

The Kemmerer Senior Center

NEWSLETTER - *KMERSC.COM*



Phone 307-877-3806

Kemmerer, WY 83101

105 JC Penney Dr

The Kemmerer Senior Center

LUNCH BREAK

LUNCH

307-877-3806

Monday—Friday

Noon to 12:30 p.m.

60+ Suggested Donation \$5

Under 60 \$9

Pickup for Carryout @ 11:30

Home Delivery for Qualifying

Individuals starts at 10:30

60 and over

call between 8:00 & 9:30

for Pickup or Carryout orders

or to make changes to your

delivery schedule.

Under 60

call between 9:30 & 10:00

for carryout.

**If you miss the 9:30/10:00 deadline you are welcome to stop by the center @ 12:15 following the daily in-house serving.*

Welcome

The Kemmerer Senior Center

Welcomes the Community

Monday—Friday

9:00 a.m.—3:00 p.m.

BOARD OF DIRECTORS

Michelle Muir, President

Irva Johnson, Vice President

Celeste Mori, Secretary

Greg Gray, Member

Dorothy Murdock, Member

Christy Killian, Director

The next board meeting
will be on Tuesday,
February 17th at 3:00

Thank You

Brenda & Tom St. Martin

Bobby & Nancy Combs

Tynsky Family

Dave & Nancy Orgill

Nancy Black

Sandy Rector

Terrell Johnson

Tammie & Dave King

Barb and Dave Harwood

RMP-Naughton Plant

Lincoln County Detention Center

Dean Symons

The Kemmerer Senior Center would like
to thank you for your generosity.



OF THE MONTH CLUB \$\$

DOLLAR OF THE MONTH CLUB

Donations acquired annually help with providing activities, special events, & postage.

If we have forgotten to acknowledge your generosity please reach out.

If your name was on the list and no longer appears your annual donation has expired. Please reach out if you would like to continue to participate in the Dollar of the Month club.

Jerome & Thorma Barette

Marlin & Stacy Batista

Nancy Black

Rose Capellen

Alec & Barbara Carlisle

Brian & Patti Challinor

Mary Lynn Corbet

Judy Crank

May Dover

Don & Kathy Failoni

Larry & Connie Gunter

Roger Gunter

Tonya & Greg Harwood

Duane Hawes

Gary & DeeDee Hunzie

Mary Frances Hunzie

Irva Johnson

Marie Julian

Lillian Juvan

June Morris

Mike & Vickie Nelson

Yetive Perry

Majil Peart

Lori & Murph Roberts

Barbara Ropelato

Wade & Roxanne Rudy

Larry & Vernona Shoemaker

Deb Stefonick

MaryAnn Stoddard

Tom & Cheryl Tennyson

George & Linda Williamson

Bob & Dorothy Wright

Gerry Wright

Important Reminder

Although we appreciate you thinking of us if the senior center is unable to utilize items that you drop off it becomes an expense to the center to dispose of. Please keep this in mind and ***please ask before leaving items at our doors.*** Thank you for your consideration.





thank you



Special thanks to St. Patrick's Catholic Church, the American Legion Post 55, and First Bank. Your generosity and passion for the Kemmerer Senior Center is very much appreciated and we are so grateful for your continued support.

SQUARES

Join in the fun of the football pool. Stop by the center to purchase your football square for the Super Bowl Game. Cost is \$1.00 per square. Winner for each period. Good luck to all who participate!



Big Helps, Little Helps

Items Available

Senior Patron is getting rid of 2 leather recliners that are in good shape. Reach out to the KSC if you are interested.

Go to www.kmersc.com

Click on More & Volunteer Opportunities — Send us an email from the page if you are able to help out.

Open Date

Light Housekeeping \$\$

Open - Time

Monthly vacuuming and dusting for a senior community member.

Kemmerer Resident

Open Date

Senior Patron - Living Assistance \$\$

Open - Time

Opal Resident

Senior patron is looking for someone to assist with daily living needs. Looking for someone who is able to assist each day with daily needs, is kind and compassionate, and is possibly able to live in their home for some time. Please reach out to the KSC either by phone or fill out the form below if you believe that you would be able to assist.

– Event Details



To all our many volunteers we thank you! You are the heart of this organization. If we have missed mentioning you please let us know. The way you made us feel, on the day you did what you did, will never be forgotten but sometimes making a list of all of those who have been so generous with their time is tricky.

