

The Kemmerer Senior Center

NEWSLETTER - *KMERSC.COM*



Phone 307-877-3806

Kemmerer, WY 83101

105 JC Penney Dr

The Kemmerer Senior Center

HAPPY NEW YEAR!

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 Monday,
January 19th at 3:00

Thank You

Ruben Rosas

Jim Edinger

Eddie & Marie Ourada

Canasta Ladies

Kim Somers

Lee Challinor

Roger & Pam

Louise & Tom Woolsey

City of Kemmerer

The Kemmerer Senior Center would like
to thank you for your generosity.
Thank you for thinking of us!



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.

Leo & Tena Alarcon
Jerome & Thorma Barette
Marlin & Stacy Batista
Nancy Black
Rose Capellen
Alec & Barbara Carlisle
Patti Challinor
Robert & Nancy Combs
Mary Lynn Corbet
Judy Crank
May Dover
Don & Kathy Failoni
Violet Goodwine
Larry & Connie Gunter
Roger Gunter
Kathy Hankin
Brian Harris
Duane Hawes
Diane Housley
Tonya & Greg Harwood
Gary & DeeDee Hunzie
Mary Frances Hunzie
Diane Hysell

Eileen Jackson
Irva Johnson
Marie Julian
Lillian Juvan
Joe & Lori Kalan
Terri Lorenzi
June Morris
Mike & Vickie Nelson
Serena Nielson
Judy Ourada
Yetive Perry
Majil Peart
Lori & Murph Roberts
Barbara Ropelato
Wade & Roxanne Rudy
Lora Sanchez
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.





Tis the Season for Illness

It is a goal of the Kemmerer Senior Center to provide a welcoming, safe, and healthy environment for patrons and staff. While we cannot completely protect ourselves from illnesses that arise in our community, the KSC will make a reasonable effort to do so.

In November the Kemmerer Senior Center Board of Directors adopted guidance regarding illness for both staff and patrons. Below are the most significant statements within the guidance. The guidance in its entirety can be read at kmersc.com, under MORE and ABOUT US.

- Employees/Patrons should stay home if they have a fever over 100 degrees.
- Employees who have a fever for more than 48 hours should seek medical attention and provide a doctor's note upon return.
- Mild coughing frequently occurs due to a cold or allergies. You may also have a stuffy, drippy nose and sneezing. If you feel up to it and no other symptoms are present, you can still go about your daily routine per the Centers for Disease Control and Prevention.
- An employee whose cough remains severe disturbing their ability to perform daily tasks should seek medical attention and provide a doctor's note upon return.
- It is protocol for custodial staff at KSC to follow weekly cleaning guidance. There is always hand sanitizer available at the front door, and we encourage everyone, whether staff or patron, to wash and sanitize hands frequently.
- Under some circumstances masks may be encouraged.

It is important to remember that the CDC recognizes that prolonged isolation can reduce immune system exposure, potentially making individuals more vulnerable to future infections. Caution in vulnerable populations is necessary but don't forget that socialization is an important part of your health as well.

Wishing everyone well throughout the winter months.

*thank
you*

The Kemmerer Senior Center would like to thank our Lincoln County Assessor, Debbie Larson, and our Lincoln County Treasurer, Jerry Greenfield, for providing both the Kemmerer Senior Center Board of Directors and the Kemmerer Senior Citizen Service District Board with information regarding the process of assessing property values and the process of distributing taxes to special districts. We very much appreciated them taking the time to explain the details of the processes that their entities are tasked with and the impact they have on the Kemmerer Senior Center. We appreciate you!



To all our many volunteers we thank you! To those who helped us out often or once during 2025, you will never be forgotten and have been an important part of the center's success. The way you made us feel, on the day you did what you did, ***will never be forgotten.***

Nancy	Black
Jay	Buck
Joyce	Chadwick
Addison	Dietrich
Kathy	Hankin
Chris	Hansen
Regan	Jackson
Taryn	Jetkoski

Dale	Hicks
Louise	Hicks
Diane	Housley
Diane	Hysell
Lori	Kalan
Dave	King
Gina	Kominsky
Broch	Lindsay

Pam	Lindsley
Bill	Lozier
Kristie	Magee
Judy	Ourada
Caleb	Platt
Gabe	Platt
Jacob	Platt
Alec	Rudy

Wade	Rudy
Charli	Sherbeyn
Larry	Shoemaker
Vernona	Shoemaker
Nikki	Stewart
Thomas	Symons
Annie	Wagner
Julie	Welsh

"Go into the world and do well but more importantly, go into the world and do good" - Myers Jr.

