



# UINTA SENIOR CITIZENS & UINTA HOME HEALTH

Uinta Home Health is a non-profit corporation and a division of Uinta Senior Citizens, Inc

## Main Street Amazing Race!

The Evanston Main Street Amazing Race took place on Friday, August 17th, and the Uinta Senior Center took part in all of the fun!

The Amazing Race is a community event where teams of two travel around to downtown businesses and complete challenges as fast as possible! Some of the games and challenges included Candyland hosted by Kate's, a customize shirt making contest by Varsity Ink, blind folded cupcake designing and eating contest by Main Street Deli, and a costume dress up challenge hosted by the Uinta Senior Center!

This was a fun event put together by the community and we had a blast being involved with all of the excitement!



Above: Some of the Amazing Race contestants participating in the Senior Center costume dress up challenge .

Below: Susan Frame and Tony Kelly enjoying the live music on Main St.



Cathy, Susan, and Amy hosting the Uinta Senior Center Burger Fundraiser



### Inside this issue:

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<p><b>Evanston</b></p> <p>Senior Center 1229 Uinta St. Evanston, WY 307-789-3553</p> <p>In Home Services 307-789-7712</p>	<p><b>Bridger Valley and Kemmerer</b></p> <p>Bridger Valley Senior Center 330 W. 2nd St. Mtn. View, WY 307-782-6502</p> <p>In Home Services</p>	<p><b>No. Lincoln County</b></p> <p>In Home Services 307-885-2021</p>
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This document was developed in part, under grant (s) from the Wyoming Department of Health & Aging Division. However, these contents do not necessarily represent the policy of the Wyoming Department of Health, and you should not assume endorsement by the state government.

# EVANSTON VOLUNTEERS

Silver Eagle Refinery & Staff  
 Charlene Stam  
 Joyce Garcia  
 Shirley Campbell  
 Mary Simm  
 Ray Simm  
 Barb Hager  
 Glenna Richins  
 Iretta Patrie  
 LSR  
 Lupita Echeverria (NGL)  
 Renee Herold (NGL)  
 Misty Coombes (NGL)  
 Garrett Biebinger (NGL)  
 Rocky Mountain Care Staff



Dave St. Priest  
 Cindy Wasson  
 Mickenzie Williams  
 Mitch Mayer  
 Betty Meyer  
 Susan Frame  
 Dale Bixler  
 Christie Bixler  
 Robert Davis  
 Garnet Etcheverry  
 Marriane Ayres  
 Zac Peatross  
 Cindy Vaughn  
 Tiana Griffith

**We LOVE our Volunteers !  
 For Volunteer  
 opportunities please  
 contact  
 Aimee Ottley in Evanston  
 at  
 307-789-3553 or via email  
 at  
 aottley@uintasenior.org**

## Helping you. Live

*Providing professional and compassionate care since 1994. Uinta Home Health provides trusted, client centered and client directed services, empowering individuals to remain independent and in their homes. We cover a wide range of services from skilled nursing to personal care.*



Services include, but are not limited to

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Skilled Nursing</li> <li>• Wound Care</li> <li>• Medication Set Up</li> <li>• Physical Therapy</li> <li>• IV Medication Administration</li> <li>• PICC Line Care</li> <li>• Ostomy Care and Teaching</li> <li>• Catheter Care and Teaching</li> <li>• Lab Draws</li> <li>• Post Surgical Care</li> </ul> | <p><b>Personal Care Assistance:</b></p> <ul style="list-style-type: none"> <li>• Showering, Dressing</li> <li>• Personal Hygiene</li> <li>• Homemaking</li> <li>• Laundry</li> <li>• Vitals Checked</li> <li>• Shopping</li> <li>• Respite</li> <li>• Range of motion</li> <li>• Meal Prep</li> </ul> |
|---|---|



