

KEMMERER SENIOR CENTER

KMERSC.COM



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

IN-HOUSE LUNCH

Monday—Friday

Served

Noon to 12:15 p.m.

60+ \$5.00 suggested donation

60 - \$9.00 after Seniors are served

TAKEOUT

60+ Call to order **8:00-9:30**

60- Call to order **9:30-10:00**

PICK UP AT 11:00

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

**Hot Home Delivery
Temporary Delivery
for qualifying individuals
60 and over**

**DELIVERY STARTS @ 10:30
Reach out if you need help**

Welcome

The Kemmerer Senior Center

Welcomes the Community

Monday—Friday

9:00 a.m.—3:00 p.m.

BOARD OF DIRECTORS

Michelle Muir, President

Greg Gray, Member

Dave Harwood, Member

Scott Miller, Member

Dorothy Murdock, Member

Christina Hunter, Director

**The next board
meeting will be on
Monday,
October 19, 2026
Election of Officers**

Thank You

The Kemmerer Senior Center would like to thank you for your generosity, support, and time.

Joe Kalan

Sheri Paulson

Janet Rode

The Family of Jerry & Sue Hess



OF THE MONTH CLUB \$\$

DOLLAR OF THE MONTH CLUB

One Dollar a Month acquired annually helps 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.

Leonel	Alarcon
Tena	Alarcon
Jerome	Barrette
Thorma	Barrette
Marlin	Batista
Stacy	Batista
Nancy	Black
Elizabeth	Black
Alec	Carlisle
Barbara	Carlisle
Brian	Challinor
Patti	Challinor
Patrick	Clays
Nancy	Combs
Robert	Combs
Mary	Corbett
Judy	Crank
May	Dover
Don	Failoni
Kathleen	Failoni
Connie	Gunter
Roger	Gunter
Kathleen	Hankin
Brian	Harris
Tonya	Harwood
Greg	Harwood
Mary Frances	Hunzie
Eileen	Jackson
Marie	Julian
Lillian	Juan

Lori	Kalan
Joe	Kalan
Iris	Long
Terri	Lorenzi
Diana	Mackinen
June	Morris
Judy	Ourada
Majil	Peart
Barbara	Peavler
Matt	Peavler
Yetive	Perry
Eddie	Pete
Lori	Roberts
Murph	Roberts
Barbara	Ropelato
Wade	Rudy
Roxanne	Rudy
Lora	Sanchez
Larry	Shoemaker
Vernona	Shoemaker
Renae	Snell
Debbie	Stefonick
Mary	Stoddard
JoAnn	Sudonick
Frances	Symons
William	Symons
Geraldine	Wright
Dorothy	Wright
Robert	Wright



To all our dedicated volunteers, we extend our heartfelt thanks. You are truly the heart of this organization. Your generosity, kindness, and willingness to give your time has made a lasting impact on our community.

While we strive to recognize everyone who contributes, it is possible we may have unintentionally missed recognizing you. If this is the case, please let us know so we can add you. Your kindness has not gone unnoticed, and we are grateful for all you do.

"When we lift others, we elevate our shared future." -Jamal Rivers

Susan	Bright
Tracy	Carotta
Terri	Cartwright
Barb	Christensen
Alpha	Clark
Ashlynn	Condos
Sharon	Connelly
April	Corwin
Anna	Chytka
Nicholas	Green
Darin	Green
Roger	Gunter
Barb	Harwood
Dave	Harwood
Duane	Hawes
Gala	Hatch
Michelle	Hoopes

John	Hunter
Ken	Hysell
Eileen	Jackson
Irva	Johnson
Joe	Kalan
Lori	Kalan
Rosa	Kemp
John	King
Kathleen	LaCombe
Pam	Lindsley
Cindy	Miller
Scott	Miller
Celeste	Mori
Michelle	Muir
Dorothy	Murdock
Deb	Nash
Jere	Nash

Nancy	Orgill
Erin	Parker
Sheri	Paulson
Barb	Peavler
Ralph	Rasmussen
Ruben	Rosas
Kim	Rose
Roxanne	Rudy
Dee	Sargent
Denise	Sargent
Marcy	Setzer
Darlene	Schulthess
Brock	Stanley
Dalton	Stoddard
Holly	Sudonick
Jamie	Thornock
Karen	Wallentine

WALL OF WISDOM

BEING GRATEFUL IS A WAY OF LIFE

SHOUT



We would like to congratulate Dave Harwood and Scott Miller who were the top vote getters in the recent election to replace two open seats and will begin their board service October 1st. Dave and Scott are familiar faces around the KSC building but now they join Greg Gray, Dorothy Murdock, and Michelle Muir on the board to provide leadership, direction, and financial stability. We wish you good luck and know you will do a great job working on behalf of and leading us during your term!



