, 2021

Doors open at 11:30 we will be serving from 12:00-1:00.
Come join us for a great meal!

We will be having Biscuits and Gravy, Eggs, Fresh Fruit and Juice.

Cody Shopping Trip
May 27th, 2021

We will leave the Senior Center at 8:00 a.m. and return later in the afternoon.
Suggested donation for the trip is $20.00. Come down to the Senior Center or call us at 864-2151 to reserve your seat!

Mystery Trip
May 19th, 2021

Stay tuned for more information on this weather permitting trip.
Sign up for the fun at the Senior Center!

Mystery Dinner
May 25th, 2021

Come enjoy dinner and laughs with us!
Sign up at the Senior Center!

Strap your party shoes on and help us celebrate our May Birthdays! If you see any of these people please wish them a Happy Birthday!

This Month's Birthdays

Al Walker 5
Ellen Mortimore 12
Trudi Brooks 15
Bill Moore 17
Lilly Seaton 31

The Truth and Joy of Aging - Gifted from Donna Lossner

I would never trade my amazing friends, my wonderful life or my loving family for less gray hair, or a smaller butt or a flatter belly. As I've aged, I've become kinder to myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garden on my patio. I am entitled to a treat, or to be messy, or to be extravagant.

I have seen to many dear friends leave this world to soon, before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 am and sleep until noon? I will dance with myself to that good music of the 40s and 50s, and if I, at the same time wish to weep over a lost love.. I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And eventually I remember the important things.

Sure, over the years my heart has been broken. How can your heart not be broken when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets run over by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broke is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to see my hair turning grey, and to have my youthful laugh be forever etched into deep grooves on my face.

As I get older, it is easier to be positive. I care less about what other people think, I don't question myself any more. I have even earned the right to be wrong. (once in a while). Sooo, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be, AND I will eat dessert every day! (if I feel like.)

DON'T FORGERT

The Senior Center will be CLOSED Monday May 31st for the Holiday

There will be NO BINGO on Saturday May 29th, 2021

Take a break and enjoy the Holiday!

Remember - our fallen heros. They are the reason that we are free.

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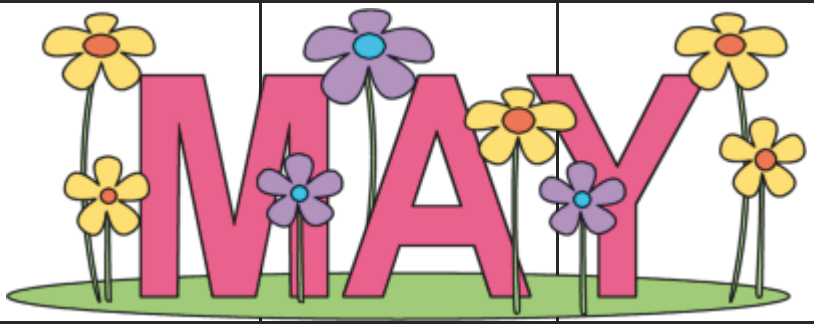
May — Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 **Sweet and Sour Pork** Rice Pilaf Brussel Sprouts Asian Salad Cake with Berries	4 **French Dip with Aujus** Potato Wedges Broccoli Craisin Salad Tropical Fruit Mix	5 **Chicken Alfredo** Beets Cranberry Sauce Bread Fruit Cocktail	6 **Beef and Spinach Wrap** Granola Bar Tomato Cucumber Salad Fresh Fruit	7 **BBQ Pork Wings** Baked Squash Rolls Coleslaw Mixed Fruit
10 **Taco Salad on Corn Chips** Peas and Carrots Bread Sticks Melon Cup Pudding	11 **BBQ Chicken** Cauliflower Macaroni Salad Corn Bread Fruit	12 **Chef Salad** Crackers Bread Strawberries and bananas Cookies	13 **Meatloaf with Gravy** Mac and Cheese Garden Veggies Apricots Pudding	14 **Chicken Cordon Bleu** Rice Asparagus Bread
17 **Deli Dog** Sauerkraut French Fries Russian Salad Apple Sauce Jello	18 **Baked Fish** Potato Wedges Bread Coleslaw Plums	19 **Beef Tips with Noodles** Broccoli Rolls Fruity Cherry Salad	20 **Pork Roast** Stuffing Mixed Veggies Roll Pumpkin Pie	21 **Chicken Spaghetti** Garlic Bread Green Beans Green Salad Oranges
24 **BBQ Pork Sandwich** Potato Salad Harvest Veggies Apricots Cookies	25 **Oven Fried Chicken** Mashed Potatoes with Gravy Beet Salad Mandarin Oranges Cake	26 **Beef Fajita** Spanish Rice Green Salad Peas and Carrots Grapes	27 **Patty Melt** French Fries Mixed Vegies Fresh Fruit	28 **Chicken Fried Steak** Mashed Potatoes with Gravy Garden Veggies Tomato Cucumber Salad Cherry Crisp
31 **Closed for the Holiday**				

May — Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Pinochle 6:00 Blood Drive 2:00-6:00	4 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30	5 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30	6 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30 VA Clinic 11:-00-2:00	7 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
10 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Pinochle 6:00	11 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Hand & Foot Card Game 12:30 **Project Council** **10:00**	12 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30	13 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Hand & Foot Card Game 12:30 **Golden Age Club** **10:00**	14 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
17 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Pinochle 6:00	18 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30	19 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Mystery Trip Bridge 12:30	20 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30 VA Clinic 11:-00-2:00	21 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
24 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Pinochle 6:00	25 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30 Mystery Dinner	26 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30	27 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Cody Shopping Trip 8:00-4:00 **Board of Directors** **4:00**	28 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
31 **Closed for the Holiday**				

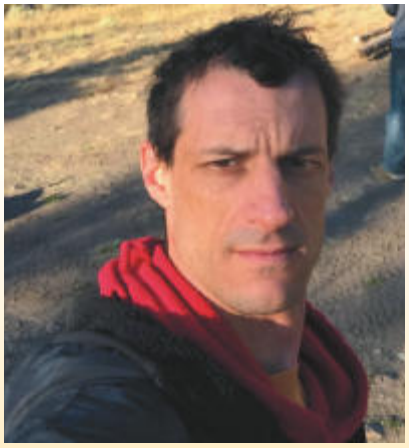
LOOKING FORWARD By Mary White

Oh, how I love this wonderful time of year! Our special Spring is waking up. The message is all around us. The birds are chirping and talking to one another and to us, too, if we just listen to their message of new birth and happiness as they build their nests and welcome their little ones. Soon the deer and their beautiful spotted babies will come visit, our buffalo moms will bring their babies into the world so we can go up to their pasture to meet them. Our early flowers are in bloom and it's time to plant our gardens. What a wonderful place and time we live in. We are aware of the problems of our country and the world, but we have each other and our center to help us appreciate how special it is to live here.

As always, good things are happening at our center, we're there every day for lunch, the games are in full swing, the pool room is busy. A group of us will pick our meals up and go picnic in the park. The volunteers are busy helping to keep things running smoothly. Our fun outings have begun, a bus load went to Svilars in Hudson for dinner on April 28th and are looking forward to many more happy dinners on the road all summer long. Shopping trips will be headed for Cody and Casper and I'm sure Trenda will schedule entertainment excursions for all of us to enjoy.

Don't stay home, our center is full of fun and caring people, come join us.

Updates from the Staff



Hey everyone,
As many of you are already well-aware, I have taken Shay's old position as Access Care Coordinator down here at the Senior Center and I just wanted to take this opportunity to say thank you to all of you that have been so warm in welcoming me to the team! I would love for you to come by and say hi, bringing any questions with you that you may have that I may be able to help with.
I would also like to take this time to remind you that there are always new programs coming out designed to help you through these COVID times and, as well, in your journey as seniors in our lovely community. Please stop by anytime to inquire, my door is always open! Looking forward to seeing you!
Justin Phipps ACC (Access Care Coordinator)

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Blast from the Past!