Serving Evanston, Bridger Valley, Kemmerer and No. Lincoln County

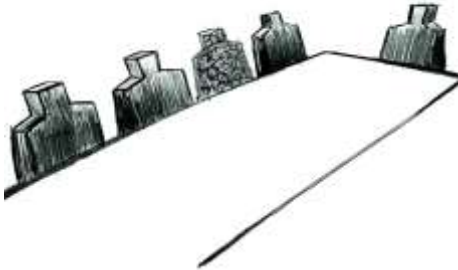
Not all services available in all areas  
 Please call for details

CALL FOR CARE NOW: **307•789•7712**

*Uinta Home Health is a nonprofit organization, and is a division of Uinta Senior Citizens Inc.*

UINTA SENIOR CITIZEN CENTER &  
UINTA HOME HEALTH BOARD OF DIRECTORS WOULD LIKE TO  
HEAR FROM YOU!

**SHARE YOUR IDEAS & THOUGHTS WITH OUR INCREDIBLE BOARD MEMBERS!**



Uinta Senior Citizens Inc.

*Next Board of Directors Meeting:*

**Wednesday, September 12th @ 4:00 pm**

Where: Evanston Senior Center, 1229 Uinta St.

All meetings are open to the public.

To be added to the agenda, please call 789-3553

*Public input is valued and encouraged!*

Uinta Senior Citizens, Inc. Board of Directors

Casey Davis—Chairperson

Maurene Samuelson

Glenna Calmes—Secretary

Cara McDaniel

Sue Norman—Treasurer

Laurie Bateman

Aimee Ottley— Executive Director

**Awesome Volunteers of Bridger  
Valley!**



**Smith's**  
**FOOD & DRUG STORES**

Community minded,  
friendly and helpful staff!

70 Yellow Creek Rd., Evanston

307-789-0532

Carlene Walker  
Joe Reynolds  
Lynn Thomas  
Jim Thomas  
Dave Baer  
Odena Bluemel  
Pat Moon  
Bonnie Byrne  
Janice Clayton  
Lawayne Hurdsman  
Kari Short  
Shirley Roitz  
Kelly Berrier

Nancy Beck  
Hope Benedict  
Mark Walker  
Sue Toomer  
Lynne Elmlinger  
Gayle Niemi  
BVEA Staff and  
Families







How long have you lived in Evanston?

37 years

What is your favorite activity?

Taking seniors around, talking to them, & crocheting

What Golden Girl do you most relate to?

Sophia

Where is your favorite place to eat?

The Legal Tender



*Shirley Walker*



Who is the dreamiest man in the world?

I love Luke Bryan.

If you could have 3 wishes, what would they be?

I wish all the family will stay happy together forever, to go to Disney World again with the family, and I would love to go to California.

Do you have a favorite grandkid?

No, love them all.

What is the happiest moment of your life? When I get to go see my son, grandkids, and great grand kids. But I will miss my daughter.



# NEW FACES AT UINTA SENIOR CITIZENS INC.



Dominique Childs  
CNA -EVANSTON



Amber Minton  
ADMINISTRATIVE ASSISTANT

WARMEST OF  
WELCOMES FROM ALL OF  
US AT  
UINTA SENIOR CITIZENS



Uinta Senior Citizens Inc.  
August Employee of the Month  
**CATHY WIGGINS**



Congratulations to **CATHY WIGGINS** for August Employee of the Month. Cathy is helpful in all aspects of this company & she is always happy when she assists.

*"The best part about this job is that I get paid to play, so it's easy to laugh and smile when you love what you do" - Cathy*

# NEED A LIFT?

GIVE US A CALL TO SCHEDULE TRANSPORTATION IN ONE OF OUR BUSES OR VANS

All ages welcome to ride the bus!

Medical appointments only \$1.50 each way for all ages!

## PUBLIC TRANSPORTATION

Only \$3.00 each way ages 60+

Under 60 is \$5.00 each way

Rides: 8am to 3:30 pm

**Call 789-3553, Evanston**

**Call 782-6502, Bridger Valley**



### Please Note:

Rates for Evanston Citizens are within city limits. Please call for information regarding rates out of our city limits.

