# NEWSLETTER




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## Visit Astoria Hot Springs!

TUESDAY, NOVEMBER 3RD @ 10 AM
$10 PER PERSON

Join us to soak, relax, enjoy river views, and learn something too! We will be taking a trip to Astoria Hot Springs for another soak, as well as a talk about the birds you might see while you're there. We will meet at Astoria at 10 am. There is limited availability for this popular class, so sign up as soon as you can!

## Talk with a Doc: Beyond Joint & Hip Pain



FRIDAY, NOVEMBER 13TH
2:00 PM NORTH END

Joint pain and mobility issues become more common as people age, but that doesn't mean you have to just put up with it. Join orthopedic surgeon Dr. Drew Lighthart for a discussion and Q&A covering both non-surgical and surgical options to reduce joint pain and stay active. Learn about symptoms, explore treatment strategies, and discover the latest advancements in joint replacement surgery.

# Medicare Advantage Options

**Wednesday, November 4th at 1 pm**

Come learn about Medicare Advanage Plans from BCBSWY
Heather Huhn, Huhn Insurance, will review the 2027 Medicare Advantage plans so that you can make an informed decision on your Medicare options.

Huhn Insurance Agency

WYOMING



# Artist Showcase

**Wednesday, November 18th @12:30**

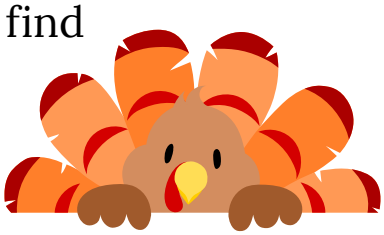
Join Miga Rosetti's class to check out the art they've been working on for the past month!

# Home Insurance Amid Wildfire Risk

**Friday, November 20th @ 1 PM**

Protect your home and understand your options.

- Why insurance can be difficult to obtain
- Simple ways to reduce fire risk
- Improve your home's insurance rating
- What needs to change to make coverage easier to find
- Neighborhood and HOA preparedness
- Real local examples and Q&A



# Thanksgiving Brunch*

**Wednesday, November 25 from 9:30 am to 11 am**

Join us for delicious holiday brunch. Options will be:
Quiche Lorraine; Apple Cinnamon French Toast Bake or Stuffing Waffle with Turkey & Gravy

Come and visit with friends as we all have things to be thankful for!
Please call and reserve a seat!

***Breakfast and Lunch will not be served seperately, only brunch**

# THANKFUL LEAF GARLAND

Bring a little autumn color into your home with a handmade leaf garland! This simple craft uses just a few supplies: colored construction paper, scissors, string or yarn, a pencil, and tape or glue. All of these supplies are available in our Craft Corner! Start by drawing leaf shapes on paper in fall colors like red, orange, yellow, and brown. If drawing isn't your thing, you can trace real leaves from outside or print a leaf template. Cut out as many leaves as you'd like, then decorate them with little drawings, patterns, or messages about things you're thankful for.

You could write down a favorite memory, a person who makes you smile, or something you're looking forward to.

Once your leaves are decorated, attach them to your string with tape or glue, leaving a little space between each one.

Hang your finished garland across a window, doorway, or mantel for a cheerful Thanksgiving decoration!

This is a fun craft to make with friends, since everyone can contribute a few leaves and share what they're thankful for.



# Holiday Gift Drive

The Senior Center will be hanging up stockings with the needs of seniors again this winter.



If you know of a senior in need please call us so we can get their wish list.

If you are in the giving mood. check the wall at the front entrance to help spread holiday cheer!

The stockings will be up around Thanksgiving.

# Medicare Corner






It's Medicare Open Enrollment through December 7th!
If you would like help reviewing different plans, you can use Medicare's Plan Finder or contact your local SHIP through the SHIP National Technical Assistance Center at www.shiphelp.org
If you suspect fraudulent marketing activity, call the Wyoming Senior Medicare Patrol at 1 800 856-4398.

