

Thayne Senior Center

Enter as Strangers, Leave as Friends

April 2019



HISTORY

The origin of April Fool's Day is thought to date back to 1582 in France. When the French changed their calendar from the Julian calendar to the more accurate Gregorian calendar, some people didn't get the news. The people who still celebrated the old calendar were ridiculed. April fish made of paper were put on the backs of those people to make fun of them. The April fish represented the fact that they were easily hooked (fooled) like fish.

Some Great Pranks of the Past

The earliest-known record of an April Fools' joke was in 1698. It was recorded in "Dawk's News-Letter" that "Several persons were sent to the Tower Ditch to see the lions washed." Of course, there were no lions being washed in the Tower of London ditch. This remained an ongoing joke for more than 100 years with new renditions and even invitations made, always sending people to go view the washing of the lions.

In 1950, a local newspaper reported that the government-run Norwegian wine company, Vinmonopolet, had too much wine and not enough bottles to bottle it. They announced a 75% off sale, telling customers to bring in buckets or something to carry the wine in. People showed up with buckets and the line went around the block before customers found out the article was fake.

Great Eruption of Mount Edgecumbe (1974) - The inhabitants of Sitka, AK were surprised one morning to find smoke coming from Mount Edgecumbe, a supposedly dormant volcano. Fearful that the volcano would erupt, they soon found out that a local resident, Porky Bickar, had thrown hundreds of tires into the mouth of the volcano and set them on fire to play a practical joke.

In 2014, more than one million viewers saw the prank in which the King's College Choir announced that since the regulations for having young boys sing was so strict, they were looking into ways to change men's voices into a prepubescent pitch. Surgery was voted against, so the option of using helium was introduced.

In 1945, the weather broadcast department announced a tsunami in the Pacific Island on April first and since many of them thought that it was a prank, they didn't mind the announcement and tragedy hit.

April Fool's Day is a good day for laughter and celebrating. It is the most light-hearted day of the year. Enjoy those practical jokes and laugh with yourself and with others!



**115 Petersen Parkway
PO Box 1033
Thayne, WY 83127
(307) 883-2678**

**E-mail:
thaynesr@silverstar.
com**

**Web site:
www.thaynesenior.com**

Board of Directors President

Dan Carter
(Alpine Representative)

Vice-President

Ed Thomas

Secretary

Jeanne Zella

Board Members

Holly Armstrong
Fred Summerfelt
Don Snider
Steven Simpson

Director

Melinda Pebbles

Office Manager

Joan Jensen

Kitchen Manager

Ellen Hurd

Assistant Cook

Colby Jensen

Outreach Specialist

Connie Bowers

DOLLAR-A-MONTH CLUB

AS OF 4/15/2019

The Dollar-A-Month Club is a means of aiding the funding for publication of this newsletter. It is based on a voluntary contribution of one dollar per person per month .

Mary Ann Ahrens
 Jackie Armstrong
 Pat Aullman
 Genell Bagley
 Jim & Marsha Bagshaw
 Barry & Sylvia Bakner
 Jean Barngrover
 Dorothy Beagle
 Tami Bean
 Darrell & Jean Benshoof
 Bob Bingham
 Bob & Ann Bolyard
 William & Marilyn Boots
 James & Connie Bowers
 Vicki Canoso
 Yihlin Chan
 Lenore Clark
 Kathy Clark
 Neal & J.C. Colley
 Gary & Sandy Daggett
 Linda Dierks
 Peggy Eppler
 Jennifer Giese
 Dan & Gleam Green
 Bob & Linda Gwyn
 Pam Haderlie
 Bruce & Claudine Hanson
 Howard & Sue Johnston
 Lucinda Leeper
 Dena Miller
 Ron Mueller
 Kay & Melissa Muir

Jim & Leota Odle
 Steve & Lisa Pape
 Jakub & Linda Passer
 Kent & Marilyn Perkins
 Virginia Radford
 Arnie & Kathy Sandness
 Robert & Joyce Saunders
 Nora Jean Simmons
 Steve Simpson
 Don & Jymme Snider
 Wes & Elisabeth Sorenson
 Charles & Paula Steed
 Fred & Donna Summerfelt
 Fairsh & Sue Thompson
 Taft Thomsen
 Byron & Wilma Titensor
 Donna Zumbrun

