

Shoshoni

Senior Center

Newsletter: April 2024

307-876-2703

ShoshoniSeniorCenter.com

director@shoshoniseniorcenter.com

214 E 2nd Street, PO Box 27

Shoshoni, WY 82649

Look inside for our Menu
and calendar of Activities!

Join us for the Partial Eclipse!

We will be able to see a partial eclipse
on Monday, April 8th.



For Shoshoni, it is expected to start at **11:33am**,
reach the maximum at **12:40pm**, and end at **1:49pm**.

Since it is happening during lunch, we will have glasses
available for eclipse viewing at the Senior Center.

Could you use a ride...

- to the Senior Center for lunch or an activity?
- to the Post Office or Fast Lane?
- to do some shopping in Riverton?
- to go to a doctor's appointment in Riverton,
Lander, Thermopolis, or even Casper?
- to get a haircut or do any other errands?



**Call the
Senior
Center!**

Our fares are
very low.

Shoshoni
Senior Center

PO Box 27

Shoshoni, WY 82649

The Shoshoni Senior Center was formed to help our senior citizens lead a more dignified and meaningful life by providing and coordinating educational, nutritional, health, social, and charitable services. Our primary goal is to offer services that enable our seniors to live in the comfort of their own homes and community for as long and as safely as possible.

Board of Directors

President: Randy Christensen
 Vice President: Kat Manz
 Secretary: Jeanne Frank
 Members: Mary Milleson
 Annie Lerwill

Shoshoni Senior Center Friends,

As many of you know, my husband Coulter and daughter Rhiannon participate in community theater at CWC. Coulter starred as Hook in their recent *Peter Pan* production. Five seniors went in the Senior Center van to the 3/24 matinee performance! Through our theater experience, we met Kimber, who works remotely for Televeda.

Televeda is a platform for members of community-based organizations like ours... to connect, engage, and be supported... helping reduce social isolation. It could help us provide more engaging, social events for our patrons that would not otherwise be possible due to our small population and rural location. Some of their popular online classes include technology classes, Zen Tangle, and Bingo.

We are excited to try out some of their interactive events. If you are interested in any of these classes, please let us know. We are happy to get you set up to participate here at the Senior Center. **Live Classes** include:

- Mondays at 12pm—**Drawing and Painting Workshop**
- Tuesdays at 1:30pm—**Brain Games**
- Tuesdays and Thursdays at 12pm—**Strength Training**
- Wednesdays at 12pm—**Chair Yoga**
- Thursdays at 11am—**Zentangle**
- Thursdays at 1:30pm—**Televeda Bingo**

There are also a variety of

On-Demand Classes

that can be watched at any time. Topics include CyberSafety, Workforce Development for Older Workers, Book Club, Medicare, Brain Changes, Nutrition, Cooking, Zentangle, Wellness, Creative Writing, and more!

Thank You,
Rykki Neale



The agenda and minutes of the **Shoshoni Senior Citizens Service District** are posted at the Senior Center. The Service District board meets at 4pm on the 4th Thursday of the month.

Regular Board Meeting

Thursday, March 21, 2023 at 1:00pm

February: 866 meals, 523 support services, 4 rides, and 9 new patrons.

There were 15 successful donations at the **Vitalant Blood Drive** on 3/7. Thank you to Gary Shideler and Wayne Olsen for the **Cajun Dinner** on 3/15.

Hazel Schaefer will be honored as our outstanding volunteer at the **Wyoming Hunger Initiative's Central Wyoming Regional Summit** in Lander on May 9.

It's **grant season**, so the Director is busy with grant applications. Transportation, Fremont County, WSSB, Wyoming Hunger Initiative, Rocky Mountain Power Foundation, Wyoming Community Foundation, and then the Title III-B, C1, and C2 grant programs that are our main source of operational funding.

On 2/27, Town Council officially designated the Senior Center as the town **Visitor Center**. We are working on updating all of our exterior signage.

The quote for the **bus purchase** with selected options was approved by the board, so the purchase process continues, ever so slowly. We requested only one wheelchair space but were told that two were required.

A **new cook** was hired and is training with Darline. The ice machine stopped working after being cleaned but is now working again. Parts are being ordered for the convection oven and the door that the handicap button will not open.

