

PIONEER NEWS

December 2024



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
12:00

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

Board Members

Bill Lehr

Janet Beiermann

Dianne Davison

Jean Golden

Ann Barney

Betty Simpson

Karen Taylor

Happy Holidays Friends,

What a wonderful time of year! We appreciate and are so grateful to be part of such a warm, friendly community!

Jonah Energy will be providing seniors the meal on 12/12! Thank you Jonah Energy!

We have a new Veteran Service Officer, Phil Vrska. His office is room 100 here in the center. Office hours are Thursdays from 11 a.m.—1:00 p.m.

The seniors have been building friendships and enjoying our beautiful center all year! We will be celebrating New Year's on December 31 with appetizers and a prime rib dinner! Poker, BINGO and other games, bring yours to share! The party starts at 4 p.m.!

PLEASE RSVP by DEC. 23rd. 307-276-3249

We have lots of opportunity to enjoy activities throughout December. PFAC holiday show, BINGO, crafts, Christmas Tea and more! We will also have the Annual Cookie Walk, Friday Dec. 20 from 9a.m.-6p.m. **ONLY ONE DAY!**

We will be CLOSED December 24 & 25. Lunch will be served on the 26th and breakfast on the 27th! Closed January 1 as well!

Wishing you all a VERY MERRY



12/4 Board Meeting 12:45 p.m.

12/16 Rock Springs Shopping

NO MOVIE THIS MONTH

ONGOING

MONDAY Morning Social 8 a.m.—Coffee & Pastry \$3.00

TUESDAY— 9am-4pm Public Health Nurse

FRIDAY— Continental Breakfast 8-9 am

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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

WSIL-Transportation

Call Jessica for an appointment

307)-362-4159 ext. 4

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.



Staff

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

Ellen Mullikin/ Dishwasher
Nancy Hooton/Lead Cook
/ Asst. Cook

Sonya Murphy/Driver

Volunteers

Brenda Hatcher, Allison Thrash, Dianne Davison, Linda Digiuro, Sherry Redden, Debbie Despain, Ray & Gloria Willoughby, Sandy Johnson,

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

^^

ANNUAL CHRISTMAS

COOKIE WALK

DECEMBER 20TH

9 A.M.-6 P.M.



**Coffee &
Pastry
Mondays @
8:00 AM**

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

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

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!

www.pioneerseniorcenter.com

December 2024






MON	TUE	WED	THU	FRI
2 Monday Morning Social Coffee & Pastry 8 A.M.	3 Hamburger Stew Corn Spoon Bread Ice Cream	4 Pork Chop Hashbrowns Veggies Mud Pie	5 Lasagna Roll Veggie Chocolate Frosting Yellow Cake	6 Senior Breakfast 8-9
9 Monday Morning Social Coffee & Pastry 8 A.M.	10 Fish Fries Cole Slaw Ice Cream	11 Chicken Noodle Soup Roll Sugar Cookie Bar	12 Spaghetti W/ Meat Sauce Roll Corn Cake Meal Provided By Jonah Energy	13 Senior Breakfast 8-9 Sourdough Pankcakes
16 Monday Morning Social Coffee & Pastry 8 A.M.	17 John Wayne Casserole Roll Veggie Ice Cream	18 Chicken Broccoli Bake Roll Pretzel Bites Frozen Smores	19 Sliced Ham Scalloped Potatoes Roll Peas Caramel Pie	20 Senior Breakfast 8-9
23 Monday Morning Social Coffee & Pastry 8 A.M.	24 <u>CLOSED</u> 	25 <u>CLOSED</u> 	26 Chicken Sandwich Fries Veggie Ice Cream Bar	27 Senior Breakfast 8-9
30 Monday Morning Social Coffee & Pastry 8 A.M.	31 <u>CLOSED</u> New Years Eve Party 4:00	1 <u>CLOSED</u> 	2 Chicken Fried Steak Mashed Potatoes Veggie Ice Cream	Menu is subject to change with out notice



December 2024



Sign up please

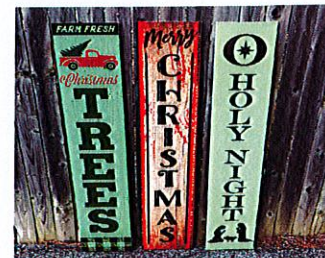
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Coffee & Pastry 8 A.M	3 Exercise 10 A.M Cribbage 10:30	4 Naughty Or Nice Game 12:30	5 Exercise 10 A.M Craft Night 6:00	6 Senior Breakfast 8-9	7
8	9 Coffee & Pastry 8 A.M	10 Exercise 10 A.M Cribbage 10:30 Name That Holiday Tune 12:30	11 Local Bingo 12:30	12 Exercise 10 A.M Christmas Craft with Kay 12:30	13 Senior Breakfast 8-9 PFAC Holiday show 4:00	14
15 Christmas Tea Lunch Buffet 12:00 Ornament exchange 1:00	16 Coffee & Pastry 8 A.M Rocksprings 8 A.M	17 Exercise 10 A.M Cribbage 10:30 Candy Canes Aka (Spoons) 12.30	18 Mobile Library 11:30 BOJH FREE LUNCH Saran wrap ball Game 12:30	19 Exercise 10 A.M	20 Senior Breakfast 8-9 Cookie walk 9-6	21
22	23 Coffee & Pastry 8 A.M	24 Closed 	25 Closed 	26 Exercise 10 A.M Pool Tournament 9 A.M	27 Senior Breakfast 8-9	28
29	30 Coffee & Pastry 8 A.M	31 Closed New Years Eve Party 4:00	1 Closed 			

