

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



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

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

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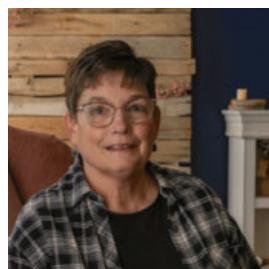
Golden Hour Senior Center, Green River, WY

A 4C 05-1090



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CALL 800-950-9952



Helena Albers – Agent

307-206-2404 | helena@mylifefinancial.io

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Have Questions
About Medicare?
This Is For You!

May 16
Drop In Anytime Between
10am-1pm

with Helena Albers

Q & A

- 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, CAPPUCCINO 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	8	Marvin Buckendorf Theda Porter	17	Louise Kuckert Amy Woolcott	24	Margret Finley Rosalia Payne
3	Sharon Carpenter Theresa Freeman Victoria Gilmore	9	Albert McCall Lee Smith	18	Helen Beck	25	Alice Baxter Deborah Johnson
4	Joi Jensen Birdie Littrell Owen Seals	11	Richard Breininger Leo Rundell Dee Ann Wilde	19	Lesa Measles	27	Joye Brady Judy Tuttle
5	Linda Dennison Josephine Eastman Sandra Johnson Karen Lewis Debbie McDonough	12	Estela Reyes	20	Kaye Fullmer Stephen Horton	29	Georgia Koloff Fern Linton Diane Manning John Zekan
6	Gloria Culp Linda Fuller Poncho Gardea	13	Alice Capehart	21	Gail Heikkinen Joseph Lovato Jack McLain	30	David Buller Pamelyn Kirkpatrick
		15	Jo Mahaffey Marcella Valdez	22	Janice Castillion William Comeau Loretta Elam Owen Keevert	31	Clarence Hohler Diana Larimore Carolyn Wengert Judy Wilcox



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Kirk Meredith, Owner

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Bill Clough

wclough@lpcommunities.com

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

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

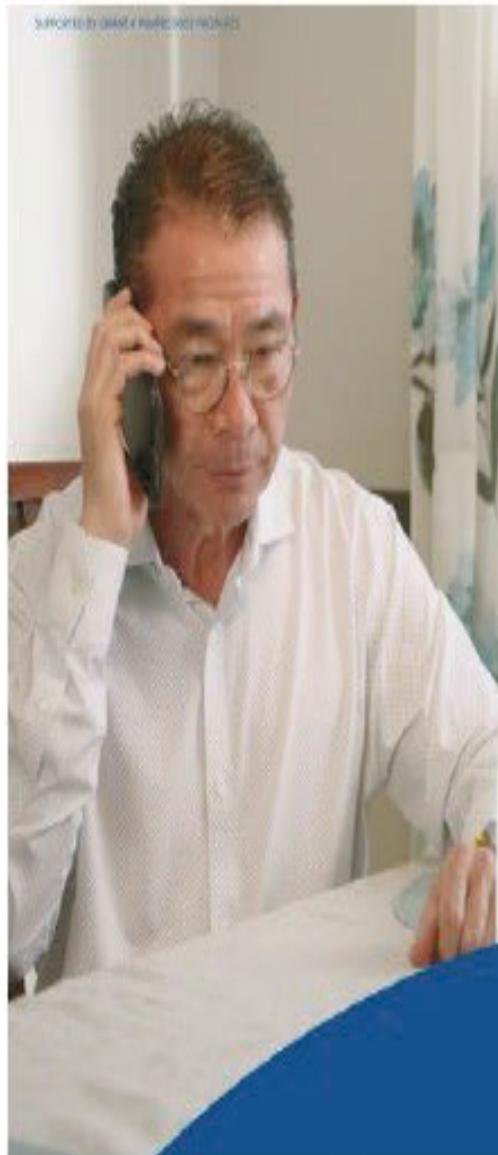
ACTIVITIES

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



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!



BILLIARD

tournament



**MAY 9
10 AM**

REGISTER BY 9:00 AM
\$5 ENTRY FEE

Need help looking for info?

Wyoming

2·1·1

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Call 211 or text your ZIP code to
898211

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

St. John's Thrift Shop

Your Local Thrift Shop

Located at 68 E 2nd South

Open Tues., Wed. & Sat.

10am-2pm

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LAST WEEK OF THE MONTH!

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

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ADVERTISERS!**

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
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Mary Baker	Fred & Linda Dowd	William & Jona Jimeno	Lucy Martinez
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Linda Bennett	Angie Failoni	Carl & Georgia Koloff	Charlene Miller
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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 & Vicki 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 & Mariella 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

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

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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



**EQUAL
JUSTICE
WYOMING**

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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



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

<p>STAFF</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>BOARD OF DIRECTORS</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>MISSION STATEMENT</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>GONE BUT NOT FORGOTTEN:</p> <p>PATRICIA ROGERS KURT SWA DOROTHY WALKER</p>	<p>Main Phone: 307-872-3223 Fax: 307-872-3225</p>	<p>BOARD MEETINGS</p> <p>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.</p>

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

You may now go online at goldenhoursc.com to make your appreciation donation, general donation or for a memorial fund donation.

Thank You!

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



@goldenhoursenior