



# SEPTEMBER & OCTOBER NEWSLETTER



## WHERE YOU CAN FIND US

Mailing and Physical address  
429 E First Street  
Big Piney, WY 83113  
(307) 276-3249  
Fax: (307) 276-3044

## HOURS

8:00 A.M. - 4:00 P.M.  
Monday - Thursday  
8:00 A.M. - 12:00 P.M.  
Friday  
Meals served  
Tuesday, Wednesday, and Thursday doors  
open at 8:00 A.M. And lunch is served at  
11:30 A.M.

## MEAL COST

\$ 6.00 Senior  
\$ 9.00 Senior guest  
\$ 13.00 Community



## CARIE'S COMMENTS

As we move into another season, I want to thank all of our senior citizens, volunteers, and community partners for making our center such a welcoming and active place. Your participation, friendship, and support help create a community where everyone feels valued and connected. We have many exciting activities and events coming up, and we hope you will join us!

Welcome to Our New Board Members!

At this time, we would like to welcome our new board members, Theresa Bermingham and Jim Gray. They will officially take office in October. We are excited to have them join our board and look forward to working with them.

### Transportation Services

Our transportation program has proven to be an essential part of the center and an important service to our community. We have established new rates for rides around town, out of town within a 50-mile radius, and out of town within a 100-mile radius.

All out-of-town rides require ASAP notice whenever possible, or preferably two weeks' advance notice. Drivers are scheduled through the center office, so please contact us to arrange your ride.

### Race to Raise / Foundation23

Looking for a way to support a nonprofit? The Southwest Sublette County Pioneer Senior Center is participating in The Race to Raise/Foundation23 matching funds again this year! Please visit with Carrie about making a donation. I can help you with not only a donation to the Senior Center, but also with donations to any of the participating Sublette County nonprofits of your choice. Every contribution makes a difference! There are always lots of fun activities happening at the Senior Center. Join us, bring a friend, and come share your smile! We look forward to seeing you at the center and making many more wonderful memories together.

## BOARD MEMBERS

Bill Lehr  
Karen Taylor  
Janet Beiermann  
Dianne Davison  
Jean Golden  
Ann Barney  
Betty Simpson

## STAFF

Carie James/ Director  
Heather Griffin/ Bookkeeper  
Darcy Simpson/ Social  
Director  
Ellen Mullikin/ Dishwasher  
Nancy Aceves/ Chef  
Jessie Mitchell/ Chef  
Mary Fugle/ Driver

## VOLUNTEERS

Kay Robertson  
Allison Thrash  
Dianne Davison  
Debbie Despain  
Ray and Gloria Willoughby  
Deanne Bradley

## Loan Closet

We offer a complimentary loan closet at the senior center for individuals in need of mobility aids such as crutches, walkers, bath chairs, wheelchairs, and similar equipment for a limited duration. If you require any of these items, please feel free to check them out.

You are welcome to borrow the equipment and return it once it is no longer needed.

## Need a ride?



We are a WYDOT Seniors/ public demand response transportation service.

Please call for a ride/bus fares and for more information  
48 hour notice is appreciated

WSIL- Transportation call Jessica for an appointment  
(307) 362-4159

Emergency Phone number  
(307) 260-5441

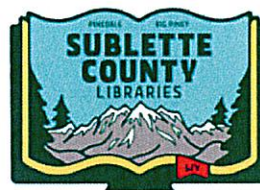
## On Going

Monday morning social 8 A.M.  
Coffee and pastry  
Tuesday - Public health nurse  
Friday - Continental breakfast 8-9 A.M.



**Blood Pressure**  
Third Tuesday  
of every month  
Courtesy of  
public health

**Mobile Library**  
11:00-12:45  
Sept 2<sup>nd</sup>, 23<sup>rd</sup>  
October 14<sup>th</sup>, 28<sup>th</sup>



**Curbside Pick up**  
If you wish to order lunch, please call between 8:00 and 9:30 to ensure that your order is prepared on time.