“Volunteers don’t just do the work, they make it work.” - Unknown

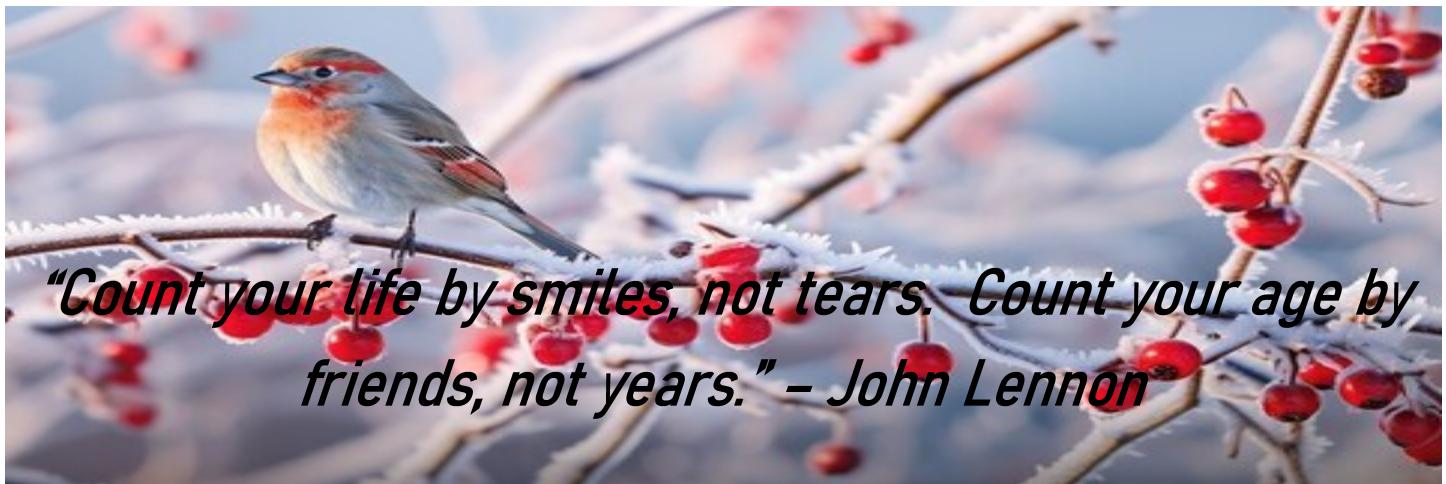
| | |
|----------|-------------|
| Deb | Archibald |
| Brittany | Backman |
| Susan | Bright |
| Tracy | Carotta |
| Terri | Cartwright |
| Barb | Christensen |
| Ashlynn | Condos |
| Sharon | Connelly |
| April | Corwin |
| Anna | Chytka |
| Dorian | Dietrich |
| Connie | Dummer |
| Veronica | Endecott |
| Roger | Gunter |
| Deb | Harker |
| Barb | Harwood |
| Dave | Harwood |
| Duane | Hawes |
| Michelle | Hoopes |
| Ken | Hysell |

| | |
|----------|-----------|
| Angie | Jackson |
| Eileen | Jackson |
| Irva | Johnson |
| Lori | Kalan |
| Rosa | Kemp |
| Camden | Killian |
| Grady | Killian |
| Kerry | Killian |
| Shirley | Kindschuh |
| Mike | Kohout |
| John | King |
| Tammie | King |
| Kathleen | LaCombe |
| Bob | Lake |
| Bob | Mathews |
| Connie | McMillan |
| Cindy | Miller |
| Scott | Miller |
| Celeste | Mori |
| Michelle | Muir |

| | |
|---------|------------|
| Dorothy | Murdock |
| Deb | Nash |
| Nancy | Orgill |
| Ralph | Rasmussen |
| Rick | Rogers |
| Ruben | Rosas |
| Roxanne | Rudy |
| Dee | Sargent |
| Denise | Sargent |
| Janelle | Sawaya |
| Darlene | Schulthess |
| Brock | Stanely |
| Penny | Stapel |
| Dalton | Stoddard |
| Jamie | Thornock |
| Karen | Wallentine |

