



429 E First ST
Big Piney, WY 83113
(307) 276-3249
Fax (307) 276-3044

Hours:

8:00am - 4:00pm
 Monday - Friday

Meals Served:

Tuesday, Wednesday
 and Thursday doors
 open at 8:00 am
 Lunch served at
 11:30

\$6.00 Seniors
 \$9.00 Senior Guest
 \$13.00 Community

Board Members

Bill Lehr

Janet Beiermann

Dianne Davison

Jean Golden

Ann Barney

Betty Simpson



March 2025 Newsletter

Hello Friends,

What a wonderful February we had! Good food, great friends creating such an inviting atmosphere!

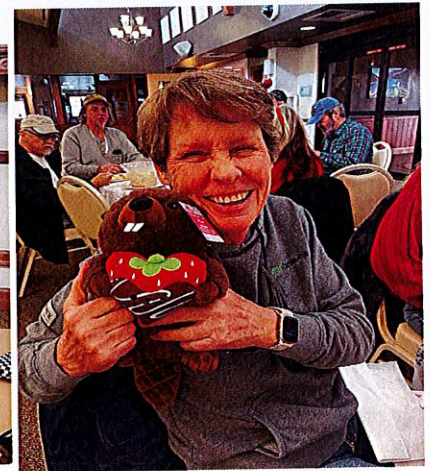
PLEASE find time to fill out the **Meal Reservation Calendar** and turn it in ASAP. This really helps us know how much food needs to be ordered and prepared. Have a change of plans after turning in the reservation calendar? Just give us a call and we will do our best to accommodate you. I know this is a change for everyone but it really does help cut down on cost and waste.

Plan on attending the Mardi Gras party March 4 during lunch!

St. Patrick's Day celebration will be on the 17th of March get your orders in! Take out or dine in!

Please plan on attending Clint Gilchrist's presentation on the 19th all local history. Try signing up for activities on myactivecenter.com

Come share your smile ~Carie



03/5 Board Meeting 12:45 p.m.

03/3 Rock Springs Shopping Trip

ONGOING

MONDAY Morning Social 8 a.m.-Coffee & Pastry

TUESDAY- 9am-4pm Public Health Nurse

FRIDAY- Continental Breakfast 8-9 am



Sandy Goodman, SMP Program Manager

[Wyoming Senior Citizens, Inc.](#)

[Wyoming Senior Medicare Patrol \(SMP\)](#)

[Facebook, Twitter](#)

106 West Adams PO Box BD

Riverton WY 82501

(307) 856-6880

smpmgr@wyoming.com

WSIL-Transportation

Call Jessica for an appointment

307)-362-4159 ext. 4



March 2025

MON	TUE	WED	THU	FRI
Menu is subject to change with out notice				
3 Monday Morning Social Coffee & Pastry 8 A.M	4 Mardi Gras Etouffee Gumbo Rice Beignets Ice Cream	5 Western BBQ Burger Baked Beans Roasted Potatoes Carrot Cake	6 Lemon Chicken Risotto Peas, Carrots Bread Fried Oreos	7 Senior Breakfast 8-9
10 Monday Morning Social Coffee & Pastry 8 A.M	11 Beef Noodles Mixed Veggie French Bread Ice Cream BOJH Free Lunch	12 Chicken Quesadilla Peppers Beans Tres Leches Cake	13 Salmon Baked Potato Broccoli Roll Chocolate Pie	14 Senior Breakfast 8-9
17 Monday Morning Social Coffee & Pastry 8 A.M Corn Beef Cabbage Potatoes Carrots Dessert 11:30-1:30	18 Chicken Burger Macaroni Salad Ice Cream	19 Turkey Ragu Green Beans Roll Cannoli	20 French Dip Steak Fries Carrots Peanut Butter Cookie	21 Senior Breakfast 8-9
24 Monday Morning Social Coffee & Pastry 8 A.M	25 Chicken Pot Pie Biscuit Ice Cream	26 Sloppy Joes Fries Cole Slaw Birthday Cake BOJH Free Lunch	27 Chicken Fried Steak Mashed Potatoes Gravy Green Beans Peach Cobbler	28 Senior Breakfast 8-9

If you are not receiving the newsletter or if your address has changed; please let Heather know.

If you are a snowbird please let her know when you leave & when you come back so she can send the newsletter accordingly.

