

CODY SENIOR CENTER

613 16th Street
Cody, WY 82414
307-587-6221

WE NEED
VOLUNTEERS
PLEASE CALL
307-587-6221
TO LEARN HOW
YOU CAN HELP

Senior Speak We Want to Interview YOU for the Newsletter

Do you think you are just a regular guy or gal? Think again! You would be surprised at how interesting your stories really are! Please contact Kathy at 307-587-6221 to share a few of these stories for our "Senior Speak" article.

WAIT! ... WHAT?!



We know
we have
more than
4
Veterans!

VETERANS WALL CONTEST

The Cody Senior Center has committed a wall in our dining area to Salute our Veterans and the sacrifices they've made for our country. We have received three photos, and are looking forward to getting more. Turn in a picture of yourself in uniform during your service years, and when we have collected enough, we will have our members guess who each picture is. The member with the most correct guesses will receive a \$25.00 gift card to QT's restaurant. Ties for the most correct guesses will go into a drawing for the gift card.



Cody Council on Aging, Inc 613 16th Street, Cody, WY 82414

In accordance with Federal Law, this institute does not discriminate based on age, sex, religion, national origin or disability. To file a complaint, write to USDA Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 1400 Independence Ave., 215 W. Washington, D.C. 02050-9410
This document was developed under a grant from the US Department of Health and Human Services, Administration on Aging and the WY Department of Health, Age Division. However, these contents do not necessarily represent the policy of the US Department of Health and Human Services or the WY Department of Health. You should not assume endorsement by the Federal or State Government.



Are you a senior with a creative mind?

- Become a member of the Crafty Ladies group!
- Meet every Thursday at the Senior Center from 9-11AM
- What a fun way to get outta the house and socialize while creating something to put smiles on faces!

Have craft related items taking up space in your home?

- Donate your items to the Crafty Ladies!
- Scrapbooking items, yarn, thread, odds and ends, ribbon, buttons, ANYTHING that would make neat little crafts for the Craft Fair and our senior members that receive Rolling Meals

JUNE 2021 CODY SENIOR CENTER

613 16TH ST
CODY, WY
82414
307-587-6221

Father noun.

A man with pictures in his wallet where money used to be

In This Issue:

- Happy Birthdays
- Thank You Donators
- Dollar of the Month
- Board/Staff Members
- Thinking of the Families
- Menu
- Activities
- Advertisements

Our Mission Statement:

To make a positive impact in our seniors lives by providing supportive services, transportation, meals and social services.



Happy Birthday

TO EVERYONE IN JUNE!



Louella Danner ~ Philip Bell ~ Cordell Daniels ~ Emily Quarrels ~ Sue McLeod
Glen Bauer ~ Debra Hawk ~ Gerald Eskeli ~ Norman Ogden ~ Ian Arthur
Carol Bunn ~ Pia Brauser ~ Kenneth Tyler ~ Terry Sable

Don't want your name in the Newsletter? Please call us to let us know and we'll remove it!

Thank You JUNE CONTRIBUTORS



Donna Osen
Elrose Prokopec
Karen Nelson
Ruby Lee
Maverik
Cody Cupboard
Cody Volunteer Fire Department
307 Processing
Barbara Misner
Cody Cattle Company
Knights of Columbus

Open Membership Meeting
June 16th
11:30AM

The next Board Meeting will be held June 23rd at 1:00PM

DOLLAR OF THE MONTH CLUB

Bonnie Kesterson, Margot Wilkinson, Ray Wimberly, Miles Campos,
Donna Osen, Kathryn Pate, George Herman, Evelyn Herman, Faye Livingston,
Irene Castro, Letha Houghtaling, Marlyne Priester, Judy Peters,
Margot Wilkinson, Mary Anne Pawley, Marion S. Smith, Marry Turner,
Virginia Qualls, Kaki Steves, Rosa Fong Ruiz, Dixie Barnhart, Jane Rose,
Bob Fontaine, Marie Fontaine, Betty Jensen, George Morgan,
Terry Hinkle, Don Pirrie, Alice Gall, Mary Schock, Jo Luper, Denise Arthur,
Ian Arthur, Judy Peters, Rosalie Christie, Barbara Gast, Carol Tyndall



MORE THAN JUST A CANDY STORE!

