

**January
2024**



GOLDEN HOUR SENIOR CENTER

A GATHERING PLACE FOR SENIORS!



2024

H A P P Y N E W Y E A R

JANUARY 5th

11:30

**Chicken Fried Chicken
Mashed Potatoes & Gravy
Green Beans
Biscuit
Fresh Fruit
Cannoli**

**Champagne Toast
Party Favors
Giveaways
Music**



**RSVP
872-3223**

Happy New Year

NEW YEAR'S TRADITIONS AND CELEBRATIONS AROUND THE WORLD

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight.



In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.

“Each new year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.”

PEGGY TONEY HORTON

wonderful day

<p><u>HOURS</u> Monday—Friday 8:00AM—4:00PM</p> <p><u>LUNCH SERVED</u> Monday—Friday 11:45AM—12:30PM</p> <p><u>Soup & Salad Bar Served</u> <u>Inside Daily</u> 60+ ~ \$4 Suggested Donation</p>	<p>Under 60 ~ \$7 Includes Tax</p> <p><u>Curbside</u> 60+ ~ \$5 Suggested Contribution Under 60~ \$8 Includes Tax</p> <p>550 Uinta Suite A 307-875-3223</p>
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**JAN. 9-FEB. 13
TUES. 1:30-3:30
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WITH CLASS
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872-3223**

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**We have added another day
Every Tues. at 1
&**

Every Thurs. at 10

Instructor:

Misty Shiner- owner of
Beauty and Bliss



Sessions Available

Friday's Jan. 12 & 26

**Sign up at the front desk
for a time slot
between 1-3 pm**

Hand Massage

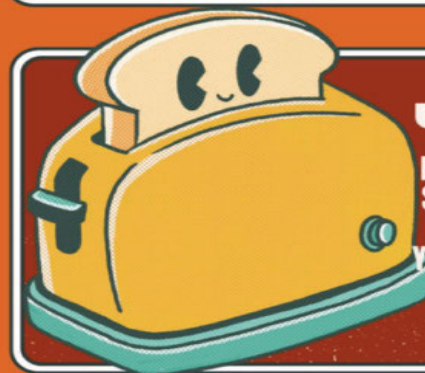
POOL TOURNAMENT

JANUARY 25TH

10:00 AM

\$3 BUY IN
PLEASE BE HERE BEFORE 10

IT'S PUBLIC BREAKFAST TIME.



JAN. 19

**BISCUITS & GRAVY
SCRAMBLED EGGS
HASH BROWN
YOGURT & GRANOLA
MUFFIN
V-9 JUICE**

**\$4 SENIORS
\$5 NON SENIORS**

7-10 AM

Hello and Happy New Year To Everyone...

I am not a writer like Ruth so forgive the way this article may turn out. I wanted to take a minute and let anyone who doesn't already know that Ruth Lauritzen, our Executive Director is on a temporary medical leave. We are not sure of her exact return but we are hoping it will be soon. We are doing our best to hold down the fort in her absence and we truly appreciate the help and support we have been receiving.

I want to thank the volunteers and staff for making our annual Christmas Craft Fair a huge success. We were able to make some money and stay relevant to the community, we want to make sure everyone knows we are still here and welcome them to come on in and see us. We also need to Thank our Sewing Ladies they are the heart of our center, they meet every Wednesday and are always willing to help with projects. This year for Christmas they made quilted coaster sets for all the HDM patrons, HDM drivers, Board Members and staff while continuing to crochet and sew lap quilts for our Home Delivered Meal Patrons as needed. They definitely make this job easier with their sparkle.

All the presents from our Giving Tree Tags were delivered on December 15th by our volunteer Home Delivered Meal Drivers. 90% of the people on our giving tree are our home delivered meal patrons and we are very proud of this program and the service it provides to our patrons. Thank you to our community for filling these Christmas Wishes.

We changed it up a little with Christmas Music Bingo this month instead of just the straight no nonsense style that we usually offer. I could hear singing and laughing from the dining room leading me to believe there was a good time had by all.

It truly looked like Santas workshop in our dining room on Dec.12th, some of our ladies came in for the Christmas cookie baking and decorating while others were wrapping presents for the giving tree while Christmas music was blaring. Santa himself would have been proud of all the Christmas spirit that was going on!

When this newsletter went to print our Christmas Double Luncheon on December 21st had not taken place but I feel it would be safe to say it was a great success. Thank You to the City of Green River Financial Department for volunteering their time to serve this event for the past 10 years. I hope everyone had a Merry Christmas and was on Santas nice list and if not better luck next year.

