

**April
2024**

GHSC

GOLDEN HOUR SENIOR CENTER

A GATHERING PLACE FOR SENIORS!

MURDER MYSTERY DINNER FUNDRAISER

GHSC & GRHS THEATER PRESENT
A NIGHT OF MYSTERY WITH THE STORYBOOK
REUNION MURDERS

APRIL 19, 2024



**PURCHASE TICKETS IN ADVANCE
OPEN TO THE PUBLIC
SENIORS \$23
NON SENIORS \$25**

ALL PROCEEDS
GO TO
GRHS THEATER DEPT
&
GHSC



**DINNER 5PM
CHICHEN CORDON BLEU
RICE PILAF
ROASTED BROCCOLI
CHERRY PIE**

***WHOLE PIES FOR
SALE
*50/50 RAFFLE
*SPECIALTY NON-
ALCOHOLIC DRINKS FOR
SALE**

Everyone's a suspect

Can you figure out who did what?



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

APRIL Only

SPRING SHREDDING

WE WILL HAVE A LOCKED CAN AT THE FRONT AND BACK ENTRANCES

FOR ASSISTANCE & TO LET US KNOW YOU ARE USING THIS SERVICE STOP BY FRONT DESK
THANK YOU

Volunteer luncheon
April 24
11:30

THANK YOU FOR BEEING SWEET AND VOLUNTEERING.

Hello
SPRING
Wreath Decorating
Class
April 29th
10 am
Limited number
Please sign up

THE PERFECT MATCH

PUBLIC BREAKFAST
APRIL 19
7-10AM

Scrambled Eggs
Bacon
Hash browns,
Muffin
V-8



PINOCHLE TOURNAMENT

LET THE GAMES BEGIN!

APRIL 18TH

SIGN IN 9:00-9:30	COST Only \$5	STARTS 9:30-4:00
-----------------------------	-------------------------	----------------------------

MORE INFO

Call to sign up 872-3223



170 Commerce Drive Suite B
Green River, WY 82935

307-875-6722

WE DELIVER!
Locally owned and operated.

Drive-Up Window
Open Mon-Fri 9am - 6 pm



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



Helena Albers – Agent

307-206-2404 | helena@mylifefinancial.io

MEDICARE SUPPLEMENTS • INVESTMENTS
HEALTH INSURANCE • DENTAL • LIFE INSURANCE

“We do it different”

520 Wilkes Dr. #7 • Green River



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

7 Simple Spring Cleaning Tips for Seniors

Spring has sprung! Now, it's time to get our homes in order after a long, cold winter. Are you ready for spring cleaning? Try these simple tips to help get seniors' homes clean, healthy, and organized.



WORK IN SMALL CHUNKS OF TIME

We've all done it – we let some things go in the cold, dark months of winter, and now we're staring at a massive cleaning project. It can be overwhelming, and honestly, intimidating.

Not sure where to start? Simple – anywhere. Spring cleaning does not need to be completed in one day. Instead, break up tasks into small chunks of time throughout the week, weeks, or month. This will make cleaning up much more manageable and motivating.

MAKE GETTING RID OF CLUTTER A PRIORITY

When is the last time you decluttered your home? Or, do you have a certain room or closet deemed as the “dump room” where you tend to throw items into without order? Now is the time to go through it!

Decluttering helps you free up space, decrease stress, and even relieve insomnia. Removing clutter from your home also reduces your risk of tripping and falling.

Ask a friend or family member to help you separate items into three categories: keep, donate, and trash. Organize the items you keep in the space with appropriate-sized containers and shelving.

LEAVE THE HEAVY LIFTING TO SOMEONE ELSE

To prevent injuries, do not try to move heavy objects or furniture on your own. It's important to stay safe while spring cleaning, especially if you have reduced strength or mobility issues.

Enlist the help of friends and family to assist you with moving heavy objects. Or, hire a professional who will come in, clean, and move furniture so that your house is tidy without risking your wellbeing.

CHECK YOUR MEDICINE CABINETS

One often overlooked area to pay attention to is your medicine cabinet. This is important to spring clean because it houses the things that keep us healthy.

