



April 2022 | Issue 5: Volume 12 | Hot Springs County Senior Center

APRIL SHOWERS BRING MAY FLOWERS

Fun Facts for the month of April

- **APRIL FOOL'S!!!** In trying to track down the history of April Fool's Day, I have found that there are many "origins", although the day has been observed for centuries, its true origins are unknown and effectively, unknowable! One that I found the most interesting is saying it originated during the discovery of America when Pilgrims were surprised by the wildlife sneaking up behind them and bellowing out. When those who witnessed this attempted to explain to other's they were quickly deemed "Fools"...
And if you buy that—YOU have been April Fooled! :)
 - **GEMSTONE:** April's gemstone is the diamond. The diamond represents "innocence", and is the hardest natural substance on earth. Did you know that a diamond can be burned and they also come in every color?
- **FLOWER:** Daisy and Sweet Pea are the flowers of the month. In Wyoming one may be ready to start seedlings and preparing your soil for gardening. What are your favorite flowers and vegetables to grow?
 - **WHERE DID THE NAME COME FROM?** The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers beginning to "open" or bloom.
- **THE FIRST SUNDAY IN APRIL:** The first Sunday in April was formerly known as "Daffodil Sunday" because in Victorian times, people would pick daffodils from their gardens to take to the sick in hospitals. What a kind gesture!
- **CELEBRATE EARTH DAY!** Friday April 22nd is Earth Day and is a Fantastic day to pick up litter, plant trees and think of a long term plan on how you can reduce your carbon footprint! Things like using reusable grocery bags and water bottles, recycling and planting native flowers!



Word Search

Name: _____

Date: _____

Spring Word Search



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

NEST
MAY
BEES
MARCH
CHICK
FLOWERS

SEASON
SUNSHINE
GREEN
PICNIC
WARM
TULIP

BUNNY
BLOSSOM
RAINBOW
SEEDS
GARDEN
APRIL

KITES
BUTTERFLY
EGGS
EASTER
BIRDS
SPRING

Bingo

BINGO

Every Saturday

Doors open at 5:15 p.m.

Play starts at 6:00 p.m.



Trivia:

- 1) What was the name of the first satellite launched into orbit by Russia in 1957?
- 2) Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, "The Man Who Knew Too Much"?
- 3) Which aspiring Rock n Roll singer appeared on the Ed Sullivan show in 1956 but could only be shown from the waist up?

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Future Events

- **May 7th, 2022**
Mother's Day Tea
at the Center
- **May 9th, 2022**
Blood Drive
- **May 10th, 2022**
Cody Shopping
Trip
- **May 12th, 2022**
Dinner Trip
- **May 25th, 2022**
Mystery Trip!



Upcoming Events



Upcoming Events



TRUNK SALE April 9th

10:00 a.m. - 2:00 p.m.

First sale of the year! Perfect timing for Spring cleaning!

This is a garage sale in the HSC Senior Center parking spaces where YOU sell whatever fits in your vehicles trunk!

The cost to participate is \$15 (soup included) and you keep the money from your sale!

We'll be serving Soup & Homemade Bread for \$5 for you to enjoy while shopping!

RSVP as soon as you find junk for your trunk! 307-864-2151

Believe you can and you are halfway there!

Theodore Roosevelt

Blood Drive - May 9th, 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 -

April 12th, 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!



Elk's Lodge Dinner Trip April 8th

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!

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

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



This Month's Birthdays

Anita Adams—1st
Vern Dockter—2nd
Amanda Wood—2nd
Mac Vass—6th
Art Christensen—6th
Carolyn Spann—7th
Bob Seltzer—7th
Todd Davis—8th
Dale Bulman—9th
Mary Ryan—9th
Carol Larson—11th
Tom Anderson—11th
Nina Hammond—11th
Candy Curtiss—12th
Charlotte Hart—12th
Barb Green—13th
Judy Annan—17th
John Lumley—19th
Geneva Baird—20th
Vi Vanbuskirk—22nd
Donna Parmely—23rd
Pam Kerr—23rd
Carol Dowdy—24th
Birdie Marciel—24th
Margie Marcott—25th
Joe Doak—25th
Brenda Hodge—26th
Steve Rhoades—26th
Ty Loendorf—26th
Karl Studt—27th
Frank Walker—30th

SENIOR COMPANIONS ARE BACK!!!



