

# Shoshoni

Senior Center

Newsletter: May 2024

307-876-2703

[ShoshoniSeniorCenter.com](http://ShoshoniSeniorCenter.com)

[director@shoshoniseniorcenter.com](mailto:director@shoshoniseniorcenter.com)

214 E 2<sup>nd</sup> Street, PO Box 27

Shoshoni, WY 82649

Look inside for our Menu  
and calendar of Activities!



## New Policy for Sunday Meals

Read the Director's letter  
on the second page of this newsletter  
for more information.

GARDEN  
CLUB

and



starting again  
in May!

Mother's  
Day



Friday, May 10<sup>th</sup>  
after lunch

## televëda

Bingo Tuesday and Tech Thursday

\$10 Gift Cards for Winners!

# 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,

Chicken fried steak Sundays are always very busy at the Shoshoni Senior Center. In fact, Sundays are our busiest day of the week, by far. And, they keep getting busier. Sundays are becoming increasingly unmanageable for us. It is a hard day for the kitchen and those at the front counter. We have the problem of being more popular than we can handle.

For example, on Sunday, April 14th, we served 80 meals. It wasn't even a chicken fried steak day! We only have two cooks, and our dining room has seating for 50. We ran out of food and had to setup four additional tables. No one wants to drive here for a meal only to find out that we already sold out.

We simply do not have the capacity to serve everyone, which is usually only a problem for us on Sundays. Our mission is to provide nutrition services, especially for seniors in need in the Shoshoni community, and that is our top priority. With as many out-of-district patrons that are now coming on Sundays, it can sometimes hinder our ability to fulfill that mission.

With that in mind, office staff and the Board of Directors have decided that we will be moving to a **Reservations Required policy, only for Sundays, and only for those who reside out-of-district**. This policy starts in May, and our district has the same boundaries as Fremont County School District #24.

There will be a certain number of slots available each Sunday for those out-of-district. These slots will be available to reserve, starting on Monday and ending at 3pm on Thursday for the meal on Sunday. So, starting on April 29th and ending at 3pm on May 2nd, those out-of-district will be able to make reservations for Sunday, May 5th. Patrons who reside in-district do NOT need to make a reservation, but we do ask that you let us know by 3pm on Thursday if you will have additional guests on Sunday.

We may adjust the number of available out-of-district slots as we better determine the needs of in-district patrons and our ideal maximum capacity, which may change with some planned rearrangement of items in the senior center.

We know that change is difficult. Our intention is to help make Sundays more manageable and a better experience for everyone... the staff, volunteers, patrons, and visitors. Serving a meal on Sunday is something special about the Shoshoni Senior Center that is loved by many. It definitely boosts our service numbers, which affects our funding. So, this was a difficult decision that we have been putting off for a while, but the time has come.

Thank You, *Rykki Neale*

### Regular Board Meeting

Thursday, April 18, 2023 at 12:30pm

March: 1021 meals, 553 support services, 10 rides, and 5 new patrons.

WYDOT's amendment for the final bus price was *finally* fully executed, and we have committed with the manufacturer. We are waiting on more paperwork and a firm production date... but probably mid-July, so we *might* have the vehicle in late August!

Building: Christensen appointed as committee chair, getting specs for the foyer and cement projects, ruined spud replaced for cook's bathroom toilet, ice machine serviced and new control board purchased, receiver and transmitter replaced so handicap button opens door, and oven parts installed, four quotes reviewed for the exterior signage projects.

Grants Submitted: Transportation, Fremont County for match, and WSSB. Due soon: Wyoming Hunger Initiative, Rocky Mountain Power Foundation, the three Aging Division programs (without additional ARPA funds now), and WY Community Foundation.

Staff: Head Cook is leaving on medical leave and the Assistant Cook will be stepping up in her absence with help from Wayne Olsen on Sundays.

Bylaws being updating by committee, waiting on review of Title VI policy update, and new Employee Handbook in the works. Property insurance lower but liability insurance higher this year. Updates to random drug testing pool. Person receiving list should not be on the list, so Director removed from pool.