**Buses & Vans are fully equipped for handicap & wheelchairs**

**PARNELL'S**  
GLASS & BODYWORKS

201 Bear River Dr. • Evanston, WY 82930  
parnellsgmail.com • (307) 789-1002 • Fax (307) 789-4143

**AutoFarm**  
Castle Rock



**Kraig Dearden**  
Dealer Principal

624 Front Street  
Evanston, WY 82930  
Ph (307) 789-2681  
Fax (307) 789-9607  
Cell (801) 710-1873  
kraig@autofarmgroup.com







- ◆ Senior Water Exercise:  
50 yrs. or better:  
Mon., Wed., Fri., 9am

- ◆ Senior Soak 'n Swim:  
No charge, 60 or better,  
Tues. & Thurs. 11am-1:30pm

Happy Hiker Club: No charge 60 or better. Free use of walking track at the Evanston Recreation Center. Pick up Happy Hiker Club punch card at your Evanston Senior Center

### Pickleball for Seniors

Play using a special perforated, slower moving ball over a tennis type net on badminton sized court. Rec Center gym. Drop-in activity, 50 yrs. or better. Rec Center pass or admission.

## August Tri-City Pool Tournament

August 16th

Evanston Senior Center



**1st Place - Wally Piirainen - Evanston**

**2nd Place - Rich Dean - Evanston**

**3rd Place - Don Barnhart - Evanston**



## Helping you Live your Life Your way.

### No. Lincoln County In Home Services

The Wyoming Home Services (WyHS) program is used to provide in-home services to individuals who are at risk of premature institutionalization. *These services are designed to keep people in the least restrictive environment for as long as possible.*

- Care Coordination
- Homemaking
- Personal Care
- Respite-Caregiver Reprieve
- PERS (Lifeline)
- Med Setup
- Sliding Fee Scale
- LTC Medicaid Waiver Case Manager



**WAIVER CLIENTS ACCEPTED,  
PLEASE CALL FOR DETAILS.**

The National Family Caregiver Support program (NFCSP) is available to those who provide care for the elderly at home.



- Care Coordination
- Respite-Caregiver Reprieve
- Counseling/Support
- Supplemental Services

### No. Lincoln In-Home Services

A division of  
**Uinta Senior Citizens, Inc.**  
Call Tomi White at 307-885-2021

69 Nield Ave.  
Afton, WY 83110



Sign up to receive our monthly newsletter emailed, or mailed to you by contacting Cathy Wiggins at [cwig-gins@uintasenior.org](mailto:cwig-gins@uintasenior.org) or call 307-789-3553

# Time To Party!




Bridger Valley  
Celebrates  
Birthday Folks  
*2nd Friday of each  
month*

*August 10th, 2018!*

**Thank you Amy Oehler  
and  
Colette Carver**

*for the birthday goodies,  
and*

**The Bokay** *for the flowers!*

*Special thanks to*

**1st Bank, Mtn. View  
Branch**

*for providing our birthday  
seniors a birthday lunch!*

## AUGUST BIRTHDAY LUNCH:

**Left to Right: Gale Niemi, Ron Niemi, Dorothy Gaylord, Carolyn Gaylord,  
Debra Smith, Myrna Luper, Sharon Andersen, and David Smith**

## SEPTEMBER BIRTHDAYS - BRIDGER VALLEY SENIOR CENTER

Geraldine Adkins  
Carol Arnell  
Stanley Atkinson  
David Baer  
Ed Barton  
Juanita Bond  
William Boren  
Les Brower  
Diane Caldwell  
Joann Carpenter

Mary Carpenter  
Carol Davis  
Casey Davis  
Verna Davis  
Larry Gaylord  
Timothy Gish  
Marvin Hamilton  
Maggie Hartman  
William Howle  
Kelly Hughes

