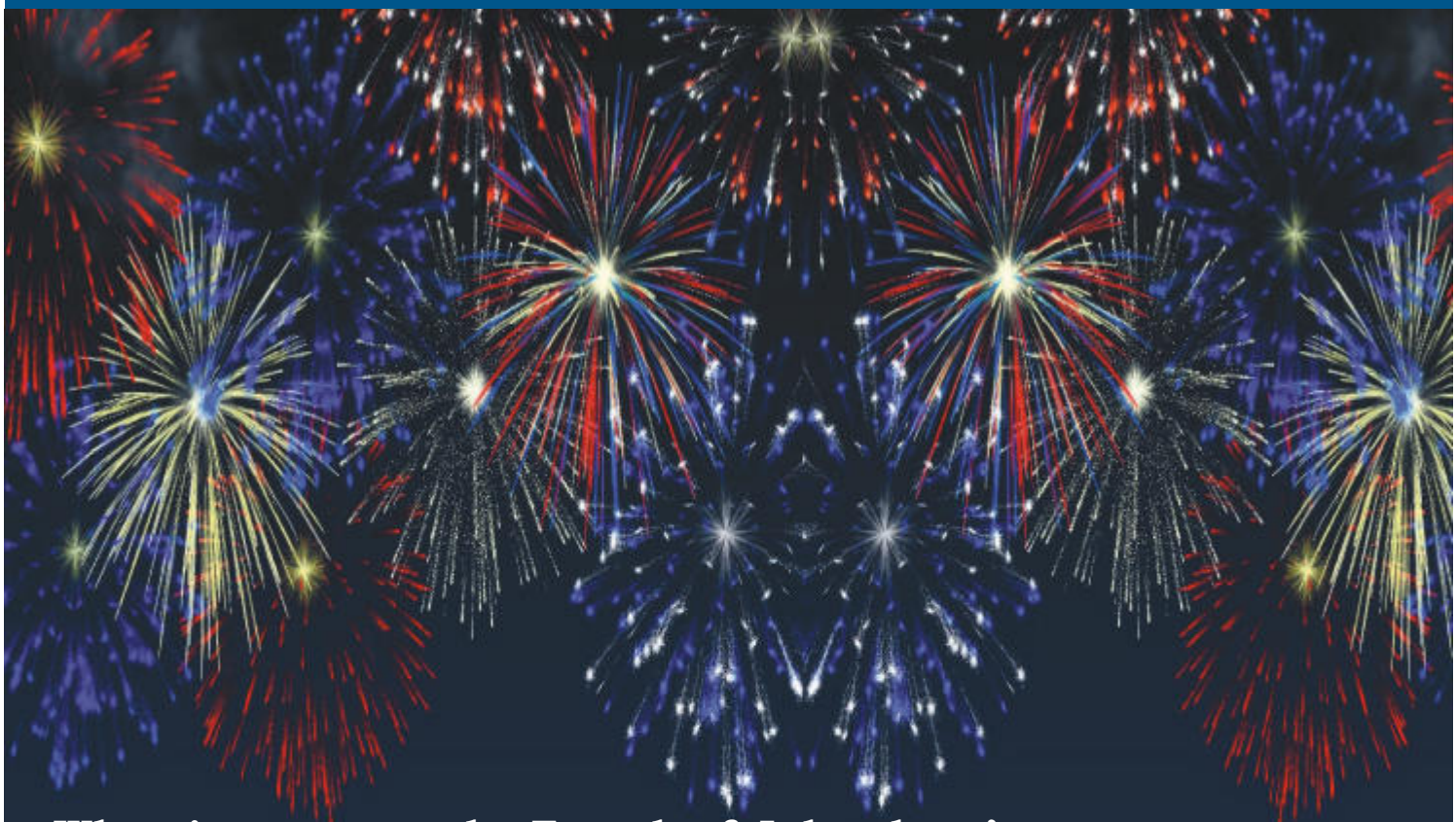
July 2021 | Issue 5: Volume 3 | Hot Springs County Senior Center

Happy 4th of July



When it comes to the Fourth of July, there's no wrong way to celebrate. Some people venture into big cities to see fireworks set on a grand scale and some venture no further than their backyard patios where they sit around coolers of beer, setting off sparklers with friends and family. And in some parts of the United States, entire towns come together to celebrate Independence Day in a big way. Come celebrate with us on July 2nd during our lunch hour with Cheeseburgers, Macaroni Salad, Garden Bounty Salad, Peaches and Cookies.