- * *You are told to slow down by your doctor and not the police*
- * *You don't exercise because you don't want to spill your coffee*
- * *You speed because you don't want to forget where you are going*
- * *You feel bad in the morning without staying out the night before*
- * *Your only problem with retirement is that you never get a day off*
- * *You stop searching for the meaning of life to focus on searching for your car keys.*

You Know You're Getting Old When

- * *Happy Hour is a nap*
- * *Your eyes won't get much worse*
- * *You spot that first gray hair...on your kid*
- * *Work is a lot of fun and fun is a lot work*
- * *You hear your favorite songs in the elevator*
- * *You no longer see speed limits as challenges*
- * *Your joints are more accurate than the meteorologists*
- * *Getting lucky means you find your car in the parking lot*

April 7-13

National Volunteer Week Be a "Do-Gooder"

Go out and do something for someone else.

Service is one of the surest steps you can take toward a happy, healthy life.

The Thayne Senior Center has GREAT VOLUNTEERS!

Volunteers are paid in six figures...
S-M-I-L-E-S...

Volunteers do not necessarily have the time; they just have the heart.

Volunteers are love in motion!

BIRTHDAY MEAL COUPON

This coupon valid only at the April 19th Birthday Bash at the Thayne Senior Center. The SENIOR listed below has a birthday in April. This meal is paid compliments of

The Bank of Star Valley, Thayne

Name: _____

Mailing Address: _____

NUTRITION Nibbles...

Keeping Trans Fats in Focus

Fats supply the body with energy, provide the building blocks for cell membranes and help key systems in the body function properly. They also help the body absorb certain nutrients such as vitamins A, D, E and K. It's important to understand the difference in saturated, unsaturated and trans fats.

Are All Fats Bad?

Not all fat is bad. Actually, certain kinds of fat play an important role in health. Polyunsaturated and monounsaturated fats are beneficial forms of fat that promote heart health. These fats help lower blood cholesterol and reduce the risk of heart disease. The 2005 Dietary Guidelines for Americans recommend a daily total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated fats such as fish, nuts and vegetable oils (such as soybean oil).

Saturated fats and trans fats can increase blood cholesterol levels and increase the risk of heart disease. It's important to limit the amount of these fats in your diet. Saturated fats are found mainly in meat, poultry, butter, whole milk and coconut, palm and palm kernel oils.

What is Trans Fat?

While trans fats are found naturally in some foods, the major source in the diet is partially hydrogenated oil. Examples of foods that may contain trans fats are cookies, crackers, muffins, potato chips and stick margarine. Since trans fats have been shown to have a similar effect on the body as saturated fats it's important to limit your intake of foods containing trans fats. On average, about 2.6 percent of the calories in the typical American diet come from trans fats. However your individual intake depends on your food choices. By selecting foods carefully, you can minimize your consumption of trans fats.

BANANA CREAM PIE FILLING

3/4 C sugar	2 C milk
2 T cornstarch	1 tsp vanilla
2 T flour	2 T butter
1/4 tsp salt	1/2 tsp banana extract
2 eggs	



Heat milk, combine sugar, flour, cornstarch and salt and enough milk to mix together. Add eggs. Add this mixture slowly to hot milk and cook until thick. Remove from heat; add butter, vanilla and banana extract. Put in 9 inch baked pie shell lined with sliced bananas.

Shaving Cream Easter Eggs

Muffin tins	Cotton swabs
1 - 2 cans of shaving cream (not shaving gel)	Disposable gloves
Paper towels	12-24 hard boiled eggs
Food Coloring	Paper towels

Squirt shaving cream into each of the muffin cups. Add a few drops of food coloring. Using gloved hands (to avoid staining the skin), place an egg in each color and roll to completely cover it. Carefully remove each egg and gently place it on cardboard so it will not roll. Leave it there until the shaving cream starts to dry up (usually about 5 to 10 minutes.) Gently dry the shaving cream off each egg with a paper towel. (Variation: Cool Whip instead of shaving cream)

Thayne Senior Center Volunteers

HOME DELIVERY DRIVERS (*these people see that meals are delivered to the homes of those who are unable to reach the center*).

