



January 2022 | Issue 5: Volume 9 | Hot Springs County Senior Center

Old Friends & New Beginnings By: Mary White

Yesterday I received a Christmas card from my oldest friend, not oldest in age, but longest in our friendship. Our friendship began 57 years ago when our oldest kids were 3 years old and has endured through happy times, hardships, and long distances, always in each other's thoughts. Her card included a long handwritten letter, something I haven't done since I got my first word processor and printer. Because of old age and lack of use, my handwriting is terrible, but I tackled my very own handwritten reply. Definitely not pretty, but legible, so wonderful to continue our very long friendship.

Yesterday, I also spent an hour with my very best Thermopolis friend, my soul sister who is always there for me, through good times and sad, been here for me for the past 20 years. Sometimes picks on me, takes care of me, listens to me, laughs with me and tries to boss me around. We are definitely two peas in a pod and just who bosses who? We have a wonderful circle of friends at the center that we enjoy most every day at lunch and during the activities we take part in. I so enjoy our girls' Friday nights out for dinner.

We have suffered the loss of many friends and beloved family members, but our lives continue and we have much to love and to be grateful for.

The New Year is upon us, time for new beginnings and changing our dreams into reality. Because I was down and out of it for almost two weeks, I watched too much of the happenings in a world that is foreign to all of us who live in and love our wonderful Wyoming. We can not and will not be forced to succumb to the anger, hatred and lawlessness in that world. We will continue to help one another, give to those who need us, celebrate being Americans and share our pride in being part of our much loved community.

HAPPY NEW YEAR ALL MY FRIENDS OLD AND NEW!!



NEW YEAR'S EVE

WORD SEARCH

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

BALLOONS
CALENDAR
CELEBRATE
CHEERS
CLOCK

CONFETTI
COUNTDOWN
GOALS
HAPPY
JANUARY

MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY
RESOLUTION



Bingo

BINGO

Every Saturday

Doors open at 5:15 p.m.

Play starts at
6:00 p.m.



There will be **NO BINGO** on
Saturday January 1st, 2022

Enjoy the Holiday!

Riddles:

- 1) What is cold and bites but has no teeth?
- 2) What kind of bicycle does a penguin ride?
- 3) What happens when a baby snowman has a temper tantrum?

Find the answers on page 14



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SENIORS WELCOME

A graphic with the text "support our ADVERTISERS" in a blue and white color scheme. The background features a stylized illustration of a community center or senior center with people walking and a bicycle.

Motorcoach Trips

HOT SPRINGS COUNTY SENIOR CENTER PRESENTS

San Antonio, TX



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 10 nights lodging including 4 consecutive nights in the San Antonio area
- ◆ 18 meals: 10 breakfasts and 8 dinners
- ◆ Guided Tour of San Antonio
- ◆ Cruise at San Antonio's famous River Walk District
- ◆ Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO...The Price of Freedom"
- ◆ Visit to the Institute of Texan Cultures and San Antonio Missions
- ◆ Tour of the LBJ Ranch

For more pictures, video and information visit:
www.GroupTrips.com/HotSpringsCounty

\$1114 *

11 DAYS 10 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Fri - Mon)

April 22 - May 2

2022



Stand where history
took place at the Alamo



Departure: Hot Springs County Senior Center, 206 Senior Ave, Thermopolis, WY @ 8 am

HOT SPRINGS COUNTY SENIOR CENTER PRESENTS

Mount Rushmore & the Black Hills of South Dakota



INCREDIBLE PRICE INCLUDES:

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- ◆ Tour of Wildlife Loop Road at Custer State Park
- ◆ Admission to the Unique Journey Museum
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- ◆ Visit to the amazing Crazy Horse Memorial

For more pictures, video and information visit:
www.GroupTrips.com/HotSpringsCounty

\$599 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

May

16 - 20, 2022



U.S. Presidents
immortalized in stone at
Mt. Rushmore

Departure: Hot Springs County Senior Center, 206 Senior Ave, Thermopolis, WY @ 8 am

