

Shoshoni

Senior Center

April 2026
Newsletter

307-876-2703

214 E 2nd Street

PO Box 27

Shoshoni, WY 82649

ShoshoniSeniorCenter.com

[Facebook.com/shoshoniseniorcenter](https://www.facebook.com/shoshoniseniorcenter)



Mission: The Shoshoni Senior Center strengthens the lives of older adults by providing nutrition, wellness, social connection, and support services that help them remain active and independent in our community.



Shoshoni
Senior Center
PO Box 27
Shoshoni, WY 82649

Join us for Crafts



BOARD MEETING: MARCH 19, 2026

Approved: The board approved the minutes from the 2/19/2026 meeting and the Service District fund request for expenses during the month of February.

Old Business: The board is registered for the Board Basics training through the Wyoming Nonprofit Network and have several dates over the next few months to participate.

New Business: While implementing the new Gusto payroll system, Director researched best practices. Rather than two board members reviewing and initialing each paystub, it is better for the board to review a full summary and allocations for each payroll and approve it during a board meeting. Board reviewed all payrolls since the switch to Gusto (1/15, 1/29, 2/12, 2/26, and 3/12).

Board/Committee Reports: None

Jeannie-Activities/Events: Meet & Greets with political candidates and various organizations, Wind River Visitors Council meeting, Citizen of the Year chicken fried steak dinner at the Senior Center but provided by Chamber and paid for by the Town.

Director Report

Services Provided: February meal count 843, with daily average of 41, and a total of 112 Title III clients served.

Notable February expenses: Gusto \$215 background checks, \$85/97 monthly payrolls, Climatec \$1,171 to correct walk-in humidity, \$100 for snow removal, \$10 food handling training for cook, \$575 hood cleaning, \$460 medical equipment with Abilities Experience grant, \$52 Gusto paychecks

Auto Insurance: Removed collision coverage from bus while not using to save on insurance expense.

Copier Upgrade: Purchase approved by both boards and installed on March 10th. New machine has codes to separate usage between Senior Center, Service District, and the Chamber and has many time-saving new features.

Building Use: Consulted LGLP and should require groups who use the Center to provide proof of liability insurance. Will develop a simple agreement and ask for insurance information from groups who are using Center regularly (AA, Chamber, Flywheelers, WRVC). We will encourage people to use the SRD building instead if possible.

Will also require board approval for building use scheduled when the Senior Center is not regularly open, to protect employee time and the expense of needing to have an employee here for additional time for building use by outside groups.

Meetings are on the 3rd Thursday and open to the public. The next meeting is **Thursday, April 16th, 2026 at 12:30pm.**

BOARD OF DIRECTORS

President: Jay Merritt

Vice President: Dennis Buchholz

Secretary: Deb McMurtrey

Don Schubach

Deb Williams

SERVICE DISTRICT BOARD

President: Ken Cundall

Vice President: Teresa Taylor

Secretary: Joannie Geis

Treasurer: Hazel Schaefer

Sheila Wakefield

Service District: Agenda and minutes are posted at the Senior Center. Meet on 4th Monday: **Monday, April 27th at 1pm.**