Check the expiration dates on all of your medications, both prescription and over the counter. If you find expired medications or medications you no longer need, properly dispose of them.

First, check to see if you have any local drug take-back sites that will safely take the medications off your hands. For example, [Summit County's D.U.M.P. program](#) provides boxes across the county where you can drop off the unused medicine. The medications are safely disposed of, no questions asked. If a drug take-back program is not an option, consult the [FDA's flush list](#).

Once you've cleaned out your medicine cabinet, be sure to replace any items that are missing. It's better to be prepared ahead of time with the medications and tools you might need. You can find a list of [medicine cabinet necessities here](#).

DON'T FORGET THE DETECTORS

Your smoke detectors and carbon dioxide detectors keep you safe from serious harm. Make sure you have fresh batteries in all of your detectors and that they are functioning properly.

If your detectors are too high to reach without climbing on a ladder or chair, ask someone to help you. Call on a friend, family member, neighbor, or landlord to take a look.

GIVE YOUR KITCHEN A REFRESHER

This spring, take some time to clean out your refrigerator and pantry. Make sure no old, expired food items have been pushed to the back and forgotten.

Organizing your refrigerator and pantry by categories can help preparing meals easier. For example, put all of your cold produce in the produce bin, your condiments on the door of the refrigerator, and canned items together in the pantry.

CLEAN YOUR DISHWASHER AND WASHING MACHINE

Your dishwasher and washing machine work hard to keep dishes and clothes clean. But, every now and then, they need cleaned, too.

To do this, simply purchase specialty dishwasher cleanser and follow the directions for your dishwasher. Don't forget to wipe down the exterior.

You can use white vinegar and baking soda to clean your washing machine. Just add hot water to the machine, add the vinegar and baking soda, let it sit for 30 to 60 minutes, then restart your machine, and let it drain and dry.

The information in this article is intended solely to provide general information on matters of interest for the personal use of the reader, who accepts full responsibility for its use. This article should not be used as a substitute for consultation with professional legal, medical, or other competent advisors.