# SWSCP SENIOR CENTER



## Donations

Calvin Thompson  
Exxon Mobil Retire

## Memorial Donations

Bill & Jan Kenney  
Allan & Crystal Ducey  
Richard Suroney  
Jodee Spencer  
Richard & Rita Reiman  
Ron & Dianne Davison  
Louanne & Tom Heydt  
Jennifer Rees  
Cal Chapman  
Jeff & Roberta Barron  
Justin Lorenzen

## Food Bank

Available to seniors Only

September 9<sup>th</sup>, 10<sup>th</sup>

October 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>

Community Food

Bank

Second Tuesday every month  
5 P.M -6:30 P.M  
111 Rakestraw Marbleton Wy

**Wyoming Senior  
medicare Patrol  
(Smp)**

*Sandy Goodman, SMP*

*Program manager*

*106 West Adams*

*PO Box BD*

*Riverton Wy, 82501*

*(307)856-6880*

## Meetings

9/2, 10/7 senior center Board meeting  
after lunch

Senior Housing board meeting is  
the second Wednesday of each  
month

# September 2026



## PIONEER CAFE Menu

| MON                                                                                 | TUE                                                                                          | WED                                                                                                             | THU                                                                                          | FRI                                       |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------|
| Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                                | <b>1 Chicken Pot Pie Asparagus</b><br><br><b>Ice Cream</b>                                   | <b>2 Steak Bites Mashed Potatoes Parmesan Green Beans Roll Strawberry Short Cake</b>                            | <b>3 Shrimp Alfredo Broccoli Bread Sticks</b><br><br><b>Buttermilk Pie</b>                   | <b>4 Senior Breakfast 8-9</b>             |
| <b>7</b> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                       | <b>8 Chicken Tenders Mac &amp; Cheese Ceasar Salad</b><br><br><b>Ice Cream</b>               | <b>9 Open Faced Swiss and Mushroom Burger Fries Strawberry Prezel Salad</b>                                     | <b>10 Orange Chicken Stir Fry Veggies Fried Rice</b><br><br><b>Fruit Tapioca Pudding</b>     | <b>11 No Breakfast</b>                    |
| <b>14</b> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                      | <b>15 Steak Tacos Pico De Gallo Guacamole Chips &amp; Salsa</b><br><br><b>Chocolate Flan</b> | <b>16 Chicken &amp; Mushroom Sauce Butter Noodles Broccoli</b><br><br><b>Ice Cream</b>                          | <b>17 Crispy Pork Chops Mashed Potatoes Gravy Peas &amp; Carrots Biscuit Cream Puff Cake</b> | <b>18 Senior Breakfast 8-9</b>            |
| <b>21</b> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                      | <b>22 Meatballs &amp; Cheese Ravioli Italian Veggies Breadsticks</b><br><br><b>Ice Cream</b> | <b>23 Pulled Pork Coleslaw Mac &amp; Cheese</b><br><br><b>Cake</b>                                              | <b>24 Loaded Potato Bar Steak Bites</b><br><br><b>Mud Pie</b>                                | <b>25 Senior Breakfast 8-9</b>            |
| <b>28</b> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M<br>Pot luck<br>12:00 | <b>29 Stoganoff Peas Roll</b><br><br><b>Ice Cream</b>                                        | <b>30 Country Fried Steak Mashed Potatoes Gravy Peas Roll</b><br><br><b>Birthday Cake</b><br>BOJH<br>Free Lunch |                                                                                              | Menu is subject to change with out notice |