Tammy Beenken	Jack Hales	Dale Swanson
Chris Kolp	Tim Helms	Leon Kjellgren
Judy Gonet	Dennis Christianson	Tim Helms
John & Paula Diel	Betty Bryant	Mark Moisan
Norris Blockhus	Kim Arendts	

Thayne Senior Center Board of Directors

Dan Carter,	President
Ed Thomas,	Vice President
Jeanne Zella,	Secretary
Fred Summerfelt	
Holly Armstrong	
Don Snider	(call the Senior Center for a number if you
Steven Simpson	need to contact a member of the board)



Stress Management - Five Tips To Add To Your Daily Routine

Stress is a condition that people experience. You may have been stressed and not even realized that is what it was. Stress is your body's reaction to a stimulus. Some people react well to stress, while others allow it to consume them. Those who allow stress to consume them can have different ways of reacting to it. Some people can get moody and have negative attitudes, while others can develop self-destructing habits like alcoholism. The key to stress is prevention and management. Ultimately, the goal is to develop healthy habits to keep stress at bay. Learning how to manage and cope with stress is attainable. Here are five tips to add to your daily routine to do this.

EXERCISE can sound a little intimidating to some, but it's really not as bad as you think. When people hear the word exercise, some immediately think of a gym. The great thing is that you don't have to go to a gym to exercise. When you exercise, cardio is the best way not only to burn calories, but to burn off stress, too. Cardio gives your body an overall workout. You can always go for a brisk walk.

REST In order for your body to react positively to stress, you have to have plenty of rest. One way to rest better is to make sure your bedroom embodies relaxation. You'll want to remove anything that makes you feel stressed. Also avoid drinking any type of caffeine before bed. Caffeine stays in the body for four to six hours.

TAKE BREAKS Taking a break is simply removing yourself from a certain situation. Whether you're at work or home, when you feel yourself getting stressed, you need to take a break.

SAY NO Did you know that stress associated with always saying yes is self-inflicted? The key in this situation is to figure out why you have a hard time saying no. If you have trouble saying no to people, practice different ways to tell people no.

STOP AND TAKE DEEP BREATHS When you start to feel overwhelmed, stop and take some deep breaths. This will allow you to calm down, lower the blood pressure, and collect yourself.

The stressors that life throws at you can make you feel like you're going to lose your mind, but don't lose it just yet. Your mental health is just as important, if not more, as your physical health. When you feel yourself starting to feel overwhelmed, take a break, go for a brisk walk outside, or say no. Utilize any of those tactics to manage your stress level.



Caring for Wyoming's Seniors

*By
John Barrasso, M.D.*

FOOD FOR YOUR BRAIN

Alzheimer's is a type of dementia where people suffer with memory loss and confusion. It is a progressive disease and the symptoms gradually worsen over a number of years. In Alzheimer's early stages, memory loss is mild, but with late stage Alzheimer's individuals lose the ability to carry on a conversation and respond to the environment.

There are currently over 5 million Americans age 65 and older living with Alzheimer's. Statistics show that 2/3 of Americans with Alzheimer's are women. African Americans are about twice as likely to develop the disease.

Alzheimer's is the sixth leading cause of death in the United States. People with Alzheimer's live an average of eight years after their symptoms become noticeable to others. Survival can range from four to 20 years depending on the age of onset and other health conditions. The greatest risk of developing Alzheimer's comes with increasing age.

There has been a lot of discussion about delaying Alzheimer's by eating a healthy diet. We know that a healthy diet can improve our heart health, it can lower our risk of cancer as well as diabetes and other diseases. The brain requires healthy fats, fruits, vegetables, lean proteins and adequate vitamins and minerals.

Research is showing that consuming not enough of these healthy foods and too many complex carbohydrates, process foods and sugar stimulates the production of toxins in the body. Those toxins lead to inflammation, the buildup of plaque in the brain and researchers believe impaired mental function.

One problem that causes memory loss is the deadening and lack of communication between different cells in the brain. As people age, the brain cells can't talk to each other as much and this makes it difficult to process thoughts and retain short term memories. Researchers at Rush University Medical Center in Chicago are performing studies on a diet plan that they have developed called the "MIND DIET". The goal is to reduce the risk of developing Alzheimer's. They found that even those who didn't stick to the diet perfectly but followed it moderately well were able to reduce their risk of Alzheimer's by about a third.