Mon	Tue	Wed	Thu	Fri
<p>\$4 Suggested Donation for Registered Senior 60+. \$8 for Guest Meal. Takeout Meals must be requested by 9am.</p>		<p>1 Hot hamburger, gravy, mashed potatoes, corn, pears, tossed salad, Jello with whip cream</p>	<p>2 Chef salad with ham and turkey, cheese, hard boiled eggs, tomatoes, onion, cottage cheese</p>	<p>3 Fish fillets, onion rings, mixed veggies, tossed salad, peaches, cake</p>
<p>6 Stuffed peppers, tossed salad, apricots, roll, cake</p>	<p>7 Chili dog with bun, tater tots, tossed salad, green beans, mangos, pudding</p>	<p>8 Chicken fried steak, mashed potatoes, gravy, roll, pears, mixed veggies, tossed salad, cookie</p>	<p>9 Broccoli and chicken casserole, biscuit, tossed salad, mandarin oranges, brownie</p>	<p>10 Baked potato bar with bacon, ham, cheese, chili, onions, sour cream, tossed salad, applesauce, cookie</p>
<p>13 Taco salad, black beans, cheese, salsa, sour cream, tomato, onion, lettuce, peaches, cookie</p>	<p>14 Grilled ham &cheese sandwich, tomato soup, tossed salad, broccoli, peaches, cookie</p>	<p>15 Meatloaf, baked potato, roll, tossed salad, peas, peaches, brownie</p>	<p>16 Fritto pie with corn chips, seasoned hamburger, and cheese, tossed salad, apricots, cake</p>	<p>17 Baked ham, scalloped potatoes, green beans, tossed salad, mandarin oranges, roll, cookie</p>
<p>20 Bratwurst & sauerkraut, bun, macaroni and cheese, baked beans, tossed salad, apple crisp</p>	<p>21 Sloppy joe, potato chips, baked beans, pasta salad, tossed salad, fruit, cookie</p>	<p>22 Pork fritters, mashed potatoes, gravy, roll, corn, applesauce, rice crispy treat</p>	<p>23 Chicken salad on croissant with grapes and celery, potato salad, fruit salad, Jello</p>	<p>24 Philly cheesesteak, onion rings, tossed salad, mixed veggies, brownie</p>
<p>27 Pork chop, baked potato, stuffing, carrots, tossed salad, fruit, strawberry shortcake</p>	<p>28 Rueban sandwich, French fries, cabbage, tossed salad, broccoli, pineapple, pudding</p>	<p>29 Swiss steak, mashed potatoes, gravy, peas, tossed salad, fruit, cake</p>	<p>30 Tamales pinto beans, corn, tossed salad, mixed fruit, cookie</p>	<p>Soup is available most but not EVERY day, such as when lunch IS a soup.</p>

Director Letter

Friends of the Senior Center,

The **Shoshoni Senior Citizens Service District** is on the ballot this year. Our Service District, which is a **1.5 mill levy on local property taxes**, is voted on every four years. This is locally generated funding that stays local. It funds senior services and benefits our own community. It puts more control over available services in local hands, making us more self-sufficient and able to take care of our own.

It's less cost efficient to provide services in small places, even if the need there is greater. Cost per service or person is higher. We especially feel this as we have recently reevaluated our ability to provide transportation as an organization. This inherent inefficiency is a reality of our size and affects the strategies we can use to fund services.

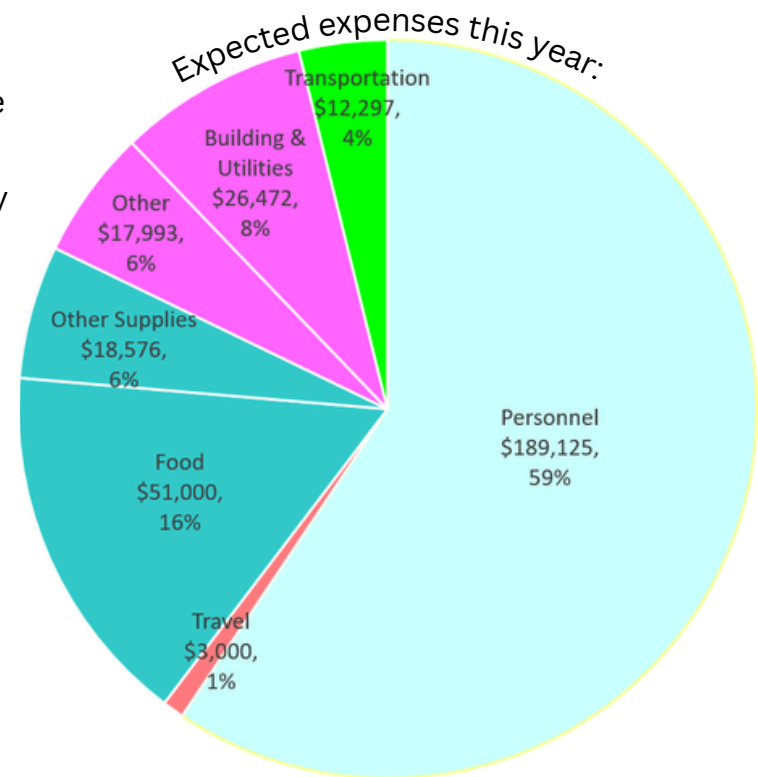
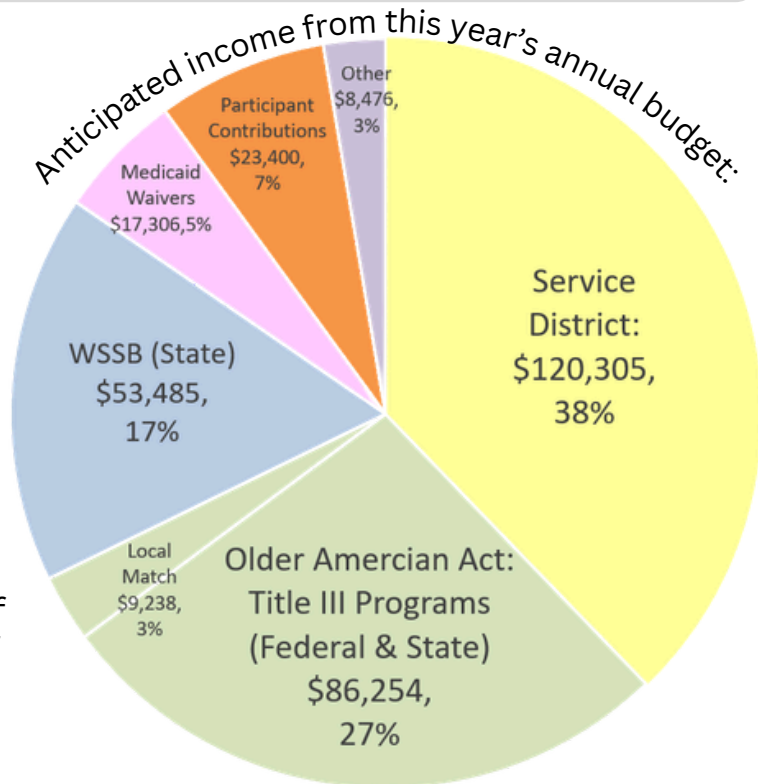
We operate on a delicate braid of mostly **federal, state, and Service District funding**. Income from patron contributions and other local sources is relatively small and far from enough to operate *any* of our programs. Having nice things like senior and other public services takes coming together and supporting each other... as a community. It's more efficient *and* effective as a collective, organized effort. Losing a sense of community and support for the vulnerable is quite **costly**, especially in the long run.