# October 2026



## PIONEER CAFE Menu

| MON                                                                                     | TUE                                                                                                          | WED                                                                                                                                         | THU                                                                                                             | FRI                                                                |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                                    |                                                                                                              |                                                                                                                                             | <sup>1</sup> <b>Chicken<br/>Cordon Bleu<br/>Casserole<br/>Broccoli</b><br><br><b>Chocolate Chip<br/>Cookies</b> | <sup>2</sup>                                                       |
| <sup>5</sup> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                       | <sup>6</sup> <b>Lasagna<br/>Italian Veggies<br/>Bread<br/>Sticks</b><br><br><b>Ice Cream</b>                 | <sup>7</sup> <b>Fish<br/>&amp;<br/>Chips<br/>Coleslaw</b><br><br><b>Key Lime Pie</b>                                                        | <sup>8</sup> <b>Pork<br/>Tenderloin<br/>Rice<br/>Stir Fry</b><br><br><b>Banana<br/>Pudding</b>                  | <sup>9</sup> Senior Breakfast<br>8-9                               |
| <sup>12</sup><br><b>Closed</b>                                                          | <sup>13</sup> <b>French<br/>Onion<br/>Pot Roast<br/>Mashed<br/>Potatoes<br/>Peas</b><br><br><b>Ice Cream</b> | <sup>14</sup> <b>Oven Roast<br/>Chicken<br/>Roasted<br/>Potatoes<br/>Green Beans<br/>Banana split<br/>Ice Cream</b>                         | <sup>15</sup> <b>Pork Chops<br/>Creamy Rice<br/>Broccoli</b><br><br><b>Bread Pudding</b>                        | <sup>16</sup> Senior Breakfast<br>8-9<br><br>Sourdough<br>Pancakes |
| <sup>19</sup> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M<br>Pot Luck<br>12:00 | <sup>20</sup> <b>French<br/>Onion<br/>Pot Roast<br/>Mashed<br/>Potatoes<br/>Peas</b><br><br><b>Ice Cream</b> | <sup>21</sup> <b>Open<br/>Faced<br/>Turkey<br/>Sandwich<br/>Stuffing<br/>Cranberry Sauce<br/>Cherry<br/>Cobbler</b>                         | <sup>22</sup> <b>Chicken<br/>Teriyaki<br/>Rice &amp;<br/>Stir Fry</b><br><br><b>Lemon Bars</b>                  | <sup>23</sup> Senior Breakfast<br>8-9                              |
| <sup>26</sup> Monday Morning<br>Social<br>Coffee & Pastry<br>8 A.M                      | <sup>27</sup> <b>Meat Loaf<br/>Mashed<br/>Potatoes<br/>Roll</b><br><br><b>Ice Cream</b>                      | <sup>28</sup> <b>Country<br/>Fried<br/>Chicken<br/>Mashed Potatoes<br/>Mixed Veggies<br/>Roll<br/>Birthday Cake<br/>BOJH<br/>Free Lunch</b> | <sup>29</sup> <b>Pizza<br/>Italian Salad<br/>Appetizers</b><br><br><b>Orange Sherbert<br/>Shakes</b>            | <sup>30</sup> Menu is subject<br>to change with<br>out notice      |



# September 2026

## Activities

*Sign up please*



| SUN                                                                            | MON                                                                     | TUE                                                                                                 | WED                                                                                               | THU                                                                   | FRI                                                                        | SAT                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                | Solo Painting<br>In<br>Activities<br>Room On<br>Mondays                 | 1 Exercise<br>10 A.M<br>Cribbage<br>10:30                                                           | 2 Mobile Library<br>11:30<br>Board Meeting<br>12:30<br><br>Bondurant<br>Bouquets<br>Leave @ 4:30  | 3 Emergency<br>Preparedness<br>presentation<br>12:30                  | 4 Senior<br>Breakfast<br>8-9                                               | 5                                                                                                                                                                                                                                                      |
| 6                                                                              | 7 <b>CLOSED</b><br><br>***<br><b>HAPPY<br/>LABOR<br/>DAY</b><br>***     | 8 Exercise<br>10 A.M<br>Cribbage<br>10:30<br>NFL Pick<br>Em's start<br>Come pick up<br>your sheets! | 9 Comedy Lunch<br>Show! Come<br>Watch some<br>Clips of your<br>Favorite Comics<br>and enjoy lunch | 10                                                                    | 11 No<br>Breakfast<br><br>Dueling<br>Pianos<br>Hors<br>D'oeuvres<br>@ 5:30 | 12                                                                                                                                                                                                                                                     |
| 13                                                                             | 14 Coffee &<br>Pastry<br>8 A.M<br><br>PotLuck<br>12:00                  | 15 Exercise<br>10 A.M<br>Cribbage<br>10:30<br>Blood Pressure<br>Clinic<br>Book Club<br>12:30        | 16 Fall Button<br>Tree Craft<br>Craft<br>12:30                                                    | 17 Pool Tournament<br>9 A.M                                           | 18 Senior<br>Breakfast<br>8-9                                              | 19                                                                                                                                                                                                                                                     |
| 20<br>Come enjoy<br>The<br>Last Sundae<br>of<br>summer on<br>The Patio<br>3:00 | 21 Coffee &<br>Pastry<br>8 A.M                                          | 22 Exercise<br>10 A.M<br>Cribbage<br>10:30                                                          | 23 Mobile<br>Library<br>11:30<br><br>Scare Crow<br>Craft<br>12:30                                 | 24 Movie<br>12:30<br><br>PFAC<br>Seriously<br>Impossible<br>Leave @ 4 | 25 Senior<br>Breakfast<br>8-9                                              | 26                                                                                                                                                                                                                                                     |
| 27                                                                             | 28 Coffee &<br>Pastry<br>8 A.M<br>Teton Village<br>Tram<br>Leave @9 A.M | 29 Exercise<br>10 A.M<br>Cribbage<br>10:30<br>Painting W/<br>Debbie<br>12:30                        | 30<br><br>Bingo<br>12:30<br><br>BOJH<br>FREE LUNCH                                                |                                                                       |                                                                            | Activity<br>Requirements:<br>6 participants needed<br>for in-house<br>activities.<br>6 participants<br>required for offsite<br>events; otherwise, the<br>activity will be<br>canceled.<br>Notifications will be<br>provided if events are<br>canceled. |



