

**Abril  
2024**



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**A GATHERING PLACE FOR SENIORS!**

# **MURDER MYSTERY DINNER FUNDRAISER**

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A NIGHT OF MYSTERY WITH THE STORYBOOK  
REUNION MURDERS**

**APRIL 19, 2024**



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OPEN TO THE PUBLIC  
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NON SENIORS \$25**

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&  
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CHICKEN CORDON BLEU  
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ROASTED BROCCOLI  
CHERRY PIE**

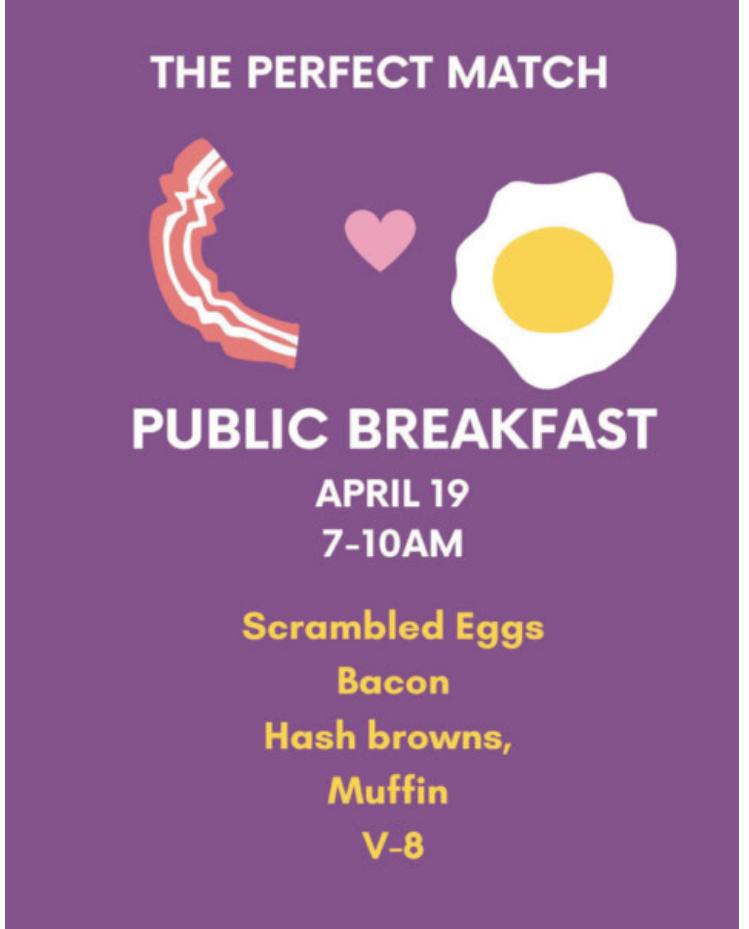
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## PINOCHLE TOURNAMENT

### LET THE GAMES BEGIN!

### APRIL 18TH

<b>SIGN IN</b> 9:00-9:30	<b>COST</b> Only \$5	<b>STARTS</b> 9:30-4:00
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**MORE INFO**

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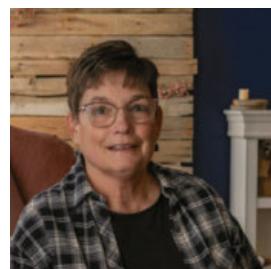
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# 7 Simple Spring Cleaning Tips for Seniors

Spring has sprung! Now, it's time to get our homes in order after a long, cold winter. Are you ready for spring cleaning? Try these simple tips to help get seniors' homes clean, healthy, and organized.



## WORK IN SMALL CHUNKS OF TIME

We've all done it – we let some things go in the cold, dark months of winter, and now we're staring at a massive cleaning project. It can be overwhelming, and honestly, intimidating.

Not sure where to start? Simple – anywhere. Spring cleaning does not need to be completed in one day. Instead, break up tasks into small chunks of time throughout the week, weeks, or month. This will make cleaning up much more manageable and motivating.

## MAKE GETTING RID OF CLUTTER A PRIORITY

When is the last time you decluttered your home? Or, do you have a certain room or closet deemed as the "dump room" where you tend to throw items into without order? Now is the time to go through it!