Wall of Wisdom

“Too many storms have been survived to be bothered by raindrops.” - Unknown



| | | | | | |
|--------|-----------|------------|--------|-----------|------------|
| Feb 01 | Ignacia | Wasilevich | Feb 15 | Leonel | Alarcon |
| Feb 01 | Darin | Green | Feb 16 | Patricia | Brown |
| Feb 04 | Shelley | Sandall | Feb 16 | Marie | Julian |
| Feb 05 | Jorge | Wasilevich | Feb 17 | Bito | Cantu |
| Feb 05 | Shelia | Rogers | Feb 18 | Michael | Nelson |
| Feb 05 | Shelley | Piiparinen | Feb 18 | Alec | Carlisle |
| Feb 06 | Roger | Gunter | Feb 18 | Pam | Lindsley |
| Feb 07 | Julie | Robinson | Feb 19 | Georgetta | Pollard |
| Feb 07 | Regina | Clark | Feb 19 | Debra | Nash |
| Feb 08 | Elizabeth | Black | Feb 21 | Nancy | Breese |
| Feb 09 | Harvey | Nishi | Feb 22 | Scott | Miller |
| Feb 09 | Joan | Burnett | Feb 22 | Boyd | Wallentine |
| Feb 09 | Lanny | Bettine | Feb 24 | Roxanne | Rudy |
| Feb 12 | Dorothy | Murdock | Feb 25 | Robert | Lake |
| Feb 14 | Sandra | Rector | Feb 28 | Ellen | Nishi |

**Please join us for the February Birthday Celebration
Wednesday, February 11th @ 12:00
You and a guest are invited for a free birthday meal.**

If you are not included on the birthday list, your AGNES has expired. Please reach out to the center to complete an updated AGNES.



dates to remember

Qigong, pronounced "chi gong," was introduced in January and was not a big hit with the patrons. Therefore, it will not return.

- **LINE DANCING**

Line Dancing Via Zoom has been transformed some. Come and join us in March. We move slowly through the process and people are having fun.

- **Drumstick Fitness**

Join us Feb. 25th and give drumstick fitness a try. Drumsticks provide a fun, rhythmic, full-body workout that combines cardio, strength training, and dance by drumming on exercise balls, buckets, or the floor to music, offering a calorie-burning, low-impact exercise suitable for many fitness levels.

- **Snowman Craft**

Crafting will commence at 1:00 on Feb. 17. Sign-up for this activity at the KSC prior to that date. There are 10 slots available and once they are gone the activity is closed. This is because supplies are donated or purchased in advance and are limited.

- **Water Fitness at the Pool**

We are pleased to say that Water Fitness was a hit. Join Dee for Water Fitness February 13th and/or the 27th at 10:00 at the KJSHS Swimming Pool. We even had a diver!

- **NEW FRONTIER HIGH SCHOOL-GAMES**

New Frontier High School joined us in January to play card games and give our cornhole players some competition. It was a lot of fun! We are excited that they would like to return and will join us Feb. 4th and 25th at 11:00 as well as Feb. 19th at 2:15. They like to play card games, challenge people to games of pool or cornhole, and dance.

- **Friday Game Day — Linger Longer**

The seniors have created a group of game players that meets on Friday's after lunch to play all sorts of games and to eat popcorn and visit. We had 12 participants at their first Friday Game Day and we look forward to seeing the group grow.

- **WYOMING SERVICES FOR INDEPENDENT LIVING-WSIL**

WSIL works with people of all ages, with any type of disability. They will be at the Kemmerer Senior Center Feb. 4th to talk about what they offer.

WSIL has many different programs to help those individuals overcome challenges caused by disabilities.