ACTIVITIES

PINOCHLE

Feb. 12

1st: Vivian Shedden
2nd: Anne Vollmer
3rd: Gloria Culp

Feb. 15

1st: Charlene Miller
2nd: Eva Wagner
3rd: Cleone Haughey

Feb. 19

1st: Anne Vollmer
2nd: Ron Wilcox
3rd: Vivian Shedden

Feb. 22

1st: Cheryl Lynn Legault
2nd: Gloria Culp
3rd: Karen Malicoat

Feb. 26

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

Feb. 29

1st: Cheryl Lynn Legault
2nd: Ann Lowe
3rd: Cleone Haughey

March 4

1st: Gloria Culp
2nd: Kathy Tarter
3rd: James Baker

March 7

1st: Ann Lowe
2nd: Charlene Miller
3rd: Anne Vollmer

BRIDGE

Feb. 16

1st: Carla Clevenger
2nd: Barb Walker

Feb. 19

1st: Dianne Fenton
2nd: Carla Clevenger

Feb. 20

1st: Dianne Fenton
2nd: Lynn Zumbrennan

Feb. 26

1st: Dianne Fenton
2nd: Diane Woodd

Feb. 27

1st: Dianne Fenton
2nd: Lynn Zumbrennan

March 1

1st: Carla Clevenger
2nd: Barb Walker

March 5

1st: Kay Weipert
2nd: Diane Woodd

March 8

1st: Carla Clevenger
2nd: Sue Kearns

Bunco

Feb. 20

Wins: Donna Cudney
Naturals: Gloria Culp

Feb. 27

Wins: Pat Meeks
Naturals: Ann Lowe & Cleone Haughey

March 5

Wins: Kathy Tarter
Naturals: Carmen Tune & Carolyn Jones



Feb. Winners

Small Pot: Mary Carpenter, Darlene Lee, Linda Ellison,
Christine Sivertson

Large Pot: Carol Dibble

March Winners

Small Pot: Linda Ellison, Carol Dibble, Debbie Davison, Andy Davison

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

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

APRIL BIRTHDAYS

1	Phyllis Bingham Pamela Finch Ellen Jacobsen Wilma Sturlaugson Jo Winkel	9	Kathryn Anderson Deborah Gaspar Sandee Gunter Lilly Hamblin Robert Kern	17	Susan Cordova Manuel Redondo June Shillcox	27	Judy Graham Bonnie Klein Pete Rust
3	Donn Dunnigan	10	Randy Garver Ronald Harsha Apolonio Martinez Jon Stocco Floyd Watkins	18	Nola Cutts Cherrol Durham David Poling Edward Williams	28	Shelly Moen Christine Nelson
4	Sue McGuire Patsy Sorenson Karen Swanson			19	Teresa DePierre	29	Robert Clevenger Cora Marx
5	Bonnie Baker Rebecca Rauch Verna Trujillo Johnny Young	12	Linda Eaton Linda Hamilton Jenny Krans	20	John Crosson Phyllis Crosson Bennie Johnson Glenn Parry Nancy Shriver	30	Joyce Berger
6	Madeline Hamel Dallas Koons Joyce Wade	13	Carline Wilson	21	James Eastman Mary Odell		
7	William Jimeno Irene McMackin Marriella Slaughter	14	Dearcy Lowry Julian Sorensen	22	Michael Schlosser		
8	Cleone Haughey Ronald Wilcox Cathy Woolcott	16	Rosemary Adame Leslie Allison Diane Ashley Homer Barrera Ronald Carey Becky Figgins	23	Kathryn Mele		
				24	Brad Smith		
				25	Orman Tripp		
				26	Sharon Canaday Richard Stoker		



KIRK'S SILVER SALES

1535 9TH STREET | ROCK SPRINGS, WY 82901

307-705-2838

Kirk Meredith, Owner

Dealing in US Gold & Silver Coins & Currency
Gold & Silver Bullion

BUY • SELL • TRADE

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

April

CURBSIDE & DINE IN-MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Goulash Garlic Bread Green Beans Mixed Fruit Pistachio Pudding ApRiL FOoLs DaY	2 Baked Chicken Scalloped Potatoes Broccoli Pea Salad Oatmeal Raisin Cookie	3 Baked Macaroni & Cheese w/ Ham Baked Beans Biscuit Salad Rice Krispy Treat	4 Salmon Rice Pilaf Peas Mixed Fruit Cream Puffs	5 Grilled Ham & Cheese English Chips Pears Molasses Cookies
8 Bacon Cheeseburger Fries Apple Slices Hay Stacks	9 Chicken Parmesan w/ Noodles Mixed Veggies] Peaches Raspberry Bar	10 Meatloaf Patty Seasoned Potatoes Corn Roll Peaches Chocolate Pudding	11 Sweet & Sour Chicken Fried Rice Oriental Veggies Egg Roll Asian Salad Ambrosia Salad	12 Chicken Sandwich Chips Grapes Peanut Butter Cookies
15 Cod Corn on the Cob Roasted Potatoes Roll Tropical Fruit Cinnamon Roll	16 Pot Roast Scallop Potatoes Carrots Roll Strawberries Orange Poke Cake	17 Spaghetti w/ Meatballs Green Beans Garlic Bread Orange Slices Jell-O	18 French Dip Cream of Potato Soup Pasta Salad Banana Brownie	19 <u>PUBLIC BREAKFAST</u> Bacon & Scrambled Eggs Hash Browns Muffin V-8 5:00 Mystery Dinner
22 Salisbury Steak Mashed Potatoes Veggies Salad Cream Puffs	23 Ruben English Chips Pineapple Chunks Pear Crisp	24 <u>Volunteer Lunch</u> Honey Ham Corn Corn Bread w/ Honey Butter Honey Cup Cakes Cinnamon Pears	25 <u>Birthday Lunch</u> Chicken Fried Steak Mashed Potatoes w/ Gravy California Veggies Roll Strawberries Ice Cream Cake	26 Grilled Cheese Tomato Soup Banana Chocolate Chip Cookie
29 Chili Dogs Waffle Fries Mandarin Oranges Lemon Bar	30 Pizza Pasta Salad Fruit Tapioca Pudding			MEALS SUBJECT TO CHANGE WITHOUT NOTICE

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.