Diet appears to be just one of the many factors that play into who gets Alzheimer's. Other factors that play a role are genetics, smoking, and lack of exercise. The researchers found that people who have diets high in green leafy vegetables, nuts, berries, beans and whole grains had a level of cognitive function to the equivalent of a person seven and a half years younger.

While there is still no cure for Alzheimer's, research suggest that a healthy diet and exercise may help delay its onset.



April Menu



This Institution is an Equal Opportunity Provider--- Please note that this menu is subject to change without notice.

1 Monterrey Chicken Steamed Rice Spinach Salad Broccoli WW Roll Apricots	2 Hamburger Steak Whipped Potatoes Red Cabbage Bread Fruit Cup	3 Chicken Fettuccine Greek Salad Cauliflower Hot Roll Berry Pie, Lite	4 Beef & Barley Soup Deli Style Salad Bread Peach & Berry Crisp	5 Pork Chops Mashed Potatoes Italian Vegetables WW Bread Melon Slices
8 Hamburger Oven Potatoes Creamy Coleslaw Lettuce, Tomatoes, Pickles, & Onions Bun Pear Crisp	9 Spinach & Mushroom Chicken Rice Calico Salad Carrots Roll Apple Slices	10 Beef Fajita Refried Beans Green Salad Peas & Carrots Mix Pineapple Cream Whip	11 Stuffed Chicken Baked Potato Spring Salad Asparagus WW Roll Fruit Salad	12 Lasagna Green Salad Italian Veg. French Bread Melon Cup
15 Cabbage Roll Baked Potato Blend Veg. Applesauce Chocolate Cupcake	16 Chicken Pot Pie Mixed Greens Salad Green Beans Fruit Pizza	17 Pizza w/Meat & Veggies Bean Salad Mixed Fruit Cup Creamy Rice Pudding	18 Baked Fish Roasted Potatoes Creamy Coleslaw Mixed Veg. Strawberry Shortcake	19 <u>Birthday Bash</u> Roast Beef Mashed Potatoes Carrots Broccoli & Cheese Sauce Salad Roll, PIE
22 Roast Pork Mashed Potatoes Veg Salad Broccoli Garlic Bread Pear Crisp	23 Sweet & Sour Chicken Brown Rice Chinese Veg. Wheat Bread Strawberry / Applesauce	24 Cottage Pie Veggie Salad Spinach Cindy's Rolls Cinnamon Pears	25 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange	26 Taco Salad on Corn chips Peas & Carrots Breadstick Melon Cup Rocky Road Pudding
29 Chili Stew Carrot, Apple, & Celery Salad Green Beans Bread Apple Brown Betty	30 Meat Loaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad	Suggested Contribution Seniors \$4.50 Non-Seniors Pay \$8.00		13 <u>Saturday Breakfast</u> Scrambled Egg/ Ham French Toast Grilled Peppers & Onions Juice / Fruit