Donations

St. John the Baptist Episcopal Church

Memorial Donations

Thank you for the sponsored meals

Bank of Jackson Hole x 2!!!

**Friday \$5
Senior Breakfast
Buffet
available from
8-9 a.m. or until
the food is gone!*

**Coffee &
Pastry**

**Mondays @
8:00 AM**

Staff

Carie James/Director
Heather Griffin/Bookkeeper
Darcy Simpson/ Social
Director

Ellen Mullikin/ Dishwasher

Veronica Meeker/ Chef

Nancy Aceves/Chef

Sonya Murphy/Driver

Volunteers

Brenda Hatcher, Allison
Thrash, Dianne Davison, Linda
DiGiro, Sherry Redden, Deb-
bie Despain, Ray & Gloria
Willoughby, Sandy Johnson

**Blood Pressures
Second Tuesday of
every month
courtesy of
Public Health**

**Newsletter in
COLOR
online!
Pay for your
lunch ticket
online!**

National Do Not Call Registry

1-888-382-1222

If you are getting unwanted calls from solicitors this is the phone number to call to add your phone number to the do not call list. It is fast

Gift Meal Tickets

Available Anytime

We accept Credit/Debit Cards at the Front desk!



RESERVED

**Reserve your
March meals!
Use the enclosed
form DUE 1st week of
the month**

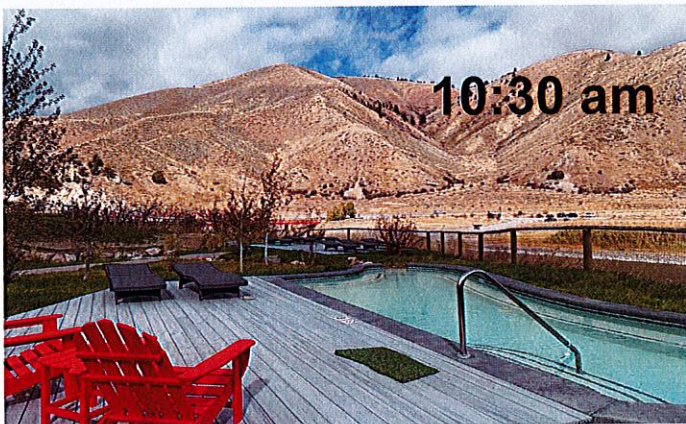
**March meals please RESERVE by FILLING
OUT THE ENCLOSED FORM**

Thank you ! CURB will be ready at 11 a.m.



**Lunchtime Party !
11:00-12:30 March 4th**

Lucky Lucy BINGO March 6@12:45



**March 10th
Nat'l Pack Your
Lunch Day & we
are headed to
Soak at Astoria**

**Recipe book making meeting
3/13 @12:30**



**National Let's Laugh Day—lunchtime fun time!
Bring your best joke! 3/19**

**Clint Gilchrist Presentation 3/19 @12:30
HISTORY BIG PINEY/MARBLETON**



**COMPLIMENTS OF
SWSC PIONEERS**

If your Birthday Falls in the current month

Fill in your name and use this coupon like cash in the money can.

Name: _____

March BIRTHDAYS

- 01 Neil Hansen
- 03 Mike Hagen, John Sims
- 04 Kathy King
- 06 Mike Hawkins
- 07 Calvin Atkins
- 08 Judy Babcock
- 09 Debbie Chapin-Bennett
- 11 Cotton Guio
- 12 Kandis Kjar
- 13 Nancy Hale
- 15 Jonita Sommers, Darlene James
- 17 Wayne Mogart
- 19 Bryan Green
- 20 Susan Nesson, Kathy Clark, Steve James, Mike Pompy
- 21 Reynold Brown
- 23 Carolyn Budd
- 25 Amy Eiden
- 26 Karen Wallace, Doris Degraw
- 29 Barbara Roberts
- 28 Gary Shepard
- 30 Lane Turner, Connie Grenier, Larry Clause,
- 31 Teresa Mallory



Newsletter in COLOR online
Pay for lunch tickets online
www.pioneerseniorcenter.com

Senior Book Club

New book available at The Center-
come pick one up and then discuss
the book in our library on March
20th at 12:30