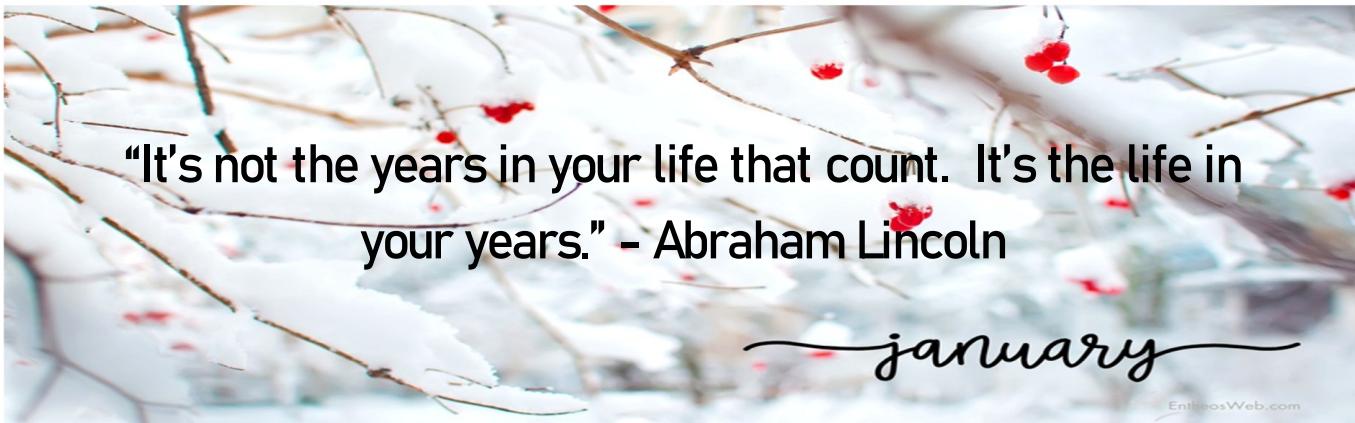
Deb	Archibald
Brittany	Backman
Susan	Bright
Tracy	Carotta
Terri	Cartwright
Barb	Christensen
Ashlynn	Condos
April	Corwin
Anna	Chytka
Dorian	Dietrich
Connie	Dummer
Veronica	Endecott
Roger	Gunter
Deb	Harker
Barb	Harwood
Dave	Harwood
Duane	Hawes
Michelle	Hoopes

Ken	Hysell
Angie	Jackson
Eileen	Jackson
Irva	Johnson
Rosa	Kemp
Camden	Killian
Grady	Killian
Kerry	Killian
Shirley	Kindschuh
Mike	Kohout
John	King
Tammie	King
Kathleen	LaCombe
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
Karen	Wallentine

Wall of Wisdom

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou



"It's not the years in your life that count. It's the life in your years." - Abraham Lincoln

january

EntheosWeb.com

Jan 03	Pamela	Green	Jan 22	Wayne	Nelson
Jan 03	Margaret	Smith	Jan 22	Verna	Thatcher
Jan 04	Renee	Hunzie	Jan 23	Patrick	Clays
Jan 04	David	Walker	Jan 23	Sharon	Hannah
Jan 05	Elva	Bienz	Jan 23	Lillian	Juvan
Jan 06	James	Larsen	Jan 24	Kent	Connelly
Jan 06	Teddy	Roose	Jan 25	Fred	Henderson
Jan 07	Jeanne	Nelson	Jan 25	Patricia	Leidy
Jan 07	Matt	Peavler	Jan 25	Susan	Wagner
Jan 12	Sharon	Adams	Jan 26	Kathleen	Hankin
Jan 16	Andy	Burg	Jan 26	Andrellita	Lively
Jan 17	Todd	Moores	Jan 27	Holly	Sudonick
Jan 17	Jay	Dykes	Jan 28	Wesley	Bosch
Jan 20	Tena	Alarcon	Jan 29	Marlin	Batista
Jan 20	Lynette	McConkie	Jan 31	Julie	Backman



Nothing
but
Amazing
Birthday
Wishes to
All of
You!

Please join us for the January Birthday Celebration
Wednesday, January 14th @ 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

• NEW FITNESS OPTIONS FOR THE NEW YEAR



Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture. Join us January 7th at 11:00.

- SAMPLE can be viewed at <https://states.aarp.org/wyoming/qigong-with-nate>



Line Dancing Via Zoom is another course option through AARP Wyoming on Demand Senior Planet that we will be trying out this month. Join us January 21st at 11:00.

• **Valentine Card Making**

Valentine card making will be on January 30th at 9:30 in the craft room. Kits will be provided. Sign up at the center.

• **Water Fitness at the Pool**

Join Dee for Water Fitness January 16th at 10:00 at the KJSHS Swimming Pool.

