

December
2024



GOLDEN HOUR SENIOR CENTER

A GATHERING PLACE FOR SENIORS

Baked Goods
Wood Work
Household Items
Quilts

Home Decor
Jewelry
Health Supplies
And Much More

Dec 6 & 7

Fri 4-7pm & Sat 9am-3pm

**HOLIDAY
CRAFT
FAIR**

**COME SEE
SANTA
SAT. 11-1**

**VENDORS,
CONCESSIONS,
& RAFFLE**

550 Uinta Dr
Green River, WY
307-872-3223

\$1
Admission



DIRECTOR'S CORNER

"It's the most wonderful time of the year!"

Most people would agree with that statement. The lights, decorations, and the overall spirit of Christmas seems to bring out a kinder and more giving side to us. There are gatherings with family and friends, those that we don't get to see as often as we would like. Even though this is a hectic time of year, take the time to be with the ones you love and enjoy those moments.

GHSC has its Tree of Giving up with many tags to choose from. We would appreciate everyone's help in fulfilling the needs of some of our Seniors. Most of the tags on our tree are for our Home Delivered Meal Patrons that are struggling to leave their homes or maybe financially disadvantaged. Everyone on our tree is 60 or older. To help out:

- 1) Take a tag, let us know the information.
- 2) Buy what is on the tag and return it to us unwrapped by Dec. 6th.

We will wrap your gifts and our Home Delivered Meal Volunteers will deliver them. Simple as that.

Thank you for your help with these projects and many others. Without the support of the community we could not accomplish these wonderful things!

GHSC is a busy place this time of the year:

Dec. 2 - Donuts and Decorating
Dec. 6 & 7 - Craft Fair
Dec. 10 - Ornament Decorating
Dec. 13 - Carols, Cookies & Cider
Dec. 16 - Cookie Decorating
Dec. 19 - Christmas Luncheon – One Seating this year, you MUST RSVP!
Dec. 31 – New Year's Eve Luncheon
We will be closed Dec. 23, 24, 25 & Jan. 1

We would love to see new faces and regular faces at the center this month participating in some of the above Holiday Fun.

Merry Christmas and Happy New Year

~Marcia



Donuts & Decorating

Please join us
to decorate the center for Christmas
Grab a donut & share the sweetness of the season



Monday Dec. 2

9:00 AM in Dining Room



K^{PACK}
PHARMACY



170 Commerce Drive Suite B
Green River, WY 82935

307-875-6722

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Hours
Monday—Friday
8:00AM—4:00PM

LUNCH SERVED
Monday—Friday
11:45AM—12:30PM
60+ ~ \$4 Suggested Donation
Under 60 ~ \$7 Includes Tax

Salad Bar Served
Inside Daily

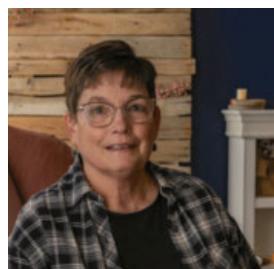
Curbside
60+ ~ \$5 Suggested Donation
Under 60~ \$8 Includes Tax
Pickup at 11:00 AM

550 Uinta Suite A
307-872-3223



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

The Phases of Watercolor

Instructor Sharon Carpenter

January 7th- February 15th

Tuesday's 1-3 pm

This class is for the beginner
to the more advanced

Please sign up at front desk

December 18th

COME TO JOIN US

HOLIDAY POTLUCK Dinner

BRING A DISH TO SHARE!

Let's come together for a heartwarming evening
filled with delicious food and good company. It's
time to share the joy of the holiday season