Upcoming Events

Sunday Brunch Schedule for January 2022

January 9th - Breakfast Burrito, Eggs, Sausage, Cheese, Fresh Fruit & Juice

January 16th - Deli Dog on Bun, Sauerkraut, Fries, Salad, Carrot Sticks & Apple Sauce Jello

January 23rd - Biscuits & Sausage Gravy, Scrambled Eggs, Fresh Fruit & Juice

January 30th - Chicken Strips with Sauces, Fries, Pickled Beets with Onion & Fresh Fruit

Blood Drive - January 10th, 2022

Blood drive at the Center from 2:00 p.m. - 6:00 p.m.
Call Melene at 240-1414 to make an appointment!



Cody Shopping Trip January 11th, 2022

We will leave the Senior Center at 8 a.m. & 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!

Thank you Conni Taylor for the wonderful drawing!

VA Clinic - January 13th, 2022

Brad Cline will be here from 11:00 a.m. - 2:00 p.m. to assist any Veterans with help they may need.

Elks Lodge Dinner Trip - January 25th, 2022

Come with us to Worland while we eat at the Elk's Lodge! Trip costs \$10 & dinner is on you! Call us to get signed up today! 307-864-2151

**ALL OUTINGS ARE SUBJECT TO BE CHANGED OR
CANCELLED DUE TO INCLEMENT WEATHER!**

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



This Month's Birthdays

Sue Blakey 1
Bev Ward 2
Wedge Taylor 3
David Peake 4
Rex Clothier 7
Mary Baker 8
Robin Hourie 9
Sandi Bills 14
Latrell Stevens 15
Nancy Haynes 16
Irene Bruckner 17
Marge Worster 17
Leo Hammond 19
Barb BJORHUS 21
Celeste Waugh 25
Sandra Ornsbey 25
Mike Kelley 26
Rob Hiser 27
Terry Lackey 28
Judy Kenast 28
Frank Skeen 29
Pam Rangel 31
Teri Gergen 31

2022 Blood Drive



**WE ARE
ALL VITAL**

2022 Thermopolis Community Blood Drive Dates

| | |
|------------------------------|---------------|
| Monday, January 10th, 2022 | 2:00pm-6:00pm |
| Monday, March 7th, 2022 | 2:00pm-6:00pm |
| Monday, May 9th, 2022 | 2:00pm-6:00pm |
| Monday, July 11th, 2022 | 2:00pm-6:00pm |
| Monday, September 12th, 2022 | 2:00pm-6:00pm |
| Monday, November 7th, 2022 | 2:00pm-6:00pm |

- Blood Drives are at the Thermopolis Senior Citizens Center:
206 Senior Avenue
- Times & location may change without notice. Please verify the times of the drives when making your appointment.

To make your appointment, call Melene Mierzejewski at 307-240-1414, or go online to bloodhero.com sponsor code: **thermopolis**

vitalant  Call us today at 877-25-VITAL
(877-258-4825)

Important Info from our Director!

Golden Age Club dues are due again beginning 1/1/2022. Please pay Desi or Trena! Dues are \$5 per year or \$50 for a lifetime membership. Their annual meeting will be held tentatively on 1/13/2022 at 1:15 p.m. Congratulations Brenda Boren for winning the Big Blackout last month in Bingo! To all you wonderful volunteers for GAC Bingo, you are the BEST! THANK YOU FOR ALL YOU DO!

MACK'S MARKET! THANK YOU!
THANK YOU! THANK YOU! Eric, you will never know how many lives you touched & folks you helped this holiday season here at the Center! We want everyone to know how generous you were. If you see Eric in the store, please tell him thanks for his generosity & gifting this year for the holidays!

A BIG thank you to all of our donors who wish to remain anonymous. YOU KNOW WHO YOU ARE! We understand you not wanting to be recognized, but STILL, you NEED to know how much we appreciate you! If you could only see what we see when the lives of seniors are touched!!