April

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class</p> <p>ApRiL FOoLs DaY</p>	<p>2</p> <p>10:30—Bingocize 12:30—Bridge 12:30—Watercolor 1:00—Bunco 1:00—Chair Yoga</p>	<p>3</p> <p>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 1:00—Successful Aging</p>	<p>4</p> <p>9:00—Zumba Gold 9-11—Nurse 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class</p>	<p>5</p> <p>8:00- Bus Trip Riverton 10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Heated Chair Massage Sessions by apt. 1-3—Hand Massage</p>
<p>8</p> <p>10:00—Smith’s Digital Click Class 12:30—Pinochle 12:30—Bridge 1:00—Macrame Chair Class</p>	<p>9</p> <p>12:30—Bridge 1:00—Bunco 1:00—Chair Yoga</p>	<p>10</p> <p>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 1:00—Successful Aging Potluck 5:00 pm</p>	<p>11</p> <p>9:00—Zumba Gold 9-11—Nurse 10:00—Chair Yoga 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class</p>	<p>12</p> <p>10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 1-3—Hand Massage</p> <p>Care For Critters Applications Due</p>
<p>15</p> <p>12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class 10—Diabetes Class</p>	<p>16</p> <p>10:30—Bingocize 12:30—Bridge 12:30—Watercolor 1:00—Bunco 1:00—Chair Yoga</p>	<p>17</p> <p>9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 1:00—Bingo</p>	<p>18</p> <p>9:00—Pinochle Tournament 9:00—Zumba Gold 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 12:30-2:30—Access Bars Schedule appointments 1:00—Macrame Chair Class</p>	<p>19</p> <p>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. 5—Murder Mystery Dinner Tickets needed</p>
<p>22</p> <p>12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class 10—Diabetes Class</p>	<p>23</p> <p>10:30—Medicare 101 10:30—Bingocize 12:30—Watercolor 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga</p>	<p>24</p> <p>9:00—Sewing/Crafting 10:00—Fitness & Fundamental Nutrition 10:30—Chair Volleyball 1:00—Bingo</p>	<p>25</p> <p>9:00—Zumba Gold 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class</p>	<p>26</p> <p>10:30—Chair Volleyball 12:30—”31” 12:30—Mah Jongg 12:30—Bridge 12:30-2:30—Chair Massage Sessions by apt.</p>
<p>29</p> <p>10:00—Summer Wreath Class 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class</p>	<p>30</p> <p>10:30—Bingocize 12:30—Watercolor 12:30—Karaoke 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 4:00—Board Meeting</p>			

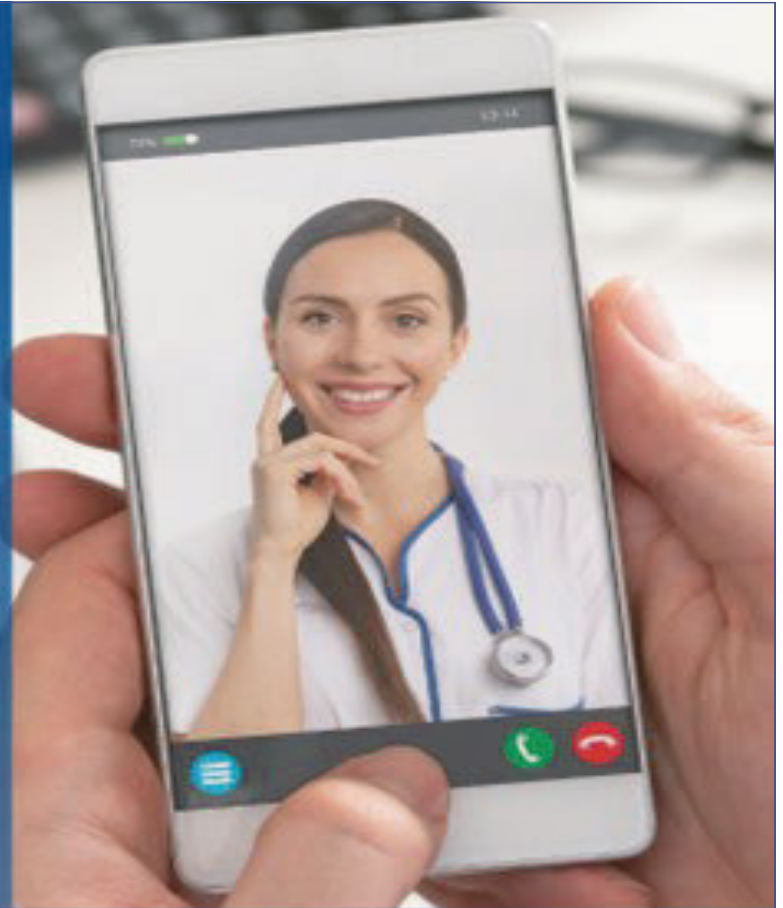
MEDICARE

If you receive an unsolicited phone call from someone wanting to verify your:

- X Pain symptoms
- X Family history of cancer

Hang up. If you gave out any information, report it to your SMP.

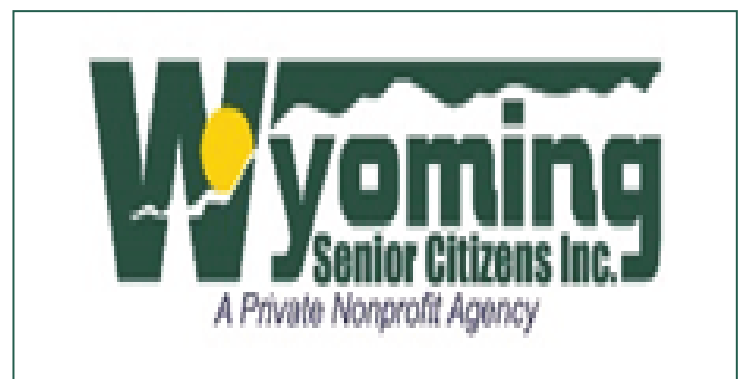
SUPPORTED BY GRANT # R01HPC0002 FROM ACP



Telehealth is a service that has been very beneficial to a lot of people. Be aware that there are scammers who pretend to be telehealth doctors and will call you asking to verify information.

They may try to send you swab kits to test for cancer or durable medical equipment like braces to help with pain.

For assistance call SMP at 1 800 856-4398



ELEMENTS IN ROCK SPRINGS
PRESENTS:

DIABETES AWARENESS AND MORE

April 15 and 22 at 10am
Conference Room
Please Sign Up



Need help looking for info?
Wyoming
2.1.1
Get Connected. Get Help.™
Call 211 or text your ZIP code to
898211



St. John's Thrift Shop
Your Local Thrift Shop
Located at 68 E 2nd South
Open Tues., Wed. & Sat.
10am-2pm
— SACK SALE —
LAST WEEK OF THE MONTH!

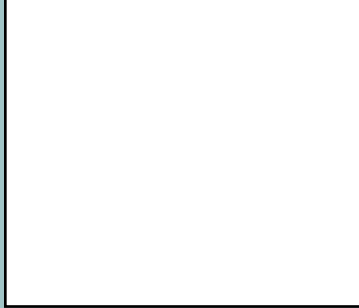
Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with
AD CREATOR STUDIO

lpicommunities.com/adcreator



Hospice of Sweetwater County
A Special Kind of Caring Since 1983
333 Broadway, Ste. 220 • Rock Springs, WY
(307) 362-1990 • (307) 872-6315 • myhsc.org