Traveling for appointments and supplies, getting enough to eat, and staying connected can get unexpectedly difficult for anyone. It's easy to not care much about these things until they **affect you** personally, but if we are short-sighted, only consider our own situation, and do not invest in our community and future, those services will not be there when you (or a loved one) do need them.

While a small rural Senior Center is less cost efficient than larger ones, a **congregate meal** is more cost efficient than those people each purchasing and preparing their own meals, especially if there are any difficulties. Having somewhere to go to get out, eat a nutritious meal, interact with others, exercise, and use a computer as needed really makes a difference for overall wellbeing, especially as we age. We had someone from Glendo stop by as he traveled through Shoshoni, and he was *amazed* that we have a Center like ours in such a small town!

We do not have much "fat to trim". The largest expense is staff, and most of our employees do not make a "living wage" for the size of their household. As an organization, we have a small margin of error because *we are small*. Cuts will affect us first and more because we lack the **capacity to absorb them**. We'll just lose services. We couldn't do even some of what we do with much less, especially with fewer employees. Not much could be taken out without the whole thing going away.

There has been some recent **good news** concerning funding for senior services on a state level, intended to address inflation of the cost to provide the same services and the lack of funding increases over the last ten years. We will also receive ~\$13,000 more WSSB funding next fiscal year. Because, they changed the formula to cap the amount that the larger Centers receive (assuming that the larger places have more



sources of local funding available). So, more of the funds were available to distribute among the smaller Centers. But, a few Centers lost hundreds of thousands in funding.

Making informed decisions means understanding how the Senior Center is funded and knowing what is at stake. Approximately one third of the Senior Center's annual budget is funded by the Service District. **We need it.**