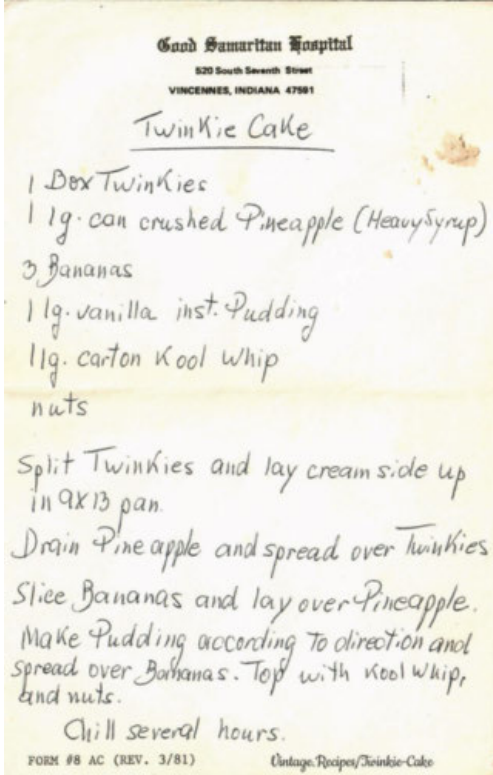
The Senior Companion Program Volunteers can visit with Seniors/Disabled in our community who may need a little help to remain living in their own homes. This is a free program funded by a federal grant. For more info. Call Vernita at 235-5959 or 877-634-1006



We are very pleased to announce that the Senior Companion Program has returned!!! What a blessing our volunteers are each and every day. If you would like to volunteer to provide companionship to someone in our community please do not hesitate to give Justin a call at 307-864-2151. Becoming a senior companion can involve activities such as playing cards, conversation or even watching a movie together! This is a non-medical position so there is no experience necessary other than a caring heart! We are bringing together seniors with seniors! We look forward to helping you get signed up and start making a positive impact in others' lives!

The closest thing to being cared for is to care for someone else... Carson McCullers

VINTAGE RECIPE OF THE MONTH



In this month's issue we are featuring a no bake twinkie cake! I haven't had a twinkie in years, but I would be willing to buy a box just to try this out—oh how I LOVE pineapple!

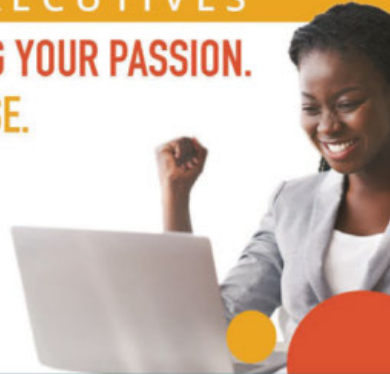
If you have a favorite recipe you would like to have featured in the newsletter please reach out and we'd love to share it with our community!