Next meeting: Thursday, 4/18 at 12:30

Shoshoni

Senior Center Menu

April 2024

Congregate meals served
 11:30 am - 12:30 pm
 Monday-Friday & Sunday
 Closed Saturday
 307-876-2703








Sun	Mon	Tue	Wed	Thu	Fri	S
You can buy Frozen Meals for \$2 each or three for \$5.	1 Beef stroganoff over egg noodles, broccoli, salad, fruit, whole wheat roll, cookie	2 Green chili over hashbrowns, mixed vegetables, salad, fruit, cake	3 Sloppy joes, French fries, peas and carrots, salad, brownie	4 Shrimp scampi, mixed vegetables, lemon rice, salad, garlic toast, no-bake cookie	5 Chicken strips, mashed potatoes, gravy, green beans, whole wheat roll, strawberry fluff	6
	7 Beef roast, mashed potatoes, gravy, corn, whole wheat roll, salad, fruit, cake	8 Sweet and sour chicken, peas and carrots, coleslaw, rice, mandarin oranges, fortune cookie	9 Porkchop casserole with potatoes, mixed vegetables, salad, fruit, cookie	10 Hot turkey sandwich, whole wheat bread, gravy, mashed potatoes, broccoli, salad, brownie	11 Stuffed peppers, mashed potatoes, carrots, tossed salad, cake	12 BBQ roast beef sandwich, whole wheat bun, French fries, cauliflower, salad, fruit, cookie
14 Baked chicken, scalloped potatoes, green beans, whole wheat roll, salad, fruit, cake	15 Tacos, flour tortilla, lettuce, tomatoes, onion, cheese, salsa, Spanish rice, snickerdoodle cookie	16 Pork fritter, mashed potatoes, gravy, California mix vegetables, whole wheat roll, fruit, no-bake cookie	17 BBQ chicken sandwich, whole wheat bun, potato salad, peas, orange fluff	18 Hot roast beef sandwich, mashed potatoes, gravy, corn, sour cream cookie	19 Fried porkchop with scalloped potatoes, broccoli, salad, fruit, cake	20
21 Chicken fried steak, mashed potatoes, gravy, mixed vegetables, whole wheat roll, salad, fruit, cake	22 Philly cheese steak sandwich, French fries, carrots, fruit, peanut butter cookie	23 Lemon baked fish, rice pilaf, broccoli, cucumber and tomato salad, whole wheat roll, lemon bar	24 Fried boneless porkchops, mashed potatoes, stuffing, gravy, carrots, salad, cake	25 Chili cheeseburger, French fries, salad, corn, fruit, cookie	26 Indian fry bread tacos, refried beans, lettuce, tomatoes, cheese, salsa, onions, sour cream, blonde	27
28 Meatloaf, mashed potatoes, gravy, broccoli, salad, whole wheat roll, fruit, cake	29 Chicken salad on croissant, macaroni and cheese, fruit, salad, cake	30 Steak fajitas, flour tortilla, lettuce, tomato, onion, cheese, refried beans, corn with bell peppers, bananas with mixed fruit	<p>\$4 Suggested Donation for registered Senior 60+ and accompanying spouse. \$8 for a Guest Meal. Everyone is welcome! <u>Call by 9 AM</u> for a Takeout Meal.</p>			

This menu is subject to change without notice.

Shoshoni Senior Center

April 2024

876-2703

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Sewing & Quilting 8:30-2:30 Exercise Group 12:30-1:30pm	2 Craft Decorative Bird Houses 12:30-2:30pm	3 Exercise Group 12:30-1:30pm	4 Game Day: Yahtzee 12:30-2:30pm	5 Exercise Group 12:30-1:30pm	6
7 	8 Sewing & Quilting 8:30-2:30 Partial Solar Eclipse 11:33am-12:40pm Max at 1:49pm Exercise Group 12:30-1:30pm	9  National Unicorn Day Craft Stepping Stones 12:30-2:30pm Town Council 7pm	10 Exercise Group 12:30-1:30pm Masons 7:30pm	11 Class Resin Waterfalls with Chris Komloski 12:30-2:30pm	12 Exercise Group 12:30-1:30pm	13 Chamber of Commerce Meeting 1pm at SRD
14	15 Sewing & Quilting 8:30-2:30 Exercise Group 12:30-1:30pm Staff Meeting 1:30 School Board Meeting 5:30pm	16 Craft Teacup Fairy Gardens 12:30-2:30pm	17  Christmas Club 12:30pm Exercise Group 12:30-1:30pm Word Search Drawing Food Bank Delivery	18 Board Meeting 12:30pm	19 Exercise Group 12:30-1:30pm	20
21	22  HAPPY EARTH DAY Sewing & Quilting 8:30-2:30 Exercise Group 12:30-1:30pm	23 Craft Acrylic Rock Dipping 12:30-2:30pm Foot Clinic by appointment Town Council 7pm	24 Exercise Group 12:30-1:30pm  Masons 7:30pm	25 Game Day: Uno 12:30-2:30pm Service District Meeting 4pm	26 Exercise Group 12:30-1:30pm	27
28	29  Sewing & Quilting 8:30-2:30 Exercise Group 12:30-1:30pm SRD Board Meeting 6:30pm	30 MOVIE DAY Legends of the Fall 12:30pm School FFA Banquet 5:30pm				