DEC. 18

5 PM

Sign up at front desk before potluck



JOIN US FOR

CHRISTMAS

COOKIE DECORATING

DEC 16 9AM

PARTICIPANTS ARE
ABLE TO TAKE 1
COOKIES HOME



LIGHTED CHRISTMAS ORNAMENT DECORATING CLASS
TUESDAY DEC 10TH AT 10AM

USE A VARIETY OF MATERIALS TO DECORATE YOUR ORNAMENT



NO
ACTIVITIES
DEC. 5 & 6

We will be getting ready for Craft Fair

YOU ARE INVITED TO

CHRISTMAS LUNCHEON

19 DECEMBER • 11:30 AM

Ham Steak

Mashed Potatoes with Gravy

Glazed Carrots

Roll

Mandarin Oranges

Holiday Cheesecake

GIVEAWAYS, MUSIC AND

PUZZLES

LIMITED SEATING

MUST HAVE A RESERVATION

CALL 872-3223

ACTIVITIES

PINOCHLE

October 3

1st: Goldie Buckendorf
2nd: Gloria Culp
3rd: Charlie Conroy

October 7

1st: Steve Oehler
2nd: Mark Pleasant
3rd: Ann Lowe

October 10

1st: Cleone Haughey
2nd: Goldie Buckendorf
3rd: Steve Oehler

October 14

1st: Charlie Conroy
2nd: Ron Wilcox
3rd: Tie- Mark Pleasant & Anne Vollmer

October 17

1st: Steve Oehler
2nd: Gay Tollefson
3rd: Cherylnn Legault

October 21

1st: Phyllis Bingham
2nd: Cleone Haughey
3rd: Ann Lowe

October 24

1st: Anne Vollmer
2nd: Kathy McCormick
3rd: Ron Wilcox

October 28

1st: Gloria Culp
2nd: Charlene Miller
3rd: James Baker

October 31

1st: James Baker
2nd: Cherylnn Legault
3rd: Karen Malicoat

BRIDGE

October 1

1st: Carla Clevenger
2nd: Diane Woodd

October 4

1st: Tie- Carla Clevenger & Sue Kearns

October 11

1st: Tie- Dianne Fenton & Diane Woodd

October 14

1st: Dianne Fenton
2nd: Barb Walker

October 21

1st: Tie- Carla Clevenger & Dianne Fenton

BUNCO

October 1

Wins: Gloria Culp
Naturals: Carolyn Jones

October 8

Wins: Linda Fuller
Naturals: Carolyn Jones

October 15

Wins: Ann Lowe
Naturals: Cleone Haughey

October 22

Wins: Linda Fuller & Christine Sivertson

Naturals: Marilyn McDonald

October 29

Wins: Dan Ely
Naturals: Goldie Buckendorf



October Winners

Small Pot: Madeleine Bonnabel, Donna Cudney, Poncho Gardea, Ann Lowe, Jerrie McArthur, Sheri Stromberg, Hazel Wicker

Big Pot: Viola Espinoza



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

DECEMBER BIRTHDAYS

1	Michael Carpenter Anne Vollmer Bruce Warren James Webb	8	David Arnold Beverly Cook Patricia Gehring Earl McDonald	16	Sandra Malloy Kathy Seals	23	Carolyn Jones Robin Richer-Pittman Terri Thomas
2	Maria Mahoney Jerry Toman	9	Timothy DuPont	18	Marion Deichmueller Lloyd Galbreath Lori Haster Paul Lewis	26	Dan Ely Debra Varley Ralph Winkel
3	Martha Barrera Sharon Danks Tonja Luper Oscar Stapleton	10	Frances Bohlmann Betty Harcourt George Simmons	20	Aaron Ortega Bert Smith Julia Volz	27	Elizabeth Muise Jeff Schalow Don Shillcox William Stocker
5	Jonathan DeBeltz John Merryman Karen Pecheny	11	Richard Krans Lisa Schnell	21	Eva Cauthorn Ed Marx Darleen Pierce	28	Betty Hodges Chuck Tucker
7	Richard Baxter Terry Birrell Jerry Walker	12	Pete Maes	22	James Johnson John Maldonado	30	Sandra Banks Linda Ellison
		13	Yvonne Claxton Laurie Hamel				
		14	David Brandner Sandra Dempsey Ann Harris Harold Woodham				



