

Shoshoni Senior Center

Newsletter: April 2025

307-876-2703

214 E 2nd Street, PO Box 27
Shoshoni, WY 82649

ShoshoniSeniorCenter.com

Facebook.com/shoshoniseniorcenter
director@shoshoniseniorcenter.com

The Shoshoni Senior Center helps our senior citizens lead a more dignified and meaningful life by providing and coordinating educational, nutritional, health, social, and charitable services. Our primary goal is to offer services that enable our seniors to live in the comfort of their own homes and community for as long and as safely as possible.

Memoir Writing Class

Starting on **April 2nd**, there will be another eight week memoir writing class with author Carolyn Brubaker on **Tuesdays from 10:00 to 11:00am**. Let us know if you would like to participate. This is such a great opportunity to make recording your stories and memories easy!



Shoshoni, WY 82649
PO Box 27

Senior Center
Shoshoni

DIRECTOR LETTER

I was recently contacted by Elon Musk's new team. They have been tasked with making every federally funded program as efficient as a Tesla autopilot... which is why they've contacted me about our senior center in rural Wyoming. Unfortunately, they are already acting on their concerns about the Senior Center's efficiency as a recipient of government funding. They dictated that we provide the following data and proof of compliance for their analysis system, and they need it this week. They have assured me that them making the decisions for us actually reduces the impact of government on us.

- In addition to tracking who receives each meal, we must now report how much of each food item and beverage is consumed, by each person, each day. Effective immediately, we need a volunteer at the dumping station to check each person's tray and cup. They must measure and thoroughly document exactly how we used the items purchased with government funding. Since the whole point is to make cuts, we cannot pay someone to do this additional work to justify our spending. If we do not have a volunteer, the meal is cancelled and we must repay them the cost of food used.
- If no seniors are at the Center, we must turn off all lights, heating/cooling system, and all kitchen and computer equipment. If a senior is not in the building, the work we are doing does not directly benefit them and is deemed inefficient. I'm not sure how we will have meals ready when you do get here or how I will complete the additional reports.
- Items that are not specifically listed on the menu each day can no longer be purchased. This means that if you would like dressing for your salad or any beverage but coffee, you must purchase it and bring it in yourself.
- Jeannie must not purchase activity supplies unless twenty people commit to participating in the activity. Only activities that we can prove (with actual data) have an obvious impact on your life are permitted. So, we need your personal physical and mental health information to have activities.
- Menus will be nutritionally optimized using Elon's latest AI-powered Mars Colony diet, which consists exclusively of algae and protein bars. This will eliminate waste.
- They have identified our bee-themed décor as a "hive of inefficiency" and added it to the list of ridiculous expenditures to publicly call out. We are required to remove all images of bees, honey, and all other visual distractions... and they haven't even seen Jeannie's desk yet.
- The big concern is our rooftop playground built in 2022. They said, "If it even exists, it is certainly underutilized."

The efficiency team will compare our data to organizations serving larger populations, and they have already indicated that they will determine it is not efficient for us to operate at all. The cost for us to be open, have staff, and provide anything is relatively high per service provided. By nature, small service providers are less efficient because the cost of a bare bones building and staff cannot be reduced and still be able to provide anything. So, resources will be reallocated to those who already have more resources. Because... efficiency.

Remember that 80% of our income in 2024 was from federal and state funding. Without that, we will have to operate at 20% of our current capacity. Hopefully, you have ideas on how to do that. **Happy April Fools!** No billionaires have been harmed in the making of this letter (or involved at all... yet?).

Rykki Neale

Board Meeting

3/20/2025 at 12:30pm

February: 802 total meals, daily meal average 36, 634 support services, 24 one-way rides

The Board approved the Service District funding request for February expenses.

The Director is helping to update the bylaws and is working on overdue updates of *all* policies and procedures.

Jeanne Frank reported that Diane Schubach was a great help to the Memorial Committee.

Ken Cundall reported about obtaining quotes for replacing flooring in the foyers and possibly replacing all carpet. The Board decided to move forward with the foyers but to seek more bids for the carpet, which was last replaced by Gales in 2010.

Director's reported included:

- 9 attended senior preview of *Bright Star* musical, 7 of whom rode in the bus on its first trip
- Information from WRTA meeting with other public transportation providers
- Van released from FTA-interest
- Recommended new fares and transportation policy; Board decided will be 72-hour notice for ride requests and higher fares for non-seniors
- Option to pay by card is being utilized
- Concerns about rising costs and decreasing funding as working on the annual budget for the next fiscal year
- Projector finally mounted
- Generous, anonymous patron paid for a new greenhouse from Montana Sheds
- Light over former pool table removed; Board decided to sell at Street Fair / Bazaar

Executive session for the annual review of performance of all employees and all wages and Director evaluation.