• **HISTORY OF.....WITH DEE**

*Join Dee in exploring the history of Ellis Island. You might be surprised by what you didn't know.
January 12th at 11:00*

• **January Book Club**

The January book is titled The Immortal Life of Henrietta Lacks by Rebecca Skloot.

• **HEALTHY HEART WITH ANNA**

January 6th at 11:00. Anna would love to help you start out the new year on a healthy road. Come and see what she has to share.

• **REMINDER-GAMES OF ALL KINDS CAN BE PLAYED ANYTIME THAT DOESN'T CONFLICT WITH OTHER ACTIVITIES.**



JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HAPPY NEW YEAR CLOSED	2 Chili Dogs W Toppings Macaroni Salad Chips Dessert
5 Cauliflower Cheese Soup Grilled Ham/Cheese Chips Salad Bar Dessert	6 Beef Enchiladas Beans & Rice Chips & Salsa Dessert	7 Spaghetti & Meat Sauce Green Veggie Garlic Bread Salad Bar Dessert	8 Chicken Strips French Fries Salad Bar Dessert	9 Grilled Chicken W/ Bacon & Swiss Fries Salad Bar Dessert
12 Veggie Beef Soup Corn Bread Salad Bar Brownies	13 Tacos w Trimmings Chips & Salsa Salad Bar Dessert	14 Birthday Dinner NO TAKEOUTS Fried Chicken Mashed Potatoes Gravy Corn Garlic Bread Pie	15 Pizza Salad Bar Dessert	16 Chicken Sandwich W/Toppings French Fries Veggies and Dip Dessert
19 Chili w Cheese & Toppings Cornbread Cookie	20 Ham Baked Potato Corn Roll Salad Bar Dessert	21 Meatballs w Gravy Mashed Potatoes Green Beans Salad Bar Dessert	22 Chicken Alfredo Mixed Veggies Garlic Bread Salad Bar	23 Tamale Casserole Beans & Rice Salad Bar Dessert
26 Chicken Noodle Soup Salad Bar Roll Dessert	27 Breakfast French Toast Bacon & Sausage Hashbrowns Fruit	28 Pork Chops Mashed Potatoes Gravy Green Beans Roll Salad Bar Dessert	29 Beef & Cheddar Sandwich Chips Salad Bar Dessert	30 Cheese Burger W/Toppings French Fries Veggies & Dip Ice Cream Sundae

December		January 2026					February	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		<i>Make Yourself a Priority</i>						
4	5 Movement 1:00 Shopping	6 10:00 Walking Club REC 11:00 Healthy Heart w Anna	7 10:00 Cornhole 11:00 Qigong AARP Senior Planet	8 10:00 Sit & Stretch 11:30 Lunch Trivia 1:00 Sewing	9 10:00 Wii Bowling 1:00 Shopping	10		
11	12 10:00-10:45 Movement 11:00 History of Ellis Island 1:00 Shopping	13 10:00 Walking Club REC 1:00 Nails w Angie	14 10:00 Birthday Lunch No Takeout 1:00 Blood Pressure 1:00 Shopping	15 10:00 Tricity Kemmerer 10:00 Sit & Stretch 11:45 Who Knew 1:00 Sewing 2:15 Cornhole	16 10:00 Water Fitness Pool	17		
18	19 10:00-10:45 Movement 1:00 OATS - Google Map Training Lecture 3:00 Board Meeting 1:00 Shopping	20 10:00 Walking Club REC 1:00 Bingo	21 10:00 Cornhole 11:00 Line Dancing AARP Senior Planet	22 10:00 Sit & Stretch 1:00 Sewing 1:00 Diabetic Foot Care	23 10:00 Wii Bowling 1:00 Shopping	24		
25	26 10:00-10:45 Movement 1:00 Shopping	27 10:00 Walking Club REC 11:30 Book Talk- <i>The Immortal Life of Henrietta Lacks</i> 1:00 Food Bank	28 10:00 Cornhole 10:30 Dementia Support - Normal vs Dementia Brain 1:00 Shopping	29 10:00 Sit & Stretch 1:00 Sewing	30 9:30 Valentine Card Making Craft-Sign Up in Advance (Kits Provided)	31		

Thank You to all the Community members who shared their talent and crafting supplies with us throughout the holidays. Nothing would have been as merry and bright without you! 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.

Introducing OATS/Senior Planet



The Kemmerer Senior Center is excited to inform the community that we have completed the steps to become a partner site for the Older Adults Technology Services and Senior Planet programs in partnership with AARP. This has been in the works since the spring of 2025 and because of our dedicated volunteers it has recently become a reality.