Monday-Friday: 8am-3pm
 Sunday: 10am-1pm
 Closed Saturday



Website: ShoshoniSeniorCenter.com
 Facebook Page: Facebook.com/shoshoniseniorcenter

Thoughts from the Desk of Jeannie

Spring has Sprung! I have been as busy as a bee these past few weeks, planning anticipated outdoor activities and events for the upcoming summer/fall seasons. We will be starting Gardening Club at the beginning of May, and we are so excited to get planting! We plan on planting potatoes, corn, zucchini, beets, squash and of course, tomatoes. Our director, the most fabulous, Rykki Neale, has graciously agreed to make the Gardening Club sequined overalls to wear in the gardens this summer. She has also started the process of adding some "bling" to our gardening tools by adding jewels with her bedazzle machine. There is NO ONE who can bedazzle like Rykki can! Her family, children Rhiannon and Zeke and husband Coulter Neale, have volunteered to sing to the plants at night to encourage our plants to grow with love and positivity. Pat Collins will be providing the lead vocals. Hazel Schaefer has chosen the musical arrangement, "Welcome to the Jungle" by Guns-N-Roses. Our dear patron and friend, Ann Faulkner, has donated her time and energy to capturing any critters that wander into the garden (snakes, scorpions, etc.) and relocating them. I have heard she plans on opening a petting zoo with the above-mentioned critters. I am sure it will be a great vacation destination and will only bring new industry and business to our community.

Of course, you can't have a proper garden without a little "magic". We are hoping that Randy Christensen, our board president, will perform his ritual, "Fertility Dance", if he is unavailable this year, it is our hope that our head cook, Darline Combs will be able to take his place. Our volunteer delivery drivers, Mary Milleson and Chris Komloski will be accompanying Randy (or Darline?) as backup dancers. They will be performing and entertaining us with the final dance scene from the 80's film "Dirty Dancing". Not many people know about Chris and Mary's fantastic dance skills! Afterward, Don Schubach will be hosting a "Wellness and Meditation" hour, where he will teach those who want to learn how to communicate with the plants and vegetation in the world around us. Diane Schubach will be leading us in interpretive chanting to align our chakras. She will have musical accompaniment with the talents of George Schaefer and his didgeridoo. Afterward, our Foot Clinic girl, Carly Anastos will be providing FREE pedicures to those that have grass, mud, concrete or umm...other "natural" materials stuck in their tootsies.

Speaking of talent, we have A LOT of talented folks here at the center. Not many people know that Patty Collins is incredible at underwater basket weaving or that patrons Ken and Deanna Cundall highlight as private detectives. They have been solving missing

cattle taken by UFO cases for years now. They assure me that, "The truth is out there". Roger Parker never ceases to amaze me with his weightlifting... he can lift both the couches AND vacuum the center at the same time! And, I can't even mention the word "talent" without thinking about our much loved "East Side Gang" that consists of Stacy Morgart, Jane Lowe, and Ted Sears. They have dedicated each spare moment to the betterment of humanity with newfound careers in paper towel sniffing. Let's face it, when you buy a roll of paper towels, the aroma is what you care about the most! These ladies are a new type of hero. They make sure our paper towels do not have an offensive odor. Not all heroes wear capes, my friends. (Although I guess they easily could make one out of paper towels??? Something to think about, ladies!)

