

Thayne Senior Center

Enter as Strangers, Leave as Friends

May 2024



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SUMMER

2024 Thayne Senior Center Evening Events

May 2024

30th: Mystery Trip-leave at 10:30 am (\$23)

June 2024

13th: Shumway Farms leave @ 2:00 pm (\$5)

20th: Mountain Man Museum and PitchFork Fondue leave @
1:30 pm (\$45*)

26th: Pickleville- Newsies leave @ 1:30 pm (\$65*)

July 2024

17th: Scenic Dinner Float- leave @ 2:00 pm (\$140*)

25th - Auburn Fish Hatchery-leave@1:30 pm (\$5)

July 30th - Pickleville - Dangerville- leave @ 1:30 pm (\$45)

August 2024

9th: Golf Tournament

15th: Bar T 5-leave at 3:00 pm (\$53*)

21st: Aviat -leave @ 2:00 pm (\$5)

Make reservations in the office EARLY!! Unrefundable deposit required to make reservations. Prices are per person and include transportation.

*Price includes meal.

Board of Directors

President:

Gary Carvalho

Vice President:

Holly Armstrong

Secretary:

Susan Hourany

Board Members:

Barbara Cassatt

Don Snider

Steve Newman

Janene Harding

Director

Janan Lindroos

Office Manager

Mandy Nichols

Kitchen Manager

Ellen Hurd

Assistant Cook

Colby Jensen

Outreach Specialist

Karen Bates

DOLLAR-A-MONTH CLUB

The Dollar-A-Month Club is a means of aiding the funding for publication of this newsletter. It is based on a voluntary contribution of one dollar per person per month .

Terry & Marsha Adkins
Jim & Marsha Bagshaw
Jean Barngrover
Dorothy Beagle
Judith (Jody) Beckett
Gary & Sandy Daggett
Dan & Gleam Green
Bob & Linda Gwyn
Wayne & Janice Huhtala

Jan Jacobson
Doug & Bernie Kennedy
Sherry Luthi
Mike & Becky Myers
Gwen Nelson
Richard & Dianna Prati
Robert & Sandra Rasmussen
Chris Robb
Nora Jean Simmons

Roger & Leora Smith
Fred & Donna Summerfelt
Shirley Taylor
Senter & Phyllis Timmons
Bruce & Vicky Tracy
Donna Viljak
Connie Wright
Robert & Susan Youmans
Donna Zumbrun

New Class

Jared Rose (Physical Therapist)

will be here the 2nd & 4th Tuesday

The class will include -

balance, coordination, and strengthening.

He will also cover strategies for home exercise programs & safety measures in the home.

Class Dates- May 14th & May 28th

@ 10:30 AM

PROPERTY TAX REFUND INFO

with Jerry Greenfield

May 23rd 10am-12pm

He will be available to meet one on one

Mother's Day Lunch

May 13th

We will be serving

Dijon Chicken

WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.

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

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

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



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



If you get a call asking if you just changed your Medicare number, hang up. This is a scam attempt to get you to share your Medicare number over the phone. No one will ever call you to let you know your number changed or needs to be confirmed.

For assistance: 1 800 856-4398



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DINNER CLUB

May 6th 5pm

@ Salt River Grill

Please sign up with Karen



May 8th

Lunch is \$3

*We will be serving
Cheeseburgers*



MYSTERY TRIP!!