Gloria Jensen  
Patricia Kelley  
Polly Kenney  
Gerald Kofford  
Patricia Kuntz  
Garnett Lamb  
Harry May  
Blaine Meeks  
Michael Mitchell  
Marcia Owens

Dennis Reilly  
Scott Shaw  
Gale Smith  
Kristine Spiers  
Sharol Thornock  
Paul Wilkinson  
Cheryl Wood







### AUGUST BIRTHDAY LUNCH:

**Left to Right: Marcia Fleming, Glen Beem, Paul Albert, Phyllis Lewis, Gisele Robinson, Lila Mohler, and Shauna Brimhall**

Evanston Senior Center Celebrates  
August Birthdays!

*2nd Friday of each month*

*August 10th*

Thank you to  
*Silver Eagle Refinery*  
for sponsoring our monthly birthday  
lunches and helping us serve them to



## SEPTEMBER BIRTHDAYS - EVANSTON SENIOR CENTER



David Applegarth  
Weston Barker  
Glenna Calmes  
Arlene Clark  
Judy Condos  
Eileen Cornielson  
Edyth Deen  
Sandy Douglas  
Robert Gilmore  
Jim Hatch

Kenneth Johnson  
Eugene Lamb  
Ronda Lamb  
Zona Larsen  
Linda Lovato  
Susan Lyman  
Lynn Manderfeld  
Brian Manderfield  
Mitch Mayer  
Randall Meyer

Iretta Patrie  
Jose Ramirez  
Gary Roper  
William Stone-  
braker  
Clarence Vranish

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

# September 2018

1 WEEKEND GRILL <b>Patty Melt</b> Tomato, Pickles Chips, Fruit Dessert	2 WEEKEND GRILL <b>Patty Melt</b> Tomato, Pickles Chips Fruit Dessert	3 <b>CLOSED</b>  Labor Day	4 <b>Chili Dog</b> Topped with grated Cheese & Onion Steak Fries Apple Pie	5 <b>Creamed Beef</b> Served Mashed Potatoes Vegetable Roll Applesauce cake	6 <b>Baked Pork Chop</b> Mashed Potatoes & Gravy Vegetable Roll Applesauce	7 <b>Baked Fish</b> Basil Pasta Vegetable Garlic Roll Chocolate Pudding	8 WEEKEND GRILL <b>Grilled Turkey &amp; Cheese</b> Tomato, Pickles Chips, Fruit & Dessert
9 WEEKEND GRILL <b>Grilled Turkey &amp; Cheese</b> Tomato, Pickles Chips, Fruit & Dessert  Grandparents Day	10 <b>Cold Club Sandwich</b> Potato Salad Tropical Fruit Cup Cupcake & Chips  Rosh Hashanah	11 <b>Creamed Chicken</b> w/Mushrooms served Over Rice Herbed Broccoli Roll Choc Chip Cookie	12 <b>Oven Fried Chicken</b> Baked Potato Vegetable Strawberry/Banana Cup	13 <b>Hot Beef Sandwich</b> Mashed Potatoes Gravy Vegetable Chilled Pears	14 BIRTHDAY FRIDAY!!!! <b>LASAGNA</b> Italian Vegetables Garlic Toast Melon Cup Cake & Ice Cream	15 WEEKEND GRILL <b>Philly Sandwich</b> Tomato, Pickles Chips, Fruit Dessert	16 WEEKEND GRILL <b>Philly Sandwich</b> Tomato, Pickles Chips, Fruit Dessert
17 <b>Chicken Malibu</b> Served with Rice Pilaf Vegetable Roll Chilled Pineapple	18 <b>Chuckwagon Steak</b> w/Mushroom Gravy Roasted Red Potatoes Vegetable Lemon Bar	19 <b>Beef Pot Pie</b> Garden Salad Seasoned Zucchini Peanut Butter Cookies Cinnamon Pears  Yom Kippur	20 <b>Chicken Enchilada</b> Spanish Rice Black Beans Cinnamon/Sugar Churros	21 <b>Fish n Chips</b> Balsamic Green beans Coleslaw Chilled Peaches	22 WEEKEND GRILL <b>Grilled Hot Dog w/Sauerkraut</b> Tomato, Pickles Chips, Fruit & Dessert  Autumn Begins Oktoberfest Begins	23 WEEKEND GRILL <b>Grilled Hot Dog w/Sauerkraut</b> Tomato, Pickles Chips, Fruit & Dessert	24 <b>Chicken Fried Steak</b> Hash Browns & Gravy Vegetable Roll & Cherry Crisp  Sukkot
25 <b>Italian Baked Chicken</b> Parmesan Roasted Potatoes Italian Veggies Anytime Orange Salad	26 <b>Grilled Cheese &amp; Tomato Sandwich</b> Tater Tots Tomato Soup Melon Cup	27 <b>Baked Ham</b> Scalloped Potatoes Roasted Brussel Sprouts Roll Peanut Butter Bar	28 <b>Baked Salmon</b> Confetti Cole Slaw Baked Potato Mixed Vegetable Rice Pudding	29 WEEKEND GRILL <b>Mushroom Swiss Burger</b> Tomato, Pickles Chips, Fruit & Dessert	30 WEEKEND GRILL <b>Mushroom Swiss Burger</b> Tomato, Pickles Chips, Fruit & Dessert	31 WEEKEND GRILL <b>Mushroom Swiss Burger</b> Tomato, Pickles Chips, Fruit & Dessert	