MEALS ARE SERVED MONDAY THROUGH FRIDAY--- NOON TO 1 PM

SATURDAY BREAKFAST (WHEN SCHEDULED) --- 9 AM TO 10 AM



April Calendar



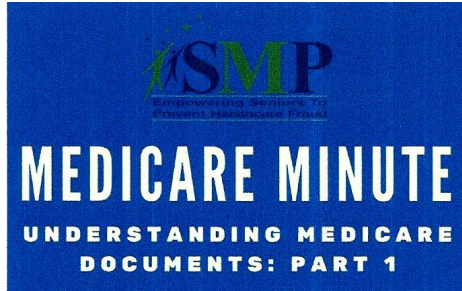
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALCOHOL AWARENESS MONTH	1 April Fool's Day BRIDGE 1 PM	2 Hand & Foot 9:30 AM Tai Chi @ 10:00 am	3 BRIDGE 1 PM RAINBOW DAY	4 Hand & Foot 9:30 AM Cribbage after lunch	5 Tai Chi @ 10:00 am Zumba @10:00 Left Right Center Game after lunch	6 
7  Volunteer Week	8 Board Mtg. 10:00 AM BRIDGE 1 PM	9 Hand & Foot 9:30 AM Tai Chi @ 10:00 am	10 BRIDGE 1 PM 	11 Hand & Foot 9:30 AM Cribbage after lunch	12 Tai Chi @ 10:00 am Zumba @10:00 Volunteer Lunch	13 BREAKFAST 9-10 
14 	15 BRIDGE 1 PM Income Tax Pay Day	16 Hand & Foot 9:30 AM Tai Chi @ 10:00 am	17 BRIDGE 1 PM National Cheeseball Day	18 Hand & Foot 9:30 AM Blood Pressure Clinic 11:30 am Cribbage after lunch	19 Tai Chi @ 10:00 am Zumba @10:00 Birthday Bash 	20 
21 EASTER 	22 BRIDGE 1 PM Easter Lunch	23 Hand & Foot 9:30 AM Tai Chi @ 10:00 am	24 BRIDGE 1 PM National Pigs-in-a-blanket Day 	25 Hand & Foot 9:30 AM Cribbage after lunch National Zucchini Bread Day	26 Tai Chi @ 10:00 am Zumba @10:00 Remember your first kiss day	27 WRITE TO AN OLD FRIEND DAY 
28  Spring	29 BRIDGE 1 PM 	30 Hand & Foot 9:30 AM Tai Chi @ 10:00 am Left Right Center Game after lunch	"April Showers bring May Flowers"		Birthstone: Diamond Flowers: Sweet Pea	

This calendar is subject to change without prior notice.



April Birthdays

- 2 JoAnn Johnson
- 2 Margaret H Waclawsky
- 3 Carol D Helms
- 3 Timothy W Helms
- 3 Vernal E Jenkins
- 3 Sherry Rodgers
- 3 Dennis D Soltis
- 4 KaRil C Brocha
- 5 Frank T Wall
- 6 Connie R Bowers
- 6 Jim D Wheeler
- 7 Sharon Biggs
- 8 Ray E Bates
- 9 Ronald A Bowlin
- 10 John W Diel
- 10 Evelyn A Twiss
- 10 Nancy D Wall
- 11 Judy A Baillie
- 11 Thomas (Don) D Baker
- 11 Mark Evans
- 12 Verna Jensen
- 13 Richard V Brewer
- 13 William G Happersett Sr.
- 13 James H Twiss
- 14 Margene E McLellan
- 15 Betty J Hirschman
- 15 James D Schlutz
- 16 Patrick Zuleger
- 17 Ginger D Bitter
- 17 Gloria E Johnson
- 17 Virginia A Radford
- 18 Michael K Brown
- 18 Peggy A Carr
- 18 Daniela S McMahan
- 18 Kent R Wheeler
- 19 Linda C Hewins
- 20 Doyle J Simpson
- 20 Faye Turner
- 21 Sandra L Fretag
- 21 Bonny J Hinesley
- 23 Jo Barrett
- 23 James L Bowers
- 24 Barbara Hodges
- 25 Dale F Stewart
- 26 Timothy Diaz
- 26 Obed L Wogerman
- 27 James C Burton
- 27 Patricia A Greer
- 27 Cecile M Ouellet
- 27 Ginger D Roberts
- 29 Donna M Davidson
- 29 Roy D Post
- 30 Linda L Hansen
- 30 Alana A Songer



Medicare Summary Notice (MSN)

? What is an MSN?

- A summary of health care services and items received during the past three months.
- Sent to people with Original Medicare.
- It is **NOT** a bill!
- Lists any services that are denied or not covered by Medicare.

💡 Tips for reviewing your MSN

- Read the definitions and descriptions of services carefully.
- Check the notes section for payment decisions or to give you other important information.
- If a service you received is not covered, you can appeal. Instructions can be found on the final page of your MSN.
- Save your MSNs so you have a record of payment made by Medicare in case you need it in the future.

Information provided by: the Medicare Rights Center, SHIP TAC, and SMPNRC

EASTER TRIVIA

- * During the Middle Ages, what household task was to be avoided on Good Friday?
- * When was the first Easter Egg Roll at the White House?
- * Who sings the original version of Peter Cottontail?
- * Who is the best-known Easter Bunny?

LOST BUT NOT FORGOTTEN:

- Donna Gustafson
- Bill Cagle
- Larry Klumas
- Patty Larsen
- Evelyn Suter



- * Which flower is associated with Easter?
- * What is the name of the traditional Ukrainian craft of egg decorating?
- * How many Peeps marshmallow treats are eaten every year?
- * Where is the largest collection of Easter eggs?