.....
Mobile Library

11:00-12:45

March 12 & 26

Sublette County
Libraries



Big Piney

EVERYONE WELCOME

Food Bank Distribution

Second Tuesday

EVERY month 5pm-6:30pm

111 Rakestraw

Marbleton WY



March 2025



Sign up please

SUN	MON	TUE	WED	THU	FRI	SAT
	Solo Painting In Activities Room On Mondays					1
2	3 Coffee & Pastry 8 A.M Rocksprings 8 A.M	4 Exercise 10 A.M Cribbage 10:30 Mardi Gras Lunch Party	5	6 Exercise 10 A.M Lucky Bingo 12:30	7 Senior Breakfast 8-9	8
9	10 Coffee & Pastry 8 A.M National Pack your Lunch day Astoria 10:30	11 Exercise 10 A.M Cribbage 10:30 BOJH FREE LUNCH	12 Mobile Library 11:30 Hard Hats & Stetsons Basket Making 12:30	13 Exercise 10 A.M Let's Meet About Making a Recipe Book 12:30	14 Senior Breakfast 8-9	15
16	17 Coffee & Pastry 8 A.M Patty's Day Lunch & Cribbage Tournament	18 Exercise 10 A.M Cribbage 10:30	19 National Let's Laugh Day Clint Glilcrest Presentation 12:30	20 Exercise 10 A.M Pool Tournament 9 A.M Book Club 12:45	21 Senior Breakfast 8-9	22
23	24 Coffee & Pastry 8 A.M	25 Exercise 10 A.M Cribbage 10:30	26 Mobile Library 11:30 BOJH FREE LUNCH Spring Craft Night 6:00	27 Exercise 10 A.M Movie 12:30	28 Senior Breakfast 8-9	29

NOTICE

We need two week prior notice for out-of-town trips. NO OUT OF STATE TRIPS NOV-APRIL

307-276-3249

Emergencies call
307-260-5441 (Carie)

WYSIL (Wyoming Senior Independent Living)

Jessica House

Transportation Specialist

(307)-362-4159 ext. 4

—LOAN CLOSET—We have a free loan closet here at the senior center for those of you who need crutches, walkers, bath chairs, wheel chairs, etc. for a period of time. Please check it out if you are in the need of any of this equipment; you can borrow it and then return it when you no longer need it.

Senior Center Board Meetings

First Wednesday of each month at
12:45pm

Senior Center

Senior Housing Board Meetings

Second Wednesday of each month
6:00 pm

307-260-3134 LeAnne

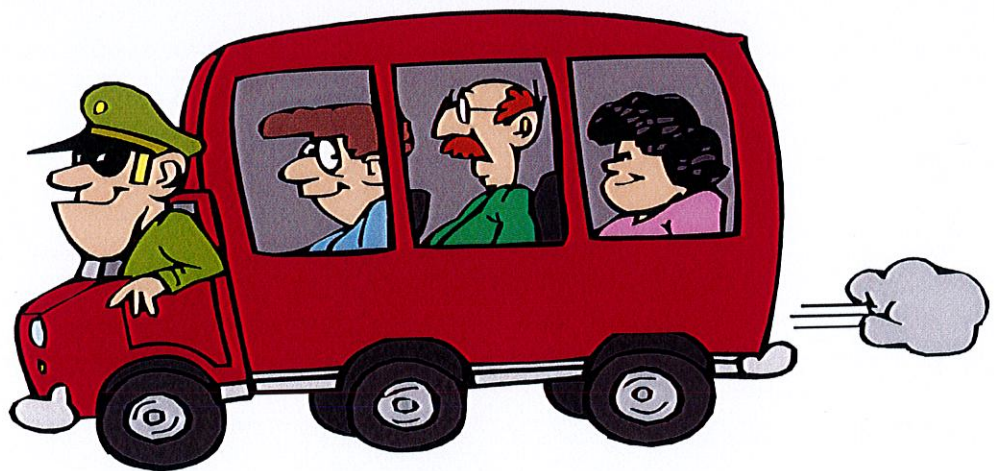
Senior Center



WYDOT News Releases

We are a WYDOT
Seniors/Public
Demand Response
transportation
service.

Need a ride?

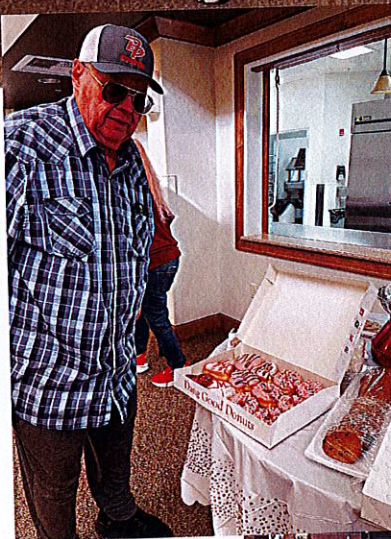


PLEASE call in for ride/bus fares and for more information.