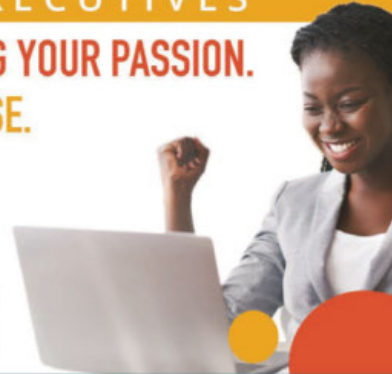
Hot Springs County Senior Center | 7

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

January — Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| Beef Stew 3 Onion Cheese Rolls Cottage Cheese w/ Peaches Raspberry Bar Grape Juice | Chicken Enchiladas 4 Ranch Style Beans Lettuce Tomato Salad Tropical Fruit Brownies | Beef & Spinach Wraps 5 Potato Salad Granola Bar Carrot & Celery Sticks Fresh Fruit | Chicken Stir Fry 6 Veggies over Brown Rice Asian Salad Pears Cookies | Pork Ribs 7 Baked Squash Creamy Coleslaw Wheat Rolls Fruit Mix |
| Turkey Club Sandwich 10 Potato Salad Mixed Green Salad Tropical Fruit Brownies | Beef Stroganoff over Noodles 11 Corn Wheat Rolls Lettuce Salad Fruit Cup | Baked Fish 12 Red Potatoes Three Bean Salad Cabbage Apple Salad Yellow Cake w/ Frosting Grapefruit | Tomato Dill Soup 13 1/2 Tuna Salad Sandwich Russian Salad Tropical Fruit Oatmeal Raisin Cookies | Salisbury Steak w/ Gravy 14 Baked Potatoes Bean Blend Veggies Mandarin Spinach Salad Blueberry Buckle |
| Chicken Alfredo 17 Beets Cranberry Sauce Wheat Bread Fruit Cocktail | Chili 18 Cheese Stick Garden Bounty Salad Cinnamon Roll Fruit Mix | Sweet & Sour Pork 19 Brown Rice Green Beans Asian Salad Angel Food Cake w/ Berries | Sloppy Joes 20 Mixed Veggies Garden Veggie Salad Fruit & Marshmallow Cup | Baked Chicken 21 Mashed Potatoes w/ Gravy Asian Blend Veggies Wheat Rolls Russian Salad Apricot Crisp |
| Breaded Fish 24 Baked Squash Spring Blend Veggies Spinach Bread Fruit Parfait | Chef Salad 25 Carrot Sticks Crackers Bread Strawberries & Bananas Cookies | Swedish Meatballs 26 Mashed Potatoes Cooked Carrots Wheat Roll Peach Whip | Oven Fried Chicken 27 Mashed Potatoes w/ Gravy Beet Salad Mandarin Oranges Cake | Lasagna 28 Italian Veggies Mixed Green Salad Garlic Roll Strawberry Rhubarb Crisp |
| Chicken Noodle Soup 31 Greek Relish Tray Wheat Rolls Blueberry Crisp Oranges | Our menu is subject to change without notice. 1 serving of milk is served daily. |  | |  |

January — Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Pool Players 8:00-4:00 ³ Shopping 8:15-11:00 12:30-3:00 Pinochle 6:00 Ladies Support Group 1:00 | Pool Players 8:00-4:00 ⁴ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 | Pool Players 8:00-4:00 ⁵ Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ⁶ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 | Pool Players 8:00-4:00 ⁷ Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00 |
| Shopping 8:15-11:00 ¹⁰ 12:30-3:00 Pinochle 6:00 Ladies Support Group 1:00 Blood Drive 2:00-6:00 | Pool Players 8:00-4:00 ¹¹ Shopping 12:30-3:00 Project Council 10:00 Tai Chi 9:00-10:00 Cody Shopping Trip | Pool Players 8:00-4:00 ¹² Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ¹³ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 Golden Age 10:00 VA Clinic 11-2 | Pool Players 8:00-4:00 ¹⁴ Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00 |
| Pool Players 8:00-4:00 ¹⁷ Shopping 8:15-11:00 12:30-3:00 Pinochle 6:00 Ladies Support Group 1:00 | Pool Players 8:00-4:00 ¹⁸ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 | Pool Players 8:00-4:00 ¹⁹ Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ²⁰ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 | Pool Players 8:00-4:00 ²¹ Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00 |
| Pool Players 8:00-4:00 ²⁴ Shopping 8:15-11:00 12:30-3:00 Pinochle 6:00 Ladies Support Group 1:00 | Pool Players 8:00-4:00 ²⁵ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 Elks Lodge Dinner Trip | Pool Players 8:00-4:00 ²⁶ Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ²⁷ Shopping 8:15-11:00 12:30-3:00 Tai Chi 9:00-10:00 Board of Directors 4 pm | Pool Players 8:00-4:00 ²⁸ Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00 |
| Pool Players 8:00-4:00 ³¹ Shopping 8:15-11:00 12:30-3:00 Pinochle 6:00 Ladies Support Group 1:00 |  | |  | |

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We at Paintbrush Dental appreciate all seniors and understand the complexities you face. We provide quality, comprehensive dental and oral care to the town of Thermopolis and its surrounding areas. Our Dentists are dedicated to giving complete affordable care to every patient.

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Here at Thermopolis Rehabilitation, we are focused on promoting health and improving quality of life. Through a full spectrum of highly-skilled nursing care, physician driven programs, and specialty services, our patients and families receive complete and comprehensive care.

Whether you are in need of short-term rehabilitation or long-term care, we want to empower you to meet your goals and regain your quality of life. Our goal is not only to help you recover and return home, but also to prevent future complications through education and enhanced well-being. We focus on maximizing your functional abilities so you will



be stronger, more confident, and able to care for yourself as independently as possible.

Vicklund Pharmacy is an independent and locally owned pharmacy, serving Hot Springs 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



In 1945, the local Eastman Mortuary was purchased by Max E. Mortimore (later being incorporated as Mortimore Funeral Home). He built Mortimore Funeral Home in 1950 where he and his wife, Virginia, resided until the time of his death in 1988. Their son, Clark, joined the firm in 1959 after attending the San Francisco College of Mortuary Science.

Clark & Ellen's son, Mike, came "on board" in 1986 and son Mark, joined in 1987 after graduating from San Francisco College of Mortuary Science. With the purchase of the funeral home in 1945, an ambulance service was included. At that time it was common for ambulances to be operated by morticians, using a hearse as the ambulance. Following WWII, Mortimore was one of the first to use a station wagon and one of the first to use utility vehicles for the same purpose. Clark retired from the board after 28 years of service & was County Coroner for 51 years. Clark died in 2014 & the business is now operated by his wife, Ellen, & sons, Mike & Mark. Mortimore Ambulance Service has three fully certified ambulances. Affiliated with Hot Springs Health since 1980's, 14 EMT's with an average of 400 calls a year.

Mortimore Funeral Home

THANK YOU TO OUR SPONSORS!

HSCMH has been committed to quality health and healing since opening its doors in 1958. We understand that outstanding care is more than just medicine; it's treating each individual & their family with the care and respect they expect & deserve. Our state-of-the-art technology & dedicated healthcare professionals are here to serve you.

We are embarking on a new chapter of healthcare in our county. Our partnership with our community has been strengthened & reaffirmed with the current work to improve our facility so we are able to continue to provide for your care well into the future. We are fortunate to be nestled on the grounds of our State Park, an oasis in Wyoming. Our new values spell out the word OASIS; by definition a place where you can find safety, sustenance & a pleasant change from the usual. My hope is that you find

your OASIS here at HSCMH!