Decluttering helps you free up space, decrease stress, and even relieve insomnia. Removing clutter from your home also reduces your risk of tripping and falling.

Ask a friend or family member to help you separate items into three categories: keep, donate, and trash. Organize the items you keep in the space with appropriate-sized containers and shelving.

## LEAVE THE HEAVY LIFTING TO SOMEONE ELSE

To prevent injuries, do not try to move heavy objects or furniture on your own. It's important to stay safe while spring cleaning, especially if you have reduced strength or mobility issues.

Enlist the help of friends and family to assist you with moving heavy objects. Or, hire a professional who will come in, clean, and move furniture so that your house is tidy without risking your wellbeing.

## CHECK YOUR MEDICINE CABINETS

One often overlooked area to pay attention to is your medicine cabinet. This is important to spring clean because it houses the things that keep us healthy.

Check the expiration dates on all of your medications, both prescription and over the counter. If you find expired medications or medications you no longer need, properly dispose of them.

First, check to see if you have any local drug take-back sites that will safely take the medications off your hands. For example, Summit County's D.U.M.P. program provides boxes across the county where you can drop off the unused medicine. The medications are safely disposed of, no questions asked. If a drug take-back program is not an option, consult the FDA's flush list.

Once you've cleaned out your medicine cabinet, be sure to replace any items that are missing. It's better to be prepared ahead of time with the medications and tools you might need. You can find a list of medicine cabinet necessities here.

## DON'T FORGET THE DETECTORS

Your smoke detectors and carbon dioxide detectors keep you safe from serious harm. Make sure you have fresh batteries in all of your detectors and that they are functioning properly.

If your detectors are too high to reach without climbing on a ladder or chair, ask someone to help you. Call on a friend, family member, neighbor, or landlord to take a look.

## GIVE YOUR KITCHEN A REFRESHER

This spring, take some time to clean out your refrigerator and pantry. Make sure no old, expired food items have been pushed to the back and forgotten.

Organizing your refrigerator and pantry by categories can help preparing meals easier. For example, put all of your cold produce in the produce bin, your condiments on the door of the refrigerator, and canned items together in the pantry.

## CLEAN YOUR DISHWASHER AND WASHING MACHINE

Your dishwasher and washing machine work hard to keep dishes and clothes clean. But, every now and then, they need cleaned, too.

To do this, simply purchase specialty dishwasher cleanser and follow the directions for your dishwasher. Don't forget to wipe down the exterior.

You can use white vinegar and baking soda to clean your washing machine. Just add hot water to the machine, add the vinegar and baking soda, let it sit for 30 to 60 minutes, then restart your machine, and let it drain and dry.

*The information in this article is intended solely to provide general information on matters of interest for the personal use of the reader, who accepts full responsibility for its use. This article should not be used as a substitute for consultation with professional legal, medical, or other competent advisors.*

