

**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



## ATTENTION CODY AREA SENIORS

**DURING COVID RESTRICTIONS  
DO YOU NEED ESSENTIALS:  
TOILET PAPER, PET FOOD, GROCERIES OR  
MEDICATIONS?  
DO YOU NEED TRANSPORTATION TO YOUR VITAL  
DOCTOR APPOINTMENT?  
CALL #307-587-6221  
24-48 HOURS IN ADVANCE**

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.

# CODY SENIOR CENTER

APRIL 2021

613 16TH ST  
CODY, WY 82414

Despite the  
**forecast,**  
live like it's  
**spring.**

-Lily Pulitzer



WWW.DORKYDOODLES.COM

### In This Issue:

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### 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 APRIL!



Edward Wise ~ Faye Livingston ~ Jeanne Atkins ~ Larry Leibel ~ Gary Hoffman  
Beverly Goddard ~ Dorothy Fuller ~ Lloyd Anderson ~ Alice Wilcox-Mees ~ William Pirrie  
Cary Trafton ~ Judy Faulk ~ Jennifer Smith ~ Sonja Silvernale ~ Ethel Sheets  
Shelley Karlik ~ Ruth Anderson ~ Helen Robertson ~ Robert Stevens ~ John Treese  
Bettie Marie Daniels ~ Sabino Diaz ~ Carol Wagner ~ Carolyn Roberts  
Sondra Browning ~ Yvonne Renner ~ Sylvia Grooms ~ Barbara Owens ~ Bertha Watts  
Mary Haugen ~ James Krubeck ~ Buddy Valentine ~ Phyllis Lenik ~ James Platt  
Judith Cover ~ Karling Abernathy ~ Lowell Tarbett ~ Barbara Norwood ~ Sherron Long  
Elrose Prokopec ~ Wilma Patton ~ Gilbert Lehman ~ Barbara Queen ~ Dean Blackwell  
Roland Einer ~ Linda Evans ~ Helene Pursley ~ Nancy Kruger

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

**Donna Korzendorfer**

Donna Osen  
Elrose Propkopec  
Karen Nelson  
Yankee Carwash  
J Bar 9 Ranch  
Connie Schuster  
Maverick  
Mary Jo Hardy  
Paintbrush Piecers Quilt Guild  
Older and Bolder

**The next  
Board Meeting  
will be held  
April 28th at 1:00PM**



**DOLLAR OF THE MONTH CLUB**

Bonnie Kesterson, Margot Wilkinson, Donna Korzendorfer,  
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, Dixi Barnhart, Jane Rose, Bob Fontaine, Marie Fontaine,  
Betty Jensen, Jo Luper, George Morgan, Terry Hinkle,  
Donna Korzendorfer, Don Pirrie, Alice Gall, Mary Schock, Jo Luper,  
Denise & Ian Arthur, Judy Peters, Rosalie Christie



**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](http://www.cowtowncandy.com)

**CLINGMAN CBD**

[ClingmanCBD.mywanae.com](http://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



*Willow Creek*  
ElderCare Communities



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.



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**



# SENIOR SPEAK

With Elrose Prokopec

Elrose Prokopec, whom we all know as Rose here at the Senior Center, is a Minnesota native.

She was living in Claremont, Minnesota when she married her husband, Franklin "Bud" Prokopec. Rose and Bud were always on the go. They had a BMW motorcycle which they rode to Cody each summer to visit his brother and her sister, who lived here.

One time they went up through Canada- "it was colder than heck!", she recalled. They found a restaurant to stop at, walked in there and "ate everything they had in there that was hot!"

They also owned a 12-foot boat when they lived in Owatonna. Along with another couple, they would boat down the length of the big Minnesota river every weekend in the summer. In the winters, they made use of their snowmobiles, riding alongside the city streets up until the 11pm snowmobile curfew!

In 1998 Rose and Bud made the move to Cody. Bud went to work in the carpentry field with his brother Jim. Bud and Rose bought the property where Wendy's is now located. At the time, there was a motel in this location. Rose ran the motel for a year. One of the rooms at the motel was a barber shop which looked out onto main street. Rose sat in this barber shop to count the cars driving by. She was researching to discover whether there was enough traffic for a Wendy's in the location. Sure enough, there was! Wendy's bought up the property and Rose worked for them for the next 13 years before retiring.

Rose and Bud would frequent Walmart for coffee every morning, and eventually, they both landed a job there as greeters. This started out as a temporary position, but they remained for a decade!