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Bill Clough

wclough@lpcommunities.com

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

December CURBSIDE & DINE IN-MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 SWEET & SOUR CHICKEN w/ RICE CARROTS ROLL FORTUNE COOKIE ORANGE JELL-O	3 MEATLOAF MASHED POTATOES & GRAVY CALIFORNIA VEGGIES ROLL FRUIT PECAN COOKIE	4 CHICKEN POT PIE BISCUIT PEARS OATMEAL COOKIE	5 CHICKEN FRIED STEAK MASHED POTATOES & GRAVY PEAS GARDEN SALAD ROLL CHERRY CRISP	6 SACK LUNCH TURKEY & HAM SANDWICH CHIPS APPLE SLICES PUDDING
9 SHEPARD'S PIE BISCUIT GARDEN SALAD ROOT BEER FLOAT COOKIES	10 DIJON CHICKEN RICE PILAF BROCCOLI ROLL PEACHES BANANA CREAM PIE	11 CHEESEBURGER LETTUCE, TOMATO & ONION ENGLISH CHIPS PASTA SALAD LEMON BARS	12 BIRTHDAY LUNCH POT ROAST MASHED POTATOES & GRAVY	13 COD CORN ON THE COBB SEASONED POTATOES COLESLAW TURNOVER
16 CHICKEN ALFREDO OVER NOODLES BROCCOLI GARLIC BREAD MELON STRAWBERRY SHORT CAKE	17 OPEN FACED HAMBURGER MASHED POTATOES & GRAVY GREEN BEANS MIXED FRUIT No BAKE COOKIE	18 TAMALE PIE MIXED VEGGIES MEXICAN CHOPPED SALAD BISCOCHITO COOKIE	19 CHRISTMAS LUNCHEON HAM STEAK MASHED POTATOES & GRAVY GLAZED CARROTS ROLL MANDARINS CHEESECAKE MUST RSVP	20 PUBLIC BREAKFAST BISCUITS & GRAVY BACON EGGS HASH BROWN FRUIT PARFAIT V-8
23 CLOSED	24 CLOSED	25 CLOSED	26 CHICKEN PARMESAN WITH NOODLES PEAS & ONIONS ROLL APPLE FRITTER	27 STEAK FINGERS MASHED POTATOES & GRAVY GREEN BEANS BANANA WHITE MACADAMIA NUT COOKIE
30 BLT POTATO SALAD ORANGE SLICES PEANUT BUTTER COOKIE	31 STEAK BAKED POTATO ROASTED BRUSSEL SPROUTS ROLL TROPICAL FRUIT CHOCOLATE CREAM PIE	HAPPY NEW YEAR! CLOSED		SOUP AND SALAD BAR SERVED DAILY WITH MEAL

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.

FROZEN MEALS

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.

December

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00—Donuts & Decorating The Center 12:30—Pinochle 12:30—Bridge 1:00—Macrame Chair Class	3 9:00—Zumba 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1-3—Watercolor	4 9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:30—Chair Volleyball 1:00—Bingo	5 NO ACTIVITIES 10:00-12:00—Nurse	6 NO ACTIVITIES
9 12:30—Pinochle 12:30—Bridge 1:00—Macrame Chair Class	10 9:00—Zumba 10:00—Ornament Decorating Class 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1-3—Watercolor	11 9:00—Sewing/Crafting 9:30—Coffee Corner 10:00—Fitness & Fundamental Nutrition 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 1:00—Bingo	12 10:30-11:30—Blood Pressure Clinic 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Chair Yoga 1:00—Macrame Chair Class	13 10:30—Chair Volleyball 11:30—Carols, Cookies & Cider 12:30—“31” 12:30—Mah Jongg 12:30—Bridge 1:00-3:00—Hand Massage
16 9:00—Cookie Decorating 10:30—Bingocize 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	17 9:00—Zumba 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1-3—Watercolor	18 9:00—Sewing/Crafting 9:30—Coffee Corner 10:00—Fitness & Fundamental Nutrition 10:30—Chair Volleyball 1:00—Bingo 5:00—Potluck	19 10:00-12:00—Nurse 10:30—Bingocize 11:30—Christmas Luncheon 12:30—Pinochle 12:30—Poker 1:00—Chair Yoga 1:00—Macrame Chair Class	20 7-10—Public Breakfast 10:30—Chair Volleyball 12:30—“31” 12:30—Mah Jongg 12:30—Bridge
23 CLOSED	24 CLOSED	25 CLOSED	26 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Chair Yoga 1:00—Macrame Chair Class	27 10:30—Chair Volleyball 12:30—“31” 12:30—Mah Jongg 12:30—Bridge
30 10:30—Bingocize 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	31 2:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1-3—Watercolor	Happy New Year! CLOSED		

MEDICARE



Oh no,
**I gave out my
Medicare number.
What do I do now?**

- 1 Know that it's not your fault. Scammers are tricky! They put on pressure, lie, and earn your trust. Don't feel guilty.
- 2 Call your local Senior Medicare Patrol (SMP) and tell them what happened. They will help you with the steps to take to report your Medicare number stolen.

Call: 877.808.2468

 SHIP
State Health Insurance
Assistance Program

 **SMP**
Senior Medicare Patrol
Preventing Medicare Fraud

Supported by a \$100,000 award from AARP. Content does not necessarily represent the official views of the U.S. Government.

If you have been one of the millions of people to experience Medicare fraud, know that it isn't your fault. Scammers are professionals at what they do. If you did give out your Medicare number, do not be embarrassed or ashamed and don't hide it. If you think a wrongdoer may have your number, please report it.