Hope to see many of you at our New Year's Celebration on January 5th at 11:30. Make sure to RSVP 872-3223.

The staff at GHSC would like to wish everyone a Healthy and Happy New Year!

ACTIVITIES

PINOCHLE

Nov. 16

1st: Gloria Culp
2nd: Ron Wilcox
3rd: Charlene Miller

Nov. 20

1st: Ron Wilcox
2nd: Kathy Tarter
3rd: James Baker

Nov. 27

1st: Anne Vollmer
2nd: Rom Wilcox
3rd: Cleoen Haughey

Dec. 4

1st: Karen Malicoat
2nd: Ann Lowe
3rd: Vivian Shedden

Dec. 7

1st: Ann Lowe
2nd: Cherylann Legault
3rd: James Baker

Dec. 11

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

BRIDGE

Nov. 6

1st: Dianne Fenton
2nd: Sue Smith

Nov. 7

1st: Dianne Woodd
2nd: Lynn Zumbrennan

Nov. 10

1st: Sue Kearns
2nd: Carla Clevenger

Nov. 13

1st: Dianne Fenton
2nd: Barb Walker

Nov. 17

1st: Diane Woodd
2nd: Barb Walker

Nov. 20

1st: Carla Clevenger
2nd: Dianne fetnon

Nov. 21

1st: Kay Weipert
2nd: Dianne Fenton



Bunco

Nov. 21

Wins: Cleone Haughey
Naturals: Christine Sivertson

Nov. 28

Wins: Kathy Tarter
Naturals: Carolyn Jones

Dec. 5

Wins: Pat Meeks
Naturals: Christine Sivertson

Dec. 12

Wins: Cleone Haughey
Naturals: Ann Lowe



Nov. Winners

Small Pot: JoAnn McDonald, Viola Espinoza, Shirli Woodward, Mary Carpenter, Gail Heikkinen, Hazel Wicker, Cecil Woodward and Poncho Gardea
Large Pot: Doris Chacon

Dec. Winners

Small Pot: Carmen Tune and Carolyn Jones

Every Wednesday in January at 11:30 AM

Share
&
TELL

What Inspires You?

This Is About Getting To Know The People Around Us

- Hobbies Or Crafts
- Bring In A Family Heirloom
- How you Spend Your Time
- Stories of Traditions Like Holiday Old or New
- A Present From Christmas or Another Holiday
- Would You Like To Get Up and Talk On The Microphone About Randon Things? This Is Your Time!

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

JANUARY BIRTHDAYS

1	Kerri Boyce Janice Lundgren Steve Oehler Margaret Twomey	10	Chuck Albert Carolyn Carollo Jody Jetmore	16	Nola Coats Judi Laughter Dan Zeglen	25	Sandy Fletcher Theodore Gregory Ann Lowe Charlene Miller Richard Osborn
2	Mary Bitz	11	Dawn Carpenter Cheryl DeBeltz Susan Hehr Michael Jensen Arthur Kline Melba Liberty	17	Odell Fuller	26	John Ashley Dianne Fenton
3	Linda Lovell	12	Laurie Maddox Sharon Pollock John Schrepfer	19	Susie Frazier Dan Killion Rose Lovato	27	Virginia Feltner Pat Lowry
4	Steve Albers Mark Day Shirley Harrell	13	Diane Archuleta John Barry Ernie Celli Barb Kendall	20	Elaine Boyer	28	Andrea Campbell John Gates Katherine Re'Mine Bonnie Riley Marjorie Smith
6	Larry Kirkpatrick Kathy McCormick Gayle Pardew Jose Rendon	14	Gloria Rutherford Mike Steadman Elaine Violette	21	Henry Lewis Sue Quinton	29	Bert Chew Lynn Dean Gary Finley Dottie Krauss Susan Smith
7	Billie Richardson Laurie Shaw-Harris	15	Sarina McCord Launi Taylor Wayne Zickefoose	22	Anthony Caruso Sheryl Doan Sheri Stromberg Lori Vendetti Mark Pleasant	30	Lori Koloff
8	Carlos Bernal Anthony Estrada Joe Valdez Cecil Woodward			23	Roger Bohlmann Carla Clevenger Glenn Hildebrandt Tom Huebner Katherine Leasor Lynnda Mandros	31	Flo Albert Cliff Rockhold
9	Ellen Bernatis			24	Deann Broudhead Liz Krentz		