Next meeting: Friday, May 17 at 12:30  
**NOTICE: Meeting moved from Thursday to Friday this month due to scheduling conflicts.**

# Shoshoni Senior Center MENU

# May 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
<p><b>\$4 Suggested Donation</b> for registered Senior 60+ and accompanying spouse.  <b>\$8 for a Guest Meal.</b> Everyone is welcome!  <b>Reservations Required for SUNDAY meals.</b></p>			1 <b>Hot turkey sandwich,</b> mashed potatoes, gravy, carrots, fruit, cookie	2 <b>Swedish meatballs</b> over egg noodles, peas, tossed salad, brownie	3 <b>Chicken wings,</b> macaroni and cheese, corn, coleslaw, Jello with fruit and cool whip	4
5 <b>Roast beef,</b> mashed potatoes, gravy, mixed veggies with peas, roll, chocolate pudding pie	6 <b>Sweet and sour pork,</b> rice, coleslaw, fruit, cookie	7 <b>Breakfast bake,</b> link sausage, hashbrowns, yogurt with fruit	8 <b>Goulash,</b> corn, garlic toast, tossed salad, cookie	9 <b>Chicken strips,</b> mashed potatoes, gravy, green beans, strawberry fluff	10 <b>Cheeseburger,</b> lettuce, sliced tomatoes, sliced onions, pickled beets, fruit	11
12 <b>Pork roast,</b> scalloped potatoes, peas and carrots, roll, fruit, cake	13 <b>Hot hamburger sandwich</b> on wheat bread, gravy, mashed potatoes, broccoli, salad, brownie	14 <b>Tacos,</b> flour tortilla, salsa, cheese, sour cream, fruit, snickerdoodle cookie	15 <b>Chicken a la king</b> over biscuits, cauliflower, salad, brownie	16 <b>Philly cheese steak sandwich,</b> hashbrowns, mixed veggies, Jello, cookie	17 <b>Spaghetti with meatballs,</b> green beans, garlic toast, tossed salad, fruit dump cake	18
19 <b>Chicken fried steak,</b> mashed potatoes, gravy, mixed California veggies, tossed salad, fruit, roll, cake	20 <b>Ham and potatoes au gratin,</b> mixed vegetables, fruit, whole wheat roll, cookie	21 <b>Steak fajita,</b> rice, lettuce, tomato, salsa, sour cream, carrots and peas, cake	22 <b>Chicken salad on croissant,</b> lettuce, tomato, celery and carrot sticks, creamsicle fluff	23 <b>Hot roast beef sandwich,</b> mashed potatoes, gravy, corn, salad, cookie	24 <b>Pizza,</b> garlic cheesy parmesan pasta, cucumber salad, broccoli, cookie	25
26	27	28 <b>Beef enchiladas,</b> fried rice, corn, salad, cheese, sour cream, vanilla pudding pie with mixed fruit	29 <b>Chicken redneck pot pie,</b> garlic butter mashed potatoes, cauliflower, salad, brownie	30 <b>Lasagna,</b> garlic toast, mixed veggies, salad, fruit, cake	31 <b>Hot ham and cheese or grilled cheese sandwich,</b> baked beans, potato chips, cucumber salad, cake	


 IN HONOR OF  
*Memorial Day*  
 WE WILL BE CLOSED

**Call by 9 AM for a Takeout Meal.**

This menu is subject to change without notice.

# Thoughts from the Desk of Jeannie

An unknown, but very wise person once wrote, "If at first you don't succeed, try doing it the way mom told you to in the beginning." I chuckle when I read that, but it's true. I can't count the times in my life that I wish my mother was still here so that I could A. Tell her how very and truly sorry I am for all the stress and worry I put her through (along with heaps of money she spent on hair dye to cover early gray hairs) and B. You were right.