The Senior Medicare Patrol (SMP) is here to help.

Contact the Wyoming SMP by calling 307-856-6880 or 800-856-4398.



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).

OCTOBER 3 2024

NOVEMBER 7 2024

DECEMBER 5 2024

2:00 - 4:00 PM

<https://EqualJustice.WY.gov>
Questions? Please call: 307-777-8383

Sweetwater County District Court
(Located in the District Court Conference Rooms - 2nd floor)
80 W Flaming Gorge Way, Suite 255
Green River, WY



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Call 211 or text your ZIP code to
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Attention Showbirds!

Tell Us your travel plans

Please let us know when
you're leaving and
returning so you don't miss
a newsletter!



St. John's Thrift Shop

Your Local Thrift Shop
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Open Tues., Wed. & Sat.
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LAST WEEK OF THE MONTH!

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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	James Carroll	Albert Harris & Laurie Shaw-Harris	Karen Lewis
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Alice Capehart	Scott Hamel	Janice Lewis	John & Terry Pawleska
Ron & Louise Carey	Linda & Larry Hamilton	Julie Lewis	Janet Pharr
Nick & Dawn Carpenter	Mike & Michelle Hanks		

APPRECIATION DONATION CLUB 2023-2024

Darleen Pierce	Michael & Vicki Schlosser	Frances Sreaves	Kay Whitman & Karl Barney
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Rex & Gloria Rutherford	Bill & Rachael Stocker	Bill & Lyn Wenger	
Jackie Sanchez	Debbie Strange	Brady & Carmen Whitehead	
Sue Sanchez	Sherri Stromberg	Kay Whiteman	

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

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

VOLUNTEERS NEEDED



Can you spare a few hours once or twice a week?

GHSC is looking for Volunteers to
Deliver Meals to our Home Bound Seniors.

M-F 10:30 am - 12:00 pm (Roughly)

Please call 872-3223
with questions and ask for Lori.

DRIVING Class

9am - 1pm
no lunch
break

Insurance
Savings
15-60%



Saturday Dec. 14th

AARP class, not just for seniors, 18 and up are welcome.

Course Duration : 4 Hours

GHSC 550 Uinta Dr Suite A Green River, WY 82935

307-872-3223

Senior Companions Make Independence a Reality

ARE YOU 55+?

**WOULD YOU LIKE TO VOLUNTEER
AND GET PAID A NON-TAXABLE
STIPEND TO DO IT?**

HAVE TIME TO HELP OTHERS?

SCP NEEDS YOU



**AmeriCorps
Seniors**

Please call Vernita 307-235-5959 or

Toll free 877-634-1006



Notice

**Beginning January 2, 2025
all meal prices will
increase by \$1**

**A detailed explanation for
this increase will be in the
January newsletter**

Christmas

CAROLS, COOKIES, AND CIDER

Celebrate the spirit of Christmas and feel
the joy, warmth, and love
of the season

Friday Dec. 13
11:00am - 11:30am
In the dining room



STARTING NOVEMBER 14TH EVERY 2ND
THURSDAY OF THE MONTH
CASTLE ROCK VILLA
WE BE HERE DOING BLOOD PRESSURE
CHECKS FROM 10-11 AM

Hand Massage

Sessions Available

Friday Dec
13th

Sign up for a spot
between 1pm and 3pm



Public Breakfast
December 20

7-10 AM

Biscuits & Gravy

Bacon

Scrambled Eggs

hash Brown Pattie

Fruit Parfait

V-8



Public \$5
60+ over \$4
Children \$3

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

Non-Profit Organization
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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 Lacey Wardell—Kitchen Aide</p> <p>GONE BUT NOT FORGOTTEN: DAVID POLING</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>BOARD OF DIRECTORS</p> <p>Kathy McCormick—President Vivian Shadden—Vice President John Freeman—Treasurer Helena Albers Gayle Bacila Aron Brady Gail Heikkinen Stacey Nelson Mark Pleasant</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> <p>You may now go online at goldenhoursc.com to make your appreciation donation, general donation or for a memorial fund donation. Thank You!</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>Main Phone: 307-872-3223 Fax: 307-872-3225</p> <p>CHECK US OUT ONLINE OR ON YOUR SMART PHONE SEE OUR MENU. ACTIVITIES & NEWSLETTER VISIT: WWW.GOLDENHOURS.COM</p> <p>This document was developed under grants from the Wyoming Department of Health, Aging Division.</p> <p> @goldenhoursenior</p>
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