Wyoming Senior Citizens Inc.
A Private Nonprofit Agency



## Two Ingredient Pumpkin Muffins

These easy pumpkin muffins are full of cozy fall flavor and require just two ingredients! Mix one box of spice cake mix with one 15-ounce can of pumpkin puree until smooth. Divide the batter into a greased muffin tin and bake at 350°F for 18 to 22 minutes, or until a toothpick comes out clean. No eggs or oil needed! Enjoy them warm for breakfast, as an afternoon snack, or a little something sweet with your evening tea.



## Garlic Parm Green Beans

Looking for an easy way to dress up a classic vegetable? Toss one pound of fresh or thawed green beans with a drizzle of olive oil, a sprinkle of garlic powder, and grated Parmesan cheese. Spread the beans on a baking sheet and roast at 400°F for 15 to 20 minutes, until tender with lightly crispy edges. Add a little salt and pepper to taste, and serve warm. They're a simple, flavorful side dish for Thanksgiving dinner or any cozy fall meal!

BREAKFAST IS SERVED FROM 8:30-10 AM

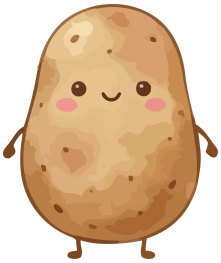
LUNCH IS SERVED 12-1:00 PM

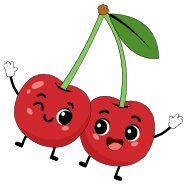
DINE-IN LUNCH $7 SUGGESTED CONTRIBUTION FOR SENIORS

$15 FOR NON-SENIORS

DINE-IN BREAKFAST $5 SUGGESTED CONTRIBUTION

# LUNCH COUNTER
## NOVEMBER MENU



Weekly Breakfast Menu: Each breakfast is served with fruit, yogurt, pastry & potatoes.

Mon - Egg Bake | Tue - Omelets | Wed - French Toast & Bacon | Thur - Eggs Benedict | Fri - Chefs Choice

**MON, NOV 2ND**
Soup, Salad Bar & Baked Potato
Peach Cobbler

**TUE, NOV 3RD**
Beef Fajitas
Oatmeal Raisin Cookie

**WED, NOV 4TH**
Baked Fish
Walnut Brownie

**THUR, NOV 5TH**
Sweet & Sour Pork
Angel Food Cake with Berries

**FRI, NOV 6TH**
FRIDAY FEAST
Meatloaf
Chocolate Chip Cookie

**MON, NOV 9TH**
Salad Bar & Chili & Hot Dogs
Fruity Jello

**TUE, NOV 10TH**
VETERANS LUNCH
Prime Rib Sandwich
Apple Pie Ala Mode

**WED, NOV 11TH**
CLOSED FOR VETERANS DAY

**THUR, NOV 12TH**
Hard Shell Tacos
Carrot Cake

**FRI, NOV 13TH**
Parmesan Crusted Fish
Lemon Bars

**MON, NOV 16TH**
Tomato Bisque, Salad Bar & Grilled Cheese
Ice Cream Sundae

**TUE, NOV 17TH**
BIRTHDAY LUNCH
Beef Tips, Peas & Mushrooms
Black Forest Cake

**WED, NOV 18TH**
Mediterranean Fish
Lemon Cake

**THUR, NOV 19TH**
Spaghetti with Meat Sauce
Banana Pudding

**FRI, NOV 20TH**
FRIDAY FEAST
Oven Fried Chicken
Gingerbread Cake

**MON, NOV 23RD**
Soup, Salad Bar & Baked Potato
Red Velvet Cookie with White Chocolate Chips

**TUE, NOV 24TH**
Shrimp Kabobs
Sherbert

**WED, NOV 25TH**
THANKSGIVING BRUNCH
9:30-11 am
Please make reservations

**THUR, NOV 26TH**
CLOSED FOR THANKSGIVING

**FRI, NOV 27TH**
CLOSED FOR THANKSGIVING

**MON, NOV 30TH**
Soup, Salad Bar & Turkey Tetrazzini
Brownie

Menus are subject to change.
Check the website for the full daily menu!