Word Search

Fourth of July

WORD SEARCH

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

United States	Independence	Revolution	Fireworks
Liberty	America	Freedom	Picnic
States	Stars	Flag	Patriotic
Parade	Flag	Summer	July

Bingo

BINGO
Every Saturday
Doors open at 6:15 p.m.

Riddles:

1) What's the capital in Washington?

2) What do you call a snowman in July?

3) What did one flag say to another?

Find the answers on page 14

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Hot Springs City Senior, Thermopolis, WY A 4C 05-1087

Planter Box Fundraiser

Handmade planter boxes are currently being made!
$75 for 2'X4'X32"H
$65 for 20"X40"X32"

Don't forget your compost with your planter too! We have bags of it for sale - 80/20 mix or 50/50 mix.
$12.50 per bag or $10 when you buy a planter!
Courtesy of Chad at SoilLife in Greybull!

- Covered sand boxes are made when ordered. Prices vary per project.
- Bird houses are $25.
- If you'd like to order, please call us!

HSC Senior Center 864-2151

Corn Hole Board Fundraiser

Handmade Corn Hole Boards are being made!

8 bean bags are included

Price - $250

We are taking custom orders!! If you'd like to order one, please call the Senior Center!

We also have a Washer Toss for sale for $125

Upcoming Events

July 2nd

On Friday, July 2nd please join us for our Independence Day lunch celebration at the Senior Center. Head down for lunch from 11:30-1:00. We will be serving Cheeseburgers, Macaroni Salad, Garden Bounty Salad, Peaches & Cookies.

Mystery Trip #2 - July 15th, 2021

Come with us to a surprise location for a fun filled day! Bus leaves the center at 8 a.m. Cost is $20 & lunch is not included.

Hungry Bear Dinner Trip - July 20th, 2021

Come enjoy dinner and laughs with us! We will leave the Center at 3:30 p.m. Cost of the trip is $20. Come on down to reserve your seat!

Medicine Wheel Trip - July 21st, 2021

Come with us to see Medicine Wheel in the Big Horn Mountains and enjoy the beautiful scenery! Bus leaves the center at 8 a.m. Cost for the trip is $25 & lunch is included!

Cody Shopping Trip-July 22nd, 2021

We will leave the Senior Center at 8 a.m. and return later in the afternoon. Come down to the Center to reserve your seat before they fill up! Cost is $20 & lunch is on you!

Mystery Trip #3 - July 29th, 2021

Come with us again to a surprise location! We will leave the center at 8 a.m. Cost is $15 & lunch is not included.

Events Coming Up in the Next Months

August 5th: Wyoming Roadhouse Dinner in Cody

August 28th: Triple C Concert in the State Park

September 10th-20th: San Antonio, Texas motorcoach trip

This summer: Stay tuned for an out of town overnight trip!

September: We'll be having some dinner trips and a mystery trip so stay tuned for more details!

Strap your party shoes on and help us celebrate our July Birthdays!

If you see any of these people please wish them a Happy Birthday!

This Month's Birthdays

George Kelly 5
Owaeta Martin 5
Butch Hendrickson 6
Lloyd LaFave 7
Gretchen Muir 8
Marilyn Strausborger 8
James Capelle 10
Kathy O'Brien 12
Carol Bivens 12
Ed Hausauer 13
Triss Herrington 14
Jerry Wells 15
Jim Larson 16
Ed Eberbach 19
Joan LaFave 19
Jerimie Kraushaar 20
Karen Marshall 21
Jerry Deromedi 22
Victor Ohrmund 26
Valerie Williams 28
Barb Vietti 29
Kathrine Van Osten 29
Mike Stevens 30