# October 2026

## Activities

*Sign up please*



| SUN | MON                                                                                                                   | TUE                                                                                          | WED                                                                        | THU                                                                                                                                                 | FRI                                                                        | SAT                                                                                                                                                                                                                                                       |
|-----|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     | Solo Painting<br>In<br>Activities<br>Room On<br>Mondays                                                               |                                                                                              |                                                                            | 1<br><br>Barn Quilt<br>Craft<br>12:30-7:00                                                                                                          | 2 Senior<br>Breakfast<br>8-9<br>Barn Quilt<br>Craft<br>8-12                | 3<br><br>Library<br>Fall Fest                                                                                                                                                                                                                             |
| 4   | 5 Coffee &<br>Pastry<br>8 A.M                                                                                         | 6 Exercise<br>10 A.M<br>Cribbage<br>10:30                                                    | 7 Board Meeting<br>12:30                                                   | 8                                                                                                                                                   | 9 Senior<br>Breakfast<br>8-9<br><br>Quilt and<br>Rock<br>Show<br>7:30-5:00 | 10<br><br>Quilt and<br>Rock<br>Show<br>8:00-2:00                                                                                                                                                                                                          |
| 11  | 12<br><br>CLOSED                                                                                                      | 13 Exercise<br>10 A.M<br>Cribbage<br>10:30<br><br>October Fest<br>Lunch                      | 14 Mobile<br>Library<br>11:30                                              | 15                                                                                                                                                  | 16 Senior<br>Breakfast<br>8-9                                              | 17                                                                                                                                                                                                                                                        |
| 18  | 19 Coffee &<br>Pastry<br>8 A.M<br><br>Breast Cancer<br>Awareness<br>Soup & Salad<br>provided by the<br>Center<br>5:30 | 20 Exercise<br>10 A.M<br>Cribbage<br>10:30<br>Blood Pressure<br>Clinic<br>Book Club<br>12:30 | 21<br>Painting<br>W/Debbie<br>12:30                                        | 22 Pool Tournament<br>9 A.M<br><br>Name that<br>Tv Theme Song<br>lunch<br><br>Pinedale Theatre<br>Company<br>Barefoot in the park<br>Leave time TBD | 23 Senior<br>Breakfast<br>8-9                                              | 24                                                                                                                                                                                                                                                        |
| 25  | 26 Coffee &<br>Pastry<br>8 A.M                                                                                        | 27 Exercise<br>10 A.M<br>Cribbage<br>10:30                                                   | 28 Mobile Library<br>11:30<br><br>Bingo<br>12:30<br><br>BOJH<br>FREE LUNCH | 29 National Cat<br>Day<br><br>Halloween<br>Party<br><br>Movie<br>12:30                                                                              | 30 Senior<br>Breakfast<br>8-9                                              | 31 Activity<br>Requirements:<br>6 participants needed<br>for in-house<br>activities.<br>6 participants<br>required for offsite<br>events; otherwise, the<br>activity will be<br>canceled.<br>Notifications will be<br>provided if events are<br>canceled. |



