

The Kemmerer Senior Center

NEWSLETTER - *KMERSC.COM*



The Kemmerer
Senior Center
105 JC Penney Dr
Kemmerer, WY 83101
Phone: 307-877-3806

LUNCH



BREAK

LUNCH

307-877-3806

Monday—Friday

Noon to 12:30 p.m.

60+ Suggested Donation \$4

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 time.*

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,

October 20, at 3:00

Big Thank You

City of Kemmerer

Mary Grisham

Julia Carollo

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

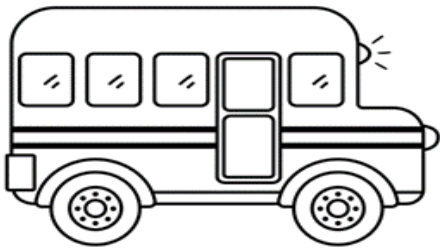
SENIOR CENTER TRANSPORTATION

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.*****

BIG THANK YOU



We would like to send out a **BIG THANK YOU** to the **American Fossil Quarry and Patrick Hogle** for hosting us at the quarry in September. The seniors who participated had a great afternoon and no one came home empty handed. Thank you to Dee Sargent for transporting and participating!

Welcome Charli

We would like to welcome Charli Sherbeyn to the Kemmerer Senior Center. Many of you may know Charli from around town. She will help keep the facility clean as well as assist Kathy in the kitchen. Welcome aboard!



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.

Leo & Tena Alarcon
Jerome & Thorma Barette
Marlin & Stacy Batista
Nancy Black
Rose Capellen
Alec & Barbara Carlisle
Patti Challinor
Robert & Nancy Combs
Judy Crank
Carol Deno
May Dover
Violet Goodwine
Larry & Connie Gunter
Roger Gunter
Kathy Hankin
Brian Harris
Diane Housley
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
Majil Peart
Yetive Perry
Roland Robbins
Murph & Lori Roberts
Wade & Roxanne Rudy
Lora Sanchez
Larry & Vernona Shoemaker
Tom & Cheryl Tennyson
George & Linda Williamson
Bob & Dorothy Wright
Gerry Wright

Important Reminder

Although we appreciate you thinking of us as you do your fall cleaning 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.





To all of our many volunteers we thank you! If we miss mentioning you we apologize and hope that you will let us know. Undoubtedly, the way you made us feel, on the day you did what you did, was not forgotten.

“Start where you are. Use what you have. Do what you can.” -Arthur Ashe

Deb	Archibald
Brittany	Backman
Nancy	Black
Susan	Bright
Jay	Buck
Tracy	Carotta
Terri	Cartwright
Joyce	Chadwick
Ashlynn	Condos
Addison	Dietrich
Dorian	Dietrich
Connie	Dummer
Veronica	Endecott
Kathy	Hankin
Roger	Gunter
Chris	Hansen
Barb	Harwood
Dave	Harwood
Duane	Hawes
Dale	Hicks
Louise	Hicks

Michelle	Hoopes
Diane	Housley
Diane	Hysell
Angie	Jackson
Eileen	Jackson
Regan	Jackson
Taryn	Jetkoski
Irva	Johnson
Lori	Kalan
Rosa	Kemp
Camden	Killian
Grady	Killian
Kerry	Killian
Shirley	Kindschuh
Mike	Kohout
Gina	Kominsky
Dave	King
John	King
Tammie	King
Kathleen	LaCombe
Pam	Lindsley

Broch	Lindsay
Bill	Lozier
Kristie	Magee
Bob	Mathews
Connie	McMillan
Cindy	Miller
Celeste	Mori
Michelle	Muir
Dorothy	Murdock
Judy	Ourada
Nancy	Orgill
Caleb	Platt
Gabe	Platt
Jacob	Platt
Ralph	Rasmussen
Rick	Rogers
Alec	Rudy
Roxanne	Rudy
Wade	Rudy
Shelley	Sandall
Merlyn	Sandberg

Dee	Sargent
Denise	Sargent
Janelle	Sawaya
Darlene	Schulthess
Larry	Shoemaker
Vernona	Shoemaker
Brock	Stanely
Penny	Stapel
Nikki	Stewart
Dalton	Stoddard
Thomas	Symons
Annie	Wagner
Julie	Welsh