National Day of the Cowboy

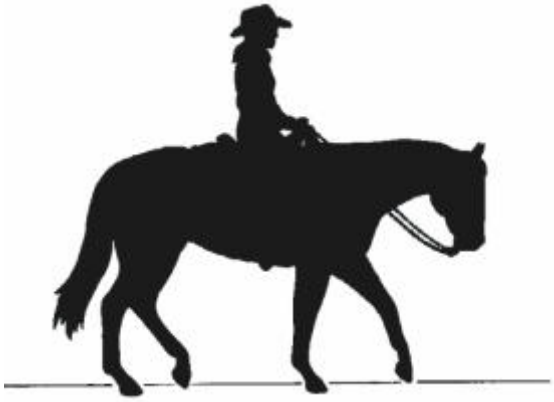
This year the National Day of the Cowboy lands on July 24th. It wouldn't be too outlandish to say that the National Day of the Cowboy movement got its real start when ranchers and cowhands first started working herds in the American West before all 50 states were even formed. Roping and riding, herding cattle on horseback, living by the lariat on your saddle horn, and camping under a big, starry American sky—these things were integral to the American cowboy experience.

In 2005, the organization National Day of the Cowboy (NDOC) sponsored a bill in the Wyoming House and Senate to preserve and celebrate cowboy culture and history in that state, attaching an eponymous holiday to be observed on the fourth Saturday in July. The bill passed and, since then, other states have passed NDOC in their legislatures. As of the end of July 2019, 15 states had passed the bill.

Since the beginning of NDOC's political campaigning, they've raised awareness and enthusiasm for things like rodeos, cowboy history museums, and county fairs featuring roping demonstrations to make sure the cowboy image never dies.

In 1872, the first organized rodeo was held in Cheyenne, Wyoming. Four years later in 1876, Glur's Tavern opened in Columbus, Nebraska which was the first of its kind west of the Mississippi River.

To participate in the National Day of the Cowboy, you could attend a rodeo, study cowboy culture or web surf cowboy-themed things. One things for sure, the cowboy culture today is about tough and committed people who have 'true grit!'



DON'T FORGET

The Senior Center will be

CLOSED

Monday July 5th for the Holiday

There will be NO BINGO on Saturday July 3rd, 2021

Take a break and enjoy the Holiday!

Canyon Village & Hot Springs Senior Apartments
103 South D Avenue
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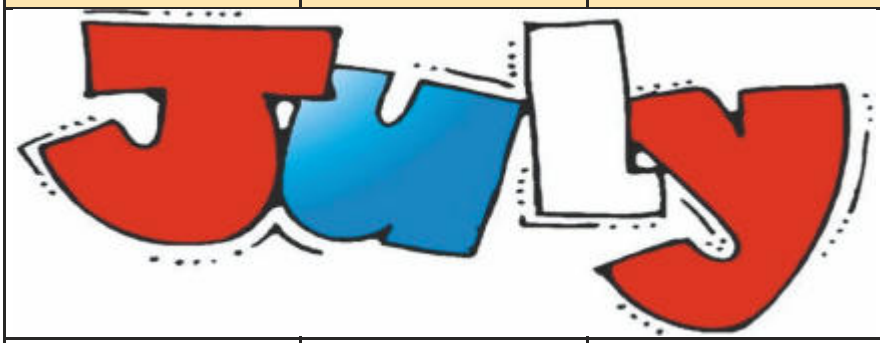
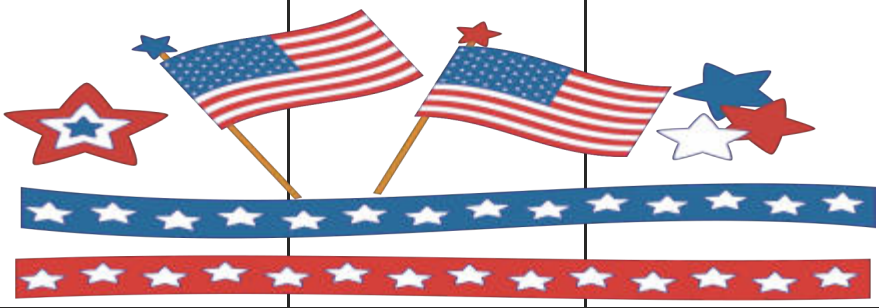
July — Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			**1** **Swedish Meatballs over Noodles** Brussel Sprouts Carrot Sticks Rolls Peaches	**2** **Cheeseburger** Lettuce, Tomato, Onion & Pickle Macaroni Salad Garden Bounty Salad Peaches Cookies
	6 **Baked Fish** Potato Wedges Bread Coleslaw Celery Sticks Plums	**7** **Chicken Cordon Bleu** Rice Pilaf Asparagus Bread Ice Cream	**8** **Biscuits & Sausage Gravy** Scrambled Eggs Oatmeal Juice Fresh Fruit	**9** **Chicken Fried Steak** Mashed Potatoes with Gravy Garden Veggies Cucumber Tomato Salad Cherry Crisp
12 **Chicken Strips with Sauces** French Fries Pickled Beets with Onion Apples	**13** **Beef Stroganoff over Noodles** Country Veggies Rolls Coleslaw Fruity Jello	**14** **Beef & Spinach Wraps** Granola Bar Tomato Cucumber Salad Fresh Fruit	**15** **Taco Salad on Corn Chips** Peas & Carrots Bread Sticks Melon Cup Pudding	**16** **Chicken Spaghetti** Garlic Bread Broccoli Green Salad Oranges
19 **Deli Dog** Sauerkraut French Fries Russian Salad Apple Sauce Jello	**20** **Turkey Club on Bun** Potato Salad Mixed Green Salad Fruit Cup Cake 	**21** **BBQ Chicken** Cauliflower Macaroni Salad Corn Bread Fruit	**22** **Sweet & Sour Pork** Rice Pilaf Green Beans Asian Salad Angel Food Cake w/ Berries	**23** **Chicken Enchiladas** Peas & Onions Lettuce Tomato Salad Tropical Fruit Brownies
26 **Fish & Chips** Green Beans Creamy Coleslaw Pineapple Tapioca Pudding	**27** **Chef Salad** Carrot Sticks Crackers Bread Strawberries & Bananas Cookies	**28** **Tacos (Soft Shell)** Spanish Rice Mixed Relish Tray Fluffy Fruit Cup	**29** **Oven Fried Chicken** Mashed Potatoes with Gravy Beet Salad Mandarin Oranges Cake	**30** **Spaghetti with Meat Sauce** Green Beans Garden Salad Garlic Rolls Peachy Pudding Juice

July — Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30	2 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
	6 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30	7 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 Craft Day 9:00-11:00	8 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 **Golden Age Club 10:00** **VA Clinic 11:00-2:00**	9 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
12 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**	13 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**	14 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 Craft Day 9:00-11:00	15 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30 **Mystery Trip #2**	16 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
19 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Pinochle 6:00	20 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 **Hungry Bear Dinner Trip Birthday Party 11:30**	21 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Bridge 12:30 Craft Day 9:00-11:00 **Medicine Wheel Trip**	22 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**	23 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
26 Pool Players 8:00-4:00 Shopping 8:15-11:00 and 12:30-3:00 Pinochle 6:00	27 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30	28 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 Craft Day 9:00-11:00	29 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Hand & Foot Card Game 12:30 **Mystery Trip #3**	30 Pool Players 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00

This Day in History

July 1, 1881: The World's first international telephone call occurs between the U.S. & Canada.

July 2, 1937: Amelia Earhart's plane disappears while attempting to make the first round-the-world flight at the equator.

July 3, 1806: The first cultivated strawberry is displayed by Michael Kent.

July 4, 1776: The Declaration of Independence was approved by the Continental Congress.

July 5, 1865: William Booth & his wife Catherine established the Christian Mission, later known as the Salvation Army in 1878.

July 6, 1785: The Dollar becomes the monetary unit for the U.S.

July 7, 1928: Sliced bread was sold for the first time, by the Chillicothe Baking Company of Chillicothe, Missouri.

July 8, 1800: Dr. Benjamin Waterhouse gave the smallpox vaccination to his son, Daniel. It was performed in the U.S., using cowpox serum to prevent smallpox.

July 9, 1815: The first developed natural gas well in the U.S. was discovered at Burning Springs well near Charleston, West Virginia.

July 10, 1890: Wyoming became the 44th state.

July 11, 1792: Robert Bailey Thomas publishes the first issue of the Farmer's Almanac. It is now called the "Old Farmer's Almanac."

July 12, 1933: Congress passes the first minimum wage law in the U.S. at 0.33 cents per hour.

July 13, 1908: For the first time in the modern Olympics, women were able to compete.