Greeting cards, gifts, toys, puzzles, and of course, great chocolates and candy!

Hoof it on into Cowtown Candy. See our selection and enjoy a free sample of our fresh fudge.

We can ship your gifts, too!

Cowtown Candy Company
1323 Sheridan Ave, Cody, Wyoming
307-587-8212 www.cowtowncandy.com



2716 Cougar Ave Cody, Wy 82414
307-527-7355

Licensed Senior Care Home

Manager: Patty Braley

Owner: Eric McMillan

Director of Nursing: Koni Sickle

Affordable Monthly Rent Includes:

24 Hour Professional & Responsive Staff
Home Cooked - Dietitian Approved Meals
Laundry & Housekeeping

Personalized Care & Help with Bathing, Dressing, Grooming, and Medication Management

Utilize our Day Stay

Leave your loved one with us while you shop, work or go on vacation.

CLINGMAN CBD

ClingmanCBD.mywanae.com

LIFE CHANGING HEALTH BENEFITS OF CBD FOR SENIORS!

Promotes Bone Health. Research has shown that CBD promotes cell repair and that cannabinoids like CBD can actually help strengthen the bones and promote the healing process if a fracture does occur.

Contact your local Wanae Influencer
Vicki Clingman at 307-578-7196,

Facebook: **Clingman CBD**
for more information about Wanae CBD



Licensed Professionals to Assist With:



Personal Care
Meal Preparation
Shopping & Errands
Light Housekeeping
Companionship
Skilled Nurses for Medication Management

Serving the Big Horn Basin for 20+ Years

307-587-4601

HEY AMAZON SHOPPERS!



Want to help the Senior Center?
Do your shopping on
Amazon Smiles
& register us as your non-profit!
<https://smile.amazon.com>



**MAKE YOUR PAY PAL
DONATION TODAY ON OUR
NEW WEBPAGE!**

<https://www.codysrctr.org>

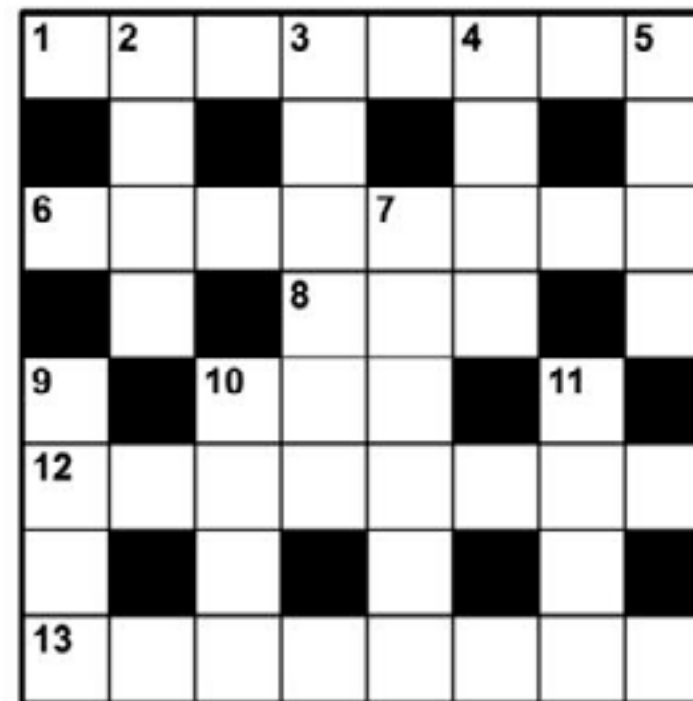
**WHAT A CONVENIENT AND
SECURE WAY TO HELP OUT
YOUR LOCAL NON-PROFIT
ORGANIZATION!**

INTERESTED IN SHOOTING POOL?



Get 2-4 players together
and give us a call!
#587-6221

Crossword Puzzle



Across

- 1 Digit used for detecting errors
- 6 Abroad
- 8 Trophy
- 10 Bottom line
- 12 Solid with trapezoidal sides
- 13 Become settled

Down

- 2 Busy place
- 3 Tent show
- 4 Aerobic bit
- 5 Zorro wear
- 7 Picnic days
- 9 Smudge
- 10 Scarf material
- 11 Japanese soup

Ready for Large Print (if needed)

Hello Everyone!
I wanted to take a moment of your time to let all of you know that I will be on voice rest for an undetermined amount of time. I know we can all count on the rest of the staff for most of the questions you might need answered, but I will do my best to communicate in writing and over email with you wherever needed. Please do not feel slighted if I do not speak to you. I appreciate your understanding.