- Individualized End-of-Life Care
- Grief & Bereavement Support



SUPPORT OUR 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.**

MaryAnn Agri	Charlie Conroy	Carol Havlik	Carolyn Locker
Mariann Allen	Sue Cook	Gail & Wes Heikkinen	Melicandro & Rose Lovato
Les & Jacki Allison	Sue & Bob Cordova	Delva & Cathy Hemker	Ann Lowe
Sandy Andrews	Doris Critton	Arlene & William Hill	Dearcy & Pat Lowry
Paul Apostolope	John & Phyllis Crosson	Andy & Lenora Hinajosa	Gibby & Lilly Lucero
Diana Archuleta	Bill Cummings	Lora Hittle & John Lee	Julie Luck
David Arnold	Nola Cutts	Ann Hodges	Donna Lukes
Brenda & John Ashley	Sharon Danks	Harry & Elizabeth Holler	Janice Lundgren
Nick & Gayle Bacila	Joann Davis	Stephen & Mary-Bakke Horton	Wadeen Lundgren
Tom & Anne Backstrom	Jon & Cheryl DeBeltz	Gerry & Marilyn Howe	Gary Mace
Gary & Bobbi Bailiff	Sandra Dempsey	Bill & Janet Hoyt	Laurie Maddox
James & Hendericka Baker	Linda & Howard Dennison	Cindy & Tom Huebner	Rudy & Susan Magagna
Bonnie Baker	Nancy & C.L. Dillon	Tom & Ellen Jacobsen	Dean Makie
Mary Baker	Paul Doty	William & Jona Jimeno	Diana Maley
Mel & Sandy Banks	Fred & Linda Dowd	Darrell & Cindy Johnson	Karen & Doug Malicoat
Susan & Don Barker	Dwain & Connie Driggs	Deb & Jim Johnson	Jennie Malonek
Carline Barnes	Tammie Dupape	Medhie Jones	Johnny Mandros
Carl Barney	Loretta Elam	George & Sheila Jost	Scott & Lynnda Mandros
John & Gloria Barry	Linda Ellison	Simone & Owen Keevert	Joe & Pat Mansfield
Johnny Bartlett	Sandy Johnson & Dan Ely	Julie Kendall	Beryl Martinez
Alice & Richard Baxter	Viola Espinoza	Barb & Merlin Kendall	Lucy Martinez
Jeanne Beery	Tony Estrada & Janice Maestas	Rob & Penny Kern	Ed & Corky Marx
Mary Beery	Rheta Eychner	Pam & Duane Kerr	Fred Mast
Angie Bennett	Jackie Fabian	Allen & Patricia Kiernan	Mike Masterson & Cathy
Linda Bennett	Angie Failoni	Brenda & Mike Kinniburgh	Denman
John & Ellen Bernatis	Linda Failoni	Laura Kinniburgh	Kathy McCormick
Bob & Carm Bingham	Becky Figgins	Art Kline	Debbie McDonough
Phyllis Bingham	Alice & Gary Finley	Carl & Georgia Koloff	Cherisha McElles
Mark Bish	Barbara Fischer	Dallas & Michael Koons	Peggy McKenzie
Louise Kuckert & Carl Blanksvard	Jeroome & Sandie Fletcher	Rich & Jenny Krans	Don & Pat Meeks
MaryAnne Bocquin	Cleo Flores	Terry & Liz Krentz	Louis & Kathryn Mele
Roger & Frances Bohlmann	Consuelo Floyd	Ken & Nanette Lacey	Charlene Miller
Jerry & Linda Boling	John & Theresa Freeman	Ted & Louise Laughter	Jill & John Miller
Gary Boyd	Gay Fry	Evelyn Laughter	Shelly Moen
Don & Elaine Boyer	Odell & Linda Fuller	Judi Laughter	Felicia Montoya
Joye & Aron Brady	Toby & Patty Garcia	Sharon Lauriski	Lydia Montoya
Debbie & Dennis Braithwaite	Deborah Gaspar	Katherine Leasor	Debbie Mortimer
David & Lois Brandner	Ellsworth Gerrard	Barbara Lee	Bill & Dianna Neeley
Darroll Brege	Judy Graham	George & Sandy Lee	Terrie Nelson
Teri & Phil Bronkhurst	Myrna Graham	Tony Leggiere	Pam Nichelson
Karen Brown	Juanita Guthrie	Terry & JoAnn Leigh	David & June Nichols
Greg & Sherry Bushman	Laurie Hamel	Kevin Lennon	Roger Nielsen
Alice Capehart	Scott Hamel	Jan Leonard	Mel Nomis
Ron & Louise Carey	Linda & Larry Hamilton	Janice Lewis	Orna & Shirley Okerson
Carolyn Carollo	Mike & Michelle Hanks	Julie Lewis	Edwin & Betty Owens
Nick & Dawn Carpenter	Albert & Laurie Shaw Harris	Karen Lewis	Lynne Ozuna
Eva Cauthorn	Shirley Harris	Paul Lewis	Helen Padilla
Janet & Ernie Celli	Howard Hart	Ted & Louise Laughlin	Jerry & Sue Palmer
Bert & Margene Chew	Lori Hastert	Fred & Fern Linton	Larry Patterson
Katie Christiansen	Cleone Haughey	Audrey Lockett	Sharon & Dale Patterson
Marlys Ciscar			
Carla & Bob Clevenger			
Tom & Gay Collar			