September

# BIRTHDAYS

## HAPPY BIRTHDAY

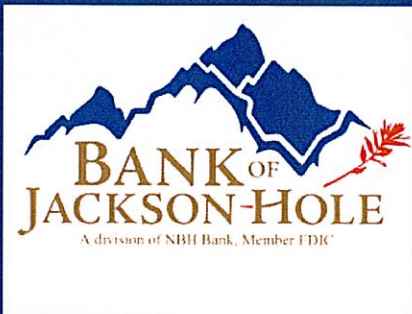
1<sup>ST</sup> WILLIAM LEHR  
1<sup>ST</sup> SUZANNE KINKIN  
2<sup>ND</sup> KAREN WENZ  
5<sup>TH</sup> RALPH ANDERSON  
6<sup>TH</sup> DIANNA MCMANNIS  
6<sup>TH</sup> MAXINE GODDARD  
9<sup>TH</sup> BARBARA HORST  
11<sup>TH</sup> HELENA LINN  
11<sup>TH</sup> JANET BEIERMANN  
11<sup>TH</sup> CLEONE DIXON  
14<sup>TH</sup> WYOMA ROBERTSON  
14<sup>TH</sup> ROBERT HARPER  
15<sup>TH</sup> WILMA KOTHE  
15<sup>TH</sup> RICHARD WENZ  
16<sup>TH</sup> CLAUDE ARTHUR  
17<sup>TH</sup> LARRY HUST  
17<sup>TH</sup> ROBERT HANSON  
18<sup>TH</sup> KATHLEEN BUTLER  
20<sup>TH</sup> MALCOLM MORELLI  
20<sup>TH</sup> JUDY TATE  
21<sup>ST</sup> JAMES ARNOLD  
22<sup>ND</sup> FRANK MORRISON  
23<sup>RD</sup> LINDA LEONARD  
27<sup>TH</sup> CHARLES REEVES  
27<sup>TH</sup> CATHERINE ARNOLD  
28<sup>TH</sup> TONI HALE

## COMPLIMENTS OF SWSC PIONEERS

IF YOUR BIRTHDAY FALLS IN THE  
CURRENT MONTH  
FILL OUT YOUR NAME AND GIVE TO  
FRONT DESK ATTENDENT.

NAME: \_\_\_\_\_

Free Lunch Day  
September 30th



## Website

VIEW THE NEWSLETTER IN COLOR ONLINE OR PAY FOR LUNCH  
TICKETS @  
[WWW.PIONEERSENIORCENTER.COM](http://WWW.PIONEERSENIORCENTER.COM)  
TO SIGN UP FOR ACTIVITIES ONLINE GO TO  
[MYACTIVECENTER.COM](http://MYACTIVECENTER.COM)



October

# BIRTHDAYS

## HAPPY BIRTHDAY

2<sup>ND</sup> MARIA NEMELKA  
2<sup>ND</sup> MARIKA THAYER  
4<sup>TH</sup> FAYE COPELAND  
5<sup>TH</sup> MELVIN THOMAS  
6<sup>TH</sup> JAMES GRAY  
6<sup>TH</sup> BARBARA WELLS  
7<sup>TH</sup> MARCELLA THOMPSON  
7<sup>TH</sup> MARGARET HAWLEY  
7<sup>TH</sup> JALANE WILSON  
8<sup>TH</sup> JEANNIE LOCKWOOD  
10<sup>TH</sup> CARA OLSON  
11<sup>TH</sup> GORDON WILLIAMS  
11<sup>TH</sup> WILMA SOLOMON  
13<sup>TH</sup> GLENNA JOHNSON  
15<sup>TH</sup> BARBARA PFAFF  
15<sup>TH</sup> MACK RAWHOUSER  
16<sup>TH</sup> DAVID KIRKPATRICK  
17<sup>TH</sup> JEFFREY BARRON  
20<sup>TH</sup> THOMAS ENGERBERG  
21<sup>ST</sup> MIRIAM CARLSON  
21<sup>ST</sup> JACKIE ARTHUR  
22<sup>ND</sup> MARY JANE REBSOM  
23<sup>RD</sup> KENNETH FEAR  
24<sup>TH</sup> THOMAS BUDD  
26<sup>TH</sup> EUGENE HORST  
27<sup>TH</sup> JOHN COPELAND  
27<sup>TH</sup> ZENDA THOMAS