Next Meeting: Thursday, April 17, 2025 at 12:30pm

Shoshoni April ^{*} 2025

Senior Center
MENU

Monday-Friday 8am - 3pm
Congregate meal served
11:30 am - 12:30 pm
876 - 2703

S	Mon	Tue	Wed	Thu	Fri	S
	<p>\$4 Suggested Donation for Registered Senior 60+.</p> <p>All Ages Welcome! Guest Meal is \$8.</p>	<p>1 Bratwurst on bun, sauerkraut, macaroni and cheese, baked beans, tossed salad, apple slices, caramel dip</p>	<p>2 Hot hamburger, gravy, mashed potatoes, corn, fruit, tossed salad, Jello with whip cream</p>	<p>3 Chef salad with ham and turkey, cheese, hard boiled eggs, tomatoes, onion, cottage cheese with pineapple, cookie</p>	<p>4 Spaghetti with meatballs, garlic toast, tossed salad, fruit, cauliflower, cake</p>	5
6	<p>7 Stuffed peppers, cheesy garlic bread, fruit, tossed salad, cake</p>	<p>8 Chili dog with bun, tater tots, tossed salad, green beans, pudding</p>	<p>9 Chicken fried steak, mashed potatoes, gravy, dinner roll, mixed vegetables tossed salad, fruit, cookie</p>	<p>10 Broccoli and chicken casserole, whole wheat roll, tossed salad, fruit, brownie</p>	<p>11 Baked potato bar with bacon, ham, nacho cheese, chili, onions, sour cream, bell peppers, tossed salad, fruit, cookie</p>	12
13	<p>14 Taco salad, black beans, fruit, pudding, sour cream, salsa, tomato onion, cookie</p>	<p>15 Chicken salad on croissant with grapes, celery, and onions, fruit, tossed salad, Jello</p>	<p>16 Meatloaf, baked potato, dinner roll, tossed salad, fruit, mixed veggies, lemon bar</p>	<p>17 Fritto pie with corn chips, seasoned hamburger, and cheese, tossed salad, fruit, cake</p>	<p>18 Baked ham, scalloped potatoes, green beans, tossed salad, fruit, whole wheat roll, cookie</p>	19
20	<p>21 Chicken parmesan on egg noodles, tossed salad, fruit, bread pudding</p>	<p>22 Sloppy joes, potato chips, baked beans, pasta salad, fruit, watermelon</p>	<p>23 Pork fritters, mashed potatoes, gravy, dinner roll, corn, fruit, rice crispy treat</p>	<p>24 Grilled cheese sandwich, tomato soup, tossed salad, fruit, cookie</p>	<p>25 Philly cheesesteak, onion rings, tossed salad, fruit, brownie</p>	26
27	<p>28 Pork chop, baked potato, stuffing, carrots, tossed salad, fruit, strawberry shortcake</p>	<p>29 Rueban sandwich, French fries, tossed salad, fruit, tapioca pudding</p>	<p>30 Swiss steak, mashed potatoes, gravy, peas, fruit, apple cake</p>	<p>Takeout Meals must be requested by 9AM.</p> <p>This menu is subject to change without notice.</p> <p>ShoshoniSeniorCenter.com</p>		

“Family” Game Night and Potluck Snacks Mondays at 4pm

Everyone is invited to join us for these FUN community game nights.



All ages welcome!

If you can, please bring a snack to share.



Help us advertise by purchasing Senior Center T-Shirts and merchandise!

Reminder:
When needed, we send out recorded messages with important information through the MySeniorCenter system.
If you miss a call from the Senior Center, check your messages before calling to ask us why we called.

Funding Recognitions

- \$8,955 from the **Wyoming Community Foundation** for Local Match for the Title III Support and Nutrition programs.



- \$6,000 from **Rocky Mountain Power Foundation** for emergency supplies, and \$2,500 for replacing chairs



- \$1,000 from **Contango**
- \$500 from **Wyoming Hunger Initiative** towards our holiday meals
- \$250 from **B Wyoming Inc.**
- \$80 from the **Christmas Club**

thank you
FOR YOUR SUPPORT

Televeda Brain Games, Digital Literacy, and Bingo

If you would like to participate in **Televeda events on Thursdays**, let office staff know in

advance as it does require preparation and setup. You can win gift cards! There are multiple time options for each event:
9am, 10:30am, 12pm.