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Thrive
Locally



April — Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Our menu is subject to change without notice.</p> <p>1 serving of milk is served daily.</p>			<p>Chef Salad¹</p> <p>Carrot Sticks Bread Strawberries & Bananas Cookies</p>
<p>Baked Fish⁴</p> <p>Cheddar Mashed Potatoes Mixed Veggies Garden Salad Banana Bread Peaches</p>	<p>Beef Stroganoff over Noodles⁵</p> <p>Country Blend Veggies Wheat Roll Coleslaw Fruity Jello</p>	<p>Baked Chicken⁶</p> <p>Mashed Potatoes w/ Gravy Carrots Veggie Salad Wheat Roll Baked Apples</p>	<p>Philly Steak Sandwich⁷</p> <p>French Fries Peas Garden Salad Cookies</p>	<p>Chicken Cordon Bleu⁸</p> <p>Rice Pilaf Asparagus Salad Wheat Bread Ice Cream</p>
<p>Chicken Wings¹¹</p> <p>Mac & Cheese Baked Beans Tossed Salad Breadstick Cookie</p>	<p>Sweet & Sour Pork¹²</p> <p>Rice Pilaf Peas Asian Salad Angel Food Cake w/ Berries</p>	<p>Beef & Spinach Wrap¹³</p> <p>Potato Chips Cucumber/Tomato Salad Granola Bar Orange</p>	<p>Taco Salad¹⁴</p> <p>Peas & Onions Breadstick Fruit Pudding</p>	<p>Baked Ham¹⁵</p> <p>Scalloped Potatoes Green Beans Rye Bread Pineapple Ginger Snap Cookies</p>
<p>Orange Chicken¹⁸</p> <p>Fried Rice Egg Rolls Oriental Veggies Pumpkin Bread Pineapple</p>	<p>Liver & Onions¹⁹</p> <p>Baked Potato Tossed Salad Rolls Garden Veggies Peaches</p>	<p>Chicken Spaghetti over Noodles²⁰</p> <p>Garlic Bread Broccoli Green Salad Oranges</p>	<p>Fish & Chips²¹</p> <p>Brussel Sprouts Creamy Cole-slaw Fruit Cocktail Tapioca Pudding</p>	<p>Chicken Fried Steak²²</p> <p>Mashed Potatoes w/ Gravy Garden Veggies Cucumber/Tomato Salad Cherry Crisp</p>
<p>Chicken Strips²⁵</p> <p>Sweet Potato fries Pickled Beets w/ Onions Fresh Fruit Macaroni Salad Roll</p>	<p>Stuffed Bell Pepper²⁶</p> <p>Baked Potato Green Salad Bread Fruit Cocktail</p>	<p>BBQ Pork Sandwich²⁷</p> <p>Potato Soup Mixed Veggies Apricots Cookies</p>	<p>Oven Fried Chicken²⁸</p> <p>Mashed Potatoes w/ Gravy Beet Salad Mandarin Oranges Cake</p>	<p>Lasagna²⁹</p> <p>Italian Veggies Garlic Bread Green Salad Strawberry Rhubarb Crisp</p>

April — Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				Pool Players ¹ 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
Pool Players ⁴ 8:00-4:00 Pinochle 6:00 Art Class 9-11 Ladies Talk 1:00	Pool Players ⁵ 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00 Silver Stitchers 1:00	Pool Players ⁶ 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30	Pool Players ⁷ 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Golden Age Club 10:00	Pool Players ⁸ 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00 Elks Lodge Dinner Trip
Pool Players ¹¹ 8:00-4:00 Shopping 8:15-11 & 12:30-3 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players ¹² 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00 Cody Shopping	Pool Players ¹³ 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30	Pool Players ¹⁴ 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00	Pool Players ¹⁵ 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Blood Pressure 10:00-12:00
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Pool Players ²⁵ 8:00-4:00 Shopping 8:15-11 & 12:30-3 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players ²⁶ 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00	Pool Players ²⁷ 8:00-4:00 Shopping 8:15-11:00 12:30-3:00 Bridge 12:30	Pool Players ²⁸ 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00	

This Day in History

April 1st, 1970: Cigarette advertising is banned in the U.S.

April 2nd, 1992: Mob boss John Gotti often referred to as "The Teflon Don" Convicted for first time.

April 3rd, 1860: Pony Express Service Starts.

April 4th, 1964: The Beatles hold an unprecedented record of twelve positions on Billboard Hot 100 singles chart.

April 5th, 1968: Race riots follow assassination of Martin Luther King.

April 6th, 1917: America enters WW1.

April 7th, 1933: On April 7th 1933 beer goes on sale again in 19 of the 48 states and the District of Columbia.

April 8th, 1974: Hank Aaron of the Atlanta Braves hits his 715th career home run.

April 9th, 1942: The Japanese forced 75,000 captured American and Filipino soldiers on the Bataan Death March.

April 10th, 1970: The Beatles break up.

April 11th, 1965: The Palm Sunday tornados strike Indiana and the surrounding states.

April 12th, 1945: Franklin D. Roosevelt dies, Vice President Harry S. Truman becomes the President of the United States.

April 13th, 1969: The Love Bug, a popular Disney movie, was released.

April 14th, 1970: Apollo 13 explosion.

April 15th, 1912: The Titanic strikes an iceberg and sinks on her maiden voyage from Southampton to New York.

April 16th, 2007: Killing spree at Virginia Tech.

April 17th, 1964: The Ford Motor Company unveiled its new Mustang model at the New York World's Fair.

April 18th, 1923: First baseball game is played at Yankee Stadium in New York City.

April 19th, 1897: The World's oldest annual marathon run in Boston Massachusetts, United States races for the first time.

April 20th, 2010: Deepwater Horizon explodes in the Gulf of Mexico.

April 21st, 1956: Is Andie McDowell's Birthday and the Day Elvis had his first song to reach #1—Heartbreak Hotel.

April 22nd, 1970: Earth Day was observed for the first time.

April 23rd, 1928: Shirley Temple's birthday!!!

April 24th, 1800: The *Library of Congress* was established in Washington, D.C. It is America's oldest federal cultural institution and the world's largest library.

April 25th, 1967: The first law legalizing abortion was signed by Colorado Governor John Love, allowing abortions in cases in which a panel of three doctors unanimously agreed.

April 26th, 1986: At the Chernobyl nuclear power plant in the Ukraine, an explosion caused a meltdown of the nuclear fuel and spread a radioactive cloud into the atmosphere, eventually covering most of Europe. A 300-square-mile area around the plant was evacuated. Thirty one persons were reported to have died while an additional thousand cases of cancer from radiation were expected. The plant was then encased in a solid concrete tomb to prevent the release of further radiation.

April 27th, 1865: On the Mississippi River, the worst steamship disaster in U.S. history occurred as an explosion aboard the Sultana killed nearly 2,000 passengers, mostly Union soldiers who had been prisoners of war and were returning home.

April 28th, 1967: Boxer Muhammad Ali was stripped of his world heavyweight boxing championship after refusing to be inducted into the American military. He had claimed religious exemption.

April 29th, 1992: Riots erupted in Los Angeles following the announcement that a jury in Simi Valley, California, had failed to convict four Los Angeles police officers accused in the videotaped beating of an African American man.

April 30th, 1789: George Washington is inaugurated as the 1st President of the U.S.A

LEARNING CENTER

Classes that we currently have available in person at the center are:

Silver Stitchers—Sewing class

Pastel Painting—Art class

Tai Chi—Exercise class

Put your thinking caps on and let us know of an interest you may have and we will keep a look-out for training opportunities that we can bring to you! Beginning this month, we will be offering virtual based training classes. These will differ from month to month and come at no cost to you!



Are you interested in learning about

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We will have these virtual classes available soon! Be on the lookout for more information on our Facebook page, our website and on flyers in the center!



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My Special Senior By: Mary White

Every month I try to write a column about a senior who spends time with all of us at the center. This month I'm going to write about a senior who is very close to me. Her name is Freaky, that's right and very appropriate name for my tiny, grumpy, sweet 18 year old cat.

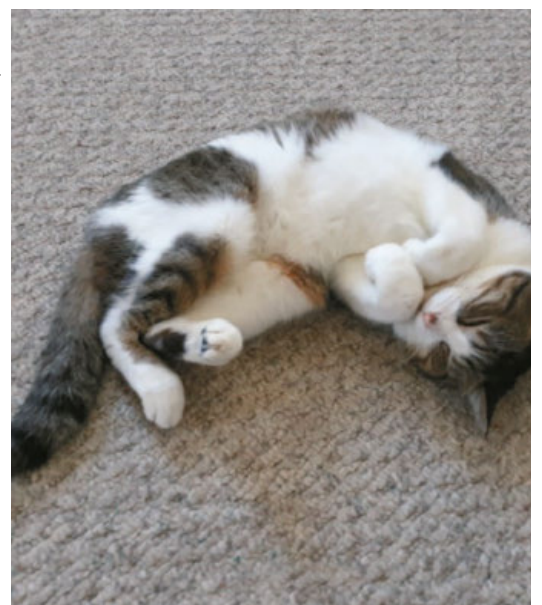
I am not really a cat person, but seven or eight years ago, my son came in my door with the unhappiest, growling, angry yet beautiful little cat.

Bill had to use gloves to pick her up and put her in a carrier. He couldn't keep her so who's better to take her than good old Mom? Nobody else in the world could or would allow this mean little creature to live with them!

How wrong we were! She hid for days, finally came out to do her duty and eat, then decided she liked the treats I gave to her. I tried to feed her canned food, even tuna and chicken, she'd have none of it, to this day she refuses to eat anything except her dry food and treats.

One day she crawled up on my lap where she's stayed every day and everywhere I sit including at my computer. She continued to run and hide when anyone came into the house then one day, dear sister Donna came in which she did most days. Freaky jumped up on her lap, I know she decided life was good on her lap too. Now she welcomes everyone and talks to them until they give her treats in her special dish, but no one had better ever try to pick her up, because part of her is still pretty darn freaky!!!

She's a house cat, but everyday she wants to go outside for a little while, but mostly stays on the porch on her chair and doesn't go out of the yard. As you can tell, I love her and just don't know what I'll do when my special senior is no longer in my life.



WELCOME Mike & Latrell Stevens!!! By: Mary White

Mike and his wife Latrell are one of the newer couples that are part of our senior family, they started coming to the center shortly after they were eligible in 2018.



All of us who are members on Facebook know Mike's pictures, he is a photographer extraordinaire, takes wonderful photos all around our wonderful Thermopolis and Hot Springs County. Photography is only one of Mike's many artistic endeavors, he excels in everything from sketches to water colors, oils, stone sketching's to all things that interest him in the art world. He has an inner drive to be creative.

Mike has been part of the Thermopolis community for most of his life. He graduated from our high school in 1976 and worked in over a dozen jobs through the years including driving bus for the senior center for more than two years in the late 80's. It was during that time that he first understood the importance of the center to the seniors of our community. He finally settled in as the custodian at the middle school where he spent 21 years taking care of the building.

Mike comes from a family of four brothers and one sister, has two children, several grandchildren and has become a member of our senior family. The center has been important to Mike for many years, including his bus driving days and bringing his mother to the center.

He and Latrell have become regulars, they enjoy the socializing and the good food.. They know how important it is to get out to see and spend time with other people. They are welcome members of our senior community. :)

DONATE! DONATE!

WE WOULD LIKE TO THANK OUR ANONYMOUS DONOR (YOU KNOW WHO YOU ARE) FOR THE AMAZING DONATION OF GIFT CARDS FOR OUR SENIORS. YOUR GENEROSITY IS A REMARKABLE EXAMPLE OF THE LOVE YOU HAVE IN YOUR HEART FOR OTHERS. THANK YOU SO MUCH!!!

Did you know that the Hot Springs County Senior Center is dependent on grants (state and federal—which are NOT guaranteed) as well as donations from our community in order to keep our doors open and help the many people we do with their needs? These funds not only help feed people but they also keep our appliances in working order and our lights on. Should you be in a position to donate financially or by means of volunteering, please reach out to us and we can help you make that happen!



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. Sputnik
2. Que Sera Sera
3. Elvis Presley

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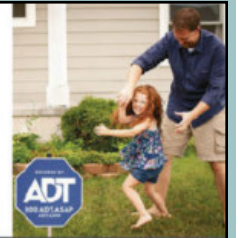
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Bob Seltzer

Belenda Willson

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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

Phone:

307-864-2151

Fax:

307-864-2152

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 & 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.

This document was developed under Grants(s) from the U.S. Department of Health and Human Services, Administration on Community Living and the Wyoming Department of Health, Aging Division, Community Living Section. You should not assume endorsement by the Federal or State government.

Hot Springs County
Senior Citizens Center, Inc.

P.O. Box 747

Thermopolis, WY 82443