## Uinta Senior Center

All meals served w/ Milk and Salad...Menu is subject to change...  
\$3.00 suggested Donation with a current AGNES

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

# EVANSTON SENIOR CENTER ACTIVITIES

## SEPTEMBER 2018




2	WEEKEND GRILL 11 am – 1 pm	3	CENTER CLOSED FOR HOLIDAY	4	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm - Bingo	5	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Pinochle 1 pm – Swipe & Gripe	6	Breakfast – 7:30 – 9 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	7	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco	8	WEEKEND GRILL 11 am – 1 pm
9	WEEKEND GRILL 11 am – 1 pm	10	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga	11	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm – Penny Bingo	12	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Pinochle 1 pm – Swipe & Gripe	13	Continental Breakfast 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	14	Continental Breakfast 9 am – Pool 1 pm – Bunco 5 pm – Bunco Potluck BIRTHDAY LUNCH	15	WEEKEND GRILL 11 am – 1 pm
16	WEEKEND GRILL 11 am – 1 pm	17	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga	18	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm - Bingo	19	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Pinochle 1 pm – Swipe & Gripe	20	Breakfast - 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	21	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco	22	WEEKEND GRILL 11 am – 1 pm
23	WEEKEND GRILL 11 am – 1 pm	24	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga PIZZA POTLUCK BINGO – 5 PM	25	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm – Penny Bingo	26	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Pinochle 1 pm – Swipe & Gripe	27	Breakfast 7:30 – 9 am 9 am – Wii Bowling 11 am – Chair Weights 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	28	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco	29	WEEKEND GRILL 11 am – 1 pm
30	WEEKEND GRILL 11 am – 1 pm	<p style="text-align: center;"> <b>THURSDAY, SEPTEMBER 27, 2018</b>  <b>PINOCHLE TOURNAMENT</b>  <b>EVANSTON, 10 am to 4 pm</b>            Call Cathy for more information – 789-3553         </p>										30	





Sunday  
Saturday  
Monday  
Tuesday  
Wednesday  
Thursday  
Friday

 <p><b>September 2018</b> Bridger Valley Senior Center.</p>							<b>Closed</b>
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
		<p><b>Closed</b></p> <p><b>Labor Day</b></p> <p><small>Labor Day</small></p>	<p>9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Penny Bingo</p>	<p>10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Swipe &amp; Gripe 1:00 Hand &amp; Foot</p>	<p>10:15 Line Dancing 1:00 Swipe &amp; Gripe 1:00 Hand &amp; Foot</p>	<p>10:30 WII Bowling 1:00 Bingo</p>	
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
		<p>10:00 Front Porch Travelers 11:00 Walking 1:00 Bingo</p> <p><small>Rosh Hashanah</small></p>	<p>9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Penny Bingo 1:00 Crafts</p>	<p>10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Swipe &amp; Gripe 1:00 Hand &amp; Foot</p>	<p>10:15 Line Dancing 1:00 Swipe &amp; Gripe 1:00 Hand &amp; Foot</p>	<p>10:30 WII Bowling 1:00 Bingo <b>Happy Birthday!</b> Birthday Dinner Mixed Doubles</p>	
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
<small>Grandparents Day</small>		<p>10:00 Front Porch Travelers 11:00 Walking 1:00 Bingo</p>	<p>9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Penny Bingo</p>	<p>10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Swipe &amp; Gripe 1:00 Hand &amp; Foot <small>Yom Kippur</small></p>	<p>10:15 Line Dancing 1:00 Swipe &amp; Gripe 1:00 Hand &amp; Foot 5:30 Pizza Bingo Tri-City @Home String cheese day</p>	<p>10:30 WII Bowling 1:00 Bingo</p>	

Autumn Begins  
Oktoberfest Begins



# SPECIAL ACTIVITIES

- **September 6th - Open House at Senior Center in Evanston - 4-7 pm**
- **September 20th - Tri City Pool Tournament in Bridger Valley - 9:30 am**
- **September 20th - Pizza Potluck Bingo - 5:30-7:30 pm in Bridger Valley**
- **September 24th - Pizza Potluck Bingo - 5 -7:30 pm in Evanston**
- **September 27th - Pinochle Tournament - 10 am -4 pm**  
**(Sign-in starts at 9 am)**
- **September 27th - Chair Weights in the Exercise Room - 11-11:30 am**
- **September 29<sup>th</sup> - Chili Cook Off Kids carnival/vendor fair 12-4pm Mountain View**



**The Uinta Senior Center would not be what it is without the support of our community and the awesome volunteers who help us reach our goals!**

**For volunteering opportunities, please contact Aimee Ottley in Evanston at 307-789-3553 or via email at [aottley@uintasenior.org](mailto:aottley@uintasenior.org)**



# UINTA SENIOR CENTER PRESENTS BRANSON SHOW EXTRAVAGANZA!



## Price includes:

- Motorcoach transportation
- 8 Nights lodging, including 4 consecutive nights in the Branson area
- 14 Meals (8 breakfasts and 6 dinners)
- Admission to 7 fabulous Branson shows including: THE BLACKWOODS, AYO—VOICES OF GLORY, & DOWNHOME COUNTRY, "SAMSON" (Show at the Sight and Sound Theatre), "MILLION DOLLAR QUARTET" SHOW, & THE DUTTONS SHOW
- SHOWBOAT BRANSON BELLE

**\$850\***  
**9 DAYS 8 NIGHTS**  
**(SAT-SUN)**  
**MAY 18-26, 2019**



**Departure: Uinta Senior Center, 330 West 2nd St, Mountain View, WY @8:00 AM**



For more information & reservations, contact Shellie Oliva @ (307) 782-6502

\*\$75 Due Upon Signing. Price per person, based on double occupancy. Add \$240 for single occupancy. Final payment due: 3/11/2019