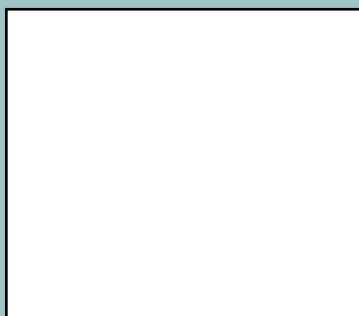


We are a senior and disabled apartment community. Our apartments are all on ground level. We have one-bedroom units, as well as efficiency units. All units are equipped with a kitchenette that has an electric stove and refrigerator. We are a section 8 based project which means your rent is based on 30% of your income. We are here Monday through Friday from 9:00 AM to 3:00 PM. We welcome you to come in and tour our community and look forward to meeting you.



Sincerely,
Lynne Mesenbrink-
Canyon Village Manager

Hot Springs County Senior Center | 11



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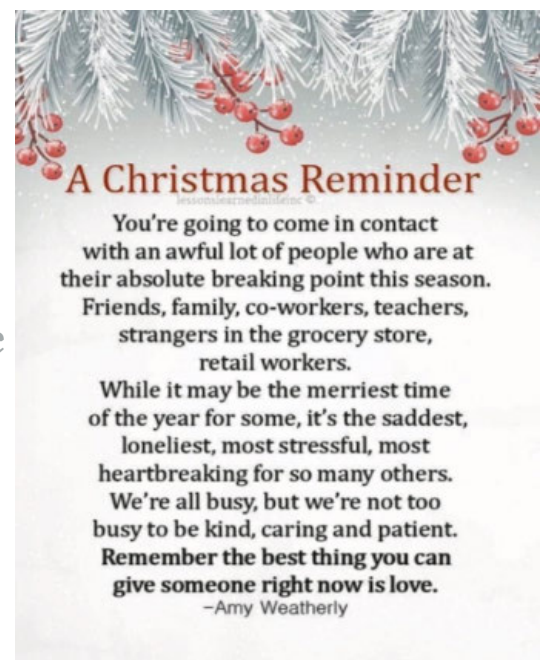


Who is she? I remember the day in May when she first came into the center. Her smile and never met a stranger attitude instantly made her a member of our senior community. Liz has been at the center almost every day to visit, to participate and to enjoy lunch with her new found friends. But, where did she come from? Well, she's a little hard to track, she's been a little bit of everywhere over the 77 years of her life. She was born in Springerville, Arizona, family moved to Kittredge, Colorado, then onto

Denver and finally to California where she lived for 25 years. She married, was blessed with four children then was divorced when she was 33. She raised her children and had a successful career in Hi Tech sales all around the Silicon Valley of California until she retired in 2002. Somewhere along the way in 1996, she purchased her very own boat which she truly enjoyed. This youthful friend has also welcomed six grandchildren and three great grandchildren into her life.

When she retired, she bought a home in Pioneer, California. She made the decision to leave because she could not longer be comfortable with the life style that had become part of the way of life in California. She moved to Cheyenne in 2020, lived there for seven months then made her way "home" to Thermopolis.

Liz is a big supporter of our Senior Center, she participates in many of the activities, especially enjoys all the day trips and the opportunity to be with and enjoy the other seniors. She loves to chat, so stop by her table any day and visit.



Important Ramblings from Trena

It is hard to believe that another year is over and we're starting fresh. 2021 proved to be interesting & at times very challenging. It is my sincere hope what we do here made a difference for each of you in some way. I also hope that 2022 will be much better and that we accomplish our goals set for this year. 2022 brings us 365 new opportunities to help our seniors. There are plans in place to introduce new & fun activities adding to our daily schedules. Tai Chi has proven to be very successful & begins again on January 4th. It is wonderful having the bridge players back in our fold and our pool players laughing & having fun regularly. Please watch our Facebook page & website for any new notifications. **WHEN YOU SEE THINGS NEW ON FACEBOOK, PLEASE LIKE AND SHARE IT.** Reaching more people is the name of the game.