December 4th Naughty or Nice Game 12:30

Christmas Crafting Night

Dec. 5th

6 p.m.



Name That Tune

***Name that Holiday
tune! 12:30 12/10***

12/12 Christmas Craft w/Kay 12:30

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**PFAC HOLIDAY SHOW 4 p.m.**

Portland Cello - Holiday Extravaganza - Dec. 13

**Christmas Tea & Lunch Buffet 12:00**

**Ornament Exchange 1:00 December 15th**



**Saran Wrap Ball Game 12:30 12/18**

**Cookie Walk 12/20**

**9am-6pm**

**Bring in your favorite cookies to sell!!**



**New Year's Eve Party 12/31**

**Prime Rib Dinner 4 p.m.**

**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: \_\_\_\_\_

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**December BIRTHDAYS**

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- 2 Jolene Roberts, Betty Moceika,
- 3 Herb Kautzsch
- 6 Thomas Thrash
- 7 Jacklin Hunt
- 8 Sandra Johnson
- 9 Barbara Anderson, Tammy Kalber
- 11 Valerie Williams
- 13 Melody Ames, Pam Chrisman
- 14 Ron Davison
- 15 Billy McAdams, Umberto Nardacci
- 16 Terrie Springman
- 17 Jennifer Beedle, Don Schmidt
- 18 Gary Johnson
- 22 Henry Whitman, Ron Lenard
- 25 Susan Hogencamp
- 27 Sam Miller
- 28 Ron Wells, Bob Armstrong
- 31 Fern Skorcz, Charolette Brinkerhoff, Jeff Wenz



Newsletter in **COLOR** online  
Pay for lunch tickets online  
[www.pioneerseniorcenter.com](http://www.pioneerseniorcenter.com)

Librarians will be dining with us!

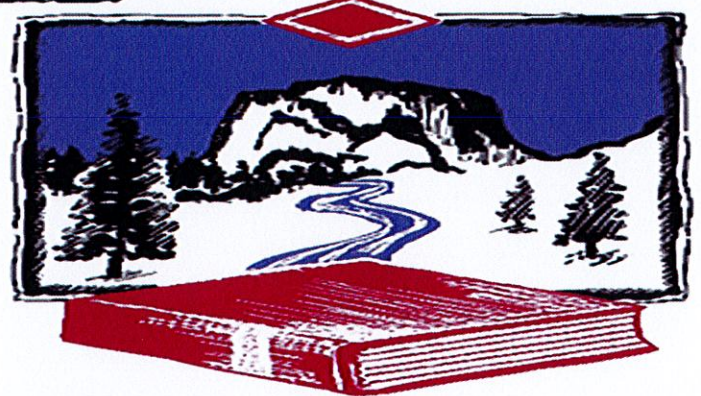
\*Get help with electronic devices

\*Check out and return items

18

11 a.m.

Sublette County  
Libraries



Big Piney

EVERYONE WELCOME  
Food Bank Distribution

LAST Wednesday of  
EVERY month  
111 Rakestraw  
Marbleton WY

# 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)

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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