July 14, 1789: The fall of the Bastille occurred at the beginning of the French Revolution.

July 15, 1870: Georgia became the last of the Confederate states to be readmitted to the Union.

July 16, 1790: The District of Columbia was established as the capital of the United States with the Residence Act.

July 17, 1955: Walt Disney's Disneyland opens in Anaheim, California.

July 18, 1976: Nadia Comaneci became the first person in Olympic Games history to score a perfect 10 in gymnastics at the Summer Olympics.

July 19, 1848: A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

July 20, 1969: American astronauts Neil Armstrong and Edwin "Buzz" Aldrin became the first humans to ever land on the moon with the Apollo 11 mission.

July 21, 1873: Near Adair, Iowa, Jesse James and the James-Younger Gang pulled off the first successful train robbery in the 'American Old West.'

July 22, 1587: A second group of English settlers arrived on Roanoke Island off North Carolina to re-establish the deserted colony.

July 23, 1999: Air Force Colonel Eileen M. Collins becomes the first woman to command a space shuttle.

July 24, 1832: The first wagon train makes it across the Rocky Mountains led by Benjamin Bonneville.

July 25, 1952: Puerto Rico became a self-governing commonwealth of the U.S.

July 26, 1775: Benjamin Franklin became the first Postmaster General.

July 27, 1953: The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea. The war lasted just over three years.

July 28, 1914: World War I began.

July 29, 1954: The Fellowship of the Ring, the first part of The Lord of the Rings Trilogy, is published.

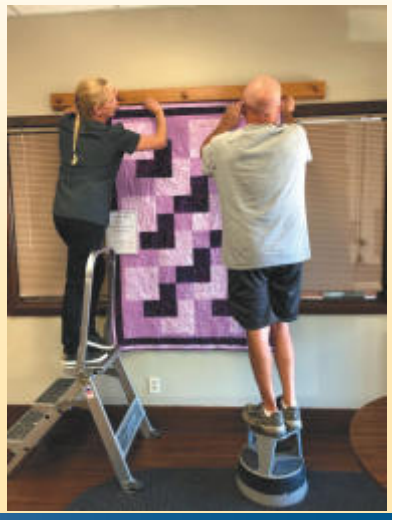
July 30, 1965: U.S. President Lyndon B. Johnson signed the Social Security Act of 1965 into law, establishing Medicare and Medicaid.

July 31, 1790: The U.S. Patent Office first opened its doors. The first U.S. paten was issued to Samuel Hopkins of Vermont for a new method of making pearlash and potash. The patent was signed by George Washington and Thomas Jefferson.

Upcoming Quilt Auction

Stay tuned for more information on an upcoming quilt auction we're going to have! The ones below are just a taste of all the beautiful quilts we have!

Gary and Emma are working hard together to get one of the quilts up for a picture!



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Dinner Trip to Svilar's

We've been busy with trips the last few months! On April 28th, we took a trip Svilar's in Hudson to enjoy their delicious dinner! On May 25th, we had a Mystery Dinner trip to Asian Cuisine in Worland! On June 2nd, we had our first Mystery Trip of the year! We went to Elephant Head Lodge between Cody and Yellowstone where they enjoyed the gorgeous scenery and ate a sack lunch on the patio at the Lodge!

Mystery Dinner Trip to Asian Cuisine

Mystery Trip #1 to Elephant Head Lodge

Sponsor Highlight

Vicklund Pharmacy is an independent and locally owned pharmacy, serving Hot Spring County since 1987. We offer: immunizations, deliveries, med synchronization, Medicare D-plan comparisons, medication therapy management and we accept all insurance plans. We separate ourselves from the larger chain and mail order pharmacies, by offering exceptional customer service and ensuring your health is our top priority. We greatly appreciate our current customer's business. If you haven't been to Vicklund Pharmacy – stop by today – we are confident we can make your pharmacy experience better.

Tony Deromedi – Owner
307-864-2369

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. W
2. A puddle
3. Nothing. It just waved!

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150 E. Arapahoe St. Thermopolis
307-864-3121

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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
Tina Romero- Homemaker
Stephanie Palu- Head Cook
Colleen Blakesley- Kitchen staff
Mark Thomas- 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 - 206 Senior Ave

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