48 hour notice is appreciated

Thank you to the Bank of Jackson Hole for buying everyone's lunch on the last Wednesday of each month!!

Invite all your friends to like and share our facebook page!



Come share your smile

Sudoku Puzzles

	1	2	7	5	3	6		9
9	4			8	2	1	7	5
6		5	4		1		8	
1		4	2	3		8	9	6
3	6	9	8				2	1
	8	7		6	9	5		4
	2		9	7	4	3		
4	3			2	6	9		7
7		6	3	1			5	2

5	3	2	9	8		7		6
	1	9	5	6	2	8	7	
8		7	6	3		1	5	4
1	9	6	3		8		2	
6	4		7	2	5		9	1
7	6		2		3	5	4	
	8	5		7	1		6	9
9		3		4	7	6		2
2	7	4		1		9	3	5

Come join us for St Patrick's Day Lunch Special
Traditional Corned Beed & Cabbage Dinner with
Soda Bread and a dessert!

Dine in or Take Out

March 17th 11:30-1:30 or until gone!

Make your reservation early!

\$6.00 Seniors

12.00 Non-Senior

\$8.00 Kids

Everyone Welcome



HAPPY
St. Patrick's
DAY



Caring for Wyoming's Seniors

*By
John Barrasso, M.D.*

DEALING WITH PAIN

Chronic pain in America is a widespread and complex issue that effects millions of people across the country. Chronic pain is pain that persists for weeks, months and even years. Chronic pain can significantly impair your quality of life and impact your physical, emotional and social well-being.

One of the most concerning aspects of chronic pain is its prevalence. The National Institutes of Health say 50 million adults in the United States are suffering from chronic pain. This is one of the most common reasons that people seek medical care.

Several factors contribute to the level of chronic pain in America. They include underlying health conditions such as arthritis, fibromyalgia, back problems and injuries resulting from accidents or trauma.

Lifestyle factors also can cause chronic pain. These can include poor posture, lack of exercise and a growing concern in the United States which is obesity. These can make chronic pain worse or can contribute to its development.

Diagnosing chronic pain is a complex process that requires thorough evaluation of a patient's medical history,

symptoms, plus a physical examination. Unlike acute pain, which typically resolves with time and treatment, chronic pain seems to last and last. Doctors trying to get to the bottom of chronic pain will consider both physical as well as psychological factors.

The first step in diagnosing chronic pain is to obtain a detailed medical history from the patient, including information about the onset of the pain, its location and intensity. Doctors want to know what factors make it worse and what factors make it better. They will also try to find out what treatments have been tried in the past and what the results of each of those treatments would be.

The physical exam is going to include evaluating posture, range of motion, muscle strengths, and areas of tenderness. Diagnostic tests such as x-rays, MRIs and nerve studies can further help try to evaluate the underlying cause of the pain.

Treatment for chronic pain can vary from physical therapy, nerve stimulation, medication and surgery. Many patients have found that stretching and meditation may lessen their symptoms and allow them to more ably tolerate their pain.

Meal Reservation Calendar

March

Please check the dates when you will be having lunch for the month of March, so we can have a correct count on food. Please fill this calendar out with the number of meals for the day(spouses) and return to us ASAP! If you need to make any changes, please give us a call before 9:00 that day! Thanks for all your help! 😊

Name : _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Dine In- #____ Deliver-#____ Curb- #____	5 Dine In- #____ Deliver-#____ Curb- # ____	6 Dine In- #____ Deliver-#____ Curb- #____	7	8
9	10	11 Dine In- #____ Deliver-#____ Curb- #____	12 Dine In- #____ Deliver-#____ Curb- #____	13 Dine In-#____ Deliver-#____ Curb-# ____	14	15
16	17	18 Dine In-#____ Deliver-#____ Curb- #____	19 Dine In-#____ Deliver-#____ Curb- #____	20 Dine In-#____ Deliver-#____ Curb- #____	21	22
23	24	25 Dine In-#____ Deliver-#____ Curb- #____	26 Dine In-#____ Deliver-#____ Curb- #____	27 Dine In-#____ Deliver-#____ Curb- #____	28	