THANK YOU to all of our helpers, supporters, and patrons,

Rykki Neale

Shoshoni Senior Center April 2026

876-2703
Monday-Friday
8am-3pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Ages are welcome! Join us even if you don't identify as a "senior", but especially if you are 60+.</p>			<p>1  9-10:30am AA 7pm</p>	<p>2 Craft Apothecary Jars 12:30pm</p>	<p>3  9-10:30am</p>	<p>4 SRD #24 & Masonic Lodge EASTER EGG HUNT at the school 10am Sharp</p>
			School's Spring Break			
<p>5 </p>	<p>6 Sewing & Quilting  9-10:30am</p>	<p>7 Craft Flower Books 12:30pm Chamber Meeting Senior Center at 5:30pm</p>	<p>8  9-10:30am Fair Sign Up 11:30-12:30 WYSIL & Elkhorn Rehab at lunch AA 7pm Masons 7:30</p>	<p>9 Planting Garden Seeds 12:30pm</p>	<p>10  9-10:30am Wood Carving Registration Required 10:30-4:30</p>	<p>11</p>
School's Spring Break		School PD Day				
<p>12</p>	<p>13 Sewing & Quilting  9-10:30am Game Night & Potluck 4pm</p>	<p>14 Craft Garden Mushrooms 12:30pm Town Council 7</p>	<p>15 FOOD BANK  9-10:30am Christmas Club 12:30 AA 7pm</p>	<p>16 Board Meeting 12:30pm</p>	<p>17</p>	<p>18</p>
Jeannie Gone						
<p>19</p>	<p>20 Sewing & Quilting Elementary PD Day & School Board 5:30pm</p>	<p>21 Chamber Meeting Senior Center at 5:30pm</p>	<p>22  AA 7pm Masons 7:30</p>	<p>23</p>	<p>24  9-10:30am Wood Carving Registration Required 10:30-4:30</p>	<p>25</p>
Jeannie Gone				School Play: Dinner 6pm, Curtain 7pm		
<p>26</p>	<p>27 Sewing & Quilting  9-10:30am Service District Meeting 1pm Game Night & Potluck 4pm SRD Board 6:30</p>	<p>28 Craft Suncatchers 12:30pm Town Council 7</p>	<p>29  9-10:30am AA 7pm</p>	<p>30 Craft Mop Gnomes 12:30pm</p>		

We try to include events from other organizations, but please verify the details with them.
Send information for the calendar to director@shohsonseniorcenter.com or call 876-2703 by the 20th.

Jeannie's Thoughts

Happy Spring, everyone!

(At least... that's what the calendar says. Wyoming weather may still be negotiating.)

We are more than ready to say goodbye to this dry winter and welcome in some good old-fashioned April showers—because if we don't get them soon, those May flowers might be sending us a “running late” notice. And while it's always a little windy in Wyoming, lately it feels like the wind has been working overtime—blowing hats off, chasing trash cans down the street, and probably relocating a lawn chair or two clear into the next county!

I don't know about you, but I'm ready for sunshine, green grass, and getting my hands back in the dirt—which means it's time to start thinking about our community garden. I'm so excited to get it going again. There's nothing better than a little fresh air, a little hard work, and a lot of good company.

Inside, we've got plenty of fun happening too. We'll be working on apothecary jars, Easter baskets, and more. And don't worry—no crafting experience required. Around here, we like to say it's less about perfection and more about having a good time (and maybe a few laughs along the way).

Now let's talk about something that sneaks up on us every year—the county fair.

I still can't believe how amazing it was last year seeing everything our community entered. I was truly blown away.

And here's your reminder: you do not have to have an animal or be “artsy” to enter. There is truly a category for just about everything. Baked goods, photos, crafts... even that cool rock you found and thought, “Hey, that's neat!”—yes, that counts.

To help everyone get involved, Deb Williams will be joining us on Wednesday, April 8th at 11:30 AM during lunch to walk through the entry process and answer questions. I highly encourage you to come down, learn something new, and maybe even surprise yourself with what you can enter.

By the time you read this, we will have also celebrated our Citizen of the Year, Kathy Blair. As I sit here writing this, I can't help but think about how incredibly deserving she is of this honor. Kathy truly represents the heart of our community. I hope the evening was everything she deserved and more, and I love that all of the nominees were recognized—it says so much about the wonderful people we have here.

And of course, April brings us Easter. A time of renewal, hope, and fresh beginnings. It's a gentle reminder that no matter how long the winter feels, brighter days always find their way back to us.

As always, I want to invite you to come down and spend some time with us. Whether you join us for a meal, a craft, a meeting, or just stop in for a cup of our awesome coffee and a little yummy snack, you are always welcome.

This center is more than a place—it's a gathering of friends, laughter, and community. And it just wouldn't be the same without you. And I'll leave you with this...

“Some places are built with walls and windows, but this one is built with hearts. With stories shared over coffee, with laughter that lingers long after, with hands that reach out and hold on. It's not just a center—it's a circle, where no one stands alone for long. And because of you, it is full.”

Jeannie Kroenke



Online Orders

Did you know that our Walmart offers delivery to Shoshoni? **Pickup and delivery options** can help you get your groceries, prescriptions, and other needed items.

Walmart delivers to Shoshoni, but they do charge a **delivery fee**. Items are delivered to your door by a **third-party driver**.