KEMMERER SENIOR CENTER Event Calendar

| February 2026 | | | | | | |
|---------------|---|--|---|---|--|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 10:00 Movement 1:00 Shopping | 3 10:00 Walking Club-Rec 11:00 Healthy Heart w Anna | 4 10:45 Line Dancing 11:00 Cornhole 11:00 New Frontier HS Games 11:30 WSIL Presentation | 5 10:00 Sit-Stretch 1:00 Sewing Block 2 | 6 1:00 Shopping 1:00 Board Games | 7 |
| 8 | 9 10:00 Movement 11:00 History of St. Valentine's Massacre 1:00 Shopping | 10 10:00 Walking Club- Rec 12:30 Nails w Angie 1:00 Food Bank 1:00 Craft | 11 Birthday Lunch No Takeout 11:00 Blood Pressure 1:00 Shopping | 12 10:00 Sit-Stretch 11:30 Trivia 1:00 Sewing | 13 Happy Valentines Day 9:00 Coffee & Computers 10:00 Water Fitness 1:00 Board Games | 14 |
| 15 | 16 CLOSED Presidents' Day | 17 10:00 Walking Club-Rec 1:00 Shopping 3:00 Board Meeting | 18 10:00 Cornhole 10:45 Line Dancing 1:00 OATS Password Protection | 19 Tri City Pool EV 10:00 Sit-Stretch 12:00 Anna Heart Health 1:00 Sewing 1:00 Diabetic Foot Care 2:15 New Frontier Games | 20 1:00 Shopping 1:00 Board Games | 21 Hamsfork Museum Quilt Show Feb. 20, 3 to 7, Feb. 21, 10 to 3 |
| 22 | 23 10:00 Movement 11:00 SLMC Therapy 1:00 Shopping | 24 10:00 Walking Club-Rec 11:30 Book Talk- "A Constant Love" 1:00 Food Bank | 25 11:00 Cornhole 11:00 Drumstick Fitness 11:00 New Frontier HS Games 1:00 Shopping 1:00 Foot Zoning w Jamie | 26 10:00 Sit-Stretch 1:00 Sewing | 27 9:00 Coffee & Computers 10:00 Water Fitness 1:00 Board Games | 28 |

If you have a skill that you would like to share with others or something that you are interested in learning, please reach out to us. Reminder - If you host a craft we can order supplies for it in advance.

FEBRUARY 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | | | | |
| 2 Patty Melt Tator Tots Salad Bar Cookie | 3 Beef Noodle Soup Salad Bar Roll Dessert | 4 Orange Chicken Fried Rice Stir Fry Veggies Dessert | 5 Pork Green Chili Stew Corn Bread Salad Bar Dessert | 6 Turkey & Swiss Hoagie Chips Veggie w Dip Dessert |
| 9 Ham & Bean Soup Corn Bread Salad Bar Dessert | 10 Smothered Burrito in Green Sauce Rice & Corn Salad Bar Dessert | 11 Happy Birthday NO TAKEOUTS Fried Chicken Funeral Potatoes Peas & Carrots Cake | 12 Chicken & Noodle Casserole Mixed Vegetables Salad Bar Wheat ROLL | 13 Beef Tip with Mushrooms & Onions Rice Broccoli & Cauliflower Salad Bar Dessert |
| 16 CLOSED | 17 Beef Fajitas Rice Salad Bar Dessert | 18 Pork Roast Mashed Potato & Gravy Green Beans Salad Bar Dessert | 19 Sloppy Joe Chips Baked Beans Coleslaw Dessert | 20 Salmon Baked Potato Salad Bar-Veggies Wheat ROLL Dessert |
| 23 Ruben Sandwich Chips Cottage Cheese Fruit Cookie | 24 Tortellini Beef Soup Roll Salad Bar Dessert | 25 Spaghetti w Meat Sauce Corn Garlic Bread Salad Bar Dessert | 26 Roast Chicken Scalloped Potatoes Peas & Carrots Salad Bar Dessert | 27 Fish & Chips Coleslaw Corn on the Cob Roll Dessert |

OATS/Senior Planet



As many of you know the KSC has become a partner site for the Older Adults Technology Services and Senior Planet programs in partnership with AARP. We hosted our first training on January 19th. The topic was Google Maps where we shared information on how to use Google Maps for directions as well as for retrieving data about specific routes and landmarks.

Although it was a small group we were excited to get started and look forward to our February lecture on Passwords.

We are also excited to have several more community members taking the OATS Train the Trainer course. The KSC would like to welcome Barb and Dave Harwood, Cindy Miller, and Dee Sargent. They should all be ready to instruct by March 1st providing even more opportunity for learning about and gaining confidence in the use of technology.

Coffee & Computers



THE KEMMERER SENIOR CENTER IS EXCITED TO START **COFFEE AND COMPUTERS** THIS MONTH. THIS IS AN EXTENDED EFFORT TO HELP PEOPLE WITH TECHNOLOGY. YOU CAN JOIN US ON FRIDAY, FEBRUARY 13TH AND/OR FRIDAY, FEBRUARY 27 BETWEEN 9 AND 10. YOU ARE WELCOME TO REVIEW TECHNOLOGY THAT YOU HAVE PREVIOUSLY BEEN EXPOSED TO IN OATS TRAINING OR BRING NEW QUESTIONS TO US. THIS IS INTENDED TO BE A MORE PERSONAL APPROACH OFFERING ONE ON ONE TIME WITH A TRAINER. BRING YOUR QUESTIONS TO US!



