

# Thayne Senior Center

*Enter as Strangers, Leave as Friends*

NOVEMBER 2023



## Grand Gang



**Tom & Diane Caress**

**Dan & Pat Carter**

**Gary Carvalho**

**Tiphany Gayhart**

**Dennis & Susan Hourany**

**Dr. Jack & Martha Lehman**

**Lower Valley Senior Citizens**

**Kennis Lutz**

**Brian & Mary Miller**

**Jan Moore**

**Mountain View Pickleball Club**

**Narmi Family**

**New Hope Church**

**Karen Pearce**

**Ricahrd & Di Prati**

**Robert & Sandra Rasmussen**

**Rotary Club of Star Valley**

**Don & Jymme Snider**

**Jerry & Judy Sylvain**

**Marilyn Taylor**

**Top of The Rockies Snowmobile Club**

**Dan & Tammy Weber**

**Robert & Susan Youmans**



## Grand Gang

*Come be a part of our grand gang. We are working on paying off our land for the new building. We need 150 people to donate a \$1000 each in the next 6 months starting September 1st to meet our goal. Everyone that donates \$1000 to be part of the grand gang will be mentioned in the monthly newsletter and when we meet our goal of paying off the land, we will have a plaque made with all the names of the individuals that were part of the grand gang. If you aren't able to afford \$1000, anything you are able to donate will help.*



115 Petersen Parkway

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:**

Don Snider

**Secretary:**

Gary Carvalho

**Board Members:**

Richard Haderlie

Holly Armstrong

Steve Newman

Janene Harding

**Director**

**Office Manager**

Janan Lindroos

**Kitchen Manager**

Ellen Hurd

**Assistant Cook**

Colby Jensen

**Outreach Specialist**

Mandy Nichols

# 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 .

Terry & Marsha Adkins  
Jim & Marsha Bagshaw  
Jean Barngrover  
Dorothy Beagle  
John & Nancy Bolle  
Vicki Canoso  
Gary & Sandy Daggett  
Linda Dierks  
Larry & Janie Durk  
James & Sandy Fairchild  
Dan & Gleam Green  
Bob & Linda Gwyn  
Janyce Hemmert  
Wayne & Janice Huhtala  
Jan Jacobson  
Doug & Bernie Kennedy  
Sherry Luthi  
Judy Miller-Johnson  
Mike & Becky Myers  
Gwen Nelson  
Richard & Dianna Prati  
Robert & Sandra Rasmussen

Chris Robb  
Nora Jean Simmons  
Roger & Leora Smith  
Shirley Taylor  
Senter & Phyllis Timmons  
Bruce & Vicky Tracy  
Donna Viljak  
Mark & Marianne Wilson  
Dave Wilson  
Connie Wright  
Robert & Susan Youmans  
Donna Zumbrun



In 2024, the Thayne Senior Center (TSC) plans to create a senior citizen service district in an effort to ensure the financial viability of a number of programs, including the popular cafeteria and home-delivered meals program.

Wyoming statute allows Senior Citizen Service Districts to levy up to 2 mils.

The Thayne Senior Center is seeking voter approval on the primary ballot to create a special district in an effort to create a more stable source of revenue for the center.

If formed, this district will assist the Thayne Senior Center to continue our current services with the plan of expanding services in the future.



We will be closed  
November 23rd & 24th  
for Thanksgiving.

*Gone but not  
forgotten.....*

PAUL JENSEN  
LONNIE BLOCKHUS  
LARRY PARKER



Come play Bingo  
November 8th  
after lunch in the dining  
room.



# WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.

- Medicare Supplements
- Stand Alone Prescription Drug Plans
- **NEW to 2023: Low Premium Medicare Advantage Plan**  
*A Medicare Advantage plan includes Parts A, B, & D*

Email, text, or call your local Medicare Advisors (no cost)

Tom Caress  
Star Valley Ranch Resident  
307-226-0594  
caressinsurance.tom@gmail.com



Wayne Hall  
Star Valley Ranch Resident  
307-772-1286  
hallwayne6@gmail.com

## Bowling

November 10th

Cost: \$5.00



If you are interested in going please sign up with Mandy.

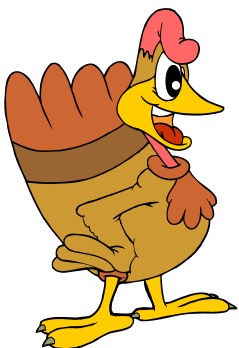
## Dinner Club

November 7, 2023

5:00 PM

225 BBQ in Afton

Please make a reservation with Mandy if you are interested in going.



How did  
the turkey  
get home for  
Thanksgiving?

It took the  
gravy train.