We also have our "do-gooders" here at the center too. Our wonderful Lois Herbst spends much of her free time keeping wayward cats on the right path in life. By enticing them with little treats, they are amicable to do her bidding. I am happy to report not one cat under her care has gone wayward. And as an added bonus, she has done a remarkable job training them to do paperwork! The custodian here at the center, Jesse Bradley helps homeless rocks find forever homes. There are so many people that ignore or avoid the homeless rock situation, but not Jesse! Our former mayor and current building committee member, Jay Merritt, returned home from Africa where he perfected the skill of wooden bowl carving. He plans to address the current thirsty canary situation by making as many bowls as possible. I am told it will be called "Carving for Cooler Canaries". Before moving to Shoshoni, our assistant cook, Denise Olson, worked in the fashion industry. She helped provide spandex clothing to underprivileged professional wrestlers. Without her generosity and innovation, wrestling would not be the mainstream sport it is today.

Heroes come in all forms and not all of them wear capes. As the great "Super-Villain" Lex Luther once asked, "What did the villain say to the superheroes who still thought it was March?"

"It's April, Fools!"



APRIL

at the

Shoshoni

Senior Center

307-876-2703 **Challenge:** Think of a friend that you can invite or bring with you to the Senior Center!

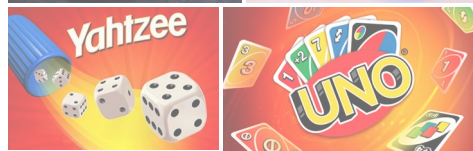
Crafts at 12:30-2:30pm

- **Decorative Bird Houses:**
Tuesday, 4/2
- **Stepping Stones:**
Tuesday, 4/9
- **Class: Resin Waterfalls with Chris Komloski:**
Thursday, 4/11
- **Teacup Fairy Gardens:**
Tuesday, 4/16
- **Acrylic Rock Dipping:**
Tuesday, 4/23

Join us for the Partial Eclipse

on **Monday, April 8th.**

For Shoshoni, it is expected to start at **11:33am**, reach the maximum at **12:40pm**, and end at **1:49pm.**



Game Days at 12:30-2:30pm

- **Yahtzee:** Thursday, 4/4
- **Uno:** Thursday, April 4/25

Movie Day:

“Legends of the Fall”

Tuesday, April 30 at 12:30pm

Foot Clinic by appointment.

Cost is \$20. Tuesday, April 23 and Wednesday, April 24



Afternoon Exercise Group

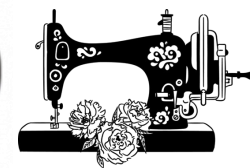
Monday, Wednesday, Friday at 12:30pm.

Stretching exercises, wellness of the breath techniques, and seated Tai Chi.



Sewing & Quilting

on Mondays from 8:30am-2:30pm



Are you 60+?

Even if you don't identify as a "senior" just yet, join us anyway.

The Senior Center is a **community** gathering place, and we serve a hot meal six days a week and have **fun** together!

Right here in Shoshoni.

Why not take advantage?

There is something happening at the Senior Center almost every day.

We love visitors. All ages welcome!

Is there anything that you would like to do at the Senior Center? Jeannie, plans our activities, so please let her know if you have an idea. If there is something that would be fun or enjoyable for you, we will try to make it happen!

Thank You!

- to Rudolph Henke and an Anonymous Donor for your general donations
- to those who donate for coffee, exercise equipment, office services, medical equipment, the Dollar a Month Club, or in the General Donation box
- to our Board of Directors and Volunteers for all of your help around the Senior Center
- Mary Milleson and Chris Komloski for delivering meals. *We need someone to deliver on Fridays!*
 - Robbie Ladner for driving the van
- to Marilyn for donating yarn and craft supplies
- to Atlantic City Federal Credit Union for buying meals for the seniors on "Credit Union Day"
- to Big Horn Water for water at the Senior Center



In Loving Memory

Donations in Memory of Margaret Ramage

- David Ramage
- Louise Hammersmark
 - Patti Jo Baker
 - Luana Dumas
 - Kathy McCoy
- Rob & Gloria Philp
- Patricia, Janet & Scott, and Cheryl & Rick Apland
- George & Hazel Schaefer

Memorial Donations are used for improvements to the Senior Center as approved by the Board of Directors rather than for general operations. Please let us know if a donation is a Memorial Donation and the person you wish to be remembered.