If you have a **Walmart+ membership**, you get free delivery on orders of at least \$35 (and other benefits).

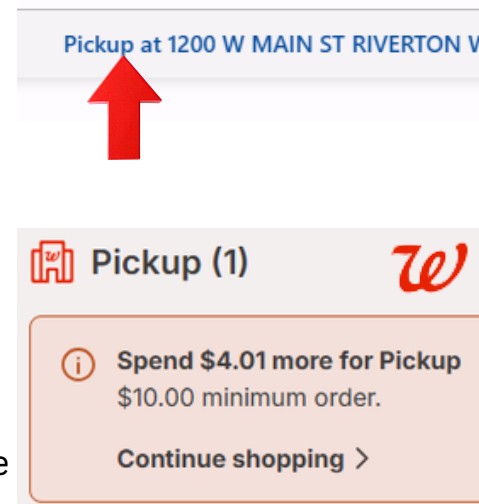
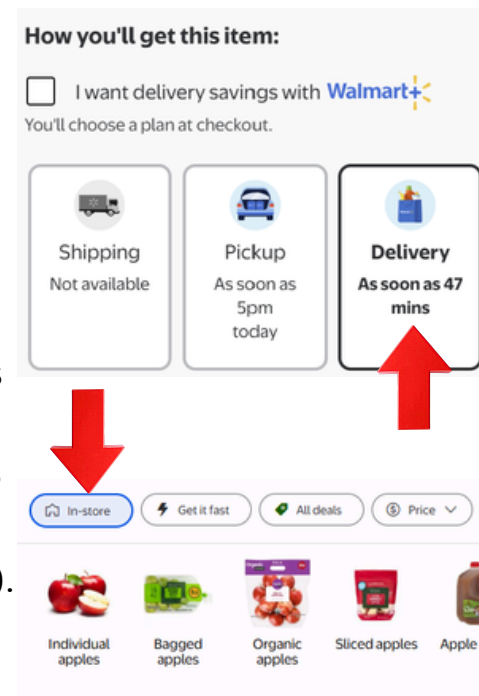
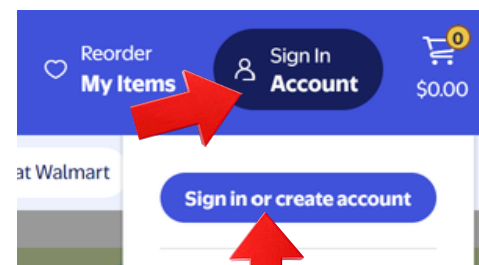
On Walmart's **website** or in their **app**, you can filter for items available locally by setting your local store as Riverton and then using the **In-Store button**.

If you can get to town and want to avoid delivery fees, stores like Walmart, Smith's, and Walgreens offer **PICKUP** for items that are available locally, often for free with an order of a certain amount. You can do your shopping from home, and the items are gathered for you. You can usually set an alternative pickup person if there is someone who can pickup the order for you.

Since the process, options, and fees vary by store and can change, ordering online is not something that can be taught in exact steps. Give it a try and ask for our help at the Senior Center if needed. We are here to help you learn to do it yourself (not to do it for you).

Tips for Online Shopping

- Only shop from **reputable sites and sellers**. You can look them up on the Better Business Bureau website, check seller ratings on websites such as Amazon and eBay, and make sure you see "https" at the beginning of the web address during checkout.
- Create **strong and secure passwords**, using uppercase and lowercase letters, numbers, symbols, and non-dictionary words. Do not use a password that would be easy to guess.
 - **Do not use the same password** for all of your accounts. That is very risky because if data is mishandled by any of those companies, scammers have access to ALL of your accounts instead of just the compromised site, including important ones like your email or bank.
 - Using a **password manager** can help. I use 1Password and Bitwarden but have seen RoboForm recommended as easier for seniors to use.
 - It is also best to utilize **two factor authentication**, which means receiving a code on your phone or an authenticator app (such as Google Authenticator) to make sure it is you.
- **Only use secure methods of payment**, such as a credit card, PayPal, or digital wallets like Apple Pay. Credit cards offer more fraud protection than debit cards, and PayPal and digital wallets make it so that you do not have to share your card information with every company that you shop from.
- **Beware of scams** such as phishing (emails pretending to be from known companies), fake websites, calls asking for your information, anything that involved paying with gift cards, etc. Keep yourself educated about common scams using AARP Fraud Watch Network and other resources. Scammers use new tactics all the time.