We would like to congratulate Irva Johnson for becoming the first community member to complete the Senior Planet Licensing Program Train the Trainer Series. We recognize that this was a challenge for Irva and we are so excited for her and the future of the program here at the KSC.

What is OATS/Senior Plant?

- Founded in 2004, Older Adults Technology Services (OATS) from AARP is a social impact organization with a mission to “harness the power of technology to change the way we age.” OATS aims to empower older adults with the tools and training necessary to take advantage of today’s technology and use it to enrich their lives.
- Senior Planet programming affords older adults the opportunity to engage with a dynamic mix of offerings to achieve measurable change in one or more areas of their lives: financial security, social engagement, creative expression, health and wellness, and civic participation.

Please see the Event Calendar for events that come directly from Senior Planet—January 7th QiGong and January 21st Line Dancing

- In addition to structured, multi-week courses, Senior Planet programming also includes a robust series of lectures, workshops, guest speakers, and special events, high-quality online content, and participant-driven affinity groups.
- Senior Planet programs are built around five impact areas: financial security, social engagement, creative expression, health and wellness, and civic participation. All five areas represent opportunities in the lives of older adults where a significant impact can be achieved through the use of technology.

Our first lecture is on Monday, January 19th at 1:00 following lunch.

Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. It also has a route planner for your preferred transportation method, be it foot, car, bicycle or public transportation. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it. Below is the registration link for the course however, you can simply come to the KSC either in advance or on January 19th to sign up and participate. We look forward to seeing you! All links can also be accessed through our website at kmersc.com.

Registration Link <https://events.aarp.org/googlemapskemmerer>

OR **Scan the QR Code** on located on the upper right corner of the last page of this newsletter

KSC & AARP Link https://drive.google.com/file/d/1ocJtATTpz6Z57qHIFTyE_zwcbZSIsqeI/view?usp=drivesdk

If you are interested in joining the OATS team as a trainer please reach out to the KSC. The next trainer course begins January 13th. The course takes 5 weeks to complete and requires about 6 hours per week to complete. The more trainers we have the more programs we can offer and now that we have been through training we can offer you support throughout the process.

So Many Thank Yous

ANONYMOUS COMMUNITY MEMBER

Thank you so very much for your donation to pay for not only the Thanksgiving meal but the Christmas meal for our seniors. It brought a lot of smiles to the faces of the senior community.

Thank you to the Episcopal Church & the Community

We appreciate the Episcopal Church for hosting the Soup Supper and the community members who donated so generously. We are fortunate to have your support and are so thankful that you think of us often.

Thank you to The Town of Diamondville, Matt & Susan Fagnant, and Murph & Lori Roberts for the turkey donations. These were a great surprise.

Thank you to Alec & Barb Carlisle for your beef donation. It was a great gift as well as a great learning opportunity getting guidance from the Wyoming Department of Health as well as the Department of Agriculture.

Thank you to everyone who Donated Pies for our Thanksgiving feast. The best *DESSERTS* ever!

Thank you to Nancy Orgill & Deb Harker for decorating our Christmas Tree as well as the other elves who helped with decorating the center. It was beautiful!

Thank you to Barb Nelson who created a beautiful 2026 calendar for the KSC. Barb uses wildlife photos that she takes throughout the year to create the calendar. You can see it near the drink station at the center. Thank you for sharing your talent Barb!

Thank you to Reuben Rosas for sharing your creativity with us and donating Wyoming license plate star creations for the KSC to auction off. We received \$65 to put into the fundraiser Account.

The staff would like to thank the Kemmerer Senior Center Board of Directors for the Christmas party that was hosted by them in December. We appreciate your support.

**Help support local community businesses who support the
Kemmerer Senior Center!**



307-877-6940

Your First Stop

Thank you to our local Maverik for



**Free technology classes are
coming to Kemmerer in 2026.**

AARP Wyoming, the Kemmerer Senior Center, and Senior Planet® from AARP, are teaming up to bring free, practical technology classes directly to Kemmerer.

STARTING NEXT YEAR, OLDER ADULTS CAN LEARN:

- How to use Zoom with confidence
- How to spot and avoid fraud and scams
- Other classes based on what you want and need

SIGN UP TO STAY INFORMED

Stop by the Senior Center and add your name to the list or, scan the QR code or visit forms.microsoft.com/r/qCzfKTjUNG



[@aarpwy](#)



**Don't forget to check out BIG Helps, Little Helps
@ kmersc.com**

- Go to kmersc.com and click on **More** and then click on **Volunteer Opportunities** and scroll down to **Big Helps, Little Helps** to see current needs.

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

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.

Opal Resident

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
(1x upon receipt)

Please donate _____ points
(1x upon receipt)

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

Name:

Address:

Phone #:

Advantage Card #:

Signature: _____

Date: _____