

**May  
2024**



# GOLDEN HOUR SENIOR CENTER

*A GATHERING PLACE FOR SENIORS!*

HOURS

Monday—Friday  
8:00AM—4:00PM

LUNCH SERVED

Monday—Friday  
11:45AM—12:30PM

Soup & Salad Bar Served

Inside Daily

60+ ~ \$4 Suggested Donation

Under 60 ~ \$7

Includes Tax

Curbside

60+ ~ \$5 Suggested

Contribution

Under 60~ \$8 Includes Tax

550 Uinta Suite A

307-872-3223

**CHECK US OUT**



**ONLINE**  
OR ON YOUR



**SMART  
PHONE**

SEE OUR MENU,  
ACTIVITIES & NEWSLETTER

VISIT: [WWW.GOLDENHOURSC.COM](http://WWW.GOLDENHOURSC.COM)

## HIGH TEA



*Spoil your mum this Mother's Day*

**May 10**

**11:30 & 1:00**

**Chicken Salad In A Puffed Pastry**

**Spinach Salad with Berries**

**Chips**

**Lemon Bars**

**Vanilla Bean Scones**

**Sweet Tea, Variety Teas**

**&**

**Sangria Wine**

Must  
RSVP

872-3223



GOLDEN HOUR SENIOR CENTER



## Board Members Wanted

WE ARE LOOKING FOR INDIVIDUALS  
WHO WANT TO MAKE AN IMPACT ON  
THE LIVES OF OUR SENIOR  
COMMUNITY AND GIVE BACK  
IF YOU ARE THAT PERSON STOP IN AT  
GOLDEN HOUR SENIOR CENTER OR  
GO TO  
[www.goldenhoursc.com](http://www.goldenhoursc.com)

**Application Due: May 24 by 4pm**  
**Candidate Introduction: June 11 @ 11 am**  
**Elections Held June 13th 8am-4pm**





# MEMORIAL DAY

REMEMBER AND HONOR

**May 24 at 11:30am**

We will have a brief ceremony followed by lunch

**Grilled Hamburger or Hot Dog  
Chips, Baked Beans, Apples,  
Strawberry Shortcake & Lemonade**

Please RSVP 872-3223



170 Commerce Drive Suite B  
Green River, WY 82935

**307-875-6722**

**WE DELIVER!**

***Locally owned and operated.***

Drive-Up Window  
Open Mon-Fri 9am - 6 pm



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AD DESIGN  
with purchase  
of this space

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**Helena Albers – Agent**

307-206-2404 | [helena@mylifefinancial.io](mailto:helena@mylifefinancial.io)

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





**Have Questions  
About Medicare?  
This Is For You!**

**May 16  
Drop In Anytime Between  
10am-1pm**

✦ *with Helena Albers*

- Need help with Medicare?
- Are you 65 or over?
- Do you have questions about how your Medicare works?
- Do you want to know how to cover the expenses Medicare doesn't cover?

**Helena Albers  
Wyoming Licensed Agent  
MY LIFE FINANCIAL**

**OLDER  
AMERICANS  
MONTH**



POWERED BY CONNECTION: MAY 2024



**May 1st @ 11:00**

**We will celebrate**

**Older Americans Month**

**Rootbeer Floats**

**50's Themed Selfie Challenge**

**& Juke Box Music**



## Puns for Funs



I used to know a couple who grew fruit trees together.  
They lived to a ripe old age.



Why do old people love English muffins so much?  
All the nooks and grannies.



What is a prize old people can win for aging?  
Atrophy.



If I ever decide to buy a horse ranch in my old age, I'm going to name it  
"Pasture Prime."



NO MORE SOUP, CAPPUCINO OR  
HOT CHOCOLATE FOR THE  
SUMMER, MAY 1ST-SEPT. 1ST.