At the Riverton Senior Center

- **Digital Literacy Classes:** Mondays at 1pm—Learn tech skills and be more confident in today’s digital world. These in-person, hands-on classes provide personalized support for seniors at all skill levels. Bring your devices, and no questions are “stupid questions”.
- **Alzheimer’s and Other Dementia Education Series for Caregivers and Community:** Second Tuesday at 9am—Opportunity to learn about a topic that impacts so many.
April 8—Ten Healthy Habits: We can take action today to reduce our risk of developing Alzheimer’s disease. This will be a fun and hopeful presentation.

Shoshoni Senior Center

April 2025

876-2703

Monday-Friday
8am-3pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Ages are welcome! Community gathering place for food and fun HERE in Shoshoni! Join us even if you don't identify as a "senior", but especially if you are 60+.</p>		<p>1 Memoir Class 10-11am Game Day: Skip-Bo 12:30-2:30pm</p>	<p>2 Exercise Group 12:30-1:30pm Garden 1:30-2:30pm</p>	<p>3 Craft Mini Easter Baskets 12:30-2:30pm</p>	<p>4 Garden 12:30-2:30pm Elementary PD Day & SRD Day Out</p>	<p>5</p>
		<p>6</p>	<p>7 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm</p>	<p>8 Zoom/ Riverton Alzheimer's Class at 9am Memoir 10-11am Craft 12:30 Magic Thread Lantern Town Council 7pm</p>	<p>9 Exercise Group 12:30-1:30pm Garden 1:30-2:30pm Masons 7:30</p>	<p>10 Game Day: Uno 12:30-2:30pm</p>
<p>13</p>	<p>14 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm School Board 5:30</p>	<p>15 Memoir Class 10-11am Craft Yarn Bunnies 12:30-2:30pm</p>	<p>16 FOOD BANK Christmas Club 12:30pm Exercise 12:30-1:30pm Garden 1:30-2:30pm Foot Clinic by appointment</p>	<p>17 Board Meeting 12:30pm High School Track 10am</p>	<p>18 Garden 12:30-2:30pm Good Friday No School</p>	<p>19 SRD and Wind River Masonic Lodge Easter Egg Hunt 10am sharp at School</p>
<p>20  Happy Easter</p>	<p>21 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm No School</p>	<p>22 Memoir 10-11am Earth Day Planting a Memorial Tree in Garden 12:30pm School PD Day Town Council 7pm</p>	<p>23 Exercise Group 12:30-1:30pm Garden 1:30-2:30pm Masons 7:30</p>	<p>24 Game Day: Hand & Foot Card Game 12:30-2:30pm Service District Meeting 4pm</p>	<p>25 Garden 12:30-2:30pm</p>	<p>26 High School Prom 8pm-Midnight</p>
<p>27</p>	<p>28 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm SRD Board 6:30</p>	<p>29 Memoir Class 10-11am Game Day: Mexican Train Dominoes 12:30-2:30pm</p>	<p>30 Exercise Group 12:30-1:30pm Garden 1:30-2:30pm</p>	<p>Note: The school sports schedule sometimes changes. We do our best to find information about community events from other organizations, but please verify the details with them.</p>		

Jeannie's Thoughts

As winter lingers, it can feel like the cold has seeped into our bones, not just physically but emotionally too. The gray skies stretch endlessly, and the short, dark days seem to whisper doubts that the warmth will ever return.

If you struggle with seasonal depression, you know this feeling well—the way even small tasks feel heavier, the way joy feels like something you have to chase rather than something that naturally arises.

But here's the quiet truth: Spring is coming.

It always does, no matter how long and bitter the winter has been. The earth knows how to renew itself, even after the coldest nights. And so do you.

Spring doesn't arrive all at once; it tiptoes in gently, almost shyly. The first sign might be a single bird singing when you least expect it. A tiny sprout pushing through frozen ground.

A slightly longer day.

Hope often works the same way. It doesn't always come as a grand revelation, but as small, steady reminders that light is returning. That joy is still possible. That you are still here, and that means something.

There is good in each day.

When seasonal depression weighs heavily, it's easy to dismiss the little good things. But even in the hardest seasons, there is still warmth to be found:

- A deep breath of crisp air filling your lungs.
- The sound of rain tapping against your window.
- A hot cup of coffee warming your hands.
- A friend or loved one who checks in on you.