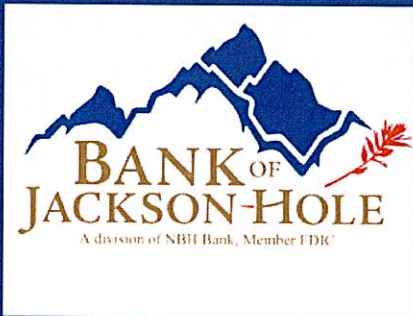
### COMPLIMENTS OF SWSC PIONEERS

IF YOUR BIRTHDAY FALLS IN THE  
CURRENT MONTH  
FILL OUT YOUR NAME AND GIVE TO  
FRONT DESK ATTENDENT.

NAME: \_\_\_\_\_

### Free Lunch Day

October 28th



### Website

VIEW THE NEWSLETTER IN COLOR ONLINE OR PAY FOR LUNCH

TICKETS @  
[WWW.PIONEERSENIORCENTER.COM](http://WWW.PIONEERSENIORCENTER.COM)

TO SIGN UP FOR ACTIVITIES ONLINE GO TO  
[MYACTIVECENTER.COM](http://MYACTIVECENTER.COM)

# Meal Reservation Calendar

## Curbside & Delivery

### September & October

Fill in the number of meals needed and return to us ASAP. Please call by 10:00 a.m. to reserve a meal or make changes.  
Curbside starts at 11:00 a.m. (307-276-3249)

Name: \_\_\_\_\_

#### September

| Sunday | Monday      | Tuesday                           | Wednesday                         | Thursday                          | Friday | Saturday |
|--------|-------------|-----------------------------------|-----------------------------------|-----------------------------------|--------|----------|
|        |             | 1<br>Deliver-#____<br>Curb-#____  | 2<br>Deliver-#____<br>Curb-#____  | 3<br>Deliver-#____<br>Curb-#____  | 4      | 5        |
| 6      | 7<br>CLOSED | 8<br>Deliver-#____<br>Curb-#____  | 9<br>Deliver-#____<br>Curb-#____  | 10<br>Deliver-#____<br>Curb-#____ | 11     | 12       |
| 13     | 14          | 15<br>Deliver-#____<br>Curb-#____ | 16<br>Deliver-#____<br>Curb-#____ | 17<br>Deliver-#____<br>Curb-#____ | 18     | 19       |
| 20     | 21          | 22<br>Deliver-#____<br>Curb-#____ | 23<br>Deliver-#____<br>Curb-#____ | 24<br>Deliver-#____<br>Curb-#____ | 25     | 26       |
| 27     | 28          | 29<br>Deliver-#____<br>Curb-#____ | 30<br>Deliver-#____<br>Curb-#____ |                                   |        |          |

#### October

| Sunday | Monday       | Tuesday                           | Wednesday                         | Thursday                          | Friday | Saturday |
|--------|--------------|-----------------------------------|-----------------------------------|-----------------------------------|--------|----------|
|        |              |                                   |                                   | 1<br>Deliver-#____<br>Curb-#____  | 2      | 3        |
| 4      | 5            | 6<br>Deliver-#____<br>Curb-#____  | 7<br>Deliver-#____<br>Curb-#____  | 8<br>Deliver-#____<br>Curb-#____  | 9      | 10       |
| 11     | 12<br>CLOSED | 13<br>Deliver-#____<br>Curb-#____ | 14<br>Deliver-#____<br>Curb-#____ | 15<br>Deliver-#____<br>Curb-#____ | 16     | 17       |
| 18     | 19           | 20<br>Deliver-#____<br>Curb-#____ | 21<br>Deliver-#____<br>Curb-#____ | 22<br>Deliver-#____<br>Curb-#____ | 23     | 24       |
| 25     | 26           | 27<br>Deliver-#____<br>Curb-#____ | 28<br>Deliver-#____<br>Curb-#____ | 29<br>Deliver-#____<br>Curb-#____ | 30     | 31       |



Wyoming Center  
on Aging

# Healthy Aging and Technology Education for Older Adults

## Using Technology to Support What Matters

### Free, Online, and Built for You



The Wyoming Center on Aging has partnered with GetSetUp to provide older adults with access to more than 100 FREE online classes. Learn how to stay connected, manage your health, keep your mind active, improve balance and safety, and explore many other topics that support healthy aging. Family caregivers and healthcare professionals can also access valuable resources to help support older adults in their care.