It can be hard to admit when you are wrong. For some, it can be such a tough pill to swallow, that they will never accept that there was even a remote chance that they could be wrong. I found this to be true when I was young and headstrong and convinced my mom secretly worked for the FBI or really DID have eyes in the back of her head. To this day, I carry a very vivid memory of her telling me (with more than a little exasperation), "Jeannie, if you would just listen to me, your life would be so much easier." At the time, I was convinced she was a doddering old woman who would never and could never understand what I was going through. How could she? She was hatched from a middle-aged egg or something. With age and a lot of road behind me, I know now I should have listened to her. There was more than once I should have trusted her wisdom.

My mom was right. She always was. It took me years, and becoming a mother myself, to truly appreciate what my mother must have gone through raising my brother and I (and half the neighborhood we drug home behind us). The complexity of the myriad of emotions that come with the "job" of being "Mom" can be daunting and overwhelming at times. I can only begin to imagine the stress, anxiety and worry I heaped on her already burdened shoulders.

I wasn't exactly the easiest kiddo to raise. I have always been what people describe as a "social butterfly". Flitting here and there and everywhere, I was always fascinated by the "business" of life! I loved people and being in groups of people. I liked noise. I liked loud. I loved to TALK and to ask questions. I was not a child that could be appeased with a quick, generic answer. I wanted DETAILS. With all that charm, add in, stubborn, high strung and adventurous. All ideal qualities in a hormonal, teenage girl! But no matter how ugly I was acting or behaving, questioning the world and everything around me, the one thing I never questioned was whether my mother loved me. Even in our worst moments, times of hurt and angry words, she would remind me of her love.

On more than one occasion she could be heard saying, "Jeannie, I don't like you right now, but I do love you."

Parenting is hard. It doesn't come with an instruction manual. These little humans enter our lives and our hearts, and we are never the same. Even when they become big humans.

Dr. Nitya Pakrash described it perfectly when he said, "To be a mom means to have your heart walking around outside of your body, forever." Isn't that the truth? In my personal experience, I think the hardest part of being a mother is watching your child go through something really tough and you can't fix it for them. A mother is always a mother. The perpetual "fixer" extraordinaire. From scrapes and bruises, mended clothing, and toys, to unfinished English papers and last minute "forgotten" school projects, there has always been a solution. I never thought there would come a day that there would be an "owie" I couldn't touch or fix... some pain just runs too deep. It's been a hard, heart-breaking lesson in parenting to admit I don't have the tools to help my child. Does that make me a bad mother? No. It makes me human, perfectly imperfect. There is no way to be a perfect mother or parent, but there are a million ways to be a good one. Sometimes that means making the hard, heart-breaking decisions. And in the end of it all, we hope we made the right decisions, and we hope our children know that those decisions were made with love.

As I've told my three children many times, "I don't care what you do in life, if it's a trapeze artist or deep-sea welder, all I want for you is to be healthy and happy." I think that's true for most of us. All we want for our children is good health, mentally, emotionally, and physically. We want the very best for them. We want them to have a happy life.

I hope this Mother's Day finds all the mamas out there heaped with appreciation and love! Thank you all for all your hard work, commitment, dedication, and love! As American author and poet, Marion C. Garretty, once said, "Mother Love is the fuel that enables a normal human being to the impossible."



Thank you for doing the impossible.