Bud and Rose retired for the second time and moved back to Minnesota. Bud passed away there in 2017. Rose had family here, so she decided to move back to Cody in 2018. When Rose arrived in Cody, she found that she had a friend who ate lunch at the Cody Senior Center so she began to meet him here for lunch. He pushed her to volunteer her time at the center because she didn't know many people. That's when Sharon Foley started her as a dining room attendant. When asked what she likes most about volunteering at the Cody Senior Center, she states, "I can talk to everybody! I learn to get to know a lot of people and I'm always helping somebody."

Turning 88 this month, Rose has made a big impact on other people's lives just by volunteering at the center. I asked her how that made her feel. "Good!" She said. "I'm satisfying a lot of people. I give them a hard time of course...." She said with a smirk on her face. We love you Miss Rose!

Thank you for being you!

Written By: Kayla Strid



## 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.**

## 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.



### WHO WE ARE

Four Corners Health Care is one of the nations leading providers of home care for EEOICPA/RECA beneficiaries. We are a family-based company whose roots run deep within the mining industry. By combining a well-trained and experienced staff with the compassion that can only come from our first hand experience, we have set the industry standard for treating these special patients.

### COVERED CONDITIONS

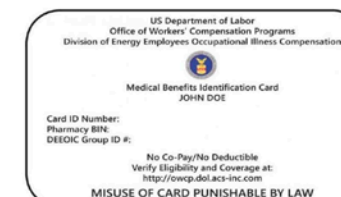
- Lung Cancer
- Pulmonary Fibrosis
- Corpulmonale
- Pneumoconosis
- Silicosis
- Renal Cancer & Disease (for Millers & Transporters)

### WHO WE SERVE

We serve qualified EEOICPA/RECA beneficiaries! In order to qualify, an individual must have been employed as a uranium miner, miller or ore transporter between Jan. 1, 1942-Dec. 31, 1971. An individual must be approved under the RECA/EEOICPA programs and have received a benefits card.

### SERVICES PROVIDED

- Paid Family Member Caregivers
- Skilled Nursing Care
- Case Management



**DO YOU HAVE THIS CARD? WE CAN HELP!**

**CALL (307) 840-9188 TO MAKE AN APPOINTMENT WITH OUR BENEFIT SPECIALIST**





A program of the National Institutes of Health and the Centers for Disease Control and Prevention

# Are You at Risk for Type 2 Diabetes?

## Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 7 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

- 1 How old are you?**  
 a. Less than 40 years (0 points)  
 b. 40–49 years (1 point)  
 c. 50–59 years (2 points)  
 d. 60 years or older (3 points)

Write your score in the box.

↓

- 2 Are you a man or a woman?**  
 a. Man (1 point)  
 b. Woman (0 points)

- 3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?**  
 a. Yes (1 point)  
 b. No (0 points)

- 4 Do you have a mother, father, sister, or brother with diabetes?**  
 a. Yes (1 point)  
 b. No (0 points)

- 5 Have you ever been diagnosed with high blood pressure?**  
 a. Yes (1 point)  
 b. No (0 points)

- 6 Are you physically active?**  
 a. Yes (0 points)  
 b. No (1 point)

- 7 What is your weight status? (see chart at right)**

Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
			(1 Point)	(2 Points)	(3 Points)	
You weigh less than the amount in the left column (0 points)						

\*\*\* Add up Your Score

### The higher your score, the higher your risk.

\*\*\* **If you scored 5 or more:** You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

\*\*\* **If you scored below 5:** Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. NDEP has special information for these groups.

### National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337) • TTY: 1-866-569-1162

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.



Adapted from the American Diabetes Association's Diabetes Risk Test.

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

## WE NEED YOU

Seeking volunteers to deliver meals to seniors, serve at curbside pickup, help in the kitchen, become a phone pal, and assist our Thrift Barn staff. For more information, please contact Kathy at 307-587-6221.

