

**December
2024**



GOLDEN HOUR SENIOR CENTER

A GATHERING PLACE FOR SENIORS



Baked Goods
Wood Work
Household Items
Quilts

Dec 6 & 7

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

Home Decor
Jewelry
Health Supplies
And Much More



**HOLIDAY
CRAFT
FAIR**



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

**VENDORS,
CONCESSIONS,
& RAFFLE**

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

**\$1
Admission**



550 UINTA DR., STE. A • GREEN RIVER, WY 82935 | (307)872-3223 | GOLDENHOURSC.COM

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



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



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

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 4
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: Cherylann 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: Cherylann 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



October Winners

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

Big Pot: Viola Espinoza

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



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 Patrician 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 Hastert Paul Lewis	26	Dan Ely Debra Varley Ralph Winkel
3	Martha Barrera Sharon Danks Tonja Lupher 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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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 <u>BIRTHDAY LUNCH</u> 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 <u>CHRISTMAS LUNCHEON</u> HAM STEAK MASHED POTATOES & GRAVY GLAZED CARROTS ROLL MANDARINS CHEESECAKE MUST RSVP	20 <u>PUBLIC BREAKFAST</u> 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



SMPRESOURCE.ORG
Supported by a BLSA award from HHS/HRSA.
Contents do not necessarily represent the official
view 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.



SHIP

State Health Insurance
Assistance Program

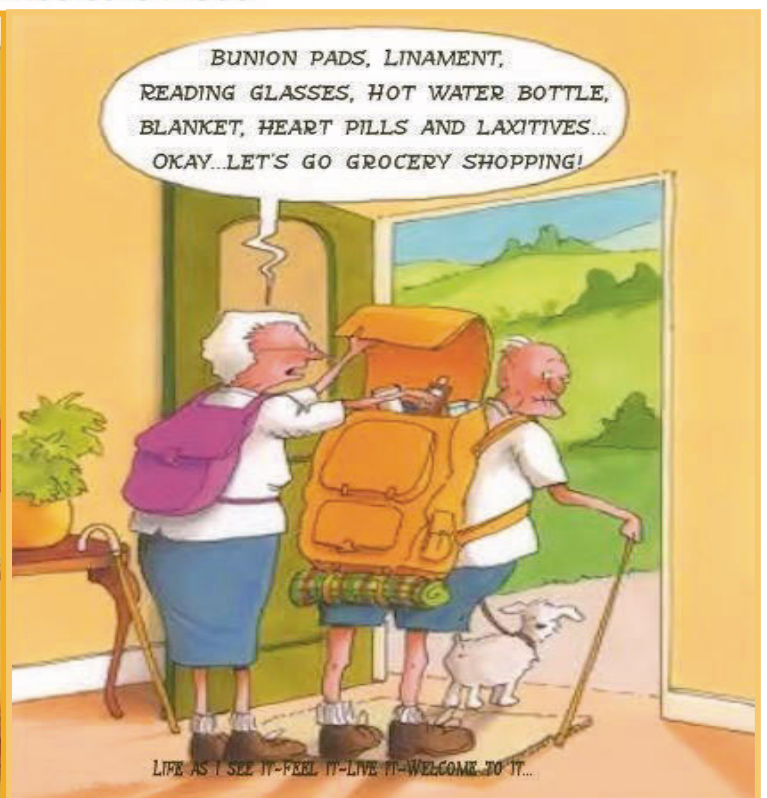
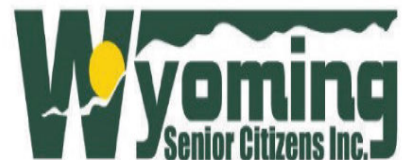
Navigating Medicare