# ACTIVITIES

## PINOCHLE

### March 11

1st: Goldie Buckendorf  
2nd: Phyllis Bingham  
3rd: Ann Lowe

### March 14

1st: Ron Wilcox  
2nd: Charlene Miller  
3rd: James Baker

### March 18

1st: Ann Lowe  
2nd: Kathy Tarter  
3rd: Charlene Miller

### March 21

1st: Anne Vollmer  
2nd: Goldie Buckendorf  
3rd: Ron Wilcox

### March 25

1st: James Baker  
2nd: Goldie Buckendorf  
3rd: Ron Wilcox

### March 28

1st: Ann Lowe  
2nd: Gay Tollefson  
3rd: Goldie Buckendorf

### April 1

1st: Marvin Buckendorf  
2nd: Ann Lowe  
3rd: Anne Vollmer

### April 4

1st: Anne Vollmer  
2nd: James Baker  
3rd: Steve Oehler

## BRIDGE

### March 11

1st: Barb Walker  
2nd: Dianne Fenton

### March 12

1st: Lynn Zumbrennen  
2nd: Dianne Fenton

### March 18

1st: Diane Woodd  
Barb Walker

### March 19

1st: Lynn Zumbrennen  
2nd: Dianne Fenton

### March 22nd

1st: Sue Kearns  
2nd: Barb Walker

### March 25th

1st: Dianne Fenton  
2nd: Diane Woodd

### March 26th

1st: Dianne Fenton  
2nd: Lynn Zumbrennen

## BUNCO

### March 5

Wins: Marilyn McDonald  
Naturals: Phyllis Bingham

### March 19

Wins: Anne Lower and Phyllis Bingham  
Naturals: Donna Cudney

### March 26

Wins: Kathy Tarter and Marilyn McDonald  
Naturals: Jim Carroll and Carolyn Jones

### April 2

Wins: Linda Fuller  
Naturals: Ann Lowe

### April 9

Wins: Linda Fuller  
Naturals: Pat Meeks



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

**GHSC**  
GOLDEN HOUR SENIOR CENTER

**BIRTHDAY LUNCH COUPON**

NAME: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_

ONLY GOOD DURING YOUR BIRTHDAY MONTH  
GOOD FOR 1 FREE LUNCH  
AGE 60+ | \$4 VALUE

**COMPLIMENTS OF**

**TRONA VALLEY**  
FEDERAL CREDIT UNION



### March Winners

Small Pot: Mary Carpenter, Sue Cordova, Debbie Davison, Randy Davison, Carol Dibble, Linda Ellison, Dan Ely, Glenn Gardea, Sarina McCord, Shirley Woodward

### April Winners

Small Pot: Mary Carpenter, Sue Cordova, Gloria Culp, Poncho Gardea, JoAnn McDonald, Sheri Stromberg, Norma Thornton



## MAY BIRTHDAYS

1	William Hanson	7	Cezanne Brennan Jona Jimeno Linda Prince Pete Radakovich Kerry Shaw	16	Debra Dalton Shauna Hollinger Maria Milliken	23	David Adams Juanita Guthrie Cheren Marsh
2	Barbara Little Kathleen Wiekhorst			17	Louise Kuckert Amy Woolcott	24	Margret Finley Rosalia Payne
3	Sharon Carpenter Theresa Freeman Victoria Gilmore	8	Marvin Buckendorf Theda Porter	18	Helen Beck	25	Alice Baxter Deborah Johnson
4	Joi Jensen Birdie Littrell Owen Seals	9	Albert McCall Lee Smith	19	Lesa Measles	27	Joye Brady Judy Tuttle
5	Linda Dennison Josephine Eastman Sandra Johnson Karen Lewis Debbie McDonough	11	Richard Breininger Leo Rundell Dee Ann Wilde	20	Kaye Fullmer Stephen Horton	29	Georgia Koloff Fern Linton Diane Manning John Zekan
6	Gloria Culp Linda Fuller Poncho Gardea	12	Estela Reyes	21	Gail Heikkinen Joseph Lovato Jack McLain	30	David Buller Pamelyn Kirkpatrick
		13	Alice Capehart	22	Janice Castillion William Comeau Loretta Elam Owen Keevert	31	Clarence Hohler Diana Larimore Carolyn Wengert Judy Wilcox
		15	Jo Mahaffey Marcella Valdez				