Leah Renaud

SOLUTION:



ADVERTISE WITH US!
All proceeds from paid advertisements printed in our newsletter go to support the
CODY SENIOR CENTER
For more information, please call 307-587-6221.

☆ **NEWSLETTER AD PRICING** ☆

Ad Size	Monthly Black & White Cost	Monthly Color Cost (Space Limited)	Ad Size Measurements Width x Length
1/8 Page	\$8.00	Not Available	4"x2.5"
1/4 Page	\$12.00	\$19.50	4"x5.25" or 8"x2.5"
Special Event Only Full Page Insert	\$75.00	\$125.00	8"x10.5"

Price includes ad placement only, and does not include ad creation/typeset fees.

Receive 20% Off for a 1-year advertising subscription when paid in full.
Receive 10% Off for a 6-month advertising subscription when paid in full.

Board of Directors

Katie Brass.....President/Secretary
Marilyn Spicer.....Vice President/Secretary
Karole Anshutz.....Treasurer
Donna Osen.....Member at Large
Ray Wimberly.....Member at Large
Jean Crutchfield.....Member at Large

Staff/Extensions

acting Director/StatisticianLeah Renaud
acting Assistant Director/MediaKayla Strid
Outreach, Activities &
Volunteer CoordinatorKathy Glass
Rolling Meals CoordinatorMadison Waidelich
Transportation SupervisorJim Krubeck
Dispatch & Reception.....Tiffany Kidd
Bus Drivers.....Angela Lawson
Brian "Sully" Sullivan
Lynn Thomas
William "Pete" Emmons
Thrift Barn Manager #578-8500.....Lois Brown
Thrift Barn Sales.....Pam Briggs
Karen Morrison
Kitchen ManagerKiyomi Wallerich
Assistant Cook.....Karey Henrichs
Kitchen Assistant.....Rose West
Dishwasher.....Ed Budny

Cody Senior Center Wi-Fi

Sign in with "GuestConnect" username



Check terms and
conditions box
No password needed



Hours

8:00 am to 3:00 pm
Monday through Saturday

Donation Times

8:00 am - 12:00 pm
Monday & Saturday

\$750.00 fine for dumping after hours.

Connecting people to the services they need

Dial 2-1-1

Dial 2-1-1 or 888-425-7138
Monday - Friday (8am - 6pm)

Search the database 24/7: www.wyoming211.org



Board Information

- Loretta Laviar has stepped down from the board.
- Dawn Garrison has resigned as Vice President, however she is still continuing to lead Tai-Chi classes!
- Shelley Verhey has resigned as Secretary.
- We welcome back to the Board, Jean Crutchfield, former President in 2011.

DOORTECH L.L.C.
GARAGE DOOR SERVICE

SALES-REPAIR-INSTALLATION

WE GET THE JOB DONE RIGHT!
307-250-4353

WWW.307DOORTECH.COM

What goes all the way around the world but stays in the corner?

A stamp

WE NEED YOU

Seeking volunteers to assist at the front desk, in the Thrift Barn, and on the bus. For more information, please contact Kathy at 307-587-6221.



CHANGING LIVES ONE EAR AT A TIME.

Demo the latest technology in hearing aids and try them for a week!

Hearing Devices • Hearing Tests

CODY HEARING AID CENTER, LLC
Across from the Dairy Queen

For Appointments Call:
307-586-7274
codyhearingaidcenter.com
30-Day Money Back Guarantee

Margaret Lohman
Licensed Hearing Specialist
State of WY License #181

DONATIONS GIVEN TO THE CENTER FOR THOSE IN NEED



Catheter bag covers



Port pillows
(to prevent
seatbelt rubbing)

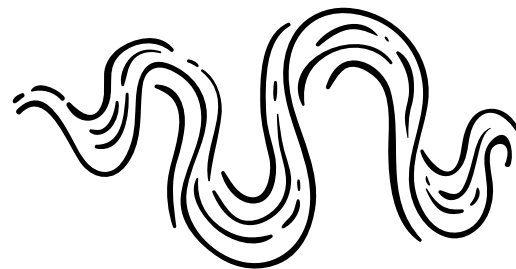
If you are in need of any of these brand new home-made items, please contact the front desk at the Senior Center!