Walgreens has a lower minimum order and offers 30-minute pickup and the option of pickup in the store, curbside in your vehicle, or at the drive-through.

Help starts here

211 connects you to expert, caring help.

Every call is completely confidential.

211

Get Connected. Get Help.™

Health

- Healthcare Expenses
- Mental Health
- Substance Use

Crisis & Emergency

Disaster Recovery

Housing

Housing Expenses

Utilities Expenses

Food

Food Programs & Benefits



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

Name _____

Birthday _____

Missed a call from the Senior Center?

Please check your voice messages **BEFORE** calling to ask why we called. We use robocalls for important updates.

Thank you to the Kindergarten for the Weekly Smile!



What is the Weekly Smile?

Welcome to The Weekly Smile! Brought to you by the Shoshoni Elementary Kindergarteners, this flyer is our way of giving back to the community we love. Our students are working hard on their writing and artistic skills, and they want to share that progress with you! Whether it's a hand-drawn masterpiece, a silly joke, or some "expert" life advice, we hope these small creations brighten your week.

Thank you for supporting some of our littlest Wranglers as they learn to make a big difference!



There are not . . .

- **New,**
- **Plastic,**
- **OR Microchipped**

. . . Medicare cards already ordered, coming soon, or in the mail. If you get a call like this, don't give them any information.

Report it to the SMP. 1 800 856-4398



SCAM WATCH

There are not new, plastic, or microchipped Medicare cards coming.

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

SMPRESOURCE.ORG
877.808.2468



Name: _____

Complete word search and return it to the Senior Center by April 15th to be entered in a drawing to **win a free meal ticket!** Congrats to **Ray Nitchman** for winning in March.

CHALLENGE WORD SEARCH

 100 Hidden Words to Find

- ACTIVE
 - BRAVE
 - COURAGE
 - DELIGHT
 - EXPLORE
 - FREEDOM
 - GRATITUDE
 - HAPPINESS
 - INSPIRE
 - JOYFUL
 - KNOWLEDGE
 - LIBERTY
 - MOTIVATE
 - NATURE
 - OPTIMISM
 - PASSION
 - QUEST
 - RESILIENT
 - SERENITY
 - THRIVE
 - UNITY
 - VICTORY
 - WONDER
 - ZEAL
 - ADVENTURE
 - BRILLIANT
 - COMPASSION
 - DETERMINED
 - EMPOWER
 - FRIENDSHIP
 - GENEROUS
 - HARMONY
 - INDEPENDENCE
 - JOURNEY
 - KINDNESS
 - LAUGHTER
 - MARVELOUS
 - OPPORTUNITY
 - PERSEVERE
 - RADIANT
 - SUPPORT
 - TRANQUIL
 - UNITE
 - VIBRANT
 - WISDOM
 - YOUTHFUL
 - ZEPPELIN
 - AMBITION
 - BELIEVE
 - CARING
- DREAM
 - ENTHUSIASM
 - GRATEFUL
 - HOPEFUL
 - JOYOUS
 - KINDNESS
 - LEARNING
 - MOTIVATED
 - OPTIMISTIC
 - PASSIONATE
 - RESILIENCE
 - SERENDIPITY
 - TENACITY
 - THRIVING
 - UNITY
 - VISIONARY
 - WONDERFUL
 - EXCELLENCE
 - BALANCE
 - CURIOSITY
 - DILIGENCE
 - EFFORT
 - FLEXIBILITY
 - GENEROSITY
 - HONESTY
 - IMAGINATION
 - JUSTICE
 - KINDHEARTED
 - LOYALTY
 - MODESTY
 - NOBLE
 - OPEN-MINDED
 - PATIENCE
 - QUALITY
 - RESOURCEFUL
 - SINCERITY
 - TEAMWORK
 - UNDERSTANDING
 - VALUABLE
 - WILLINGNESS
 - ZENITH
 - ZESTFUL
 - ALTRUISM
 - BLISSFUL
 - CELEBRATION
 - DARING
 - ENERGETIC
 - FORTITUDE
 - GIGGLY
 - HARMONY

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

THANK YOU for Supporting Your Senior Center

We do our best to ensure the accuracy of the information in this newsletter. We apologize for any errors, omissions, or inconsistencies. *There are usually a few.* If donations were made or volunteer service provided that is not recognized here, it is unintended. Please, let us know.

2026 Donations

Donations of any size are greatly appreciated. Contributions for meals, rides, coffee, office services, crafts, and exercise are counted as **Program Income** rather than as general donations, so they are not included below, but they help make those services possible.

Enhancers: \$500+

Anonymous Donor for Piano
Contango

Building Use: Wind River Flywheelers
Building/Copier: Chamber

Supporters: \$100+

B-2 Wyoming, Inc.
George & Hazel Schaefer
Anonymous Donor

Friends: \$50+

Christmas Club

Monthly Sustainers

Mike & Pat Powell
Christie Grana
David Manchester
Robin Hourie

Please Donate

The Senior Center is a 501(c)(3) charitable nonprofit. We receive grant funding, but it requires local match and does not cover all expenses, so we also rely on donations and fundraisers.

We use **Zeffy** on our website at [ShoshoniSeniorCenter.com](https://www.ShoshoniSeniorCenter.com) to accept one-time donations or to setup a regular donation. This service enables us to receive the whole donation without any fees taken out.

But, watch out for a **sneaky but optional** additional amount to cover Zeffy's costs.



Memorial Donation
in memory of
Gary Weisz
Christmas Club

Volunteers

help immensely, especially if you document volunteer hours in MySeniorCenter. Ask Rykki or Jeannie to show you how. We also deeply appreciate those who prefer to serve without recognition.

- **Meal Delivery:** Mary Milleson & Chris Komloski, Amber Wintermote
- **Sewing Ladies** for organizing food pantry items
- **Dining Room / Dishes:** Pat Collins, Sheila Wakefield
- **Deposit:** Ken Cundall
- **Jay Merritt:** Phone, food bank delivery, etc.
- **Daniel Szablewski:** Food bank delivery

Smith's INSPIRING DONATIONS

You can help us by linking the **Shoshoni Senior Citizen Center** to your Smith's Rewards Card at [SmithsFoodandDrug.com/inspire](https://www.SmithsFoodandDrug.com/inspire)
Organization Number: QX859

\$46.01 October-December

Wish List

- There is a link to our **Amazon Wish List** and **Walmart Registry** and a list of our regularly used and needed supplies on the Wish List page of our website at [shoshoniseniorcenter.com/senior-center-wish-list](https://www.shoshoniseniorcenter.com/senior-center-wish-list)
- Creamer but specifically **CoffeeMate French Vanilla**
- **Office:** Thank you cards, "Ultra Fine" Expo dry erase markers
- **Kitchen:** Ice cream scoops of various sizes, gallon sized and square snack baggies, paper towels, Brillo pads (not S.O.S)
- A senior **Sunshine Committee** to send out cards, call to check on people, etc.

What We Do NOT Need

- The Senior Center is getting cluttered. We appreciate your generosity, but do not bring things that we do not use regularly or need *now*.
- We do not have room for more **books and puzzles**. We will only accept popular new releases in excellent condition.

Items Donated

- **Genie & Dunk Salum:** Ice cream scoop, paper towels
- **Deb Williams:** Wood carving class and materials
- **Ester Neil:** Snacks, coffee
- **Gary Shideler:** Eggs for food pantry / free shelf

GRAND ALTITUDE
FEDERAL CREDIT UNION

buys senior meals on the monthly Credit Union Day.

Big Horn Water

347-3740 • 856-9302 • 587-5823

Commercial / Residential

provides water at the Senior Center.



To register as a senior, you must be **age 60 or older** and fill out the “**AGNES**” registration form, which needs to be renewed each year.

Meals

- **Suggested Donation of \$4** for a registered senior. Accompanying spouse, regardless of age, can register.
- **Guest Meals cost \$8** (not a suggested donation)
- For a **Takeout Meal**, you must have a current registration already on file and request it **by 9am**.
- For your convenience, we sell **meal tickets** in packs of 5 and accept payment by card.
- **Frozen Meals** are sold for \$2 each, or three for \$5. Weekly limit depending on supply. We do not sell parts of meals or leftovers other than the frozen meals.

Activities

- **Sewing & Quilting** group on Mondays
- **Community Game Nights**
- **Pool Table** and **Puzzle Table**
- **Groups:** Christmas Club, AA Meetings, etc.
- **Crafts, Games,** and other activities

Talk to Jeannie to request an activity.