# Shoshoni Senior Center

876-2703

# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>You could win a \$10 Gift Card at Televeda Bingo Tuesday and Tech Thursday!</p>			<p><b>1</b> Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>2</b> Walking Club 9-10am <b>Craft</b> Summer Luminary Centerpiece 12:30-2:30pm</p>	<p><b>3</b> Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>4</b> Memorial Sharon Coffee</p>
<p><b>5</b></p>	<p><b>6</b> Sewing &amp; Quilting 8:30-2:30 Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>7</b> Walking Club 9-10am Game Day: Yahtzee 12:30-2:30pm</p>	<p><b>8</b> Gardening 9-10am Exercise Group 12:30-1:30pm Masons 7:30pm</p>	<p><b>9</b> Walking 9-10am <b>Craft</b> Mother's Day Button Bouquet 12:30-2:30pm Hunger Initiative Summit—Lander</p>	<p><b>10</b> Garden 9-10am Mother's Day Ice Cream Social after lunch Exercise Group 12:30-1:30pm</p>	<p><b>11</b> Chamber of Commerce Meeting 1pm at SRD</p>
<p><b>12</b> </p>	<p><b>13</b> Sewing &amp; Quilting 8:30-2:30 Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>14</b> Walking 9-10am Game Day: Hand &amp; Foot 12:30-2:30pm Town Council 7pm</p>	<p><b>15</b> Garden 9-10am Christmas Club 12:30pm Exercise Group 12:30-1:30pm Word Search Drawing Food Bank Delivery</p>	<p><b>16</b> Walking Club 9-10am <b>Board Meeting</b> 12:30pm</p>	<p><b>17</b> Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>18</b></p>
Director Training in Riverton						
<p><b>19</b></p>	<p><b>20</b> Sewing 8:30-2:30 Gardening 9-10am Exercise Group 12:30-1:30pm School &amp; SRD Board Meetings</p>	<p><b>21</b> Walking 9-10am <b>Craft</b> Terra Cotta Pot Bee Bath 12:30-2:30pm</p>	<p><b>22</b> Gardening 9-10am Exercise Group 12:30-1:30pm Masons 7:30pm</p>	<p><b>23</b> Walk- ing 9-10am <b>MOVIE DAY</b> The Last Unicorn 12:30pm</p>	<p><b>24</b> Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>25</b></p>
		<p><b>Foot Clinic</b> by appointment</p>				
<p><b>26</b> </p>	<p><b>27</b></p>	<p><b>28</b> Walking 9-10am Televeda Bingo 10-11 <b>Craft</b> Yarn Wall Art 12:30-2:30pm Town Council 7pm</p>	<p><b>29</b> Gardening 9-10am Exercise Group 12:30-1:30pm</p>	<p><b>30</b> Walking 9-10am Televeda Tech Tablet Tips 10-11 <b>Craft</b> Mason Jar Garden 12:30-2:30pm</p>	<p><b>31</b> Gardening 9-10am Exercise Group 12:30-1:30pm</p>	

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



Website: [ShoshoniSeniorCenter.com](http://ShoshoniSeniorCenter.com)  
Facebook Page: [Facebook.com/shoshoniseniorcenter](https://Facebook.com/shoshoniseniorcenter)

# Thank You!



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

- to an **Anonymous Donor** for your general donations
  - to **Gary Weisz** and others 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 & Chris Komloski** and **Anne & Ken Metzler** for delivering meals.
    - **Robbie Ladner** for driving the van.
- 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.

- **T-Shirts** are \$10 each (Sizes S-3XL)
- **Hoodies** are \$30 each (Sizes M-2XL)
- **Coffee mugs** are \$5
- **Insulated totes** are \$5  
*FREE with 6 frozen meals.*
- **Wrist strap keychains** are \$2  
*Great for your keys and keycard!*

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.



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 \_\_\_\_\_

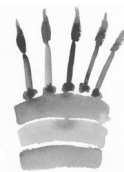
Delivered by:  Mail  Senior Center Pickup  Email

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.



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

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



Name \_\_\_\_\_

Birth

Day \_\_\_\_\_

# Shoshoni Sunday

Senior Center Reservations

Beginning in May,  
Reservations are Required  
for lunch at the  
Shoshoni Senior Center.

**MAKE A  
RESERVATION**

Sunday Reservations are available for each Sunday,  
*starting on Monday and ending on 3pm on Thursday.*

This applies to meals eaten at the Senior Center  
*and takeout meals on Sunday only.*

**Locals:** If you live within the Shoshoni school district  
boundaries, you do NOT need to make a reservation,  
unless you are coming with additional guests.

## 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

## 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.

## 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.**

### Senior Center Fundraisers

- Street Fair Fundraiser: Saturday, 9/14
- Christmas Craft Bazaar: Sunday, 12/1

### Other Shoshoni Information

- Saturday 5/18: Town Clean Up from 8am-5pm
- Burning Days: April 1 through June 1, 9am-5pm.  
Burn leaves, limbs, grass, clippings, weeds, etc.  
but NOT garbage.
- Shoshoni Hot Summer Nights 3 on 3 Basketball  
Tournament: June 15 & 16. Register by 5/31.