Dollar a Month Club

Date _____ Amount _____

Name _____

Mailing Address _____

Email Address _____

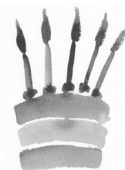
Delivered by: Mail Senior Center Pickup Email

Members of the Dollar a Month Club donate \$12/year to the Shoshoni Senior Center. We ask that you are an active member of the Dollar a Month Club especially if you would like the monthly newsletter mailed to you. This helps with the cost of printing, postage, and other expenses. **Your expiration month is on the mailing label.** Use this form to start or renew your subscription.

Smith's 
INSPIRING DONATIONS

Link the Shoshoni Senior Citizen Center to your Smith's Rewards Card at SmithsFoodandDrug.com/inspire
Organization Number: QX859

If you are a registered Senior 60+ and have a Birthday this month, bring this coupon to the Center for a **FREE meal!**



Name _____

Birthday _____

Shelf-Stable Meals



If you are age 60+, pickup a box of three shelf-stable meals to keep on hand for whenever you need them.

We still have lots of these boxes and want to get them out to as many seniors as possible!

Boxes contain canned food, pudding, applesauce, crackers, powdered milk, etc. They were purchased with funding from the **Wyoming Department of Health** and with local match from the **Shoshoni Senior Citizens Service District**.

FOOD BANK OF WYOMING

We are a partner of the Food Bank. They help our budget go further, and we help give those in our community access to needed food and necessities.

Come to the Senior Center and check our **FREE Shelf** for items that you could use.

The Food Bank delivery is usually received on the third Wednesday of the month.

We have too many books and puzzles! Please donate books to **Meadowlark Books** in Riverton instead. We have an account there that you can ask them to credit for your book donations, which helps us purchase books for Book Club. Please always check with us before bringing in donated items.



Live to Play. Play to Live.

- Saturday 3/30: **Easter Egg & Scavenger Hunt** at the Elementary Playground & Soccer Field. 10:00 AM (Don't be late!). Sponsored by the Wind River Masonic Lodge and SRD #24.
- Saturday 4/6: **Pick Your Board with Artisan Alley** at 1-3:30, register by 4/4, cost depends on board
- Monday 4/29: **SRD Board Meeting** at 6:30
- Saturday 5/4: **Pet Vaccine and License Day**



You can show your Shoshoni Senior Center pride and help us advertise with branded merchandise!

- **T-Shirts** are \$10 each (Sizes S – 3XL)
- **Hoodies** are \$30 each (Sizes M-2XL)
- **Coffee mugs** are \$5
- **Insulated totes** are \$5 or **FREE** with six frozen meals. One per person.
- **Wrist strap keychains** are \$2 Great for your keys and **MySeniorCenter** keycard.



Thank you to Gary and Wayne, everyone who attended the **Cajun Dinner**, and to **Clean Air Vapors** for donating \$100 towards the event!



Shoshoni Schools: FCSD #24



- 3/25-4/1: **Spring Break**
- Friday 4/5: **JH/Y Track** at Greybull at 12
- Saturday 4/6: **HS Track** at Greybull at 10
- 4/10-13: **State FFA** at Cheyenne
- Friday 4/12 **JH/Y Track** at Wind River at 9:30 and **HS Track** at Big Piney or Tongue River at 12
- Saturday 4/13: **HS Track** at Powell at 9 and **JH/Y Track** at Riverton at 9:30
- Monday 4/15: **School Board Meeting** at 5:30-7:30
- Friday 4/19: **Staff PD Day, HS Tack at Home,** and **United Sports Track** at Cody
- Saturday 4/20: **JH/Y Track at Home** at 10
- Tuesday 4/23: Junior Class **ACT Testing** 8-12
- Thursday 4/25: **Spring Play** at 7 and **Kindergarten Registration/Screening** at 8:30-11
- Friday 4/26: **Spring Play** at 7 and **JH/Y Track** at Dubois
- Saturday 4/27: **Spring Play** at 7 and **HS Track** at Riverton at 10
- Tuesday 4/30: **FFA Banquet** at 5:30

RESOURCES & INFORMATION



Wind River Parkinson's Education & Support Group

First Thursday of every month, 2-3pm
at Lander Senior Center or on Zoom

For more information and resources, see the flyer at the Shoshoni Senior Center and/or ask office staff for a copy of the flyer.

April 4 - Share ideas and discuss upcoming events, such as starting a team of walkers for the Vitality Walk in Casper on July 13.