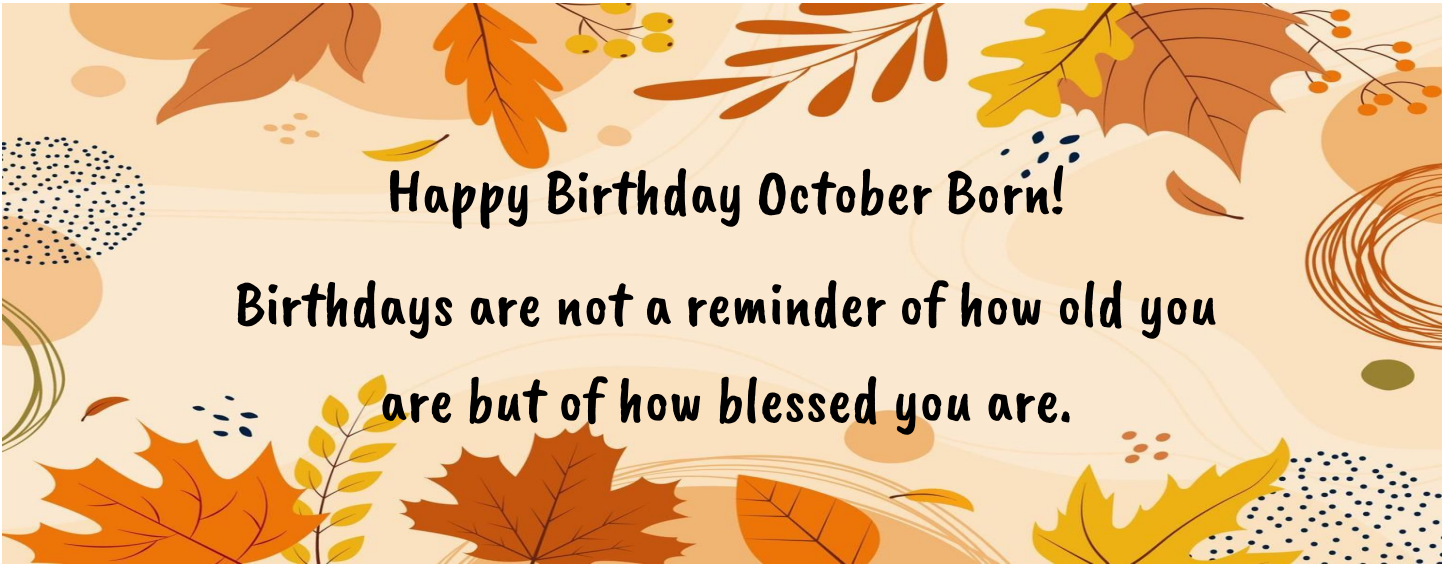
**“Real change, en-
during change,
happens one step
at a time”**



Wall of Wisdom

“If you define yourself by the way people treat you or the things they say about you, you will ALWAYS live in a house they own.”

- Wise One



Happy Birthday October Born!

**Birthdays are not a reminder of how old you
are but of how blessed you are.**

Oct 02 Michael Kohout
Oct 02 Cindy Miller
Oct 02 David Harwood
Oct 05 Greg Schoonhoven
Oct 06 Yetive Perry
Oct 07 Duane Simmons
Oct 08 Lynn Schaffarzick
Oct 10 Weldon Perry
Oct 11 Carol Cattelan
Oct 11 Connie Dummer
Oct 12 Lori Kalan
Oct 13 Dennis Cartwright
Oct 14 Steven Smith
Oct 15 Geraldine Wright
Oct 16 James Walton
Oct 16 Patrick Roberts

Oct 17 Robert Kominsky
Oct 18 Kathleen LaCombe
Oct 22 Tamara Yarber
Oct 25 Alvin Turman
Oct 26 Charlotte Brunski
Oct 26 Robert Mathews
Oct 28 Barbara Peavler
Oct 28 Mark Wagner
Oct 30 Robert Sloan

**Please join us for the October Birthday Celebration
Wednesday, October 8th @ 12:00**

You and a guest are invited for a free birthday meal.

UPCOMING EVENTS

- **ERIC JENKINS WITH COMPLETE RETIREMENT SOLUTIONS GROUP**

There are many changes that will impact Medicare and Medigap Insurances for the upcoming year. Many of you are familiar with Eric Jenkins who has served the Kemmerer area for many years. On October 8, 9, and 20th, Eric will be at the senior center for presentations regarding these changes with Q&A to follow. He will take appointments October 21-24 for individual meetings from 9:00 to 3:00. Sign up at the center.