And so we say goodbye and thank you to Irva Johnson and Celeste Mori. They completed their term of service on the KSC Board as of September 30th. They worked hard during their time on the board and were continually dedicated to and focused on KSC's mission. We will be forever grateful for all the time and effort they gave to make the KSC a better place. Both of them say **not** to say goodbye, though, because you'll still see them around volunteering on behalf of the KSC and enjoying your company!

HELP WANTED

MEMBERS NEEDED

KSC has been asked to announce that a new informal group is forming called **The Friends of Kemmerer Area Seniors (FKAS)**. Their goal is to support and advocate for the Senior Community in the Kemmerer/Diamondville/Opal area on different issues as they arise. **All ages and all persons are welcome.** The first meeting is at the **Kemmerer Library at 4:00 p.m. on September 30** and will address and discuss the proposal on the November ballot to go from 0.3 (three-tenths of one mill) to 0.6 (six-tenths of one mill). October meetings will be announced there. Light refreshments will be provided.

Volunteer Opportunities

The Kemmerer Senior Center is looking for all types of volunteers. If you can help, we would love to have you join our team. Stop by or visit kmeresc.com and click on Volunteer Opportunities.

- Lunch Delivery Ride Along- Drop off home delivered meals to the door Monday through Friday.
- Shine the Kitchen Crew – **Monthly** kitchen detail cleaning.
- Crafters to help with monthly craft projects – If you host a craft the KSC can order supplies in advance.



Maureen	Johnson	Oct 02
Cindy	Miller	Oct 02
David	Harwood	Oct 02
Greg	Schoonhoven	Oct 05
Yetive	Perry	Oct 06
Duane	Simmons	Oct 07
Shirley	Pobst	Oct 07
Lynn	Schaffarzick	Oct 08
Weldon	Perry	Oct 10
Janet	Conroy	Oct 10
Diana	Mackinen	Oct 11
Elaina	Williamson	Oct 11
Lori	Kalan	Oct 12
Lori	Lowham	Oct 12
Dennis	Cartwright	Oct 13
Steven	Smith	Oct 14
DeeLynn	Miller	Oct 14
Gerry	Wright	Oct 15
James	Walton	Oct 16
Murph	Roberts	Oct 16
Kathleen	LaCombe	Oct 18
Tamara	Yarber	Oct 22
Alvin	Turman	Oct 25
Charlotte	Brunski	Oct 26
Kathryn	Sandoval	Oct 27
Barbara	Peavler	Oct 28
Charlotte	Sedey	Oct 28
Mark	Wagner	Oct 28
Kathleen	Failoni	Oct 31

Please join us for the Birthday Celebration

Wednesday, October 14, 2026

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.

🌸 HAPPY BIRTHDAY! 🌸

Celebrate with a FREE MEAL on us!*

Valid during your birthday month.

Present this coupon to redeem.

Sponsored by:

WTE
WYOMING TITLE & ESCROW

SLMC Therapy Dept October 5 at 10:00

Don't miss this opportunity to ask some questions and get new ideas on how to move your body. Briana will be here October 5 at 10:00.

Healthy Heart-Dr Green and Anna Chytka Oct 6 11:00

Dr. Green and Anna Chytka RN will be here to visit about keeping healthy.

Saving vs Investing w Hale Financial Oct 6 at 1:30

Join Tim Hale as he answers "What's best for you?"

Rock Springs Trip October 7 at 8:30

Don't miss out on this trip to Rock Springs to shop. Walmart, Dollar Tree and 5 Below are planned stops.

Advance Directives w Symbii October 13

11:00 – Erin Parker will be here giving the basics of Advance Directives. The different types and the benefits of having them done.

12:30- Documents with Notary

Medicare Open Enrollment

Eric Jenkins will be here October 20 at 11:30 to review Medicare and answer questions during the annual open enrollment period. Appointment times will be available October 21-23, 9:00 -3:00. Please call **307-877-3806** to schedule.

Public Health Vaccine Clinic October 14 10-12:30

Please reach out and let us know which vaccines you need so our nurses can be prepared for your visit.

Recipe Book Get Together October 26 at 1:00

We will be collecting recipes all month for a Cookbook. Please get recipes to front office by October 26 so we will be prepared for binding on the 30th.

Book Club October 27 at 11:30

April Corwin will be here to discuss *Remarkably Bright Creatures* by Shelby Van Pelt this month. Check out the book at the front desk.

Great Pumpkin Auction October 30 @ 12:30

Help us raise money for our Angel Tree activity this Christmas.

LINGER LONGER & LEARN

Join us Friday 16 & 23 after lunch to learn BUNCO, this fast-paced dice game is easy to learn and a lot of fun.

Water Aerobics

w/ Dee

Friday 2,16,23 at
10:00

TAI CHI

w/ Barb

Mondays at
11:00



BINGO

Oct 5 & 19 at
1:00

WALKING CLUB

w/ Christina Tuesdays at 11:00
Join us outside before the
weather changes.

SHRINKING THE GENERATION GAP

WE ARE EXCITED TO ANNOUNCE NEW FRONTIER HIGH SCHOOL SENIORS WILL BE JOINING US MOST WEDNESDAYS 11:00-12:00 STARTING IN OCTOBER. COME SPEND SOME TIME PLAYING CARDS, GAMES, AND CORNHOLE. WE LOOK FORWARD TO BUILDING MEMORIES AND MAKING FRIENDS WITH THIS NEW GROUP TEENAGERS.

Sit & Stretch is back Thursdays at 10:00 or 11:00.

Darlene Schulthess and Barb Harwood will be helping you gain strength, balance, and flexibility. Check calendar for time.



Kemmerer Ranger Senior Cheer Squad

Sign up sheets are on the bulletin board. Call the center if you have any questions.

Date	Activity	Time	Place
October 3	Football	12:00	HS Field
October 8	Swimming	5:00	HS Pool
October 9	Volleyball	4/5:00	HS Gym
October 9	Football	6:00	HS Field
October 10	Volleyball	12:00	HS Gym
October 15	Football	4:00	HS Field
October 22	Volleyball	5/6:00	HS Gym

MAVERIK

307-877-6940

Your First Stop

Thank you to our local Maverik for donating delivery sacks.

LSR

Lincoln Self Reliance, Inc.



LSR Thrift Store

The **"\$14.50 Clothes Bag Special"**

Fill a grocery bag of clothes for only \$14.50!!!

Proceeds from sells help cover overhead costs for LSR to provide programming for individuals with intellectual disabilities.

Open **Monday** through **Friday** 10AM-6PM
Phone **307-877-1321 ext. 103**

20 Adaville Drive • Diamondville, Wyoming

Photo: David Brown

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

PERSPICACITY'S WHIM'S LLC

706 PINE AVE.

KEMMERER, WY 83101

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

Understanding your Medicare Summary Notice (MSN) can be done in four steps.

- =Read the definitions.
- =Check the notes section for payment decisions.
- =Appeal if the service wasn't covered and it should have been.
- =Get help by calling the WY Senior Medicare Patrol-1 (800) 856-4398



Orthopedics and Pain Management available in Diamondville



MOUNTAIN WEST
ORTHOPEDICS & SPORTS MEDICINE
A SERVICE OF STAR VALLEY HEALTH

StarValleyHealth.org

HTA Request to Donate!

Mail to: **Ridley's Family Markets**

Att: 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)

☐ 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: _____

KEMMERER SENIOR CENTER Event Calendar

October 2026						
	Mon	Tue	Wed	Thu	Fri	
				1 11:00 Chair Movement 1:00 Sewing	2 10:00 Water Aerobics	3
4 5 9:30 Shopping 10:00 SLMC Therapy 11:00 Tai Chi 1:00 BINGO Homecoming Week		6 11:00 Walking Club 11:00 Healthy Heart 12:30 Hale Financial Savings vs Investing- What's the best option	7 8:30 Rock Springs Trip Shopping/ Museum 10:00 Cornhole 11:00 New Frontier-Cards/Games	8 11:00 Chair Movement 1:00 Sewing 4:00 Ranger Swim Meet	9 12:30 Shopping 2:00 Parade- 4/5:00 Ranger Volleyball 6:00 Football	10
11 12 11:00 Tai Chi		13 11 Advance Directive by Symbii 12:30 Advance Directive Paperwork w/ Notary 1:00 Food Bank	14 BIRTHDAY DINNER 9:30 Shopping 9:30 Cornhole 10-12:30 Vaccine Clinic/Blood Pressure 11:00 New Frontier Cards/Games	15 10:00 TriCity KMER 11:00 Chair Movement 1:00 Sewing 1:00 Diabetic Foot	16 10:00 Water Aerobics 1:00 Linger Longer Learn- Bunco	17
18 19 9:30 Shopping 11:00 Tai Chi 1:00 BINGO		20 11:00 Walking Club 11:30 Eric Jenkins Medicare Changes 1-3 Eric Jenkins Scheduled Meetings 1:00 Craft-Paint w Alpha	21 9-3 Eric Jenkins Scheduled Meetings 10:00 Cornhole 11:00 Sugar Cookie Decorating-New Frontier	22 9-3 Eric Jenkins Scheduled Meetings 10:00 Sit & Stretch 1:00 Sewing 5/6:00 Ranger Volleyball	23 9-2 Eric Jenkins Scheduled Meetings 9:30 Shopping 10:00 Water Aerobics 1:00 Linger Longer Learn-Bunco	24
25 26 11:00 Tai Chi		27 11:00 Walking Club 11:30 Book Club- <i>Remarkable Bright Creature</i> 1:00 OATS 1:00 Food Bank	28 10:00 Cornhole 11:00 New Frontier Cards/Games 12:30 Shopping 1:00 KCDC Halloween Songs	29 10:00 Sit & Stretch 11:30 History of Halloween w Dee 12:30 Great Pumpkin Auction 1:00 Sewing	30 Halloween Costume Contest 1:00 Recipe Book	31

KEMMERER SENIOR CENTER Menu

OCTOBER 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	100% Juice and Chocolate/Whole Milk will be served each day			1 Broccoli Cheese Soup Salad Bar Cookie	2 Rueben Mac & Cheese Peas Buttermilk Pie	3
4	5 Grilled Cheese w/ Tomato Soup Salad Bar Brownie	6 Pork Fritter w/ Brown Mushroom Gravy German Red Cabbage Mashed Potatoes Spice Cake	7 Zuppa Toscana Soup Roll Salad Bar Lemon Cake	8 Beef & Cheese Tacos w/ toppings Rice Corn Tres Leches	9 Turkey Bacon Cheddar Sandwich w/ Veggie Toppings Chips Cookie	10
11	12 Sloppy Joe Open Faced on Bread Carrots Chocolate Cake	13 French Dip w/ Peppers and Onions Fries Salad Bar Lime Jello	14 Happy Birthday Fried Chicken Potatoes & Gravy Green Beans Cheesecake	15 Chili w/ Beans Cheesy Cornbread Salad Bar Lemon Pudding	16 Chicken Salad Croissant Carrots and Dip Cookie	17
18	19 Loaded Potato Soup Roll Salad Bar Strawberry Cake	20 Chicken Fried Steak Sandwich w/ Veggie Toppings Fries Lemon Jello	21 Fish and Chips Coleslaw Key Lime Pie	22 KFC Bowl Mashed Potatoes Popcorn Chicken Brown Gravy and Corn Roll Cherry Pie	23 BLT Mac & Cheese Salad Bar Cookie	24
25	26 Chicken Parm w/ Sauce over Pasta Brussel Sprouts Brownie	27 Pulled Pork Sandwich Baked Beans Peach Cobbler	28 Spaghetti w/ Meat Sauce Roll Salad Bar Lemon Pudding	29 Chicken Spinach Gnocchi Soup Roll Salad Bar Vanilla Cake	30 Italian Hoagie w/ Veggie Toppings Chips Cookie	31

*****Menu subject to change based on availability.**