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**Bill Clough**

wclough@lpicommunities.com

(800) 950-9952 x2635

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

# May

## CURBSIDE & DINE IN-MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEALS</b> <b>SUBJECT TO CHANGE</b> <b>WITHOUT NOTICE</b>		<b>1</b> <b>Lasagna</b> Garlic Bread Italian Veggies Apples Pudding Root Beer Floats	<b>2</b> <b>B.L.T.</b> Chips Oranges Hay Stacks	<b>3</b> <b>Cinco De Mayo</b> Chili Relleno Casserole Spanish Rice Corn Cinnamon Pears Crustos
<b>6</b> <b>Beef &amp; Spinach Wrap</b> Pasta Salad Fruit Granola Bar	<b>7</b> <b>Stuffed Manicotti w/ Sauce</b> Cauliflower Wheat Roll Watermelon Cupcake	<b>8</b> <b>Kielbasa with Lentils</b> Potatoes Carrots Biscuit Banana Lemon Blueberry Bread	<b>9</b> <b>Pool Tournament</b> <b>Cheeseburger</b> Fries Pasta Salad Root Beer Float Cookies	<b>10</b> <b>Mother's Day</b> Puff Pastry with Chicken <b>Salad</b> Spinach & Berry Salad Chips Lemon Squares Vanilla Tea Scone
<b>13</b> <b>Potato Bar</b> Steamed Broccoli Cantaloupe Jello Poke Cake	<b>14</b> <b>Pork Chop</b> Mac & Cheese Mixed Veggies Biscuit Grapes Pineapple Upside Down Cake	<b>15</b> <b>Chicken Tacos</b> Spanish Rice Cucumber Salad Peaches Monster Cookie	<b>16</b> <b>Pulled Pork Sandwich</b> English Chips Coleslaw Banana Jello	<b>17</b> <b>PUBLIC BREAKFAST</b> Sausage Egg Muffin Hash Brown Donuts Fruit V-8
<b>20</b> <b>Pizza Casserole</b> Bread Stick Pineapple Tidbits Pudding	<b>21</b> <b>Navaho Tacos</b> Cinnamon Pears Spice Cake	<b>22</b> <b>Southwest Chicken Salad</b> Wheat Roll Orange No Bake Cookie	<b>23</b> <b>Hamburger Stroganoff</b> California Veggies Biscuit Tropical Fruit Banana Cake	<b>24</b> <b>Memorial Day BBQ</b> Grilled Hamburgers & Hot Dogs Chips Baked Beans Apple Strawberry Shortcake
<b>27</b> <b>CLOSED</b>	<b>28</b> <b>Corn Dogs</b> Waffle Fries Banana Brownie	<b>29</b> <b>Baked Ham</b> Mashed Potatoes Honey Glazed Carrots Wheat Roll Apple Sauce Banana Pudding	<b>30</b> <b>Birthday Lunch</b> Chicken Alfredo W/ Noodles Broccoli Garlic Bread Ice Cream & Cake	<b>31</b> <b>Grilled Cheese</b> Fries Mixed Fruit Chocolate Chip Cookie

### 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.



# May

## ACTIVITIES

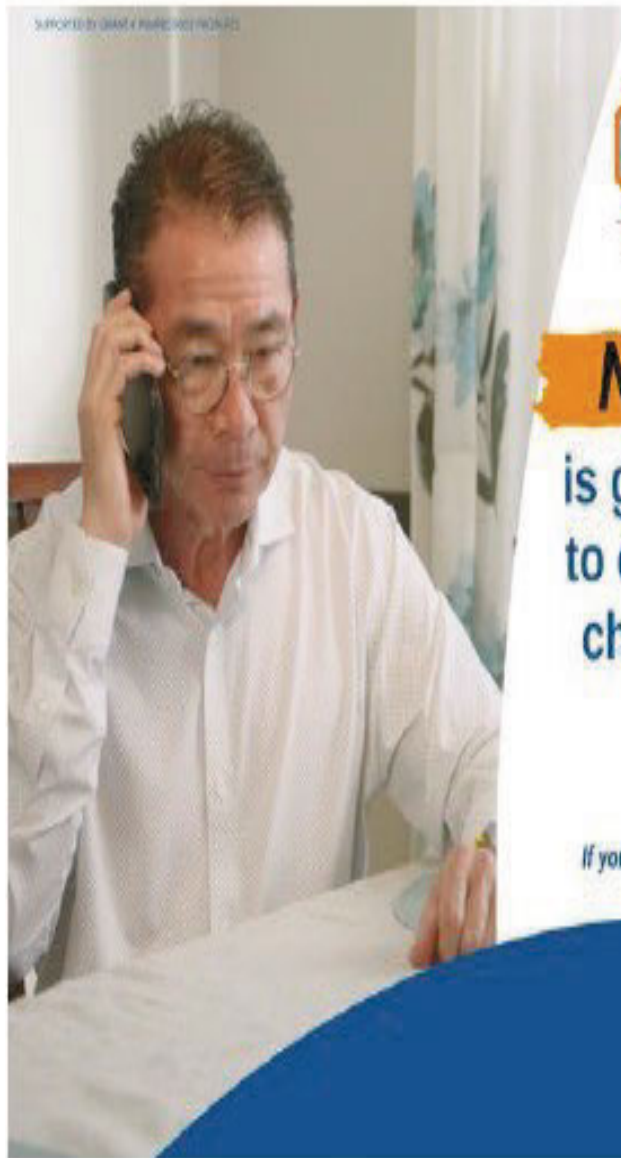
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:30—Chair Volleyball 12:30-2:30—Chair Massage Sessions by apt. 1:00—Bingo	<b>2</b> 10-12—Nurse 10:00—Chair Yoga 10:30—Bingocize 12:30— Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>3</b> 10:30—Chair Volleyball 11:30—Cinco De Mayo lunch 12:30—”31” 12:30—Mah Jongg 12:30—Bridge
<b>6</b> 12:30—Pinochle 12:30—Bridge 1:00—Macrame Chair Class	<b>7</b> 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	<b>8</b> 9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 12:30-2:30—Chair Massage Sessions by apt. 1:00—Bingo	<b>9</b> 10:00—Pool Tournament 10:00—Chair Yoga 12:30— Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>10</b> 10:30—Chair Volleyball 11:30 & 1—Mother’s Day Lunch 2 Settings 12:30—”31” 12:30—Mah Jongg 12:30—Bridge
<b>13</b> 10—Transition Hospice Care 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	<b>14</b> 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	<b>15</b> 9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 1:00—Bingo	<b>16</b> 10-1—Medicare Q & A 10-12—Nurse 10:00—Chair Yoga 10:30—Bingocize 12:30— Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>17</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. 1-3 Hand Massage
<b>20</b> 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	<b>21</b> 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	<b>22</b> 9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:30—Chair Volleyball 1:00—Bingo	<b>23</b> 10:00—Chair Yoga 10:30—Bingocize 12:30— Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>24</b> 10:30—Chair Volleyball 11:30—Memorial Lunch 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Chair Massage Sessions by apt.
<b>27</b> CLOSED	<b>28</b> 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	<b>29</b> 9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:30—Chair Volleyball 1:00—Bingo	<b>30</b> 10:00—Chair Yoga 10:30—Bingocize 11:45—Birthday Lunch 12:30— Pinochle 12:30—Poker 1:00—Macrame Chair Class	<b>31</b> 10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Chair Massage Sessions by apt.

# MEDICARE



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**



**NO ONE**

is going to call to confirm you changed your Medicare number.

*If you get a call like this, hang up!*

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$300,572.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



**Preventing Medicare Fraud**



# BILLIARD

*tournament*



**MAY 9  
10 AM**

**REGISTER BY 9:00 AM  
\$5 ENTRY FEE**

## Transitions Class

Transitional Care,  
Wills,  
Hospice Care,  
and more

**Monday**

**May 13**

**10am**

Conference Room

Please sign up at front desk

brought to you by:



*Elements*

*Need help looking for info?*

Wyoming

**2.1.1**

Get Connected. Get Help.™

Call 211 or text your ZIP code to  
898211

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10am-2pm

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



# APPRECIATION DONATION CLUB 2023-2024

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.**

Rosemary Adame	Tom & Gay Collar	Carol Havlik	Julie Luck
MaryAnn Agri	Charlie Conroy	Gail & Wes Heikkinen	Donna Lukes
Charles & Florence Albert	Sue Cook	Delva & Cathy Hemker	Janice Lundgren
Mariann Allen	Sue & Bob Cordova	Mary Heyer	Wadeen Lundgren
Les & Jacki Allison	Doris Critton	Arlene & William Hill	Laurie Maddox
Sandy Andrews	John & Phyllis Crosson	Andy & Lenora Hinajosa	Rudy & Susan Magagna
Paul Apostolope	Bill Cummings	Lora Hittle & John Lee	Dean Makie
Diana Archuleta	Sharon Danks	Ann Hodges	Diana Maley
David & Bonnie Arnold	Joann Davis	Harry & Elizabeth Holler	Karen & Doug Malicoat
Brenda & John Ashley	Sandra Davis	Stephen & Mary-Bakke Horton	Jennie Malonek
Nick & Gayle Bacila	Jon & Cheryl DeBeltz	Gerry & Marilyn Howe	Johnny Mandros
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John & Gloria Barry	Linda Ellison	Barb & Merlin Kendall	Debbie McDonough
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Jeanne Beery	Viola Espinoza	Pam & Duane Kerr	Peggy McKenzie
Helen Beck	Tony Estrada & Janice Maestas	Brenda & Mike Kinniburgh	Don & Pat Meeks
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Linda Bennett	Angie Failoni	Carl & Georgia Koloff	Charlene Miller
John & Ellen Bernatis	Linda Failoni	Dallas & Michael Koons	Jill & John Miller
Bob & Carm Bingham	Becky Figgins	Rich & Jenny Krans	Shelly Moen
Phyllis Bingham	Alice & Gary Finley	Ken & Nanette Lacey	Felicia Montoya
Mark Bish	Barbara Fischer	Ted & Louise Laughter	Lydia Montoya
Karen Blasi	Robert Fisher	Evelyn Laughter	Debbie Mortimer
Louise Kuckert & Carl Blanksvard	Jeroome & Sandie Fletcher	Judi Laughter	Bill & Dianna Neeley
MaryAnne Bocquin	Cleo Flores	Sharon Lauriski	Terrie Nelson
Roger & Frances Bohlmann	Consuelo Floyd	Katherine Leasor	Pam Nichelson
Gary Boyd	John & Theresa Freeman	George & Sandy Lee	David & June Nichols
Don & Elaine Boyer	Gay Fry	Leesa Lee	Roger Nielsen
Joye & Aron Brady	Odell & Linda Fuller	Tony Leggiere	Sue Nomis
Debbie & Dennis Braithwaite	Toby & Patty Garcia	Terry & JoAnn Leigh	Orna & Shirley Okerson
David & Lois Brandner	Deborah Gaspar	Kevin Lennon	Denis Olmsted
Kim Branson	Ellsworth Gerrard	Janice Lewis	Edwin & Betty Owens
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Teri & Phil Bronkhurst	Myrna Graham	Karen Lewis	Helen Padilla
Karen Brown	Juanita Guthrie	Paul Lewis	Judy Paine
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Eva Cauthorn	Howard Hart	Ann Lowe	Janet & John Pharr
Janet & Ernie Celli	Lori Hastert	Dearcy & Pat Lowry	Darleen Pierce
Bert & Margene Chew	Cleone Haughey	Gibby & Lilly Lucero	Gale & Andy Pleasant
Katie Christiansen			
Marlys Ciscar			
Carla & Bob Clevenger			

# APPRECIATION DONATION CLUB 2023-2024

Mark Pleasant David & Arlene Poling Theda Porter Dennis Preddy Melinda Price Jim Probst John & Rebecca Rauch Chuck & Wilma Realing Jose & Marilyn Rendon James & Kathy Reinard Billie Richardson Bo & Bonnie Riley Gail Robinson Jackie & Cliff Rockhold Vicki Roth Rose Rudy Leo & Carol Rundell Sue Sanchez Michael & Vicky Schlosser Dorothy Scutt	Kathy & Owen Seals Pat Seyersdahl Wayne Severson John & Merrilyn Shanebrook Marty Shantz Dan & Vivian Shedden Terri & Larry Shepard Don Shillcox Sr. Pam Short Nancy Shriver Diane Sims Robb & Marriella Slaughter Bert & Shirley Smith Lee Smith Patsy & JK Sorensen Kathy Spicer Oscar & Karen Stapleton Bill & Rachael Stocker Debbie Strange Frances Sreaves	Roberta Swindell Kathy Tarter Jackie Taylor Terri Thomas Orman Tripp Verna Trujillo Chuck & Dee Tucker Carmen Tune Bryce & Barbara Twitchell Marsha Tynsky Paul & Deborah VanWagoner Scott & Debra Varley Frankie Vaughn Anne Vollmer Eva Wagner Barb & Jerry Walker Kay Weipert Jimmie Welsh Bill & Lyn Wengert Brady & Carmen Whitehead	Beth Whitman Kay Whiteman Darroll & Eve Wieburg Edward Williams Norm & Danelle Williamson Terry Wilson Ralph & Jo Winkel Elisabeth Wise Lora Wise Daren Woodbeck Diane Woodd Amy Woolcott Cecil & Shirli Woodward Mike & Cathy Woolcott Jeri Zevenberger Wayne Zickefoose Cheryl Zimmerman  <b>Names Listed are from  March 2023— Present</b>
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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