## Tasty Tuesday

Bring in your favorite dessert or salad recipe to share. We will pick one to spotlight on our "Tasty Tuesdays" each month.

Our first tasty Tuesday will be on November 14th



## Pumpkin Rope Craft

November 3, 2023 @ 10:00 AM

Cost: \$5.00



## Thankful Turkey

Come in 7 times November 1st - 17th and fill out your "Thankful Turkey" and receive a free lunch.



November 14, 2023 @ 12:45 PM

Andrea with the Bank of Jackson Hole will be here to do a presentation on fraud.



## Breakfast & Bingo

November 22nd

Come eat breakfast from 9:00-10:00 AM and play Bingo after. Lunch will not be served.



## Friendsgiving

November 17th

Come enjoy a Thanksgiving meal with friends. We will be serving roast turkey and mashed potatoes.



# November Menu



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

		<p>1 <b>Chicken Fried Steak</b> Mashed Potatoes Green Beans w/ Bacon Biscuit Apricots</p>	<p>2 <b>Stuffed Chicken</b> Baked Potato Spring Salad California Blend Veg. WW Roll Citrus Fruit Salad</p>	<p>3 <b>Clam Chowder</b> Wheat Crackers Spinach Salad w/ Mandarins Broccoli Wheat Roll Apricot Crisp</p>
<p>6 <b>Meat Loaf</b> Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>7 <b>Monterey Chicken</b> Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>8 <b>Cottage Pie</b> Garden Vegetable Salad Tangy Carrots Cindy's Rolls, WW Applesauce Cake</p>	<p>9 <b>Chicken Noodle Soup</b> Mixed Relish Tray Spinach Salad Cinnamon Roll Strawberries &amp; Bananas Cottage Cheese</p>	<p>10 <b>Swedish Meatballs</b> Pasta Jean's Salad Carrot Coins Wheat Roll Bananas &amp; Mandarin Oranges</p>
<p>13 <b>Salisbury Steak</b> Mashed Potatoes Vegetable Salad Carrot Coins Hard Roll Apple Cobbler</p>	<p>14 <b>Scalloped Potatoes &amp; Ham</b> Relish Tray Green Beans Wheat Roll Citrus Fruit Salad</p>	<p>15 <b>Spaghetti and Meat Sauce</b> Angel Hair Noodles Garden Vegetable Salad California Blend Veg. Garlic Bread Strawberry Applesauce Pear Crisp</p>	<p>16 <b>Baked Fish w/ Lemon Pepper</b> Seasoned Oven Browned Potatoes Cole Slaw Stuffed Celery Whole Wheat Bread Purple Plums</p>	<p>17 <b>Roast Turkey</b> Mashed Potatoes Tossed Vegetable Salad Green Beans Pumpkin Spice Muffin Strawberries and Bananas</p>
<p>20 <b>Bleu Cheese Mushroom Burger</b> Potato Salad Lettuce, Tomato, Onion Spinach Salad w/ Mandarin oranges Peaches Orange</p>	<p>21 <b>Turkey Tetrazzini</b> Garden Vegetable Salad Herbed Broccoli Homemade Bread WW Strawberries &amp; Bananas</p>	<p>22 <u>BREAKFAST</u> <b>Scrambled Egg/ Ham Slice</b> French Toast Gilled Onions &amp; Peppers V8 Juice Strawberry &amp; Banana w/ Granola Orange Juice</p>	<p>23 <u>CLOSED</u>      24 <u>CLOSED</u></p> 	
<p>27 <b>Loaded Baked Potato</b> Chili Con Carne Garden Vegetable Salad Steamed Broccoli Wheat Roll Grapes &amp; Bananas</p>	<p>28 <b>Chicken Enchiladas</b> Black Beans Corn &amp; Zucchini Mexicana Tossed Salad w/ Italian Cantaloupe &amp; Grapes</p>	<p>29 <b>French Dip Sandwich</b> Spinach Salad w/ Mushrooms Hoagie Bun Chilled Pears Ranger Cookies</p>	<p>30 <b>Dijon Chicken</b> Steamed Brown Rice Tossed Salad Broccoli WW Bread Bananas &amp; Pineapple</p>	<p><b>Suggested Contribution</b> <u>Seniors</u> \$5.00 <u>Take Out Meals</u> \$6.00 <u>Non-Seniors</u> Pay \$9.00</p>