Do you have a company, small business or amazing product? Advertise it with us! For more information, Please call us 307-587-6221





# Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f  
u d t n m r y r h l b r f v j l  
l p a j i a i e h s n e a m k o  
b a i f f x y e f u n y g s q w  
u z d c f u a n y s z n r r s e  
g o s y n o l b l o s s o m a r  
s r s o b i d e n y i i w v c s  
s o x h r u c i n y m n t l d x  
x b z p o p g i l p q a h c t b  
q i a a u w a n e b q e r c h s  
z n r t n r e n j u o i p c a r  
b e e s q d u r n d i i k z h i  
n t x c r j v z s s l g m u d r  
n m j a v a x v c u x u j a o i  
n n g j b s f m t m d u d b y s  
o w h b u l b s c r o c u s h y

## FIND THESE SPRING WORDS

- |          |         |         |        |
|----------|---------|---------|--------|
| daffodil | March   | bulbs   | rainy  |
| garden   | showers | buds    | mud    |
| blossom  | flowers | ladybug | bugs   |
| bees     | growth  | crocus  | tulip  |
| June     | April   | iris    | picnic |
| robin    | green   | grass   |        |
| May      |         |         |        |



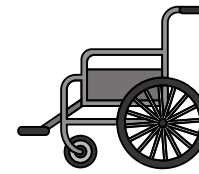
The words may be hidden vertically, horizontally or diagonally.



**Pick up or return  
medical equipment ONLY**  
between the hours of 9am to  
11am and 1pm and 3pm

Have questions?

Give us a call!  
307-587-6221



**Don't want to cook on the weekend?  
Make your weeknights easier!**



Check out our wide variety of frozen  
meals and soups!  
Frozen Meals  
\$2.50 each, Soup  
(when available)  
\$1.00 each.



**Fresh  
FROZEN  
FOODS**

## Are you Home-bound? Ill? Just out of the hospital?

The Senior Center still wants you to  
enjoy our lunches.

**Let us bring lunch to you**

Call Kathy Glass at  
307-587-6221  
for more details about  
Rolling Meals.



## Senior Speak



Do you have a skill or education in an  
area that could benefit your Senior  
Community? We would love to hear from  
you. Each month we will be focusing on  
topics that can positively affect our  
culture here at the Senior Center. If you  
would like to learn more about this  
program - please contact Kathy at  
307-587-6221.

## Please Remember

Membership forms should  
be filled out once a year to  
maintain membership with  
Cody Senior Center.

Membership is FREE and  
allows you to partake in  
our activities, utilize our  
transportation and allows  
access to our senior priced  
meals. Stop by the front  
desk to fill out your  
Membership form today.

"The heart of a volunteer is  
not measured in size, but  
by the depth of the  
commitment to make a  
difference in the  
lives of  
others."

- DeAnn Hollis



**Focus: HOPE**  
Celebrating Diversity Since 1968



# Letter From The Director

National Volunteer Appreciation Week falls during the third week of April each year. It is an annual opportunity to thank the thousands of volunteers who make our communities a better place to live. Last year at this time we were in the process of planning our event when COVID struck and we were forced to cancel. What a difference a year makes, eh? If any year has proven to us that volunteers are at the very foundation and heart of a non-profit organization, surely 2020 was the year that proved that. From the moment our doors closed in mid-March, we had a multitude of volunteers step forward. From the Presbyterian Church and the Park County Sheriff's Office, to the Park County School District, to a large group of community members; all stepped up to the plate to see that seniors in our community didn't miss that one nutritional meal upon which they rely. Not only did they help us navigate services we were used to giving, but they also helped us fill gaps that emerged during this time.

**Thank You to Our Dedicated Rolling Meal Volunteers**

**A Special Thanks to All the Community Volunteers**

**A Very Special Thanks to Our Senior Volunteers Who Stepped Aside and Allowed Others to Stand-In for Them**

**(A more extensive list and thank you to follow at a later date; for now, you know who you are!)**

Beginning this year, we are excited to hold a very special event for our volunteers in line with how many volunteer appreciations are held across the nation during April. With a departure from previous appreciation lunches, our volunteers will attend a volunteer only luncheon—noon to 1:30pm—immediately following our normal congregate meal, scheduled from 10:45 to 11:30 on April 21 only. We will return to our regularly scheduled lunch for all on April 22nd! But on April 21st, our Volunteer Appreciation Luncheon will be about them, and their commitment to serve. This event will honor those that serve us—sometimes visibly in front, often times behind the scenes. They've served in all sorts of whether, most days of the year. These amazing volunteers, brought us through one of the most challenging years any of us can remember. And although we thank them every day they are here, during this month we pay special tribute; from the bottom of our hearts, we salute you CCoA Volunteers!

*~Jenny*



During our closure volunteers helped us to focus on unmet needs. Our Phone a Senior program was developed, and on the horizon are two more programs in development: Our Tech2Connect Program—placing Kindles in the hands of isolated seniors—and our Volunteer Bus Ambassador Program—placing volunteers on our public transportation vehicles to assist passengers where our drivers are unable to assist.