**GetSetUp**

**These classes aren't just about using technology;  
they're about what technology makes possible!  
All you need is a computer or smart device.**



HealthyAgingTech

**Visit the Healthy Aging and Technology Education  
for Older Adults website to learn more!**

Scan the QR code, [click this link](#) or email [wycOA@uwyo.edu](mailto:wycOA@uwyo.edu) for access.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$5,000,000 with 0% financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

## EMERGENCY PREPAREDNESS & ASSISTANCE REGISTRY

### Register for Assistance Before the Next Emergency

**Mobility Assistance:**

Wheelchairs, walkers, canes, or general mobility needs.

**Medical Equipment:**

Use devices requiring reliable power (e.g., CPAP, oxygen).

**Cognitive or Developmental Needs:**

Assistance for cognitive, developmental, or similar conditions.

**And Other Special Needs:**

If you have unique requirements not listed, please reach out.



**Contact**  
307-367-2157

Contact Sublette County Public Health to register at **307-367-2157**, or scan the QR code to fill out the form virtually:



*If we know your needs ahead of time,  
First Responders can be better prepared to  
assist you during an emergency.*



# Barn Quilt KITS

PRE-ORDER ONLY!

Come to the  
**PIONEER  
SENIOR CENTER**

Check out our  
**BARN QUILT BOOK**,  
choose your favorite  
design, and  
*get signed up!* ♥

**PAYMENT DUE**

• *at sign-up* •

SENIORS:

**\$25**

NON-SENIORS:

**\$75**



**SIGN-UP DEADLINE:**

♥  
**SEPTEMBER 2<sup>ND</sup>**

PAINT YOUR PRE-ORDERED KIT



**OCTOBER 1<sup>ST</sup>**

12:30 – 7:00 PM



**OCTOBER 2<sup>ND</sup>**

8:00 AM – NOON



*Come as you please!*



You do not have to be here the whole time.  
Stop in and work on your barn quilt whenever it fits your schedule!

**WE CAN'T WAIT TO SEE YOUR MASTERPIECE!** ♥

# September at the Pioneer

Mark Your  
**CALENDAR!**

**MONDAY, SEPTEMBER 7**

★ **HAPPY** ★  
**LABOR DAY!**

**WE WILL BE CLOSED**

Have a safe and  
*happy holiday!*

**FRIDAY, SEPTEMBER 11**

*Dueling*  
**PIANOS!**

*An Evening You Won't Forget!*



HORS D'OEUVRES  
& CASH BAR  
**5:30 PM**



PRIME RIB  
DINNER  
**6:00 PM**



DENVER  
PIANO SHOWS  
**7:00 PM**



**TICKETS: \$15 SENIORS | \$35 NON-SENIORS**

*Come in to RSVP or call 307-276-3249*

**RSVP BY  
SEPT. 3!**

**WEDNESDAY,  
SEPTEMBER 9**

**COMEDY  
LUNCH SHOW!**



Come watch some clips  
of your favorite comics  
and enjoy lunch!  
Don't miss the laughs!

**12:30 PM**

**WEDNESDAY,  
SEPTEMBER 23**

**SCARECROW  
CRAFT!**



Get creative and  
make a fun  
fall decoration!

**12:30 PM**

**THURSDAY,  
SEPTEMBER 24**

**MOVIE DAY!**



Grab a snack and  
enjoy a feature!

**12:30 PM**

**SUNDAY,  
SEPTEMBER 20**  
**LAST SUNDAE  
OF SUMMER  
ON THE PATIO**



**3:00 PM**

**WEDNESDAY,  
SEPTEMBER 30**

**BINGO!**



Join us for an afternoon  
of fun, prizes and  
good company!