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

# November Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 QUILTING 9:00 AM  BRIDGE 1 PM TURKEY PROMO	2 Hand & Foot 9:30 AM Cribbage 12:30 pm ROPE PUMPKIN CRAFT 10:00 AM TURKEY PROMO	3 <b>Coffee Hour 10AM</b> TAI CHI 10:00 AM LRC 12:30 PM TURKEY PROMO	4
5	6 ZUMBA 9:30 AM  <b>Bridge 1 PM</b> TURKEY PROMO	7 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm Dinner Club 5:00 PM TASTY TUESDAY TURKEY PROMO	8 QUILTING 9:00 AM <i>Bingo 12:30</i>  BRIDGE 1 PM TURKEY PROMO	9 <b>Hand &amp; Foot 9:30 AM</b>  Cribbage 12:30 pm TURKEY PROMO	10 TAI CHI 10:00 AM LRC 12:30 PM  BINGO 6:30 PM TURKEY PROMO	11
12	13 ZUMBA 9:30 AM <b>Board Meeting 10:00 AM</b>  BRIDGE 1 PM TURKEY PROMO	14 Hand & Foot 9:30 am Tai Chi 10:00 AM Bank of JH presentation 12:45 Cribbage 12:30 pm TURKEY PROMO	15 QUILTING 9:00 AM Bridge 1 PM TURKEY PROMO	16  <b>Hand &amp; Foot 9:30 AM</b> Cribbage 12:30 pm  TURKEY PROMO	17 TAI CHI 10:00 AM LRC 12:30 PM  TURKEY PROMO  Friendsgiving	18
19	20 ZUMBA 9:30 AM <b>Bridge 1 PM</b>	21 Hand & Foot 9:30 am Tai Chi 10:00 AM Cribbage 12:30 pm	22  BREAKFAST 9AM - 10AM  Bingo after Breakfast	23 CLOSED  	24 CLOSED	25
26	27 ZUMBA 9:30 AM  <b>Bridge 1 PM</b>	28 Hand & Foot 9:30 am Tai Chi 10:00 AM  Cribbage 12:30 pm	29 QUILTING 9:00 AM Bridge 1 PM	30  Hand & Foot 9:30 AM Cribbage 12:30 pm		

This calendar is subject to change without prior notice.

# NO BAKE PUMPKIN CHEESECAKE BARS

## INGREDIENTS

### GRAHAM CRACKER CRUST

- 2 sleeves (18 sheets) graham crackers (approximately 2 cups of crumbs)
- 2 tablespoons white granulated sugar
- 1/2 teaspoon ground cinnamon
- 1 cup salted butter, melted

### PUMPKIN CHEESECAKE FILLING

- 2 (8oz) bricks of cream cheese, softened
- 1 cup powdered sugar
- 1/4 cup packed brown sugar
- 1 cup pumpkin puree
- 2 1/4 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 (12oz) container whipped topping, thawed



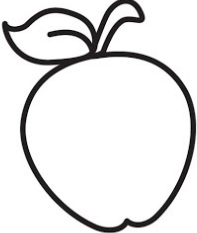
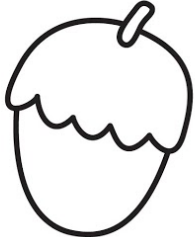

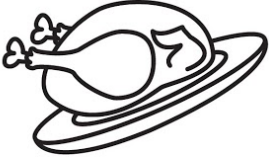
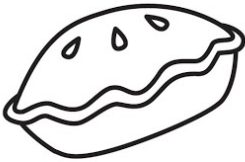
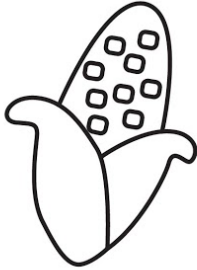
## INSTRUCTIONS

1. Add the graham crackers to the bowl of a food processor. Add 2 tablespoons of sugar and 1/2 teaspoon of ground cinnamon. Process on high speed until the crackers are fully broken down into fine crumbs. Alternately, you can whisk together 2 cups of store bought graham cracker crumbs with the cinnamon and sugar.
2. Pour the graham cracker crumbs into a medium sized bowl. Add the melted butter and stir together with a rubber spatula.
3. Once the graham cracker crumbs are fully saturated in the melted butter, add them to a 9X13 glass baking dish.
4. Use the rubber spatula or your fingers to press the crushed graham crackers into the bottom of the glass pan. Pack the crumbs into a firm base layer.
5. Place the baking dish in the fridge and chill for 15 minutes while you prepare the pumpkin cheesecake filling.
6. Add the two bricks of softened cream cheese to a large mixing bowl.
7. Add the brown sugar, powdered sugar, pumpkin pie spice, pumpkin puree, and vanilla extract to the cream cheese.
8. Beat with a hand blender until creamy and smooth.
9. Add the thawed whipped topping to the bowl, and mix on low speed until fully combined and fluffy.
10. Remove the chilled graham cracker base from the fridge, and add the cheesecake filling on top. Spread it out evenly with a silicone spatula.
11. Cover tightly with plastic wrap and place in the fridge. Chill until set, for a minimum of 4 hours. 8-12 hours is best.