Senior Center Fun Facts from 1976

- An estimated crowd of over 1,000 people attended the grand opening on June 26, 1976.
- The address used to be 206 Railroad Avenue.
- Services offered at the time of opening were information and referral, outreach, transportation and escort, counseling, health guidance, screening and evaluation, immunization clinics, homemaker, chore, friendly visitor, telephone reassurance, housing assistance, recreational, continuing education, legal, employment, volunteer opportunities, advocacy and nutrition education.

Fun Facts Continued

- Hours of operation were from 9:00 a.m. to 5:00 p.m.
- The center was built with county revenue sharing funds.
- Entertainment was provided by the Senior Square Dancers under the direction of Orville Skinner, the Singing Swinging Seniors and the Clementine's under the direction of Al Clement and the Musical Mitchells.

10—Thermopolis Independent Record, July 1, 1976

Large Crowd Attends Senior Opening

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HAPPY BIRTHDAY COUPON

If you are sixty or older and have a birthday this month please bring this coupon to the HSC Senior Citizens Center for a FREE meal courtesy of Big Horn Federal.

NAME_____

BIRTH DATE _____

Answers:
1. Decoration Day
2. Doylestown, PA
3. 1868

Members that Make it Happen

Senior Center Staff

Trenda Moore- Director
Becky Mortimore-Secretary/Meals Coordinator
Justin Phipps- ACC
Pam Rangel- Bus Driver
Roberta Elwell- Homemaker
Emma Goffena- Homemaker
Stephanie Palu- Head Cook
Randi Miramontes- Kitchen Staff
Colleen Blakesley- Kitchen staff
Shannon McAlexander- Kitchen Staff
Todd Davis- Substitute Kitchen Staff
Ralph Worthey- Custodian
Desi Rangel- Office Assistant
Bob Seltzer-WSHIIP Volunteer

AND MANY, MANY MORE WONDERFUL VOLUNTEERS!

Board of Directors

Gary Holbert- Chairperson
John Lumley- 1st Vice Chairperson
Marty Oravec- 2nd Vice Chairperson
Nancy Brown- Secretary
Cheryl Shero- Treasurer
Butch Hendrickson
Gary O'Brien
Barb Vietti
Ray Shaffer

The Monthly Meeting for the Board of Directors is the 4th Thursday at 4:00pm

Project Council

Joanne Holbert- Co-Chairperson
Trudi Brooks- Co-Chairperson
Roxie Braley- 1st Secretary
Marilyn Matthews
Mary White
Jackie Novakovich
Joan LaFave
Mary Wojciechowski

Project Council meets monthly on the 2nd Tuesday at 10:00am

Golden Age Club

John Brooks III- Chairperson
Virginia Odde- Vice Chairperson
Roxie Braley- Secretary
Trudi Brooks- Treasurer
Beverly Ward
Jackie Novakovich
Mike Chimenti
Frank Toth
Carolyn Spann

The Golden Age Club meets monthly on the 2nd Thursday at 10:00am

Hot Springs County Senior Citizens Center, Inc.

P.O. Box 747

Thermopolis, WY 82443

Phone:

307-864-2151

Fax:

307-200-4186

Email:

hscsr1@live.com

Website:

www.hscseniorctr.com

Our Vision

Our vision is to preserve, enhance and stabilize the quality of senior life, to maintain dignity and independence for older adults, and to promote a community in which we all age well.

Our Mission

Provide a variety of activities, services and opportunities for participation, learning and socialization to older individuals, to help them retain their personal skills and diminish stress, to help them remain independent in their own homes and communities for as long as safely possible, thereby reducing the financial and emotional burdens to their loved ones and the state.

Hot Springs County

Senior Citizens Center, Inc.

P.O. Box 747

Thermopolis, WY 82443