Other Services

- **Food Pantry / Free Shelf:** Check for items that your own household could use. As a partner of the *Food Bank of Wyoming*, we receive and distribute items on the 3rd Wednesday of the month.
- **Coffee** for socializing in the morning
- **Exercise equipment** (signed liability release required) and blood pressure cuff
- **Office Services:** Wi-Fi, public-use computers and printer. Copy, scan, and fax for a small fee per page.
- **Lending Library:** Medical equipment, books, movies, and puzzles
- **Foot Clinic** with Carly, by appointment. Cost is \$20.
- **Visitor Information**



Scan Your Card

Checking in each day helps us to help you! It documents participation. We need that data for reporting the impact of grant funding received and when applying for funding.

At the front counter, scan the barcode on your card OR sign in by typing in your name and phone number. Look for your name at the top left corner of the touchscreen. Select the meal, activities, and/or services that you utilize at the Senior Center that day. Then don't forget to hit the **Finish button** to save it.

Seniors have priority, but **ALL AGES** welcome!

Renew Registration

Each senior's registration needs to be renewed **each year**. This is required by our funding and is something checked during our annual quality assurance review.

When your registration is expired, you will see an error when you try to scan in. You just need to fill out another “**AGNES**” form, front and back. Once your registration date has been updated in the system, you will be able to scan in again. Renewal is due based on when you registered, not the calendar year, and you will not need a new card.

Home Delivered Meals

To qualify for home delivered meals, you must live in or very close to Shoshoni and your annual AGNES registration must include an **additional page**, which is required to evaluate and document the need for this service.

Our transportation program is PAUSED.

Newsletter Subscription

Join or renew for \$12/year.

Date: _____ Paid: \$ _____

Name(s): _____

Mailing or Email Address: _____

Select a Delivery Preference:

Pickup _____ Mail _____ Email _____

We print newsletters for those with an active subscription. Your expiration month is on the address label of your newsletter.

The newsletter is available at no cost at ShoshoniSeniorCenter.com and Facebook.

The Shoshoni Senior Center produces its own newsletter and website!

SENIOR CENTER STAFF

Director: Rykki Neale

Assistant Director: Jeannie Kroenke

Cooks: Sharon Taylor,

Christy Lawson, Teresa Held

Substitute Cooks: Wayne Olsen,

Amber Wintermote

Custodian: Mireille Nitchman

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.

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.

Helpful Resources

- **AA Meetings:** Wednesdays at 7pm at the Senior Center. Supportive, judgment-free space for anyone seeking help, healing, or connection on the journey of recovery. It's never too late to take that first step or to keep moving forward.
- **Town Hall:** 876-2515, **Police:** 876-2600
- **Wyoming 211:** Free, anonymous helpline offering listening support, information, referral for all of Wyoming. Call **211, 1-888-425-7138**, or visit wyoming211.org
- **Wyoming Senior Citizens Inc:** Home services (care coordination, personal care, chore services, homemaker services, respite care), caregiver support, insurance information, companion and foster grandparent programs, Long Term Care Ombudsman. Riverton office at 106 West Adams Ave. Call **1-800-856-4398**.
- **Medicare questions and concerns:** Call Sandy with Wyoming Senior Medicare Patrol at **856-6880** or **800-856-4398**.
- **Help for Health:** Home services, financial assistance for cancer treatment, bereavement services, and hospice. Call **856-1206**.
- **Wyoming Services for Independent Living:** Services for individuals with disabilities, including transportation vouchers. **332-4889**.
- **Wind River Parkinson's Group:** 1-2pm on 1st Thursday at Lander Senior Center or on Zoom. Contact Marjane at **332-3732**. *Wind River Parkinson's Support Group* on Facebook.
- **Power Punch for Parkinson's** mobility at Teton Therapy every Wednesday at noon. **332-2230**.
- **WY Center on Aging - Healthier Wyoming:** Disease prevention, management, and support. Caregiver support, community-engaged research, aging resources. Call **307-766-2829**.
- **Foundations for Nations** at 20 Mission Road in Riverton. Emergency Food Assistance Program distributor. Call **307-200-9779**.
- **Legal Aid of Wyoming:** Free civil legal help to low-income individuals. **1-877-432-9955**.
- **Wyoming Relay:** No-cost service for using telephone with hearing loss. **1-800-452-1408**.
- **EyeCare America:** Free eye exams for age 65+ or if at increased glaucoma risk. **877-887-6327**.
- **GetSetUp Online Classes:** Free, for and by seniors. Participate at home or at the Senior Center. Visit getsetup.io/partner/Wyoming
- **National Do Not Call Registry:** Register and report unwanted calls. Call **1-888-382-1222**.
- **FreeWill.com:** No-cost estate planning tools.