## Board of Directors

Katie Brass.....President  
Dawn Garrison.....Vice President  
Shelly Verhey.....Secretary  
Loretta Lavier.....Treasurer  
Donna Osen.....Member at Large  
Ray Wimberly.....Member at Large  
Karole Anshutz.....Member at Large

## Staff/Extensions

Executive Director Ext 1.....Jenny Johnstone-Smith  
Assistant Director & Statistician Ext 2.....Leah Renaud  
Admin. Secretary & Newsletter.....Kayla Strid  
Outreach, Activities &  
Volunteer Coordinator Ext 4.....Kathy Glass  
Volunteer Coordinator's Assistant.....Jeanette Justus  
Rolling Meals Coordinator Ext 6.....Madison Waidelich  
Transportation Supervisor Ext 3.....Jim 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 Manager Ext 5.....Sharon Foley  
Assistant Cook.....Karey Henrichs  
Dishwasher.....Ed Budny  
Dining Room Assistant.....Norma Bloomer

## **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**

9:00 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](http://www.wyoming211.org)



## *Friendly Reminders*

Breakfast:  
Monday thru Friday  
8AM-10AM

Curbside Lunch:  
11AM-11:30AM

In-House Dining:  
11:45AM-12:30PM

Allow at least 24 hours for scheduling meals and transportation

Get a food box at the Manna House every Friday 2:30-5PM!

Don't forget all the activities we have going on!



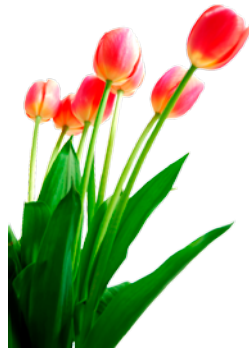


Thinking of the Families of:

Norma Jean Ramich

John P. Preston

Frank Odasz



Autism is a complex mental condition and developmental disability, characterized by difficulties in the way a person communicates and interacts with other people. Autism is a lifelong developmental disability with no single known cause.

People with autism are classed as having Autism Spectrum Disorder (ASD) and the terms autism and ASD are often used interchangeably. A wide spectrum disorder, people will autism have set of symptoms unique to themselves; no two people are the same.

Whilst no two people with autism will have the same set of symptoms, there are common characteristics found in those with this complex disability. Briefly, these characteristics include:

**Social Skills** ♦ people with autism have problems interacting with others; autistic children do not have adequate playing and talking skills. Mild symptoms on one end of the spectrum may be displayed through clumsy behavior, being out of sync with those around them and inappropriate or offensive comments being made. At the other end of the spectrum an autistic person may not be interested in others.

**Empathy** ♦ empathy is the ability to recognize and understand the feelings of another person. People with autism find it harder to show empathy to others although they can be taught to acknowledge the others feelings.

**Physical Contact** ♦ in some cases, autistic people do not like physical contact such as hugs, tickling or physical play with others.

**Sudden Changes To Their Environment** ♦ a sudden change in the surrounding environment may affect a person with autism. The could be a loud noise, a change in intensity of lighting or even a change in smell.

**Speech** ♦ speech can be affected in people with autism. 'Echolalia' is a typical speech symptom in which the person repeats words and phrases that they hear. The speech tone of an autistic person may be monotonous. Where symptoms are more extreme the person may not speak.

**Changes To Behavior and Routine** ♦ people with autism often display repetitive behavior in which they repeat the same action many times over.