# Weekly Calendars

## Fitness & Health

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|---|---|---|---|---|
| 11:00 Fitness with Alice in Wilson<br>11:00 Movement & Strength<br>11:30 Blood Pressure Checks<br>1:00 On the Move<br>2:00 Circuit Training | 9:00 Pilates<br>9:00 & 10:00 Massage<br>10:30 Yoga with Trish<br>11:45 Senior Step with Alice<br>1:00 Reiki Healing Touch (11/3 & 11/17)<br>1:30 Strength with Jo | 9:00 Yoga for Strength<br>11:45 Classic Fitness with Alice<br>1:00 Swissball Yoga<br>2:00 On the Move | 9:00 Functional Fitness<br>10:30 Yoga Basics<br>10:45 Chair Yoga<br>11:00 Beginner Bootcamp in Wilson<br>11:45 Dancing Through the Decades | 8:45 Awake & Aligned<br>10:00 Classic Fitness with Alice<br>11:15 Pilates<br>1:00 Cardio Drumming<br>2:00 Strength & Conditioning |

## Games & Crafts

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|---|---|---|---|---|
| 1:00 Duplicate Bridge | 1:00 Canasta<br>1:00 Pinnochle<br>6:00 Quilter's Guild (11/3) | 12:00 Canasta<br>1:00 Fun Bridge | 1:00 Duplicate Bridge<br>1:00 Knitting Club | 10:15 Jam55<br>1:00 Mahjong - Beginners Welcome!<br>1:00 Collage Group |

## Support Groups & Special Events

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|---|---|---|---|---|
| 1:30 Art Class | 10:00 Visit Astoria (11/3) | 9:00 Art Class<br>12:30 Art Class Showcase (11/18)<br>1:00 Medicare Advantage Plan info (11/4) | 10:30 Life After Loss<br>10:30 Caregiver Support (11/19)<br>10:30 Medicare Assistance (11/19)<br>11:30 Hole Food Rescue (weekly) | 11:30 Hole Food Rescue (weekly)<br>1:00 Insurance during Wildfire Risk (11/20)<br>2:00 Talk with a Doc (11/13) |

**CHECK THE WEBSITE FOR UPDATES AND CANCELLATIONS**

# November is Native American Heritage Month

November is Native American Heritage Month, a time to recognize the histories, cultures, traditions, and contributions of Native American and Alaska Native peoples. The effort to establish a national observance grew over many decades, and in 1990, President George H. W. Bush signed a resolution designating November as National American Indian Heritage Month. The observance has continued under the name Native American Heritage Month. Here in Wyoming, it's a meaningful opportunity to learn more about the Indigenous nations whose histories and communities are deeply connected to this region, including the Eastern Shoshone and Northern Arapaho Tribes of the Wind River Reservation. Consider exploring Native artists, reading a book by an Indigenous author, or learning about the history and present-day work of Native communities. Native American cultures are diverse and living, with distinct languages, traditions, and experiences, so there's always more to discover. A good place to start is the Bureau of Indian Affairs' Native American Heritage Month page, which shares historical information and opportunities to learn more.

# Thanksgiving Word Search

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

GREEN BEANS

MAC AND CHEESE

MASHED POTATOES

MINCEMEAT

PEAS

PECAN PIE

PUMPKIN PIE

ROLLS

SQUASH

STUFFING

SWEET POTATOES

TURKEY

YAMS

APPLE PIE

BISCUITS

BRUSSEL SPROUTS

CASSEROLE

CHESTNUTS

COLLARD GREENS

CORNBREAD

CRANBERRY SAUCE

DRESSING

GRAVY

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# NOVEMBER'S PAUSE

**Straggling ghosts of summer past**
**rustle dry reeds at water's edge.**
**Whisper secrets in cattail fluff,**
**wisps of foggy wonder.**

**Algae and ice mingle to frog-skin on the pond.**
**Khaki cattails and red-tipped willow,**
**black cottonwood trunks amid swaths of grey.**
**Abstract watercolors on horizon's easel.**

**Jim Hill Mustards and a Norther Harrier,**
**dog walkers, duck shooters, and me--**
**All out to bask in the November's pause,**
**finding elk tracks in the mud.**

DEANIE

DEANIE IS THE WINNER OF OUR POETRY CHALLENGE.
CONGRATULATE HER WHEN YOU SEE HER!




## Our Staff

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