Full size bibs



Angela models a full size bib... Can't help but notice that perhaps she has the cath bag cover in the wrong place!



Help us welcome our newest Employees and Volunteer!



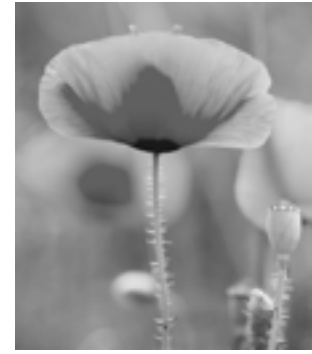
Kiyomi Wallerich
Kitchen Manager



Rose West
Kitchen Assistant

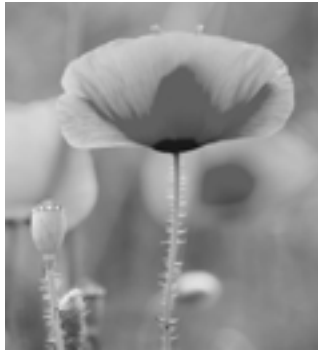


Debbie Little
Kitchen Volunteer



Thinking of the Families of:

Rowena Cochran Elaine Neal Marilyn Winters
 Ronald Young Carrie Thayer Betty Lou Rubis
 Jack Swearngin Monte Mees Gabourie Williams
 Gary Janssen Donald Brinkman



Dollar of the Month Club

Sign up Form

Yes, I would like to support the Cody Senior Center's programs, by joining the Dollar of the Month Club. (\$12.00 per year per member)

Name(s): _____

Address: _____

Amount: _____

I give my permission to the Cody Senior Citizen's Center to print my name on the Dollar of the Month Club list in the newsletter for as long as I continue my donation.

I wish to remain anonymous.

Signed: _____ Date: _____

CUT OUT AND RETURN TO SENIOR CENTER

Forever A Living Memorial

This certificate is for your convenience in making a gift to the Cody Senior Citizens Center in honor or memory of the persons special to you.

The Senior Center provides three different boards to recognize memorials.

One board is for donations of \$100.00 or more. The two other boards, one for men and one for women, are donations of \$25.00 or more. Each honoree's name will be engraved on a plaque and placed on the board of your choice. Memorials are recognized by a card to the families of the person you choose to remember, and in our monthly newsletter.

All donations will be used to aid the senior services provided in the center.

Your compassion and support are greatly appreciated.

All gifts are tax deductible.