## CHAIR YOGA

### MORE CHAIR YOGA

**We have added another day**

**Every Tues. at 1**

**&**

**Every Thurs. at 10**

Instructor:

Misty Shiner- owner of  
Beauty and Bliss



**CLOSED**

*May 27*

★ **MEMORIAL DAY** ★

## Last Public Breakfast Until September

**May 17th 7-10 am**

Sausage, Egg and Cheese  
Breakfast Sandwich  
Hash Brown  
Donut  
Fruit  
V-8





# Gardening Tips for Seniors

## **1. Limber up before digging down**

Taking a few minutes to stretch and warm up your muscles and joints before you begin working in the garden can help you prevent sore muscles and injury.

## **2. Water your plants and yourself**

While gardening, it can be easy to get so caught up in your work that going inside for a drink of water slips your mind. Keep a water bottle at hand and hydrate regularly.

## **3. Dress for success**

Proper clothing keeps you safe and comfortable. Wear gloves to protect your hands, closed-toed shoes to protect your feet, and a hat to help shield you from the sun's UV rays.

## **4. Bring the garden to you**

A table-height raised garden bed will eliminate the need for bending and kneeling. You can buy a raised bed kit or custom-make one to exactly the height and size you want. Container gardening is another easy option. You can use pots of any size or shape, as long as they're suitable for what you want to plant and have good drainage to keep roots from rotting.

## **5. Use the right tools**

Your tools should be light enough that you can easily use them without causing strain or injury. Opt for lightweight metal, rubber or wooden tools over thin plastics that can be prone to breaking. Handles with good grips can keep your hands from tiring out as quickly; some companies make grips designed for arthritic hands. Finally consider investing in long-handled garden tools that allow you to garden without a lot of bending and kneeling.

## **6. Sit pretty with a gardening stool**

Much like your tools, your gardening stool should be the appropriate size for you, lightweight enough that you can move it with little effort, and sturdy enough to withstand the elements.

## **7. Load the wagon**

Wagons are easier to use for gardening than wheelbarrows because they don't require lifting or pushing. Using one to move plants and tools around can also increase safety.

## **8. Just say no to high-maintenance plants**

Choose low-maintenance shrubs, such as daphne, and perennials, such as blanket flower, to create a beautiful garden that you'll enjoy for years to come with only a fraction of the work.

## **9. Good help isn't so hard to find**

A helping hand at the right time can make gardening safer and more enjoyable. Reach out to family members or friends to assist with more difficult or strenuous tasks.

## **10. Attitude is everything**

You're never "too old" to do anything you set your mind to. Be willing to adjust your expectations and adapt physical tasks to match your abilities; this way you can enjoy the process, rather than attempting something that could result in frustration or even injury.

**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**

#### **STAFF**

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

#### **GONE BUT NOT FORGOTTEN:**

**PATRICIA ROGERS**  
**KURT SWA**  
**DOROTHY WALKER**

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

#### **BOARD OF DIRECTORS**

Stacey Nelson—President  
Kathy McCormick—Vice President  
John Freeman—Treasurer  
Gayle Bacila  
Gail Heikkinen  
Mark Pleasant  
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Jo Winkel  
Aron Brady

**Main Phone: 307-872-3223**  
**Fax: 307-872-3225**

You may now go online at  
[goldenhoursc.com](http://goldenhoursc.com) to make your  
appreciation donation,  
general donation  
or for a memorial fund donation.  
Thank You!

#### **MISSION STATEMENT**

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.

#### **BOARD MEETINGS**

Golden Hour Senior Center Board Meetings are typically held on the last Tuesday of each month at 4:00 PM. Meetings are open to the public.

This document was developed under grants from the Wyoming Department of Health, Aging Division.



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