# ACTIVITIES

## PINOCHLE

### **Feb. 12**

1st: Vivian Shedd

2nd: Anne Vollmer

3rd: Gloria Culp

### **Feb. 15**

1st: Charlene Miller

2nd: Eva Wagner

3rd: Cleone Haughey

### **Feb. 19**

1st: Anne Vollmer

2nd: Ron Wilcox

3rd: Vivian Shedd

### **Feb. 22**

1st: Cherlynn Legault

2nd: Gloria Culp

3rd: Karen Malicoat

### **Feb. 26**

1st: Kathy McCormick

2nd: Anne Malicoat

3rd: Ron Wilcox

### **Feb. 29**

1st: Cherlynn Legault

2nd: Ann Lowe

3rd: Cleone Haughey

### **March 4**

1st: Gloria Culp

2nd: Kathy Tarter

3rd: James Baker

### **March 7**

1st: Ann Lowe

2nd: Charlene Miller

3rd: Anne Vollmer

## BRIDGE

### **Feb. 16**

1st: Carla Clevenger

2nd: Barb Walker

### **Feb. 19**

1st: Dianne Fenton

2nd: Carla Clevenger

### **Feb. 20**

1st: Dianne Fenton

2nd: Lynn Zumbrennan

### **Feb. 26**

1st: Dianne Fenton

2nd: Diane Woodd

### **Feb. 27**

1st: Dianne Fenton

2nd: Lynn Zumbrennan

### **March 1**

1st: Carla Clevenger

2nd: Barb Walker

### **March 5**

1st: Kay Weipert

2nd: Diane Woodd

### **March 8**

1st: Carla Clevenger

2nd: Sue Kearns

## Bunco

### **Feb. 20**

Wins: Donna Cudney

Naturals: Gloria Culp

### **Feb. 27**

Wins: Pat Meeks

Naturals: Ann Lowe & Cleone Haughey

### **March 5**

Wins: Kathy Tarter

Naturals: Carmen Tune & Carolyn Jones



Cut out the Birthday Coupon and send it in with your payment or bring it to dine in and redeem your free lunch.

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GOLDEN HOUR SENIOR CENTER

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### **Feb. Winners**

Small Pot: Mary Carpenter, Darlene Lee, Linda Ellison, Christine Sivertson

Large Pot: Carol Dibble

### **March Winners**

Small Pot: Linda Ellison, Carol Dibble, Debbie Davison, Andy Davison

## APRIL BIRTHDAYS

1	Phyllis Bingham Pamela Finch Ellen Jacobsen Wilma Sturlaugson Jo Winkel	9	Kathryn Anderson Deborah Gaspar Sandee Gunter Lilly Hamblin Robert Kern	17	Susan Cordova Manuel Redondo June Shillcox	27	Judy Graham Bonnie Klein Pete Rust
3	Donn Dunnigan	10	Randy Garver Ronald Harsha Apolonio Martinez Jon Stocco Floyd Watkins	18	Nola Cutts Cherrol Durham David Poling Edward Williams	28	Shelly Moen Christine Nelson
4	Sue McGuire Patsy Sorenson Karen Swanson	12	Linda Eaton Linda Hamilton Jenny Krans	19	Teresa DePierre	29	Robert Clevenger Cora Marx
5	Bonnie Baker Rebecca Rauch Verna Trujillo Johnny Young	13	Carline Wilson	20	John Crosson Phyllis Crosson Bennie Johnson Glenn Parry Nancy Shriver	30	Joyce Berger
6	Madeline Hamel Dallas Koons Joyce Wade	14	Dearcy Lowry Julian Sorensen	21	James Eastman Mary Odell		
7	William Jimeno Irene McMackin Marriella Slaughter	16	Rosemary Adame Leslie Allison Diane Ashley Homer Barrera Ronald Carey Becky Figgins	22	Michael Schlosser		
8	Cleone Haughey Ronald Wilcox Cathy Woolcott			23	Kathryn Mele		
				24	Brad Smith		
				25	Orman Tripp		
				26	Sharon Canaday Richard Stoker		



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**April**

**CURBSIDE & DINE IN-MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Goulash</b> Garlic Bread Green Beans Mixed Fruit Pistachio Pudding  <b>ApRiL FOoLs DaY</b>	<b>2</b> <b>Baked Chicken</b> Scalloped Potatoes Broccoli Pea Salad Oatmeal Raisin Cookie	<b>3</b> <b>Baked Macaroni &amp; Cheese w/ Ham</b> Baked Beans Biscuit Salad Rice Krispy Treat	<b>4</b> <b>Salmon</b> Rice Pilaf Peas Mixed Fruit Cream Puffs	<b>5</b> <b>Grilled Ham &amp; Cheese</b> English Chips Pears Molasses Cookies
<b>8</b> <b>Bacon Cheeseburger</b> Fries Apple Slices Hay Stacks	<b>9</b> <b>Chicken Parmesan w/ Noodles</b> Mixed Veggies] Peaches Raspberry Bar	<b>10</b> <b>Meatloaf Patty</b> Seasoned Potatoes Corn Roll Peaches Chocolate Pudding	<b>11</b> <b>Sweet &amp; Sour Chicken</b> Fried Rice Oriental Veggies Egg Roll Asian Salad Ambrosia Salad	<b>12</b> <b>Chicken Sandwich</b> Chips Grapes Peanut Butter Cookies
<b>15</b> <b>Cod</b> Corn on the Cob Roasted Potatoes Roll Tropical Fruit Cinnamon Roll	<b>16</b> <b>Pot Roast</b> Scallop Potatoes Carrots Roll Strawberries Orange Poke Cake	<b>17</b> <b>Spaghetti w/ Meatballs</b> Green Beans Garlic Bread Orange Slices Jell-O	<b>18</b> <b>French Dip</b> Cream of Potato Soup Pasta Salad Banana Brownie	<b>19</b> <b>PUBLIC BREAKFAST</b> Bacon & Scrambled Eggs Hash Browns Muffin V-8  <b>5:00 Mystery Dinner</b>
<b>22</b> <b>Salisbury Steak</b> Mashed Potatoes Veggies Salad Cream Puffs	<b>23</b> <b>Ruben</b> English Chips Pineapple Chunks Pear Crisp	<b>24</b> <b>Volunteer Lunch</b> <b>Honey Ham</b> Corn Corn Bread w/ Honey Butter Honey Cup Cakes Cinnamon Pears	<b>25</b> <b>Birthday Lunch</b> <b>Chicken Fried Steak</b> Mashed Potatoes w/ Gravy California Veggies Roll Strawberries Ice Cream Cake	<b>26</b> <b>Grilled Cheese</b> Tomato Soup Banana Chocolate Chip Cookie
<b>29</b> <b>Chili Dogs</b> Waffle Fries Mandarin Oranges Lemon Bar	<b>30</b> <b>Pizza</b> Pasta Salad Fruit Tapioca Pudding			<b>MEALS</b> <b>SUBJECT TO CHANGE WITHOUT NOTICE</b>

**HOME DELIVERED MEALS**

For those who qualify.

Call Lori Rockwell at (307) 872-3223.

**SPECIAL DIET MEALS**

Special Diet Meals are available to Home Delivered Meal recipients.

These include but are not limited to Renal, Low Salt, Low Fat, No Concentrated Sugar, Mechanical Soft and more. A one month supply of frozen meals comes from Memorial Hospital of Sweetwater County. A one month notice is required to cancel frozen meals. For more information call Lori Rockwell at (307) 872-3223.

# April

# ACTIVITIES

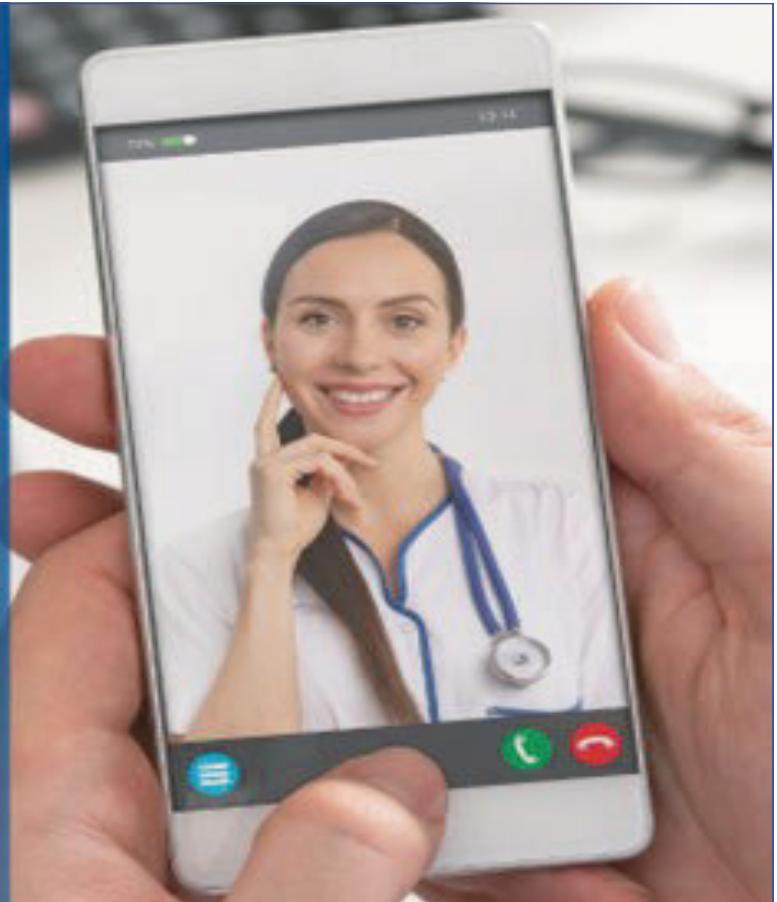
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class  <b>ApRiL FOoLs DaY</b>	<b>2</b> 10:30—Bingocize 12:30—Bridge 12:30—Watercolor 1:00—Bunco 1:00—Chair Yoga	<b>3</b> 9:00—Sewing/Crafting <b>10:00—Fitness &amp; Fundamental Nutrition</b> 10:30—Chair Volleyball 12:30-2:30—Chair Massage Sessions by apt. 1:00—Bingo 1:00—Successful Aging	<b>4</b> 9:00—Zumba Gold 9-11—Nurse 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>5</b> <b>8:00- Bus Trip Riverton</b> 10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Heated Chair Massage Sessions by apt. <b>1-3—Hand Massage</b>
<b>8</b> <b>10:00—Smith’s Digital Click Class</b> 12:30—Pinochle 12:30—Bridge 1:00—Macrame Chair Class	<b>9</b> 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	<b>10</b> 9:00—Sewing/Crafting <b>10:00—Fitness &amp; Fundamental Nutrition</b> 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 12:30-2:30—Chair Massage Sessions by apt. 1:00—Bingo 1:00—Successful Aging Potluck 5:00 pm	<b>11</b> 9:00—Zumba Gold 9-11—Nurse 10:00—Chair Yoga 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>12</b> 10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge <b>1-3—Hand Massage</b>  <b>Care For Critters Applications Due</b>
<b>15</b> 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class <b>10—Diabetes Class</b>	<b>16</b> 10:30—Bingocize 12:30—Bridge 12:30—Watercolor 1:00—Bunco 1:00—Chair Yoga	<b>17</b> 9:00—Sewing/Crafting <b>10:00—Fitness &amp; Fundamental Nutrition</b> 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 1:00—Bingo	<b>18</b> <b>9:00—Pinochle Tournament</b> 9:00—Zumba Gold 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 12:30-2:30—Access Bars Schedule appointments 1:00—Macrame Chair Class	<b>19</b> 7-10—Public Breakfast 10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Chair Massage Sessions by apt. <b>5—Murder Mystery Dinner Tickets needed</b>
<b>22</b> 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class <b>10—Diabetes Class</b>	<b>23</b> 10:30—Medicare 101 10:30—Bingocize 12:30—Watercolor 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	<b>24</b> 9:00—Sewing/Crafting <b>10:00—Fitness &amp; Fundamental Nutrition</b> 10:30—Chair Volleyball 1:00—Bingo	<b>25</b> 9:00—Zumba Gold 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>26</b> 10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Chair Massage Sessions by apt.
<b>29</b> <b>10:00—Summer Wreath Class</b> 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	<b>30</b> 10:30—Bingocize 12:30—Watercolor 12:30—Karaoke 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 4:00—Board Meeting			

If you receive an unsolicited phone call from someone wanting to verify your:

-  Pain symptoms
-  Family history of cancer

Hang up. If you gave out any information, report it to your SMP.

SUPPORTED BY GRANT #90APRC0002 FROM ACF



Telehealth is a service that has been very beneficial to a lot of people. Be aware that there are scammers who pretend to be telehealth doctors and will call you asking to verify information.

They may try to send you swab kits to test for cancer or durable medical equipment like braces to help with pain.

For assistance call SMP at 1 800 856-4398



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To be a member of the Appreciation Donation Club a suggested donation of \$2/month or \$24/year per person is asked. Funds are used by Golden Hour for expenses not provided by the budget. Senior Centers are the focal point of service in the community for the elderly. We are a non-profit organization supported under the Title III Grants of the Older Americans Act and authorized by the Community Living Section, Aging Division, part of WY Department of Health. We are asking for your continued support in serving the needs of the elder population of Sweetwater County. **Thank You.**

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**Names Listed are from  
January 2023—Present**

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**wclough@lpicommunities.com**

**(800) 950-9952 x2635**

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Golden Hour Senior Center, Green River, WY D 4C 05-1090

Can't afford an attorney?  
Need assistance with filling out legal forms?  
Have questions about the court system?