- **MOVIE IN EVANSTON**

October 7th the KSC will travel to Evanston for a fast food lunch and a movie. The center will treat you to the movie. Lunch and snacks are your responsibility. Sign up at the center by October 6th.

<https://www.aspencinemas.com/home>

- **WALKING CLUB**

The KSC will be walking at the rec center each Monday at 10:00. We will be walking in the gymnasium. The KSC will pay for your admission for walking club each Monday. Meet us there any Monday that you feel like taking a walk.

If you are interested in joining the recreation center walking club you can sign up at the rec center beginning October 1st. The cost is \$35. **<https://kemmererreccenter.recdesk.com/>**

- ***Uinta County Museum***

The KSC will visit the Uinta County Museum on October 14th. The museum is free and the Kemmerer Senior Center will pay for lunch at the Evanston Senior Center following the tour. Sign up by October 10th at the senior center.

<https://www.uintacountywy.gov/28/Uinta-County-Museum>

<https://www.uintasenior.org/>

- **SEWING**

Join us every Thursday at 1:00 for quilt as you go. This month we will work on a reversable table runner with Fall on one side and Christmas on the other. Contact Kami with questions.

- ***Who Knew***

Twice a month join us in the dining room at 11:45 for some technology chatter. We will discuss our website, **KMERSC.COM**, our cell phones, and anything about technology that you are interested in.

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Community - Watch for Eric Jenkins @ the Event Center			10:00 Cornhole 1:00 Shopping	10:00 Sit & Stretch 11:45 Who Knew 1:00 Sewing	10:00 Wii Bowling	
5	6	7	8	9	10	11
	10:00 Walking Club-Rec 1:00 Shopping	10:30 Movement 10:30 <i>Movie Evanston – Covered by Center</i> \$\$ Fast Food lunch & Move Snacks \$\$	Birthday Dinner NO TAKEOUT ORDERS 10:00 – 12:30 Vaccine Clinic – <i>Sign Up</i> 10:30 Dementia Support 11:00 Blood Pressure 1:00 Medicare Change Presentation Q & A	10:00 Sit & Stretch 11:00 Medicare Presentation Q & A 1:00 Sewing	10:00 Wii Bowling 1:00 Shopping	
12	13	14	15	16	17	18
	10:00 Walking Club-Rec 11:00 Bingo 1:00 Shopping	10:30 Movement 8:00 Unita Co Museum 1:00 Nails w Angie 1:00 Food Bank	10:00 Cornhole 1:00 Shopping	10:00 TriCity Pool KEMR 10:00 Sit & Stretch Vid 11:30 Lunch Trivia 1:00 Sewing	10:00 Wii Bowling	
19	20	21	22	23	24	25
Eric Jenkins – By Appointment October 21, 22, 23, 24 9:00 to 3:00	10:00 Walking Club-Rec 11:00 Medicare Presentation Q & A 1:00 Shopping 3:00 Board Meeting	10:30 Movement 1:00 Craft w Nancy	10:00 Cornhole 10:30 Dementia Support Support w technology	10:00 Sit & Stretch Vid 11:45 Who Knew 1:00 Sewing 1:00 Diabetic Foot Care	10:00 Wii Bowling 1:00 Shopping	
26	27	28	29	30	31	
	10:00 Walking Club-Rec 1:00 Shopping	10:30 Movement 11:30 Book Club Devil in the White City 1:00 Food Bank	10:00 Cornhole 1:00 Shopping	5 th Thursday Pool-MV 10:00 Sit & Stretch 1:00 Sewing	10:00 Wii Bowling *Free Lunch for those who are willing to dress up. Community <i>Trick or treat</i>	