May 30th

We will leave the Senior Center @ 10:30AM

Cost is \$23 + lunch

Space is limited- please sign up with Karen

Please wear comfortable shoes





May Menu



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





<p>Suggested Contribution Seniors \$5.00 Take Out Meals \$6.00 Non-Seniors Pay \$9.00</p>		<p>1 Grilled Cheese on Wheat Tomato Basil soup Spinach Mandarin Salad Cauliflower Pea Salad Apricots</p>	<p>2 Beef Pot Pie Tomato & Cucumber Salad Asparagus WW Bread Grapes</p>	<p>3 Chicken & Herbed Fettuccine Strawberry Spinach Salad California Vegetables Wheat Roll Berry Pie</p>
<p>6 Lasagna Spinach Salad w/strawberries Italian Vegetables French Bread Bananas & Mandarin Oranges</p>	<p>7 Braised Pork Chop Mashed Potatoes Lettuce & Tomato Salad Carrot Coins Wheat Roll Chilled Apricots</p>	<p>8 Cheeseburger w/ lettuce & tomato Potato Wedges Creamy Coleslaw Broccoli Salad Wheat Bun 1/2 Banana Cottage Cheese & Mandarins</p>	<p>9 Chicken Stir Fry Sesame Noodles Asian Salad Ginger Pears Almond Bark Cookie</p>	<p>10 Beef Tips w/ Gravy Egg Noodles Creamy Coleslaw Carrot Coins Wheat Bread w/fruit spread Chilled Apricots Strawberry Shortcake</p>
<p>13 Dijon Chicken Steamed Brown Rice Tossed Salad Broccoli WW Bread Bananas & Pineapple</p>	<p>14 Taco Salad w/ tortilla chips Seasoned Black Beans Salsa Wheat Roll Cantaloupe</p>	<p>15 Chicken Noodle Soup Mixed Relish Tray Strawberry Spinach Salad Cinnamon Roll Strawberries & Bananas Cottage Cheese</p>	<p>16 Cottage Pie Veggie Salad Spinach Cindy's Rolls Cinnamon Pears</p>	<p>17 Baked Breaded Fish Brown Rice Vegetable Soup Carrot Coins Wheat Bread Strawberries & Banana</p>
<p>20 Meatballs on a Hoagie Crunchy Calico Salad Green Beans Chilled Peaches</p>	<p>21 Roast Turkey w/ gravy Cornbread Stuffing Broccoli Cran orange relish WW Roll Pumpkin Bar</p>	<p>22 Tater Tot Casserole Spinach Mandarin Salad Wheat Roll Pears & Cottage Cheese</p>	<p>23 Chicken w/BBQ Sauce Potato Salad Mixed Relish Tray Seasoned Zucchini Hot Roll Applesauce</p>	<p>24 Beef Pepper Steak Steamed Rice Jean's Salad Carrot Coins Whole Wheat Bread</p>
<p>27 Closed MEMORIAL DAY</p>	<p>28 Parmesan Chicken Spaghetti Tossed Salad Mixed Vegetables Wheat Roll Applesauce</p>	<p>29 Sweet & Sour Meatballs Garden Rice Creamy Coleslaw Oriental Vegetables Sliced Bananas</p>	<p>30 Submarine Sandwich Relish Tray Creamy Coleslaw 3 Bean Salad Wheat Bun Melon Cup</p>	<p>31 Yankee Pot Roast Parsley Potatoes Carrots & Broccoli Wheat Roll Chilled Peaches Fruit Spread</p>

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



May Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bridge 1 PM	2 <i>Hand & Foot</i> 9:30 AM Cribbage 12:30PM	3 TAI CHI 10AM	4
	5	6 Zumba 10:00AM Bridge 1 PM Dinner Club Salt River Grill @ 5PM	7 HAND & FOOT 9:30 aM Tai Chi 10:00 AM PT Class w/ Jared Rose 10:30 AM	8 LUNCH \$3 Bridge 1 PM	9 <i>Hand & Foot</i> 9:30 AM Cribbage 12:30PM	10 TAI CHI 10AM
12 	13 Zumba 10:00AM Board Meeting 10:00 AM Mother's Day Lunch Bridge 1 PM	14 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	15 Bridge 1 PM	16 <i>Hand & Foot</i> 9:30 AM Cribbage 12:30PM	17 TAI CHI 10AM	18
19	20 Zumba 10:00AM Bridge 1 PM	21 HAND & FOOT 9:30 aM Tai Chi 10:00 AM PT Class w/ Jared Rose 10:30 AM	22 Bridge 1 PM	23 <i>Hand & Foot</i> 9:30 AM Cribbage 12:30PM Jerry Greenfield 10am-12pm Property Tax	24 TAI CHI 10AM	25 
26	27 Closed	28 HAND & FOOT 9:30 aM Tai Chi 10:00 AM	29 Bridge 1 PM	30 <i>Hand & Foot</i> 9:30 AM Cribbage 12:30PM Mystery Trip Leave @ 10:30AM	31 TAI CHI 10AM	
						

This calendar is subject to change without prior notice.

HAWAIIAN HAM AND CHEESE SLIDERS



Ingredients

- 3/4 cup melted Butter**
- 1 tbsp Dijon Mustard**
- 1 tsp Worcestershire Sauce**
- 1 tsp Brown Sugar**
- 1 tbsp Poppy Seeds**
- 2 tsp Dried Minced Onion**
- 12 King's Hawaiian Dinner Rolls**
- 9 oz thin sliced Deli Ham**
- 8 oz thin sliced Swiss Cheese**

Directions

- 1. Preheat oven to 350.**
- 2. Grease a 9x13 inch Baking Pan**
- 3. Combine Butter, Mustard, Worcestershire Sauce, Brown Sugar, Poppy Seeds, & Dried Onion**
- 4. Slice the rolls to make sandwiches. Remove tops and set aside.**
- 5. Place the bottom pieces into the prepared baking dish.**
- 6. Layer the ham onto the rolls. Top the ham with the Swiss cheese.**
- 7. Place the tops of the rolls onto the sandwiches. Brush or pour the liquid mixture evenly over the rolls.**
- 8. Bake 20 minutes or until the rolls are lightly browned and cheese has melted.**
- 9. Separate into individual sandwiches to serve.**

PUZZLE PAGE



Mother's Day Second Sunday of May

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

APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE





Grand Gang



Holly Armstrong
Richard & Diane Auser
Lonnie & Norris Blockhus
Tom & Diane Caress
Dan & Pat Carter
Gary Carvalho
Barbara Cassatt
Mary Anna Clay
Steve & Vera Cook
Robert & Dianne Duval
Tiphany Gayhart
Jeff & Kitty Glidden
Dennis & Susan Hourany
Jerry Kittleson
Bill & Sandee Lang
Dr. Jack & Martha Lehman
Lower Valley Senior Citizens
Kennis Lutz
Alberta Marushack
Brian & Mary Miller
Roger & Alicemarie Miller
Jan Moore
Mountain View Pickleball Club
Narmi Family
New Hope Fellowship
Karen Pearce
Ricahrd & Di Prati
Robert & Sandra Rasmussen
Burtis L Roberts
Rotary Club of Star Valley
Carole Smith

Don & Jymme Snider
Tom & Deb Stuart
Fred & Donna Summerfelt
Jerry & Judy Sylvain
Marilyn Taylor
Top of The Rockies Snowmobile Club
Michael & Donna Viljak
Dan & Tammy Weber
Robert & Susan Youmans



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Grand Gang

Thank you to all that have donated! We were able to pay the land off & now we can move on to the next phase of the new building.

YOU CAN MAKE A DONATION ON OUR WEBSITE WWW.THAYNESENIOR.COM.

REMEMBER THESE IMPORTANT MAY DATES...

Zumba - Monday @ 10:00 am

Bridge - Monday & Wednesday @ 1:00 pm

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

Tai Chi - Tuesday and Friday over Zoom 10:00 am @
the community center or from home

Cribbage - Thursday @ 12:30 pm

PT Class w/Jared Rose - 2nd & 4th Tues @ 10:30am

May 6th - Dinner Club @ Salt River Grill 5pm (res req)

May 8th - \$3 Lunch

May 13th - Board Meeting @ 10:00 am

May 13th - Mother's Day Lunch

May 23rd - Jerry Greenfield Property Tax 10am-12pm

May 27th - Memorial Day (CLOSED)

May 30th - Mystery Trip 10:30am (res req)

**WE WILL BE
CLOSED
MAY 27TH FOR
MEMORIAL DAY**