## GET FREE LEGAL INFORMATION FROM A VOLUNTEER REFERENCE ATTORNEY

A volunteer attorney will be available for brief one-on-one visits with community members who are unable to afford the services of an attorney. These will be informational meetings that may include instruction in filling out legal forms and navigating the court system.

No consultation for criminal matters, traffic matters, or business matters (which includes the owning and management of rental properties).

**APRIL 4, 2024**

**MAY 2, 2024**

**JUNE 6, 2024**

**2:00 - 4:00 PM**

**SWEETWATER COUNTY DISTRICT COURT**  
(LOCATED IN THE DISTRICT COURT CONFERENCE ROOMS - 2ND FLOOR)  
80 W FLAMING GORGE WAY, SUITE 255  
GREEN RIVER, WY



FREE. FIRST COME, FIRST SERVED.



**MORE CHAIR YOGA**

**We have added another day**

**Every Tues. at 1**

**&**

**Every Thurs. at 10**

Instructor:

Misty Shiner - owner of  
Beauty and Bliss



**10  
APRIL**

## **POTLUCK**

**BRING A DISH TO SHARE!**

**5:00 PM**

**Please Sign UP At Front Desk**



**SMITH'S**  
Smith's is visiting  
Golden Hour to talk  
about online  
coupons and click  
class.

**APRIL 8 @ 10AM**



*Jamie Lee Memorial*  
*Care For*  
**CRITTERS**  
A SENIOR PET CARE DRIVE

to help with food, vaccines, or other items to care for your beloved pet.



## Application

Seniors 60+ in need of help with your pets.  
Please write down **3 items** that would help.

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

CIRCLE YOUR PETS SIZE    **S**    **M**    **L**

**Pets name & species** \_\_\_\_\_

**Name of veterinarian** \_\_\_\_\_

Vet name only required if needing vaccines.

GHSC 550 Uinta Suite A Green River, WY 872-3223

Applications due back April 12th

**GHSC**  
GOLDEN HOUR SENIOR CENTER

**Young at Heart**  
Center

**Golden Hour Senior Center**  
550 Uinta Dr., Suite A  
Green River, WY 82935

**Non-Profit Organization**  
**U.S. Postage Paid**  
**Green River, WY 82935**  
**Permit No. 15**

<p><b>STAFF</b></p> <p>Marcia Driggs—Executive Director Elle Schalow—Office Manager Cynthia Welch—Activities Coordinator Dana Troncin—Receptionist Debbie Gomez—Kitchen Manager Lori Rockwell—HDM Coordinator Amy Sample—Lead Cook Laureen Miera—Baker Dona Miller—Kitchen Aide</p>	<p><b>BOARD OF DIRECTORS</b></p> <p>Stacey Nelson—President Kathy McCormick—Vice President John Freeman—Treasurer Gayle Bacila Gail Heikkinen Mark Pleasant Ed Williams Jo Winkel Aron Brady</p> <p><b>Main Phone: 307-872-3223</b> <b>Fax: 307-872-3225</b></p>	<p><b>MISSION STATEMENT</b></p> <p>The Mission of Golden Hour Senior Center is to enrich the lives and support the independence of older adults through nutrition, socialization, education and physical activity.</p>
<p><b>GONE BUT NOT FORGOTTEN:</b></p> <p><b>HARRY HOLLER</b> <b>SHARON POTTER</b> <b>WILMA WALKER</b></p> <p>We have made every effort to ensure the accuracy of the information in this newsletter, we apologize for any errors, omissions, or inconsistencies.</p>	<p>You may now go online at <a href="http://goldenhoursc.com">goldenhoursc.com</a> to make your appreciation donation, general donation or for a memorial fund donation.</p> <p>Thank You!</p>	<p>This document was developed under grants from the Wyoming Department of Health, Aging Division.</p>



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