A moment where you forget your worries, even for just a few seconds.

These moments are proof that even in the depths of winter—both the literal season and the ones that live inside us—there is still something worth holding onto.

Just like the plants beneath the frozen soil, you are still growing, even when it doesn't feel like it. Healing isn't always visible, and progress isn't always loud. Sometimes, simply making it through the day is enough.

Spring teaches us that change is possible, that light always finds a way back, and that even the hardest seasons are temporary. You are not stuck here forever. The warmth is returning, and so are you.

So take heart. Keep going. There is hope in every sunrise, in every bud that blossoms, in every new day that greets you. And just like spring, you are coming back to life.

You are going to be okay.

Crafts



Thursday,
April 3
**Mini
Easter
Baskets**
12:30pm



Tuesday,
April 8
**Magic
Thread
Lantern**
12:30pm



Tuesday,
April 15
**Yarn
Bunnies**
12:30pm

Agenda and minutes of the
**Shoshoni Senior Citizens
Service District** are posted
at the Senior Center. Next
Meeting: **March 27 at 4pm**

Other Information

- **Burning Days:** April 1 to June 1, 9am-5pm, burn only leaves, limbs, grass clippings, weeds, etc. but not garbage
- Saturday, May 10: SRD **Pet Vaccine & License Day**, 9-11am
- May 5 to May 11: **Shoshoni Spring Town Cleanup**, 8am-3pm, large containers for disposal of household items, tree trimmings, and garbage. Not accepted: Tires, refrigerators, pretreated wood, oils, liquids, paints, or other hazardous materials or chemicals

SUPPORT YOUR SENIOR CENTER

Donations in 2025

We deeply appreciate donations of any size. Contributions for meals, rides, coffee, office services, crafts, and exercise equipment must be counted as **Program Income** rather than as general donations, so they are not included below, but they do help to make those services possible so **Thank You!**

Substantiators: \$1,000+

Enhancers: \$500+
Anonymous Donor

Supporters: \$100+
Dan & DeAnn Merrill
Mike & Pat Powell
Anne & Ken Metzler
Gene Wintermote

Friends: \$50+

Monthly Sustainers
Donated monthly for
6+ months

Please Donate to the
Shoshoni Senior Center
at the Senior Center, by mail,
on our website, or by
scanning this QR code .



The Shoshoni Senior Center is a
501(c)(3) charitable nonprofit.

Thank you to **Atlantic City Federal Credit Union**
for buying senior meals on Credit Union Day
and **Big Horn Water** for water at the Center.



Big Horn Water

856-9302

347-3740

You can also help us to fulfill our mission by
purchasing items listed on the
Wish List page of our website or from our
Amazon Wish List at
<https://a.co/3sm4vtN>.



You can also talk to Jeannie
about **craft supplies** she needs.
Garden supplies would also be very appreciated.

Please, **do NOT donate books or puzzles.**

We do not have room to store more. You can
donate books to Meadowlark Books in Riverton
and ask them to credit the Shoshoni Senior Center.

Smith's 
INSPIRING DONATIONS

Link the Shoshoni Senior Citizen Center

to your Smith's Rewards Card at
SmithsFoodandDrug.com/inspire

Organization Number: QX859

Thank you to

Anne Metzler for cute
sticky notes and
bathroom hand towels
and to Sheila Wakefield
for Jolly Ranchers!

\$68.39 receiving from
Smith's Inspiring Donations
so far this fiscal year.

Volunteers

Volunteers help the Senior Center immensely,
especially if you **document those volunteer hours.**
Ask Rykki to show you how to log Volunteer Hours.

- Board of Directors, Service District Board,**
and **Committee** members
- Driver:** Robbie Ladner
- Meal Delivery:** Mary Milleson & Chris Komloski
and Anne & Ken Metzler
- Dining Room, Dishes, and/or Janitorial:**
Sheila Wakefield, Randy Christensen,
Pat & Patty Collins, Bev Ballard,
Margaret Larson, Roger Parker, and others
- Reception:** Diane Schubach, Jay Merritt,
Margaret Larson, and Ann Faulkner
- Garden:** Margaret Larson, Ann Faulkner,
and Laura Conway
- Taking Deposit:** Ken Cundall

THANK YOU to everyone who helps at all,
including those who prefer to volunteer
without recognition here.

We do our best to ensure the accuracy of information in this newsletter.
We apologize for any errors, omissions, or inconsistencies. There are usually a few.