Answers:

1. Doing Laundry It was believed that clothes washed on Good Friday would never come clean or be spotted with blood.
2. 1878
3. Gene Autry The lyrics were written by Jack Rollins, and the music was created by Steve Nelson.
4. Peter Cottontail
5. Lily It is said to grow with its head down to honor Jesus.
6. Pysanka
7. 700 Million
8. Poland at the easter egg museum It has more than 1,500 eggs from around the world.

PUZZLE PAGE

Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S				T
	O		S	
	T	R	P	
	P			U
				O

BASKET

	B	T		S
	A			B
			T	K
K		A		
	T	E		

SPRING

		N		
I			R	
				S
	R		G	I
		I	N	
				G

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U	N					I	
						K	C
L				K	I		
K	U					S	
					C	L	I
C	U	I	K		L	S	
			G		N	U	

TULIPS

		U		T
	T	I		S
	L			
		T	L	
I			L	S



© 2016 puzzles-to-print.com

Answers to Sudoku on page 9

WHICH RABBIT

He's the spokes bunny for a battery company.

He's an animated bunny known for always gnawing a carrot.

This car was sold after the Beetle.

He was featured in Beatrix Potter's book.

He starred in a Steven Spielberg movie in 1988.

He lived behind Captain Kangaroo's counter.

He was friend of the Mad Hatter in Alice in Wonderland.

He was in A. A. Milne's book, Winnie the Pooh.

He hops down the bunny trail.

Answers: Energizer Bunny, Bugs Bunny, Volkswagen Rabbit, Peter Rabbit, Roger Rabbit, Bunny Rabbit, March Hare, Rabbit, Peter Cottontail

Like us on Facebook



Do you need a gift idea...
Try a **meal ticket**
It is something every senior needs and can use.

The Board of Directors of The Thayne Senior Center meets on the second Monday of each month at 10:00 a.m. Any person who has an interest or who has business to conduct may attend.

March Birthday Bash

Each month, local merchants contribute to the success of our Birthday Bash by donating goods and/or services. Lunches for the birthday celebrants are purchased by Bank of Star Valley. Gift certificates for chocolates are provided by Star Valley Chocolates and Hi Mountain Floral contributes a floral arrangement. Please let these businesses know that you appreciate the support they give our center.

Birthday Celebrants, guests of
BANK OF STAR VALLEY:

LEONA BENSHOOF
CINDA HADERLIE
ELIZABETH STEVENS
RUSS STORBO

Star Valley Chocolate
Winners:

Hi- Mountain Floral
Bouquet Winner:



Russ Storbo

Elizabeth Stevens

Leona Benshoof

Cinda Haderlie

The Thayne Senior Center is partnering with AARP and Star Valley High School to offer Senior High Tech.

Students from Star Valley High School will be at the center before lunch on May 9th to answer questions or help with your electronic devices. If you would like hands on help with a phone, tablet, I pad, laptop, etc... let Melinda know.

Please sign up in advance, so we can make sure a student is available to help you.

AARP will buy lunch for any senior that participates in the Senior High Tech program

Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S	R	P	D	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	W	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S



REMEMBER THESE IMPORTANT APRIL DATES

8th: Board Meeting @ 10:00 AM

12th: Volunteer Lunch @ Noon

13th: Breakfast 9-10 AM

18th - Blood Pressure Clinic @ 11:30 AM

19th: Birthday Bash @ noon

22nd: Easter Lunch

Left - Right- Center Game April 5th & April 30th

Bridge: Monday's and Wednesday's @ 12:30 PM

Hand & Foot: Tuesday's and Thursday's @ 9:30 AM

Quilting: Wednesday's @ 9:30 AM

Tai Chi: Tuesday's and Friday's @ 10:00

Zumba: Friday's @ 10:00 AM

Cribbage: Thursday's after lunch

This publication was, in part, developed under a grant 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 or the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government. Opinions expressed herein are solely those of the Thayne Senior Center, employees, or assignees.

THAYNE SENIOR CENTER

115 Petersen Parkway

PO Box 1033

Thayne, WY 83127

**Presort
Non-Profit
US Postage Paid
Permit Number 22
Thayne, WY 83127**