<http://www.whathealth.com/awareness/event/nationalautismmonth.html>

## 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



# April 2021 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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.					
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Baked Sausage Ziti Italian Veggies Roll, Plums w/topping Apple Cinnamon Muffin	Liver & Onions <b>OR</b> Chef's Choice Oven Roasted Potatoes, Green Peas Roll, Peaches Brownie	Turkey Roast Cranberry Sauce Sweet Potatoes Green Beans, Roll Tossed Salad Fruit Crisp	Chicken Alfredo over Noodles Carrots & Peas Peaches Garlic Bread Stick Vanilla Pudding	Spaghetti w/meat sauce Roasted Squash Garlic Toast, Seasoned Green Beans, Orange Banana Split Cake
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
SUGGESTED CONTRIBUTION \$4.00 PER MEAL	Pork Wings Macaroni & Cheese Sugar Snap Peas Green Salad Wheat Roll, Apricots Sugar Cookie	Meatloaf Mashed Potatoes w/gravy, Veggies Roll, Cottage Cheese w/tomatoes Sliced Peas	Tuna Fish on Wheat Bread Three Bean Salad Coleslaw Pasta Salad Mixed Grapes	Swedish Meatballs Egg Noodles Beets, Broccoli Apple Cake Fruit Cocktail	Sweet & Sour Chicken Rice, Oriental Veggies Tossed Salad Banana, Brownie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Sunday Meal</b> Glazed Ham Scalloped Potatoes Broccoli Apple Sauce, Roll Apple Pie w/topping	Turkey Club Sandwich Wheat Bread Macaroni Salad Carrots & Celery Sticks Fruit Cocktail Brownie	Cheeseburger lettuce/tomato/onion Tater Tots, Wheat Bun Mixed Vegetables Choc Chip Cookie Banana	<b>Seniors: 10:45-11:30</b> Chicken Salad on Croissant Chips, Broccoli Salad Jello Salad, Cake Pineapple <b>Volunteers: 12:00-1:30</b>	Bratwurst on Wheat Bun Tomato & Onion Wedge Cut Fries 5 way Veggies Graham Crackers Grapes	Pulled Pork/Cheese Wheat Bun Potato Wedges Green Beans, Apple Strussel Cake
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Menu subject to change without notice.	Dill Salmon Wild Rice Pilaf Peas & Carrots Wheat Roll Cream Cheese Brownies Apple	Chicken Fried Steak Mash Potato w/gravy Carrots, Broccoli & Cauliflower, Orange Wheat Roll Banana Snack Cake	Meat Loaf Garlic Mashed Potato Green Beans, Salad Chocolate Pudding w/wafers, Melon Cup	Roast Chicken Thighs Augratin Potatoes Roasted Veggies Wheat Roll, Corn Graham Crackers Apricots	Salsbury Steak Mash Potato w/gravy Asparagus, Wheat Roll Tomato/Cucumber Salad Banana Birthday Cake

# April 2021 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<u>Wind River Casino Trip:</u> 8:00AM <u>Round Table Health Talk:</u> 10:00AM <u>Tai-Chi:</u> 5:30PM-6:30PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Card Tables:</u> 12:30-4:00PM	<u>Relaxing Chair Yoga w/Amy:</u> 9:30AM-10:30AM <u>Computer Class @ Library:</u> 9:00AM-10:00AM <u>Bingo:</u> 12:30PM-1:30PM <u>Watercolor Class @Art League:</u> 1:00PM-3:00PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Bingo:</u> 12:30PM-1:30PM <u>Card Tables:</u> 12:30-4:00PM <u>Depression Presentation &amp; Activity:</u> 1:00PM <u>Intermediate Yoga w/Amy:</u> 5:00-6:00PM	<u>Entertainment:</u> Carol Tyndall 12:00PM
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<u>Tai-Chi:</u> 5:30PM-6:30PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Card Tables:</u> 12:30-4:00PM	<u>Relaxing Chair Yoga w/Amy:</u> 9:30AM-10:30AM <u>Bingo:</u> 12:30PM-1:30PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Bingo:</u> 12:30PM-1:30PM <u>Card Tables:</u> 12:30-4:00PM <u>Intermediate Yoga w/Amy:</u> 5:00-6:00PM	<u>Hand &amp; Foot:</u> 9:00AM
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<u>Round Table Health Talk:</u> 10:00AM <u>Tai-Chi:</u> 5:30PM-6:30PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Card Tables:</u> 12:30-4:00PM	<u>Relaxing Chair Yoga w/Amy:</u> 9:30AM-10:30AM <u>Volunteer Luncheon:</u> 12pm-1:30pm	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Bingo:</u> 12:30PM-1:30PM <u>Card Tables:</u> 12:30-4:00PM <u>Intermediate Yoga w/Amy:</u> 5:00-6:00PM	<u>Hand &amp; Foot:</u> 9:00AM
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<u>Tai-Chi:</u> 5:30PM-6:30PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Card Tables:</u> 12:30-4:00PM	<u>Relaxing Chair Yoga w/Amy:</u> 9:30AM-10:30AM <u>Bingo:</u> 12:30PM-1:30PM <u>Alcohol Ink Class @ Art League:</u> 1:00PM-3:00PM	<u>Tai-Chi:</u> 9:30AM-10:30AM <u>Bingo:</u> 12:30PM-1:30PM <u>Card Tables:</u> 12:30-4:00PM <u>Intermediate Yoga w/Amy:</u> 5:00-6:00PM	<u>Hand &amp; Foot:</u> 9:00AM