**KIDS CARNIVAL/VENDOR FAIR**

**SEPTEMBER 29TH 2018**

**12:00PM TO 4:00PM**

**UINTA SENIOR CITIZENS INC.**

**MOUNTAIN VIEW WY**

**330 2ND STREET**

**ENTRIES FOR COOK-OFF**

**VENDORS NEEDED LIMITED SPACE**

**CONTACT**

**AMY OR SHELLIE 307-782-6502**

**CHILI CONTEST,PRIZES,FOOD,VENDORS,BINGO,KIDS  
ACTIVITIES ETC....**

**\$5.00 DOOR COVER CHARGE**

**\$5.00 CHILI TASTING UNLIMITED**

**\$20 CONTEST ENTRY OR VENDOR SPACE**



U I N T A  
S E N I O R C E N T E R



*Uinta Senior Center Inc. would like to invite you to our*

# Open House

Thursday, September 6<sup>th</sup>

4-7pm @ our Evanston location, 1229 Uinta St.

Come meet and greet our staff, enjoy some refreshments, and hear about our vision down at the **Senior Center! We wouldn't be where we are without** the love and support of our community, so we encourage everyone to stop by and see what we are all about!

Call (307) 789-3553 for any questions or concerns.

*Hope to see you there!*





# Health Fair

Join us on Saturday,  
September 29th, 2018  
from 8am -12pm at the  
Evanston Rec Center

*Pick up results, enjoy  
health booths,  
and much  
more...*



## Evanston Community

*Wellness Screening*

### Machine Shop

1440 Main Street

**Wednesday - Friday**  
**September 12 -14, 2018**  
**6:00am - 10:00am**

**Saturday**  
**September 15, 2018**  
**7:00am -10:00am**



For more information regarding screenings and pricing, please see our flyer.

**WHF recommends 12 hours fasting prior to blood draw, unless Diabetic.  
Drink plenty of water and take medications as usual.**



Wyoming Health Fairs / Wellness Health Fairs

[www.WHF.to](http://www.WHF.to)

800-979-3711

[mail@whf.to](mailto:mail@whf.to)





		9		8		1	
				1			8
7		1		3			
				5	9		4
	5			3			7
3		6	8				
			4			3	5
2				8			
	7		6			4	

**Attention: VETERAN'S  
Evanston VA Office**

1565 St. Hwy. 150 S., Ste. E  
Mon.-Wed.: 8am-4:30pm  
Thurs.: 8am –2:30pm

**No Appt. Needed:**

**789-3384**

**FREE FLU SHOTS!**



**CAREGIVER  
SUPPORT  
GROUP**

2nd Thursday of each month  
in Evanston

Thursday, September 13th  
11:30 am

Uinta Senior Citizen Center  
1229 Uinta St. Evanston, WY  
Downstairs. Lunch available

3rd Thursday of each month  
in Bridger Valley

Thursday, September 20th  
10:30 am

Lyman ADC  
216 W. Sage St.-Lyman, WY

Your peer support group allows you to express yourself, visit about problems you may be having, and learn about even more resources to help you.

For more information:

Pam - Evanston:

307-789-7712

Natasha - Mtn. View:

307-782-6502



# Home Delivered Meals

*For those who qualify*

Evanston:

call Barb Bauer  
at 789-3553

Bridger Valley

call Amy Oehler  
at 782-6502





# UINTA B.O.C.E.S #1

Uinta County School District #1  
Western Wyoming Community College  
Evanston Campus

**HIGHER EDUCATION**

**TEST PROCTORING**

**ONLINE EDUCATION**

**COMMUNITY EDUCATION**

**COLLEGE CAREER READINESS CENTER**

**INDUSTRIAL SAFETY TRAINING**

**ELECTRICAL**

**TRAINING INSTITUTE FOR PROFESSIONALS**



**EDUCATING *OUR*  
COMMUNITY**

**307.789.5742**  
**1013 W. CHEYENNE DRIVE**  
**EVANSTON WYOMING 82930**  
**[UINTAEDUCATION.ORG](http://UINTAEDUCATION.ORG)**

UINTA SENIOR CITIZENS  
1229 Uinta St., Box 728, Evanston WY 82931

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MISSION STATEMENT

Providing services that support and help the ability of elderly persons to live more stable, independent and fulfilling lives in the community.