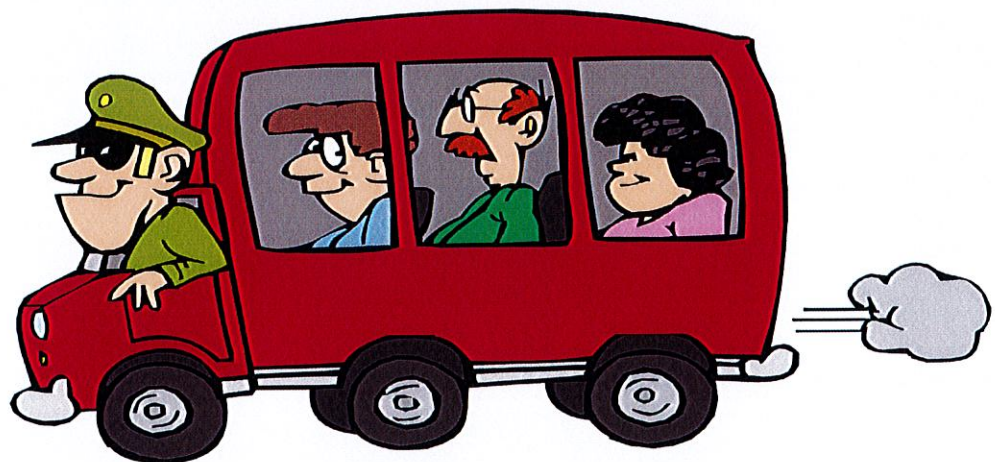
Senior Center



WYDOT News Releases

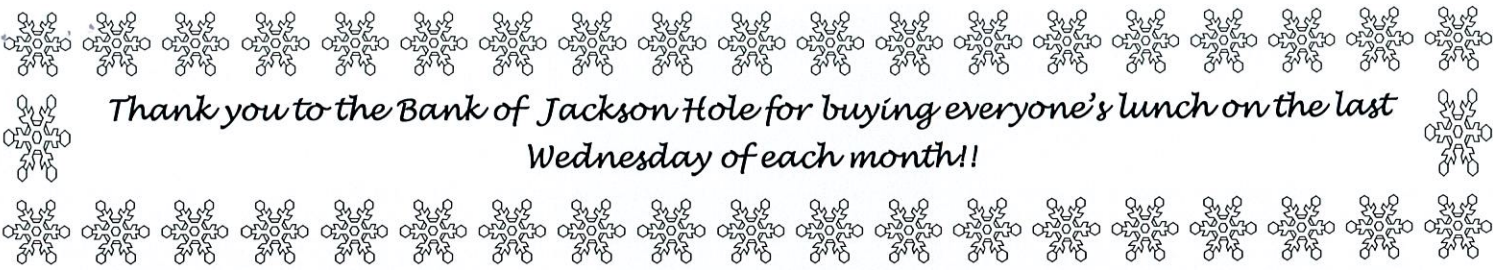
We are a WYDOT  
Seniors/Public  
Demand Response  
transportation  
service.

## Need a ride?



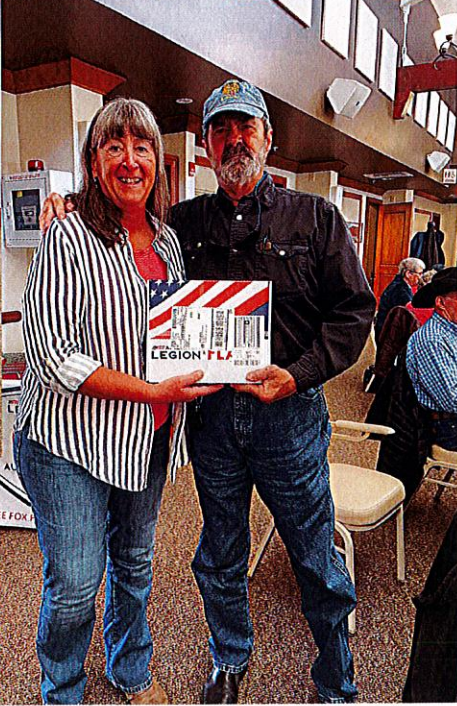
PLEASE call in for ride/bus fares and for more information.

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**





# *Caring for Wyoming's Seniors*

*By  
John Barrasso, M.D.*

## STAYING SOCIALLY ACTIVE

Staying socially active can be good for your health. We know that people that are socially active and engaged tend to live longer, healthier lives.

People who tend to be lonely and socially isolated are found to be at a higher risk of dementia and other serious medical conditions. Research says that one in four adults over the age of 65 are socially isolated and feel lonely.

Seniors are more likely to face factors such as loss of family or friends, chronic illness and hearing loss. All these things put them at increased risk for loneliness and socialized isolation. It's even been recommended that doctors periodically assess their patients for social isolation and try to connect them to community resources for help.

There are ways to help people avoid being lonely even if they live alone. The first, of course, is to find out what positive activities can help the person fill their time enjoyably. If there is a certain sport or physical activity that you once enjoyed, you can think about picking it up again or even getting a

friend to join you. A morning walk with a friend, either inside or out, can be a good start to the day.

We now know that certain foods can contribute to a feeling of loneliness, including foods high in sugar.

Researchers say that keeping your mind active by doing crossword puzzles or brain games can lessen the sense of loneliness. Another way to manage loneliness is of course by getting a pet. Pets can be very good company and help lift your spirits. Finding ways to get a good night's sleep can also help. Good rest has been found to help combat feelings of loneliness and depression at the same time.

Most communities have ways in which people can connect. That can be through senior centers or church groups and social clubs. Volunteering helps as well.

Finding ways to be around people, whether by taking classes, visiting the senior center or volunteering with a church or community group can make a big difference in someone's life, especially if they live alone.