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

JANUARY

CURBSIDE & DINE IN-MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED Happy New Year	2 Chicken Tenders Mac & Cheese Mixed Veggies Mixed Fruit Cream Puffs	3 Salmon Roasted Cauliflower Roll Beets Jell-o	4 Spaghetti & Meatballs Garlic Bread Corn Orange Wedges Strawberry Shortcake	5 New Years Lunch Chicken Fried Chicken Mashed Potatoes W/Gravy Green Beans Biscuit Fresh Fruit Cannoli
8 Southwest Chicken Salad Roll Strawberries Cheese Cake	9 Hot Open Face Turkey Sandwich Mashed Potatoes W/Gravy Carrots Pears Rocky Road Pudding	10 Meatball Sub Chips Banana Rice Krispie Treat	11 Baked Chicken Broccoli Herb Potatoes Tropical Fruit Oreo Fluff	12 Beef Stew Biscuit Salad Rosie Apple Sauce
15 BBQ Ribs Potato Salad Corn Roll Grapes Coconut Cream Pie	16 Stuffed Peppers Italian Veggies Breadstick Broccoli Salad Fluffy Fruit Salad	17 Chicken Pot Pie Roll Orange Wedges Pineapple Upside Down Cake	18 Beef Stroganoff Over Rice Broccoli Roll Coleslaw Brownie	19 PUBLIC BREAKFAST Biscuit & Gravy Scrambled Eggs Hash Brown Muffin Yogurt & Granola V-8 Before 8:30 day of Pick-Up 9:00
22 Beef & Cheddar on a Bun Waffle Fried Cottage Cheese Butterscotch Pudding	23 Buffalo Chicken California Veggies Garlic Toast Pineapple Tidbits Cherry Turnover	24 French Dip Sandwich Sweet Potato Fries Peaches Peanut Butter Cookie	25 Birthday Lunch Salisbury Steak Mashed Potatoes W/Gravy Roll Carrots Tropical Fruit Ice Cream & Cake	26 Grilled Cheese Tomato Soup Chips Banana Chocolate Chip Cookie
29 Sweet & Sour Chicken Rice Pears Fortune Cookie Bread Pudding	30 Chicken Salad on Croissant Chips Spinach & Strawberry Salad Tapioca Pudding	31 Beef Fajitas Refried Beans Carrots & Peas Fruit Cocktail Pear Crisp		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.

JANUARY

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	2 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga	3 10:00—Fitness & Fundamental Nutrition 9:00—Sewing/Crafting 10:30—Chair Volleyball 11:30—Show & Tell 1:00—Bingo	4 9-11—Nurse 10:00—Chair Yoga 12:30—Pinochle 12:30—Poker	5 10:30—Chair Volleyball 11:30—New Year's Lunch 12:30—"31" 12:30—Mah Jongg 12:30—Bridge
8 12:30—Pinochle 12:30—Bridge 1:00—Bingo	9 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1:30—Advanced Water-color	10 10:00—Fitness & Fundamental Nutrition 9:00—Sewing/Crafting 10:00—Book Club 10:30—Chair Volleyball 11:00—Library Checkout 11:30—Show & Tell 1:00—Bingo	11 9:00—Zumba Gold 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker	12 10:30—Chair Volleyball 12:30—"31" 12:30—Mah Jongg 12:30—Bridge 1-3—Hand Massage
15 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	16 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1:30—Advanced Water-color	17 10—Fitness & Fundamental Nutrition 9:00—Sewing/Crafting 10:30—Chair Volleyball 11:30—Show & Tell 1:00—Bingo	18 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 5:00—Potluck	19 7-10—Public Breakfast 10:30—Chair Volleyball 12:30—"31" 12:30—Mah Jongg 12:30—Bridge
22 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	23 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1:30—Advanced Water-color	24 10—Fitness & Fundamental Nutrition 9:00—Sewing/Crafting 10:30—Chair Volleyball 11:30—Show & Tell 1:00—Bingo	25 9:00—Zumba Gold 10:00—Pool Tournament 10:00—Chair Yoga 10:30—Bingocize 12:30—Pinochle 12:30—Poker 1:00—Macrame Chair Class	26 10:30—Chair Volleyball 12:30—"31" 12:30—Mah Jongg 12:30—Bridge 1-3—Hand Massage
29 12:30—Pinochle 12:30—Bridge 1:00—Bingo 1:00—Macrame Chair Class	30 10:30—Bingocize 12:30—Bridge 1:00—Bunco 1:00—Chair Yoga 1:30—Advanced Water-color 4:00—Board Meeting	31 10—Fitness & Fundamental Nutrition 9:00—Sewing/Crafting 10:30—Chair Volleyball 11:30—Show & Tell 1:00—Bingo		