# PUZZLE PAGE

## Thanksgiving Celebration

	<p>F A M L Y P I L G R O C K          B E R E Z I U A I L S P R          R P I L G R I M S M O O U          Y L N A I Z E A P E A S T          K I M S O C K F U K M B N          C E L E B R A T E P I R A          O A S S A M S I C E L N T          R G E Z I A A O H L Y O I          H N A L E G R S Z W I D V          T I Y F C N D A I O K R E          U V T M O O I S D F L A A          O I H A R V E S T D U P M          M G U Y N E M A H L F Y E          Y S R F U M T M A I Z E R          L K S L C B Y F N W I K I          P N D O O E E E K I A R C          U A A W P R K I F N F U A          M H Y E I S U H U T S T N          P T G R A V Y C L E Y I S</p>	
		
		

- |                  |               |                 |
|------------------|---------------|-----------------|
| Feast            | Thanksgiving  | Cornucopia      |
| Wild Fowl        | Celebrate     | November        |
| Pumpkin          | Plymouth Rock | Turkey Pardon   |
| Pilgrims         | Harvest       | Maize           |
| Native Americans | Family        | Chief Massasoit |
| Mayflower        | Thursday      | Thankful        |
| Corn             | Ham           | Gravy           |

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## Mike Wellmann WYTRANS volunteer of the year

### "Volunteer of the Year" Nomination Letter

The Thayne Senior Center would like to nominate Mike Wellmann for Volunteer of the Year. He has volunteered at the center for the past three or four years. Volunteering is a passion of Mike's. He loves the connections and positive feelings he gets from serving others. He especially enjoys helping seniors.

Mike volunteers for the Thayne Senior Center in many capacities as well as other places in our area. He delivers meals to homebound seniors and assists with public relations and marketing for the senior center. Until recently, when he took a position on the WSSB board, he served on the TSC board.

Mike is a caring and thoughtful man. We appreciate his willingness to serve and compassion for seniors. He is willing to do anything for anyone and gets excited when he has a new person on his home delivered route. He genuinely cares about each and every senior in our community.

Mike Wellman is a wonderful man and deserves the honor of "Volunteer of the Year" more than anyone we know.



### Bingo Fundraiser

November 10, 2023

In the Thayne Senior Center's dining room. Doors open at 6:00 pm. Bingo starts at 6:30 pm.

Packet of bingo cards - \$26.00

Concessions will be available for purchase. Please bring cash.

### Coffee and Conversation

November 3, 2023 @ 10:00 AM

Come enjoy each others company and a cup of coffee. Hot chocolate and tea are also available.



# REMEMBER THESE IMPORTANT NOVEMBER DATES...

Zumba - Monday @ 9:30 am

Bridge - Monday & Wednesday @ 1:00 pm

Hand & Foot - Tuesday & Thursday @ 9:30 am

Tai Chi - Tuesday and Friday @ 10:00 am @  
the community center

Cribbage - Tuesday & Thursday @ 12:30 pm

Quilting - Wednesdays @ 9:00 am

LRC - Every Friday @ 12:30 pm

November 1st-17th - Thankful turkey promo

November 2nd - Pumpkin Rope Craft 10:00 am

November 3rd - Coffee Hour 10:00 am

November 7th - Dinner Club 225 BBQ 5:00 pm  
(res. required)

November 8th - Bingo after lunch

November 10th - Bowling @ 2:00 pm

November 10th - Bingo fundraiser 6:30 pm

November 13th - Board Meeting 10:00 am

November 14th - Bank of Jackson Hole presentation

November 17th - Friendsgiving

November 22nd - Breakfast and Bingo 9:00 am

November 23rd-24th - CLOSED



## SUPPORT GROUPS FOR CAREGIVERS

### Wyoming Chapter

The Dementia Caregiver Support Groups meet on an ongoing monthly basis and are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. Please call ahead before your first visit to register and receive the ZOOM link: 800-272-3900

#### WYO Virtual Dementia Caregiver Support Groups

Registration is required before you attend your first meeting.  
Call 800-272-3900 or Email [amaguilar@alz.org](mailto:amaguilar@alz.org)

Jackson, WY Caregiver Support Group	3rd Wednesday	4:30 to 6:00 pm
Veteran Caregiver Support Group	(Coming in 2023. Email <a href="mailto:debianchi@alz.org">debianchi@alz.org</a> if you would like to participate in this group when it begins.)	
WYO Statewide Lunchtime Group	2nd, 4th, and 5th Monday	11:00 am to noon

## New Building Progress

**YOU CAN MAKE A DONATION ON OUR WEBSITE [WWW.THAYNESENIOR.COM](http://WWW.THAYNESENIOR.COM).**

There will be a Bingo fundraiser on November 10th at 6:30 PM.