Live to Play. Play to Live.

- Monday 4/29: SRD Board Meeting at 6:30pm
- Saturday 5/4: Pet Vaccine & License Day 9-11am
- Monday, 5/20: SRD Board Meeting at 6:30pm

### Shoshoni Schools: FCSD #24



- 5/2: Black Tie Banquet (Academic Awards) at 5:15
- 5/3: HS Track at Thermopolis at 1pm  
and JH/Y Track Conference at TBA at 1pm
- 5/4: Prom and HS Track at Lander at 10am
- 5/7: JH/Y Track Best of the Best at Lander at 10am  
and FFA Banquet at 6pm
- 5/9: Senior's Last Day
- 5/10-11: HS Regional Track at Shoshoni
- 5/10: Staff PD Day, No School K-12
- 5/14: Sports Physicals at 1:30pm
- 5/16-18: HS State Track at Casper
- 5/19: Graduation at 2pm
- 5/20: School Board Meeting at 5:30-7:30pm  
and Spring Sports Banquet at 6pm
- 5/21: Las Day of School, Early Release
- 5/22: Staff PD Day, No School K-12

# RESOURCES & INFORMATION

Patients age 65+ and those at increased risk for glaucoma may be eligible for free eye care exams through **EyeCare America**.



**Wind River Parkinson's Education & Support Group**  
First Thursday of every month, 2-3pm  
at Lander Senior Center or on Zoom



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](http://wyoming211.org). Wyoming 211 connects people with **community, health, and disaster services** through a free, anonymous helpline offering **listening support, information, and referral**.

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

Thursday, May 2. The long winter is ending, and it's time to prepare our bodies for summer activities. Whether you have Parkinson's or not, join us to learn from an expert what you can do for yourself. At this non-strenuous, stretching one-time session, we will learn how to increase our range of motion. This can make us all safer when driving and help us reach that top shelf or tie our shoes. You are welcome to remain seated and work at your own pace.

**Come share dessert (prepared by the good cooks at the Lander Senior Center).**

Contact Marjane Ambler at (307) 332-3732 or email [windriverparkinsons@gmail.com](mailto:windriverparkinsons@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).



**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



**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](mailto:healthierwyo@uwyo.edu)



Name: \_\_\_\_\_ Complete and return **Word Search** by May 15<sup>th</sup>

for a chance to win a free meal ticket! Congratulations to **Dan Merrill** for winning in April.

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

# Everyday Life

## Word Search

### 80 Hidden Words

TREE	FLOWER	GARDEN	GARAGE	LOCK	KEY	PARK	SLIDE
SWING	GRASS	MAP	ROUTE	ROOF	WINDOW	DOOR	HOUSE
STREET	VILLAGE	TOWN	CITY	TICKET	BOAT	PLANE	TRAIN
BUS	CAR	BIKE	WHEEL	COLOR	PAINT	FRAME	PHOTO
VIDEO	MOVIE	TAPE	BOOK	ERASER	RULER	PENCIL	PEN
PAPER	WALLET	PURSE	BAG	WATCH	SCARF	GLOVE	DRESS
SKIRT	PANTS	SHIRT	SOCKS	SHOES	SOAP	PASTE	TOOTH
COMB	BRUSH	TOWEL	SHELF	PLANT	MUSIC	RADIO	CLOCK
PHONE	FRUIT	TOAST	SNACK	BREAD	COFFEE	JUICE	WATER
GLASS	PLATE	KNIFE	FORK	SPOON	TABLE	CHAIR	APPLE

# 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**. Rides must be scheduled in advance and are available for seniors and the general public Monday-Friday from 8am to 3pm, 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

### 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 for other errands?

**Call the Senior Center!**

## Health Services

- **Exercise equipment** is available to use. 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 us to make an appointment. The cost is \$20.
- **Walking Club** from 9-10am on Tuesdays and Thursdays

## 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 Club** from 9-10am on Mondays, Wednesdays, and Fridays

## Support Services

- **Monthly Newsletter** is available at the Senior Center, on our website, Facebook page, and by mail or email. If you receive a paper copy of the newsletter each month, 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:** We lend out medical equipment, books, movies, and puzzles. Return what you borrow and donate what you can.
- **Educational** information and events
- **Volunteer Opportunities:** Delivering meals, reception, help around the Center, etc.