APPRECIATION DONATION CLUB 2023-2024

Margie Penner	Leo & Carol Rundell	Bill & Rachael Stocker	Brady & Carmen Whitehead
Stephanie Peterson	Jackie Sanchez	Frances Sreaves	Beth Whitman
Janet & John Pharr	Sue Sanchez	Roberta Swindell	Kay Whiteman
Darleen Pierce	Michael & Vicky Schlosser	Kathy Tarter	Darroll & Eve Wieburg
Gale & Andy Pleasant	Dorothy Scutt	Terri Thomas	Norm & Danelle Williamson
Mark Pleasant	Kathy & Owen Seals	Gay Tollefson	Joan Wilson
David & Arlene Poling	Pat Seyersdahl	Orman Tripp	Terry Wilson
Theda Porter	Wayne Severson	Verna Trujillo	Ralph & Jo Winkel
Dennis Preddy	John & Merrilyn Shanebrook	Chuck & Dee Tucker	Elisabeth Wise
Melinda Price	Marty Shantz	Carmen Tune	Lora Wise
Jim Probst	Dan & Vivian Shedden	Bryce & Barbara Twitchell	Daren Woodbeck
John & Rebecca Rauch	Terri & Larry Shepard	Marsha Tynsky	Diane Woodd
Chuck & Wilma Realing	Don Shillcox Sr.	Paul & Deborah VanWagoner	Amy Woolcott
Jose & Marilyn Rendon	Pam Short	Scott & Debra Varley	Cecil & Shirli Woodward
James & Kathy Reinard	Nancy Shriver	Frankie Vaughn	Mike & Cathy Woolcott
Billie Richardson	Diane Sims	Anne Vollmer	Jeri Zevenberger
Bo & Bonnie Riley	Robb & Marriella Slaughter	Eva Wagner	Wayne Zickefoose
Gail Robinson	Bert & Shirley Smith	Barb & Jerry Walker	Cheryl Zimmerman
Jackie & Cliff Rockhold	Lee Smith	Kay Weipert	
Vicki Roth	Patsy & JK Sorensen	Jimmie Welsh	
Rose Rudy	Oscar & Karen Stapleton	Bill & Lyn Wengert	
			Names Listed are from January 2023— Present

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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**

FREE. FIRST COME, FIRST SERVED.

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



**10
APRIL**

POTLUCK

BRING A DISH TO SHARE!

5:00 PM

Please Sign UP At Front Desk



SMITH'S

Smith's is visiting
Golden Hour to talk
about online
coupons and click
class.

APRIL 8 @ 10AM



Jamie Lee Memorial
Care For



CRITTERS

A SENIOR PET CARE DRIVE

to help with food, vaccines, or other items to care for your beloved pet.



Application

Seniors 60+ in need of help with your pets.

Please write down 3 items that would help.

Name _____

Address _____

Phone _____

1 _____

2 _____

3 _____

CIRCLE YOUR PETS SIZE S M L

Pets name & species _____

Name of veterinarian _____

Vet name only required if needing vaccines.

GHSC 550 Uinta Suite A Green River, WY 872-3223

Applications due back April 12th



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
Dona Miller—Kitchen Aide

GONE BUT NOT FORGOTTEN:

HARRY HOLLER
SHARON POTTER
WILMA WALKER

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

Stacey Nelson—President
Kathy McCormick—Vice President
John Freeman—Treasurer
Gayle Bacila
Gail Heikkinen
Mark Pleasant
Ed Williams
Jo Winkel
Aron Brady

Main Phone: 307-872-3223
Fax: 307-872-3225

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.

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.

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



@goldenhoursenior