Come share an "exercise snack" (5 minute exercise) AND dessert (prepared by the good cooks at the Lander Senior Center).

April 27, 11am-12pm - **Webinar on Hospital Safety** for Parkinson's patients. Free but must register.

Contact Marjane Ambler at (307) 332-3732 or email windriversparkinsons@gmail.com. Follow/Like the Wind River Parkinson's Support Group on Facebook.

Do you want to maintain your mobility? Power Punch for Parkinson's meets every Wednesday at noon at Teton Therapy (307 332-2230).

Wyoming

2.1.1

Get Connected. Get Help.™

Connect to help when you need it. When you call, a friendly voice will be ready to answer.

Dial **1-888-425-7138** or **211**
(or text your zip code to **898211**)

to connect with a Community Resource Specialist. You can also search wyoming211.org. Wyoming 211 connects people with **community, health, and disaster services** through a free, anonymous helpline offering **listening support, information, and referral.**



HELP FOR HEALTH
Quality Hospice and Home Care

856-1206

Delivering compassionate and exceptional care to all in need here in Fremont County



Wyoming Services for Independent Living

provides for continually increasing opportunities for individuals with disabilities to live as independently as possible.

WSIL Programs: Independent Living Program, Transition, In-Home Care, Transportation Voucher Program, and Independent Living Loan Closet

GetSetUp Online Classes

FREE for seniors through the Wyoming Department of Health. Office staff at the Shoshoni Senior Center can help you with the technology.

You can participate individually or as a group. Many fun and relevant topics for and taught by older adults!

Shoshoni Phone Numbers

Senior Center	876-2703
Town Hall	876-2515
Police	876-2600
Recreation	876-2663
Chamber	876-2615
Post Office	876-2456
Credit Union	876-2222
Health Clinic	876-0221
Physical Therapy	876-0005

Wyoming Senior Citizens Inc.
A Private Nonprofit Agency

1-800-856-4398

Located in Riverton and services **all of Fremont county.**

- Home Services Program: care coordination, personal care, chore services, homemaker services, and respite care
- Family Caregiver Support Program
 - Senior Companion Program
 - Long Term Care Ombudsman
- Wyoming State Health Insurance Information Program
- Senior Medicare Patrol Program
- Foster Grandparent Program



A no-cost public service for people who have a hearing loss or speech disability to communicate with standard telephone users.

Call WYRED at 800-452-1408 or 307-577-0539 or visit <https://www.wyomingrelay.com/> for more information or to request an application packet.

Healthier Wyoming

Evidence-Based Programs Include

- Diabetes Prevention Program
- Diabetes Self-Management Education and Support Programs
- Healthy U—Chronic Disease Management
- Heart Disease Prevention
- Blood pressure cuffs at Fremont County Libraries



Wyoming Center on Aging
Dept. 3415, 1000 E. University Ave. Laramie
307-766-2829 | 307-766-2847 (fax)
healthierwyo@uwyo.edu

Name: _____ Complete and return **Word Search** by April 17th for a chance to win a free meal ticket! Congratulations to **Glenn Darnall** for winning in March.



SPRING ACTIVITIES



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

WORD LIST

BASEBALL
 BIKE RIDING
 BIRD WATCHING
 CAMPING
 CLEANING
 EASTER
 EGG AND SPOON RACE
 EGG HUNT

FARMERS MARKET
 FISHING
 FUN
 GARDENING
 GOLF
 HIKING
 KAYAKING
 KITE FLYING

NATURE WALKS
 OUTDOOR GAMES
 PHOTOGRAPHY
 PICNIC
 PLANTING
 RELAXING
 ROAD TRIP

SIGHTSEEING
 SOCCER
 SPRING BREAK
 SWIMMING
 TENNIS
 TRACK AND FIELD
 VACATION

Shoshoni Senior Center Services



876-2703

Nutrition Programs

- **Congregate Meals** at the Senior Center are served 11:30am-12:30pm, Monday-Friday and Sunday. Suggested Donation of \$4 for registered seniors 60+ and their accompanying spouse of any age. Guests meals are \$8. *Everyone is welcome!*
- **Takeout Meals** must be requested by 9am and should be picked up by the registered recipient of the meal.
- **Frozen Meals** are available to purchase for \$2 each or three for \$5.
- **Home Delivered Meals** are available for homebound seniors within five miles of Shoshoni. We also deliver meals to those who meet eligibility requirements for the **Medicaid Community Choices Waiver**. We receive these service requests through your Case Manager.
- A registered dietician approves our menu and provides **Nutrition Education** and **Counseling**.