We would like to thank Jamie Thornock for joining the KSC this month to offer Foot Zoning to seniors.

Foot zoning is a holistic alternative therapy that uses precise pressure and manipulation on specific points and areas of the feet and ankles, following a detailed map, to stimulate corresponding organs and systems in the body, aiming to clear energy blockages and promote balance, detoxification, and overall well-being. If you are interested in experiencing foot zoning please sign up at the center.

SMP IMPOSTER SCAM WARNING!

SMPs will never offer free equipment or ask for payment. Be on the lookout for scammers claiming to be from the SMP. Call your state SMP to confirm any communication, especially if you get a call you weren't expecting.

SMP Preventing Medicare Fraud

Find your SMP! 877.808.2468

Attention: There are reports of SMPs calling Medicare beneficiaries, offering free equipment or asking for financial information. This is not the SMP. SMPs will never offer products or ask for money. If you get a call like this, report it to the Wyoming SMP at 1-800-856-4398.





For events that have limited slots available such as Nails with Angie, Crafts, and Foot Zoning please remember that you will need to sign up in advance of the scheduled date while you are visiting the center. If you don't often get the chance to join us at the center you might make a special trip at the beginning of the month to sign up for the events that you are interested in. Sign up sheets are posted on the bulletin board near the conference room on the first business day of each month. Our sincere hope is that everyone gets an opportunity to experience and participate in the events that our wonderful volunteers are offering.

SENIOR CENTER TRANSPORTATION

Please Call us at 307-877-3806

Suggested Donation Non-Senior \$2 One Way

Suggested Donation Senior \$1 One Way

We provide **curb to curb** around the town transportation daily Monday through Friday between **9:00 a.m. and 2:00 p.m.** We will do our best to accommodate transportation needs outside of the specified hours with advance notice. If you depend on the senior bus for transportation, please keep this in mind when scheduling appointments. ***We do not offer out of town transportation.***

*****Kemmerer Senior Center transportation participants must be able to navigate from their wheelchair into the van with minimal assistance if they choose not to ride the wheelchair lift. Our staff is trained for public transport and the driver is unable to assist with mobility impairments during transfers. Participants are encouraged to travel with a personal assistant who is capable of assisting transfers if assistance is needed. The personal assistant will not be charged a transportation fee as per WYDOT.*****

AGNES Aging Needs Evaluation Summary



In short, AGNES is the primary intake and ongoing assessment form for the Wyoming Department of Health's services for seniors, ensuring appropriate services are provided in your community. It is required by the Wyoming Department of Health that this intake form is filled out annually. Without the form the KSC is unable to report you as a participant. Not showing you as a participant lowers our reported participation number to the Department of Health and directly impacts future grant funding.

We appreciate you cooperating with the completion of the form annually. The KSC has many AGNES forms that expire in the months ahead and we will be reaching out to you. Thank you for your continued support.



Looking Forward to March

- Tai Chi for Beginners
- KSC Auction



307-877-6940

Your First Stop

Thank you to our local Maverik for
donating delivery sacks.

GUNTERS TIRE & LUBE SHOP

77 US HIGHWAY 30

DIAMONDVILLE, WYOMING

1-307-800-8174

8 AM - 6 PM MONDAY-FRIDAY

For Emergency Call 1-307-677-0027

Help support local

community businesses

who support the

Kemmerer Senior Center!

PERSPICACITY'S WHIM'S LLC

706 PINE AVE.

KEMMERER, WY 83101

**ANTIQUE'S ~ COLLECTIBLE'S ~ GIFTS
CARDS ~ WRAPPING PAPER**



Wade Hirschi, CPA, PC

Wade will be at the Kemmerer Senior Center in March. Space will be limited and exact dates are not yet available. We will start taking appointments February 23rd. Call 307-877-3806.

HTA Request to Donate!

Mail to: **Ridley's Family Markets**
Attn: Cherie
621 Washington St S
Twin Falls, ID 83301


208-324-4633
x10118

Senior Citizens Association of
Kemmerer, WY
105 JC Penny Drive
Kemmerer, WY 83101

Please process a new donation as marked below:

Please donate all of the points in my acct
(1 x upon receipt)

Name: _____

Please donate _____ points
(1x upon receipt)

Address: _____

Please donate all of the points in my acct
(now and at the end of each quarter
through the end of the year)

Phone #: _____

Advantage Card #: _____

Signature: _____

Date: _____