## Other Services

- Free **Wi-Fi**
- **UPS drop-off** location



### Join us! We love visitors.

Registered Seniors 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.

# MAY

at the

# Shoshoni

Senior Center

307-876-2703

## Televeda Bingo Tuesday

April 30 and May 28 at 10-11am

\$10 Gift Cards for Winners!

## Televeda Tech Thursday

April 25 at 10-11am: **Email for Everyone**

May 30 at 10-11am: **Tablet Tips**

## Crafts at 12:30-2:30pm

- Summer Luminary Centerpiece  
Thursday 5/2
- Mother's Day Button Bouquet  
Thursday 5/9
- Terra Cotta Pot Bee Bath  
Tuesday 5/21
- Yarn Wall Art  
Tuesday 5/28
- Mason Jar Garden  
Thursday 5/30

## Game Days at 12:30-2:30pm

- Yahtzee: Tuesday 5/7
- Hand & Foot Card Game:  
Tuesday 5/14

## Movie Day at 12:30pm

Thursday May 23: "The Last Unicorn"

## Foot Clinic by appointment.

Cost is \$20. Tuesday, May 21  
and Wednesday, May 22.



## Afternoon Exercise Group

Monday, Wednesday, Friday at 12:30pm.  
Stretching exercises, wellness of the breath  
techniques, and seated Tai Chi.



## Gardening Club

SRD Community Garden Beds  
Monday, Wednesday, Friday  
at 9-10am,

## Walking Club

Tuesdays and Thursdays  
at 9-10am

## Sewing & Quilting

Mondays from 8:30am-2:30pm



Bring a  
Friend

## Are you 60+?

Even if you don't identify as a "senior",  
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!**

We have too many  
books and puzzles!  
Please donate to  
**Meadowlark Books**  
in Riverton instead.  
We have an account  
there, and you can  
ask them to credit  
the Shoshoni Senior  
Center for your  
book donations.

Please check with us  
before bringing in  
donated items.

**Thank you!**

# 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.



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**.

This document was developed under grants from the **U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division**. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, or the Wyoming Department of Health, Aging Division, and you should not assume endorsement by the Federal or State governments.

In accordance with federal law and the Department of Agriculture, this institution is prohibited from discrimination on the basis of color, national origin, sex, or disability.



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



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

We recommend that our Shoshoni patrons fill out an **Emergency Information Sheet** to keep on file at the Senior Center so that we have adequate contact information if it is ever needed.

## Notifying the Public of Rights Under Title VI

- The Shoshoni Senior Center operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Shoshoni Senior Center.
- For more information on the Shoshoni Senior Center's civil rights program or Title VI obligations, the procedures for, or to file a complaint, please contact: Rykki Neale, Title VI Coordinator, 307-876-2703, Email: [director@shoshoniseniorcenter.com](mailto:director@shoshoniseniorcenter.com); Or visit our administrative office at 214 E 2<sup>nd</sup> Street, PO Box 27, Shoshoni, WY, 82649. For more information, visit [www.shoshoniseniorcenter.com](http://www.shoshoniseniorcenter.com).
- For transportation-related Title VI matters, a complaint may also be filed directly with WYDOT's Office of Civil Rights to: Title VI Coordinator, 5300 Bishop Blvd., Cheyenne, WY 8200; via phone: 307-777-4457; or email: [DOT-civilrights@wyo.gov](mailto:DOT-civilrights@wyo.gov) or to Federal Transit Administration, Office of Civil Rights, Director. East Building, 5<sup>th</sup> Floor-TCR, 1200 New Jersey Ave., SE, Washington, DC, 20590.