Public Transportation

- We offer door-to-door public transportation. **Van Rides** must be scheduled in advance and are available for seniors and the general public during our operating hours, depending on driver availability and weather conditions. *We do NOT provide emergency transport.* The following roundtrip fares are a suggested donation for seniors and the required cost for the general public.

Within Shoshoni	\$2
Riverton	\$10
Thermopolis	\$15
Lander	\$20
Casper	\$75



WYDOT operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations, to file a complaint, or to request this information in another language, please contact us at WYDOT Title VI Coordinator, 5300 Bishop Blvd. Cheyenne, WY 82009; (307) 777-4457; or email: lisa.fresquez@wyo.gov.

Health Services

- **Exercise equipment** is available to use at the Senior Center. A signed release waiver must be on file.
- **Afternoon Exercise Group:** Mondays, Wednesdays, and Fridays at 12:30pm. Stretching exercises, wellness of the breath techniques, seated Tai Chi.
- **Foot Clinic:** Carly is usually here two days a month. Call to make an appointment. The cost is \$20.
- **Walking Club** will start again in May.

Social Services

- **Morning Social:** Coffee, puzzles, and socializing
- **Games:** Pool tables and various group games
- **Sewing & Quilting** on Mondays, 8:30am - 2:30pm. Bring your projects to work on at the Senior Center.
- **Crafts, Book Club, other Clubs, and Group Activities**
- **Gardening** will start again in May.

Support Services

- **Monthly Newsletter** is available at the Center, on our website, Facebook page, and by mail or email. Please contribute to the *Dollar a Month Club*.
- **Public-use computers** and printer
- **Office services:** Print, copy, or fax for a small fee per page. Available Monday-Friday only.
- **Lending Library:** Medical equipment, books, movies, and puzzles. Please return what you borrow and donate what you can.
- **Educational** information and events
- **Volunteer Opportunities:** Delivering meals, reception on Sundays, help around the Center, etc.

Other Services

- Free **Wi-Fi** at the Senior Center
- **UPS drop-off** location.



To register, you must be **60+** and fill out an **AGNES form every year**. Registered patrons will receive a **MySeniorCenter keycard**. As you come in, use your keycard to scan in at the touchscreen on the front counter. Select what you will be participating in and then select the **Finish** button.

Join us! Meals are available and activities are open to **non-seniors** as long as it does not hinder participation of a senior. Seniors 60+ always have priority, but we love having visitors! All ages welcome.

Use of the Senior Center

You can **reserve the community room** at the Senior Center for your party, meeting, or other event.

The rental fee is \$100 for businesses and fundraisers and **by donation** for personal use, public service events, and memorials.

There is also a **\$50 cleaning deposit** due at reservation, which is returned after the event if the Senior Center is clean and there are no damages.



Calls from the Senior Center

As needed, we use robocalls to broadcast important information. This is a feature of the MySeniorCenter system. If you get a call from the Senior Center, it may be a robocall with a recorded message.

So, if you ever miss a call from us,

PLEASE check your voice messages

instead of calling us to ask why we called.

If you have not been getting robocalls and would like to, let us know.

We accept cash or checks but not cards.

We also cannot cash checks, and we may not have enough change on hand for larger bills.

We recommend that our regular patrons fill out an

Emergency Information Sheet

to keep on file at the Senior Center so that we have adequate information to contact your loved ones if it is ever needed.



Senior Center Staff

Director: Rykki Neale

Assistant Director: Jeannie Kroenke

Head Cook: Darline Combs

Assistant Cook: Denise Olson

Custodian: Jesse Bradley

Volunteer Van Driver: Robbie Ladner

Please Donate to the Shoshoni Senior Center.

We can accept cash or check, or you can donate online by scanning this QR code or at ShoshoniSeniorCenter.com.



Have something to add?

We produce our own newsletter and website! If there is something you would like included in our monthly newsletter, email Rykki at director@shoshoniseniorcenter.com, call **307-876-2703**, or mail it to: **PO Box 27, Shoshoni, WY 82649**.

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We have made every effort to ensure the accuracy of the information in this newsletter. We apologize for any errors, omissions, or inconsistencies.