MEDICARE

The Senior Medicare Patrol (SMP) has heard reports of catheter kits showing up as claims on Medicare statements. These are being billed to beneficiaries who don't need them or use them. Please re-view your Medicare statements and look through all claims. If you see something, say something!

1 800 856-4398

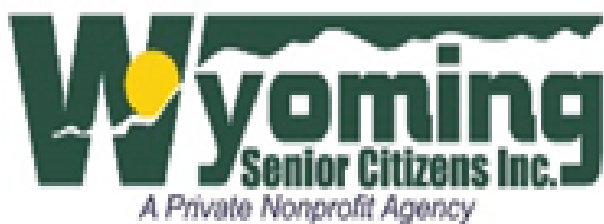


The SMP is hearing reports of catheter kits showing up on beneficiaries' Medicare statements when they weren't ordered or necessary.

Be sure to report any claims that seem suspicious to the



SMP
Senior Medicare Patrol
Preventing Medicare Fraud
SUPPORTED BY GRANT # 90MFR00002 FROM ACL



Fitness and Functional Nutrition with Amanda

Every Wednesday at 9am.



30 minutes of fitness followed by a mini-session discussing how nutrients effect the functions of the body. Topics from eating for a healthy heart to eating for happiness hormones. Each day will include time for Q & A.



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

APPRECIATION DONATION CLUB 2022-2023

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.**

Mariann Allen	Marlys Ciscar	Linda & Larry Hamilton	Jan Leonard
Les & Jacki Allison	Carla & Bob Clevenger	Mike & Michelle Hanks	Karen Lewis
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Darroll Brege	Randy & Elizabeth Garver	Evelyn Laughter	Charlene Miller
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Eva Cauthorn	Scott Hamel	Kevin Lennon	Roger Nielsen
Janet & Ernie Celli			
Bert & Margene Chew			
Katie Christiansen			

APPRECIATION DONATION CLUB 2022-2023

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Melinda Price	Terri & Larry Shepard	Frankie Vaughn	
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John & Rebecca Rauch	Pam Short	Eva Wagner	

**Names Listed are from
December 2022— Present**

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A POSITIVE MINDSET

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

RECOGNISING

UNASHAMED

PLEASURE

COMFORTABLE

WELLBEING

SELFESTEEM

POSITIVE

CHANGE FOR THE BETTER

FREEDOM

AWARENESS

WILLPOWER

MINDSET

GOAL AWARE

ACTION PLAN

OUTLOOK

FOCUS

ENJOYMENT

ATTITUDE

LET US KNOW HOW WE ARE DOING

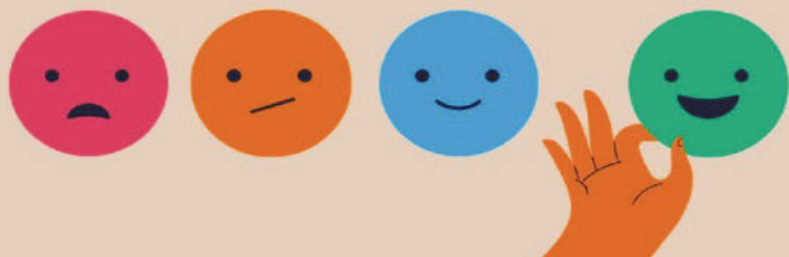
1. How satisfied were you with the choices of activities in 2023?

2. What were activities and events you liked the best in 2023?

3. What are events and activities you would like to see in 2024?

4. What are things we can do to improve on our activities and events in 2024?

PLEASE
RATE YOUR
EXPERIENCE



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

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STAFF

Ruth Lauritzen— Executive Director
Marcia Driggs—Office Manager
Cynthia Welch—Activities Coordinator
Dana Troncin—Receptionist
Debbie Gomez—Kitchen Manager
Lori Rockwell—HDM Coordinator
Samantha Stanphill—Lead Cook
Amy Sample—Baker
Laureen Miera—Kitchen Aide

GONE BUT NOT FORGOTTEN:

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.



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