Name: _____ Return this **Word Search** by April 16th for a chance to win a free meal ticket! Congratulations to **Randy Christensen** for winning in March.

History 1950's Word Search

Y M G I B I L L O F R I G H T S K K Q V X W I L
X I E X M O O B Y B A B P O L I O V A C C I N E
I M W Q N O I T U L O V E R L A U X E S K F C Y
N R J E B M O B A V K L P N C O L R R O A M I W
T X C N B Z F C N Y E L S E R P S I V L E M V V
E M S I W I O Z X Z U I E J P N D Y R M U S I H
G U N R M R T R U M A N L C Z L N R W K W I L C
R B E A T N I K S U T I T V S W A D L O H N R S
A Q S M M Y A D N L P D N E O B L R I R H U I C
T L Q B Z S N A Y A H F A L P R Y J X E M M G S
E Q E U C Z K E H M D P M I H U E E S A K M H V
D M I S C N R Y T B U K Y B J B N O E L R O T E
C F S R X E G I R Z Y K E O P U S X Z C T C S H
I I E A A H A A A B Y S K M T S I L K C A L B C
R R N E T D N T C O U H C O U H D T Y T E Y U H
C A H L T I I S C S X E I T Z P F A Q L Y U N S
U Y O C O S T L M U H N M U D E E R F N A L A U
I K W U C K I N T U P S R A Q F U P Q V C R N R
T R E N Y N W A T S O N A N D C R I C K W Y X H
F O R O O X H H B L R Z A N B N C W I D I V C K
N C E W B D P J S T E L E V I S I O N C P U J C
K W O P S R A L F R E D H I T C H C O C K B S C
T Y Q I U S K E P I Y K W V H S U E Z C A N A L
L Q C Q B X W Z Z B L L A C O N S U M E R I S M

Integrated Circuit
Alfred Hitchcock
Polio Vaccine
Alan Freed
Khrushchev
Blacklist
Ray Kroc
Truman

GI Bill of Rights
Watson and Crick
Civil Rights
Automobile
Suez Canal
Communism
Sputnik
Korea

Nuclear Submarine
Elvis Presley
Bus Boycott
Disneyland
Television
Beatniks
A-Bomb

Sexual Revolution
Mickey Mantle
Consumerism
Eisenhower
Baby Boom
McCarthy
Suburb

Senior Center Services

To register as a senior, you must be **60+** and fill out an **AGNES form** each year.

The number of services we report affects our funding, so please use your **MySeniorCenter keycard** to check-in at the front counter for meals and everything else you participate in at the Senior Center.



Then don't forget to select the **Finish** button.

Nutrition Programs

\$4 Suggested Donation for a registered senior 60+, and **Guest Meals cost \$8** (or \$4 for a child age ≤12). A registered dietician approves the menu and provides Nutrition Education and Counseling.

- **Congregate Meals** served at the Senior Center
- **Takeout Meals** for pickup by registered senior age 60+. Must be requested by 9am.
- **Home Delivered Meals** for those that qualify (or as requested by your Medicaid Case Manager for meals paid for by Community Choices Waiver)
- **Frozen Meals** for \$2 each, or three for \$5. Limit of nine/week.
- **Shelf-Stable Meals:** One FREE box of 3 meals for anyone 60+ to keep on hand for when needed.
- **Food Pantry:** Check our FREE Shelf for food and other items you could use. Take items only for your own household so that others can do the same and the whole community can benefit. We are a partner of the **Food Bank of Wyoming** and receive a monthly delivery on the *3rd Wednesday*.



Transportation

Need a ride? Call 876-2703.

We offer curb-to-curb transportation service. Rides must be scheduled at least **72 hours in advance** and depend on the volunteer driver's availability and weather conditions. Schedule your appointment, errands, activities, etc. to keep the ride (from pickup to return) within the hours of 8am to 3pm on Monday-Friday. Fares below will be adjusted soon.

We do NOT provide emergency transport.



Roundtrip Fares

- \$2—Shoshoni
- \$10—Riverton
- \$15—Thermopolis
- \$20—Lander
- \$75—Casper

Health Services

- **Exercise Equipment:** Signed liability release must be on file in the office.
- **Foot Clinic** with Carly, by appointment. Cost is \$20.
- **Afternoon Exercise Group:** Stretching exercises, wellness of the breath techniques, and seated Tai Chi.
- **Screening:** Blood pressure cuff available to use at the Senior Center.