**BOJH FREE LUNCH  
12:30 PM**

**MONDAY,  
SEPTEMBER 28**



**TETON VILLAGE**  
*Tram*  
**LEAVE @ 9:00 AM**



**ALSO THIS MONTH:**

- Mobile Library 9/2 & 9/23 at 11:30
- Board Meeting 9/2 at 12:30
- Bondurant Bouquets Leave 9/2 at 4:30
- Emergency Preparedness Presentation 9/3 at 12:30
- Exercise 10 AM - 9/1, 8, 15, 22, 29
- Cribbage 10:30 - 9/1, 8, 15, 22, 29
- Blood Pressure Clinic and Book Club - 9/15 at 12:30
- Coffee & Pastry 9/14 & 9/21 at 8 AM
- Senior Breakfast 8-9 AM - 9/4, 18, 25
- Pool Tournament 9/17 at 9 AM



**EVERY WEEK:**

Solo Painting in Activities Room  
on Mondays (mornings)

*All activities & times are subject to change.  
Please watch the calendar for updates!*



*We're so glad you're here!*



# October

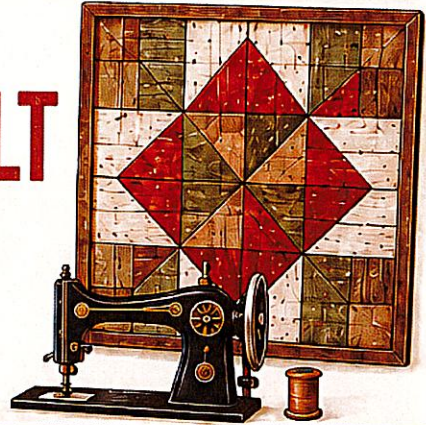
at the Pioneer

Mark Your  
**CALENDAR!**

OCT. 1-2

**BARN QUILT**  
Craft

THURSDAY 12:30-7:00  
FRIDAY 8-12



OCT. 9-10

**QUILT &  
ROCK SHOW!**

FRIDAY  
7:30-5:00

SATURDAY  
8:00-2:00



OCTOBER 13

**Oktoberfest**  
LUNCH



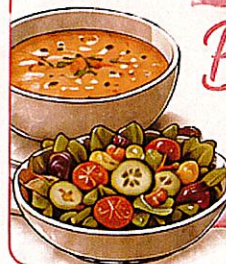
OCTOBER 19

*Breast Cancer*  
**AWARENESS**



*Soup & Salad*

PROVIDED BY THE CENTER



OCTOBER 22

*Name that*  
**TV THEME SONG**  
LUNCH



OCTOBER 28

**BINGO**

≈ 12:30 ≈

BOJH

FREE LUNCH



OCTOBER 29

**NATIONAL  
CAT DAY**

*Halloween*  
**PARTY**

**MOVIE**  
12:30



All activities & times are subject to change.  
Please watch the calendar for updates!

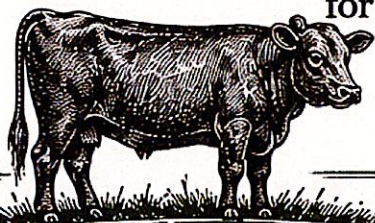


# A Heartfelt Thank You!

TO OUR COMMUNITY!

We are incredibly grateful to the generous local businesses and ranches who purchased animals at the 4-H Livestock Sale and donated the meat to the Pioneer Senior Center.

Their generosity does double duty—supporting our local 4-H youth and their livestock projects while also helping provide quality meat for meals served to our seniors.



## MARKET BEEF DONORS

- ★ John C. Budd Ranches
- ★ PureWest Resources Inc.
- ★ Jonah Energy
- ★ Sommers Ranch
- ★ Sommers Herefords
- ★ Western WY Aviation



## MARKET SWINE DONORS

- ★ SOS Well Service, LLC
- ★ Town of Marbleton
- ★ Blue Spruce Operating
- ★ John C. Budd Ranches

# THANK YOU!

TO OUR LIVESTOCK PURCHASERS

Your generosity and commitment to our community make a meaningful difference for both our youth and our seniors.

From all of us at the  
*Pioneer Senior Center*

★ THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR COMMUNITY! ★