Some new programs such as the ERAP program are already in place & helping people. This is particularly for renters. Once you are approved for this service you can apply for the Housing Stability Services. Funds aimed to help people stay in their homes longer. Support for qualifying seniors & individuals with disabilities through grants administered through DFS & the Aging Division. Home Modifications, Trailer/Mobile Home Repairs, Homemaking Services, Personal Care, Skilled Nursing Services, Non-Medical Transportation, Lifelines, IT Hardware, Hoarding Services to name a few. If you believe you may qualify & want to fill out an application or need assistance give us a call. Explore the websites & come on down. It is a lot of paperwork but worth getting through it to access the assistance available.

I want to remind everyone that volunteers, especially those who aren't often in the Center, you are welcome to join us for any activity offered here as long as you are 60 years old or older. Even if your meals are covered by Medicaid Waiver & even if you can no longer drive, come & participate in our fun. Our bus will pick you up & take you home. Our transportation is not exclusive to seniors either. Public Transportation means exactly that. Our trips are for seniors and anyone in our community as well!
Please ask us if you have questions!

Every year you hear about budgets & funding & what can and cannot be. We face it year in and year out, but the bottom line is that numbers don't lie. We need & want you to participate in what we do for you. The more we can count the better! We can show the legislature & powers that be, that the Centers have value in all communities.

Again, please pay attention to the Newsletter, Facebook & Website for new upcoming interesting happenings. We always welcome you to share a cup of coffee, a meal or just a visit. On a daily basis, one of the highlights for our staff is watching & seeing who comes through the front door. Upcoming, we hope, is some days with live entertainment for you, as well as other creative craft activities, something for our community sewing folks & something to welcome & celebrate the newcomers in this community. You will be hearing more about our free online learning that is coming up. We are excited about this for Wyoming's Older Adults & we will be offering the same in the near future. Individualization will be available for these opportunities as well as the group settings here at the Center. Because the Aging Division has partnered with this program the classes are free for state residents!

Thank you!!

For those of you who have donated to our Center - We are extremely grateful to all of you and can never express how much your kindness helps!!

Eddie & Vera Hausauer
Mel Morgan
Joan Harris
Carol Ann Barham

& all those who remain anonymous!

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. Frostbite
2. An Ice-Cycle!
3. He has a meltdown

NEVER MISS A NEWSLETTER!

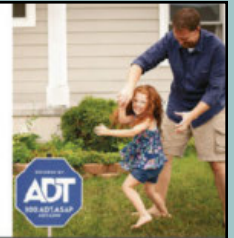
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- Arthroscopic Surgery
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Hot Springs County Memorial Hospital
150 E. Arapahoe St. Thermopolis
307-864-3121



Members that Make it Happen

Senior Center Staff Members

Director

Trenda Moore

Secretary/Meals Coordinator

Desi Rangel

Access Care Coordinator

Justin Phipps

Homemakers

Roberta Elwell

Emma Goffena

Tina Romero

Transportation

Pam Rangel

Rick Sharp (Substitute)

Kitchen

Stephanie Palu (Head Cook)

Colleen Blakesley

Mark Thomas

Amy Krueger

Custodian

Ralph Worthey

WSHIIP Volunteer

Bob Seltzer

Belenda Willson

**AND MANY, MANY MORE
WONDERFUL VOLUNTEERS
WHO ALWAYS HELP US
WHENEVER WE NEED IT!!
THANK YOU!!**

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*

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*

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*

Hot Springs County Senior Citizens Center, Inc.

P.O. Box 747 - 206 Senior Ave

Thermopolis, WY 82443

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307-864-2151

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Our Vision

Our vision is to preserve, enhance and stabilize the quality of senior life, to maintain dignity & 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 & diminish stress, to help them remain independent in their own homes & communities for as long as safely possible, thereby reducing the financial & emotional burdens to their loved ones & the state.

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