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Note— No Takeouts for Birthday Dinner <u>does</u> <u>not refer</u> to Hot Home Delivered Meals.		1 Meatloaf Mashed Potatoes Gravy Corn Roll Dessert	2 French Toast Sausage Bacon Hashbrowns Fruit	3 Italian Sandwich Tomato Lettuce Pickles 3 Bean Salad Chips Dessert
6 Brauts Chili Sauerkraut Cheese Relish Onion French Fries Cookies	7 Beef Noodle Soup Rolls Salad Veggies Dessert	8 HAPPY BIRTHDAY NO TAKEOUTS Pot Roast Salad Mashed Potatoes Gravy Green Beans Roll Cake	9 Hamburger Stroganoff Egg Noodles Salad Carrots Dessert	10 French Dip Aju Chips Grilled Onions Veggies Dip
13 Orange Chicken Stir Fry & Rice Dessert	14 Chicken Strips Biscuits and Gravy Corn Coleslaw Dessert	15 Cheese Burger Tomato Lettuce Pickles French Fries Baked Beans	16 Taco Soup Salad Chips & Cheese Cinnamon Roll	17 Grilled Chicken Bacon Swiss Pasta Salad Veggies Chips Dessert
20 Spaghetti Meat Sauce Salad Bread Stick Green Beans Cookies	21 Ravioli Soup Salad Roll Cottage Cheese Fruit Desserts	22 Pork Chops Funeral Potatoes Peas Roll Dessert	23 Corndog Tator Tots Macaroni & Cheese Dessert	24 Philly Steak Sandwich Salad Chips Dessert
27 Veggie Beef Soup Crackers Fruit Salad Corn Bread Dessert	28 Chicken Sandwich French Fries Pasta Salad Veggies Dessert	29 Italian Meatballs Garlic Bread Rice Green Beans Salad Dessert	30 Chicken Spaghetti Rolls Salad Veggies Dessert	31 BBQ Pulled Pork on Bun Tator Tots Onion Pickles Veggie & Dip Cookie

Looking Forward

- November Chili Cookoff at the center
- Homecoming Parade Participation, October 3rd @ 2:00
- Community Trick or Treat October 31st



Nutrition & Fall Prevention

This month's nutrition education topic is Nutrition & Fall Prevention. Please visit kmeresc.com to see details. Click on MENU and scroll down to view. Don't miss pages 2 & 3.

• ***Dementia Support Group***

Caregiving for those experiencing dementia can be challenging. This Support group is free and will meet twice monthly via Zoom. The KSC is a site location for the program. Remember that we can also assist individuals with joining the meeting from the comfort of their home.

- **October 8th at 10:30—Wills & Trusts (anyone can attend)**
- **October 22nd at 10:30—Using technology for dementia support.**

Introducing a New Addition to kmeresc.com

Senior Approved Service Companies/ Looking for ITEMS

This page will display companies that seniors have had great success using for providing a variety of services. Such as trusted plumbers, weed & feed companies, etc.

Items Needed

Senior Patron is Looking for -

A used recliner that is in good condition that someone may be trying to get rid of.

Call the senior center at 307-877-3806

Senior Patron is in search of a University of Wyoming bronze and gold Wyoming license plate to complete a project. If you have one that you are willing to part ways with please reach out to the center.

307-877-3806

Current BIG Helps, Little Helps

- 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

Senior Patron - Exterior Window Washing \$\$

Senior patron is looking for someone to clean exterior windows at their home. Split entry home. If you would be willing to help out with this project please fill out the form below and the KSC will reach out with more details.

Open Date

Little Help - Senior Patron Needs Assistance Mowing Lawn

If you would like to volunteer your time to help with this request please fill out the form below. The KSC will reach out to you and set up a date and time that will work well for both you and the patron.

Open Date

Little Help - Senior Patron Needs Assistance with Trimming Bushes \$\$

If you think that you could help with this project please fill out the form below. The KSC will reach out to you and set up a date and time that will work well for both you and the patron.

- If you are interested in helping fill out the *Sign Up* form below the listed opportunity and submit it.
- It's that easy! Staff from the KSC will reach out to the volunteer/group organization as well as the participant in need of assistance and help work out the details.
- If YOU need a Volunteer**
- If you would like the KSC to help find a volunteer to assist you give the KSC a call at 307-877-3806 and we will add your request to the website.
- Staff from the KSC will reach out to you when a volunteer/group organization submits a request to help with your task.
- Go to *kmersc.com* and click on **More** and then click on *Volunteer Opportunities* and scroll down to Big Helps, Little Helps to see your request once it has posted.

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

Ball Family Chapel & Floral



Call 1-307-877-4505

ballfamilychapel@gmail.com

We are here for all your floral needs.



***Thank you to Ball Family Chapel & Floral for donating
balloons monthly for our Birthday Celebration.***

MAVERIK

307-877-6940

Your First Stop

**Thank you to our local Maverik for
donating delivery sacks.**

Stay Hydrated!

**SELF SERVE ARTESIAN
SPRING WATER AND ICE**

*Willow Springs
Water*



44109 US HWY 189 N

Kemmerer, WY 83101

307-677-5684

Open 24/7

<https://willowspringswater.com/>

Vaccination Clinic



**October 8th from 10:00 to
12:30. Please sign up at the sen-
ior center or call us at 307-877-
3806 to have us sign you up.**