Social Activities

- **Morning Social:** Join us for coffee.
- **Puzzle** table and **Pool** table
- **Sewing & Quilting:** Bring projects to the Senior Center on Mondays.
- **Televēda Brain Games, Tech, and Bingo:** Have fun, learn and get help with tech, and win prizes!
- **Crafts, Games,** and other activities, clubs, and groups.

Also at the Senior Center

- **Lending Library:** Medical equipment, books, movies, and puzzles
- **Computers, printer, and WiFi**
- **Office Services:** Print, copy, scan, or fax for a small fee per page.
- **Monthly Newsletter** available by email, at ShoshoniSeniorCenter.com, on Facebook, and paper copies for pickup or by mail for current members of the Dollar a Month Club.
- **UPS Dropoff Location**

Reserve our Community Room

for your meeting, party, memorial, or event. It is a \$100 rental fee for businesses and fundraisers and by donation for personal use, memorials, and public service events. We have tables, chairs, and presentation equipment. There is also a \$50 refundable deposit due at reservation.



Dollar a Month Club:

Join or Renew for \$12/year.

Date: _____ Paid: \$ _____

Name(s): _____

Mailing or Email Address: _____

Select a Delivery Preference:

_____ Center pickup _____ Email _____ Mail

Our newsletters are not free to print.

We print paper copies of our newsletter for those with an active **Dollar a Month Club** membership. Your expiration date is on the address label of your newsletter.



If you are a registered Senior 60+ and have a **birthday this month**, bring this coupon to the Senior Center for a **FREE meal!**

Name _____

Birthday _____

RESOURCES & INFORMATION

- **Wyoming 211:** Information helpline. Call **211**, or **1-888-425-7138**, or visit wyoming211.org
- **Wyoming Senior Citizens Inc:** Home services, caregiver support, companion program, ombudsman, insurance info, Medicare patrol, foster grandparent program. **1-800-856-4398**
- **Wyoming Services for Independent Living** for individuals with disabilities, including transportation vouchers. Call **332-4889**.
- **Help for Health** hospice, home care. **856-1206**
- **Wyoming Center on Aging - Healthier Wyoming:** Disease prevention, management, support, and blood pressure cuffs at libraries. **307-766-2829**
- **Wyoming Relay:** Using telephone with hearing loss. **1-800-452-1408** or wyomingrelay.com
- **EyeCare America:** Free eye exams for age 65+ or if at increased glaucoma risk. **877-887-6327**

We produce our own newsletter and website. If there is something you would like included, email director@shoshoniseniorcenter.com, call **307-876-2703**, or mail it to: **PO Box 27, Shoshoni, WY 82649.**

Senior Center Staff

Director: Rykki Neale
Assistant Director:
Jeannie Kroenke
Cooks: Denise Olson,
and Amber Wintermote
Custodian: Brian Ayers

Board of Directors

President: Ken Cundall
Vice President: Don Schubach
Secretary: Deb McMurtrey
Members: Jeanne Frank,
and Jay Merritt

Service District Board

President: Ken Cundall
Vice President: Teresa Taylor
Secretary: Joan Geis
Treasurer: Hazel Schaefer
Member: Sheila Wakefield

In accordance with federal law and the Department of Agriculture, this institution is prohibited from discrimination on the basis of color, national origin, sex, or disability.

- **GetSetUp Online Classes:** Free and for seniors. Participate at home or at the Senior Center. Visit getsetup.io/partner/Wyoming
- **Wind River Parkinson's Group:** 2-3pm on 1st Thursday at Lander Senior Center or on Zoom. *Contact Marjane at 332-3732. Follow Wind River Parkinson's Support Group on Facebook.*
- **Power Punch for Parkinson's** mobility every Wednesday at noon at Teton Therapy. **332-2230.**
- **Cent\$ible Nutrition:** Classes and recipes. **1-877-219-4646**
- **Medicare questions and concerns:** Call Sandy with Wyoming Senior Medicare Patrol in Riverton. **307-256-6880/800-856-4398.**
- **Foundations for Nations** at 20 Mission Road. Emergency Food Assistance Program distributor. Call **307-200-9779.**
- **National Do Not Call Registry:** Call **1-888-382-1222.**

This document was developed under grants from the **U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division.** However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, or the Wyoming Department of Health, Aging Division, and you should not assume endorsement by the Federal or State governments.

Senior Center 876-2703

Town Hall	876-2515
Police	876-2600
Chamber	876-2615
Post Office	876-2456
School	876-2583
Recreation	876-2663
Credit Union	876-2222
Health Clinic	876-0221
Gottsche	876-0005