SMP

Senior Medicare Patrol

Preventing Medicare Fraud



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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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	James Carroll	Albert Harris & Laurie Shaw-	Karen Lewis
MaryAnn Agri	Janet & Ernie Celli	Harris	Paul Lewis
Charles & Florence Albert	Prudencia Chacon	Shirley Harris	Ted & Louise Laughlin
Mariann Allen	Bert & Margene Chew	Howard Hart	Vickie Liptak
Sandy Andrews	Katie Christiansen	Lori Hastert	Birdie Littrell
Paul Apostolope	Marlys Ciscar	Cleone Haughey	Audrey Lockett
Candice Arnold	Carla & Bob Clevenger	Carol Havlik	Carolyn Locker
David & Bonnie Arnold	Marie Colestock	Gail Heikkinen	Melicandro & Rose Lovato
Brenda & John Ashley	Bill & Patty Comeau	Mary Heyer	Ann Lowe
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Susan Barker	Sandra Davis	Bill Hoyt	Karen & Doug Malicoat
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Jeanne Beery	Howard & Linda Dennison	Tom & Ellen Jacobsen	Scott & Lynnda Mandros
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Angie Bennett	Dwain & Connie Driggs	Darrell & Cindy Johnson	Gail Marshall
Linda Bennett	Tim & Doris DuPont	Garnet Johnson	Ed & Corky Marx
Ellen Bernatis	Jack Edwards	Sandy Johnson	Fred Mast
Bob & Carm Bingham	Loretta Elam	Joyce Jones	Mike Masterson & Cathy Den-
Phyllis Bingham	Linda Ellison	Medhie Jones	man
Mark Bish	Viola Espinoza	George & Sheila Jost	Kathy McCormick
Karen Blasi	Jackie Fabian	Barb & Merlin Kendall	Danny & Marilyn McDonald
Louise Kuckert & Carl	Angie Failoni	Pam & Duane Kerr	Cherisha McElles
Blanksvard	Linda Failoni	Brenda & Mike Kinniburgh	Jean McEwin
MaryAnne Bocquin	Diane Fenton	Art Kline	Don & Pat Meeks
Roger & Frances Bohlmann	Alice & Gary Finley	Rod Knight	Louis & Kathryn Mele
Gary Boyd	Barbara Fischer	Carl & Georgia Koloff	Felicia Montoya
Don & Elaine Boyer	Robert Fisher	Dallas & Michael Koons	Debbie Mortimer
Ronald Braden	Jerome & Sandie Fletcher	Rich & Jenny Krans	Bill & Dianna Neeley
Dennie & Connie Brady	Tom & Sandy Foertsch	Liz Krentz	Richard Lee & Teresita Nelson
Joye & Aron Brady	Gay Fry	Diana Larimore	Pam Nichelson
Denise Bramwell	Fred Fuller	Judi Laughter	David & June Nichols
David & Lois Brandner	Odell & Linda Fuller	Sharon Lauriski	Roger Nielsen
Kim Branson	Toby & Patty Garcia	Katherine Leasor	Mel Nomis
Paul & Cezanne Brennan	Ellsworth Gerrard	Barbara Lee	Sue Nomis
Bill Brown	Judy Graham	Leesa Lee	Oran & Shirley Okerson
Karen Brown	Myrna Graham	Tom & Sandy Lee	Denis Olmsted
Jack & Anita Bryant	Sandee Gunter	Tony Leggiere	Chris & Cheryl Ortega
Goldie Buckendorf	Juanita Guthrie	Terry & JoAnn Leigh	Judy Paine
Greg & Sherry Bushman	Laurie Hamel	Janet Leonard	Larry Patterson
Alice Capehart	Scott Hamel	Biff Lewis	Sharon & Dale Patterson
Ron & Louise Carey	Linda & Larry Hamilton	Janice Lewis	John & Terry Pawleska
Nick & Dawn Carpenter	Mike & Michelle Hanks	Julie Lewis	Janet Pharr

APPRECIATION DONATION CLUB 2023-2024

<p>Darleen Pierce Lynda Pivik Gale & Andy Pleasant Mark Pleasant Theda Porter Dennis Preddy Melinda Price Ranae Price Jim Probst John & Rebecca Rauch Jose & Marilyn Rendon James & Kathy Reinard Billie Richardson Bo & Bonnie Riley Gail Robinson James & Lori Rockhold Judy Roderick Vickie Roth Rose Rudy Leo & Carol Rundell Rex & Gloria Rutherford Jackie Sanchez Sue Sanchez</p>	<p>Michael & Vicky Schlosser Lisa Schnell Vicki Schofield Dorothy Scutt Kathy & Owen Seals John & Merrilyn Shanebrook Martha Shantz Kerry Shaw Dan & Vivian Shedden Terri Shepard Pam Short Nancy Shriver Diane Sims Bert & Shirley Smith Lee Smith Marjorie Smith Patsy & JK Sorensen Kathy Spicer Oscar & Karen Stapleton Mike Steadman Bill & Rachael Stocker Debbie Strange Sherri Stromberg</p>	<p>Frances Sreaves Karen Swanson Terry Swanson Jackie Taylor Terri Thomas Gay Tollefson Verna Trujillo Chuck & Dee Tucker Carmen Tune Robert & Marsha Tynsky Paul & Deborah VanWagoner Scott & Debra Varley Frankie Vaughn Anne Vollmer Joyce Wade Eva Wagner Barb & Jerry Walker Kathy & Terry Weikhorst Kay Weipert Jimmie Welsh Bill & Lyn Wengert Brady & Carmen Whitehead Kay Whiteman</p>	<p>Kay Whitman & Karl Barney Darroll Wieburg DeeAnn Wilde Ed & Mary Williams Norm & Danelle Williamson Terry Wilson Ralph & JoWinkle Elisabeth Wise Lora Wise Diane Woodd Winona Woods Cecil & Shirley Woodward Amy Woolcott Mike & Cathy Woolcott Jeri & Curtis Zevenberger Wayne Zickefoose Cheryl Zimmerman</p> <p>Names Listed are from October 2023— Present</p>
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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
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
Lacey Wardell—Kitchen Aide

GONE BUT NOT FORGOTTEN:

DAVID POLING

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

Kathy McCormick—President
Vivian Shedden—Vice President
John Freeman—Treasurer
Helena Albers
Gayle Bacila
Aron Brady
Gail Heikkinen
Stacey Nelson
Mark Pleasant

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.

You may now go online at
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.

Main Phone: 307-872-3223

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