PLEASE PRINT

Your Name: _____

Your Address _____

Amount Enclosed _____

In Memory Of _____

Send Memorial Acknowledgements to


Name _____

Address _____

Thank You's provided by Kay Oeschlager

June 2021

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>In accordance with federal law and the U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, religion, sex, age, or disability.</p>		<p>1 Beef Hot Dog Bun, Baked Beans Corn, Coleslaw Banana, PB Cookie</p>	<p>2 Turkey Burger Wheat Bun Cranberry Mayo Lettuce/Tomato/Onion Cinnamon Pears Granola Bar</p>	<p>3 BBQ Pork Wings Macaroni & Cheese Cauliflower Garden Pasta Salad Melon Cup Vanilla Pudding</p>	<p>4 Beef Steak Teriyaki Fried Rice Oriental Veggies Asian Coleslaw Ambrosia, Brownie</p>
<p>6 SUGGESTED CONTRIBUTION \$4.00 PER MEAL</p>	<p>7 Baked Cod Wild Rice Pilaf Roasted Zucchini Wheat Roll Carrot Raisin Salad Apple Crisp</p>	<p>8 Beef Ravioli Marinara Sauce Garlic Bread Italian Green Beans Romaine Salad Plums w/Topping</p>	<p>9 Roast Pork/Gravy Roasted Potatoes Cooked Apples Wheat Roll Oatmeal Fruit Muffin</p>	<p>10 Meatloaf Mashed Potatoes Gravy, White Roll California Veggies Spinach/Strawberry Salad, Sugar Cookie</p>	<p>11 Chicken Enchilada Verde Sauce Refried Beans Spanish Rice Lettuce/Tomato Peaches n' Cream Bar</p>
<p>13</p>	<p>14 Pork Chops Mushroom Gravy Mashed Potatoes Key Largo Veggies Wheat Roll, Pineapple Oatmeal Raisin Cookie</p>	<p>15 French Dip w/Aujus Potato Wedges Glazed Carrots Butter Bean Salad Waldorf Fruit Salad Graham Crackers</p>	<p>16 Chicken Ala King Biscuit Asparagus Green Salad Cherry Pie</p>	<p>17 Cabbage Casserole Brown Rice Pacific Veggies Wheat Roll Tossed Salad Apricots</p>	<p>18 Hot Turkey Sand. Mashed Potatoes Gravy, Green Beans Cran Salad Banana Nut Muffin Rocky Road Pudding</p>
<p>20 Chicken Cordon Bleu Herb Roasted Potato Broccoli, Wheat Roll Tossed Salad Choc Chip Cookie</p>	<p>21 Turkey Club Sandwich Marinated Veggies Carrots/Celery Cottage Cheese Peaches, Lemon Bar</p>	<p>22 Beef Fajita, Tortilla Spanish Rice Lettuce Tomato Salad Corn/Black Bean Salad Tropical Mixed Fruit</p>	<p>23 Sweet & Sour Pork Brown Rice Stir Fry Veggies Mandarin Oranges Ginger Pear Crisp</p>	<p>24 Chicken Fried Steak Mashed Potato/Gravy Peas & Carrots Spring Salad Wheat Roll, Apple</p>	<p>25 Grilled Chicken Breast Cornbread Stuffing Squash Medley Garden Salad, Grapes Birthday Cake</p>
<p>27 Menu subject to change without notice.</p>	<p>28 Beef Stroganoff Egg Noodles Peas/Pearl Onions Wheat Roll Garden Salad Peachy Pudding</p>	<p>29 Meatloaf w/Gravy Sweet Potato Casserole Brussel Sprouts Romaine Salad Roll, Brownies</p>	<p>30 Tarragon Chicken Salad on Wheat Lettuce Leaf Corn Chips 3 Bean Salad Applesauce Spice Cake</p>		

JUNE ACTIVITIES

Tuesday June 1st-

Tai-Chi: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday June 2nd-

Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday June 3rd-

Crafty Ladies: 9:00AM-11:00AM
Tai Chi: 9:30AM-10:30AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday June 4th-

Hand and Foot: 9:00AM
Chair Massage w/Meghan: 9:30AM-11:30AM
Entertainment w/Carol Tyndall: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday June 7th-

Peer Exercise w/Phil: 11:00AM-11:30AM
Round Table Health Talk: Health Tips-10:30AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM
Tai Chi: 5:30PM-6:30PM

Tuesday June 8th-

Tai Chi: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday June 9th-

Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday June 10th-

Crafty Ladies: 9:00AM-11:00AM
Tai Chi: 9:30AM-10:30AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday June 11th-

Hand and Foot: 9:00AM
Entertainment w/Edie Soltell: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday June 14th-

Peer Exercise w/Phil: 11:00AM-11:30AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM
Tai Chi: 5:30PM-6:30PM

Tuesday June 15th-

Tai Chi: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday June 16th-

Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday June 17th-

Crafty Ladies: 9:00AM-11:00AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday June 18th-

Hand and Foot: 9:00AM
Entertainment w/Carol Wagner: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday June 21st-

Peer Exercise w/Phil: 11:00AM-11:30AM
Round Table Health Talk: 10:30AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Tuesday June 22nd-

Bridge: 12:30PM-4:00PM

Wednesday June 23rd-

Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday June 24th-

Crafty Ladies: 9:00AM-11:00AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday June 25th-

Hand and Foot: 9:00AM
Entertainment w/Tim Ward: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday June 28th-

Peer Exercise w/Phil: 11:00AM-11:30AM
Relocation Center Picnic Field Trip: 10:AM-?
Tai Chi: 5:30PM-6:30PM

Tuesday June 29th-

Newcomers Game Day: 11:30AM-4:00PM
Bridge: 12:30PM-4:00PM

Wednesday June 30th-

Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM