



SALT RIVER SENIOR CENTER

Enter as Strangers

Leave as Friends

July 2026



Wyoming

Welcomes

The Wall That Heals

In Afton

540 South Washington

PO Box 883

307-885-3780

Email svscc1@silverstar.com

Website:

www.saltriverseniorcenter.com

Board of Directors

President-Kim Tippetts

Vice President-Bill Day

Secretary-Dave Larson

Board Members

DeeAnn Gardner

Lynette Beus

Gary Hancock

Director- Lisa Miller

Head Cook- Chad Bailey

Assistant Cooks & Drivers Shauna

Clark

Sandi Wells

Volunteer Drivers-

Cindy Sypherd

Sandy Spaulding

Gary Paul

Data Entry-Jennifer Jensen



What's Happening in



July 3th, 4th, & 25th-Saturday Street Market

**July 1th & 15th - Blood Pressure Check Sponsored
by SYMBII Home Health @ NOON.**

July 9th thru the 12th — The Wall That Heals

July 17th at NOON- Physical Therapist with Kenny Smith

July 7th & 21st Produce Delivery

**July 23th—Trip to Fossil Buttes leaving
center at 10:00 a.m.**



**July 22nd- at 1:00 Sound Bath Meditation
taught by Donna Burton**

**August 15th-Pickleville Playhouse leave @ 1:30
Play and Dinner**

Pinochle Each Wednesday after lunch

POOL—Everyday



Pickleville Playhouse

When? Saturday August 15th @ 4:00

Leave the center at 2:00

Where? Pickleville Playhouse

Who? Seniors

What's for Dinner?

Pulled Pork & BBQ Chicken Breast

Dutch Oven Potatoes

Creamed Corn

Dinner Roll

Watermelon

Drinks & Dessert

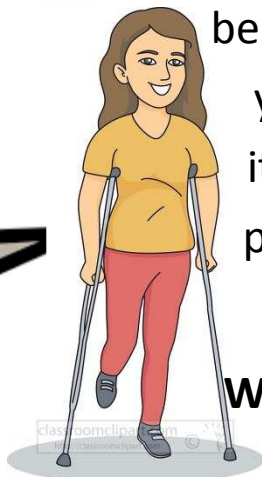
Apple Crumble

More info talk to Lisa.

Idaho Falls Aquarium



Never lets you down



Loan Closet

The Caregiver Program Loan Closet accepts items such as wheelchairs, front wheel walker, walker with seats, shower benches and shower transfer benches. If you or someone you know has these items and would like to donate them please contact the Center at 307-885-3780.

We also loan out the above items if we have them in stock!



2 Sabrina Swenson	16 Marsha Haderlie
2 Reed Wolfley	18 Susan Cox
5 Leon Merritt	18 Linda Hare
5 Kathryn Webb	18 Sandra Henderson
6 Vernal Cleverly	19 Peggy Albrecht
7 Teresa Peavler	21 Karen Benton
10 Kelly Young	22 Lane Allred
12 Carol S Nield	22 Brad Olsen
12 Linda Barrus	28 Delores Clark
13 Clayne Reeves	31 Larnell Cleverly
16 Shirley Taylor	

Meal Tickets are Great Birth- day Gift Ide- as



Don't know what
to get the special
someone?

Meal Tickets are
the perfect gift for
someone who has
everything.

Available at the



Do you have a couple of hours
Each week you can volunteer?

Please call Lisa at the
Senior Center at 307.885.3780

Great fun had by all!



Making the Flower Pots

4th of July Word Search

F O U R T H A U N I T E D S O
 R R E F I R E W O R K S Y B D
 E I E P A R A D E R W H I R A
 E B E V A S F L A T G A T I T
 N B L E O L U L I B E R E T H
 A S D E C L A R A T I O N A I
 T A U C D J U L Y G J U E I R
 I M E M R E O T O A N M A N T
 O I F A M A M R I G H T S T E
 N C R C A E R A D O S O T H E
 W J E R I G R E D A N S A I N
 H U E A L I B E R T Y R T L I
 I N D E P E N D E N C E E R B
 T D O M E T A C P A T R S T Y
 E A M E R I C A N B L U E W I



AMERICA
 BLUE
 BRITAIN
 DECLARATION
 FIREWORKS
 FLAG
 FOURTH

FREEDOM
 INDEPENDENCE
 JULY
 LIBERTY
 NATION
 PARADE
 RED

REVOLUTION
 RIGHTS
 STATES
 SUMMER
 THIRTEEN
 UNITED
 WHITE



CRAYONSANDCRAWINGS.COM

Gone
 but not
 Forgotten



No-Bake Flag

Cheesecake Bars



2 cups graham cracker crumbs
1/2 cup unsalted butter, melted
1/4 cup granulated sugar
16 oz cream cheese, softened
1 cup powdered sugar

Directions:

1. In a mixing bowl, combine graham cracker crumbs, melted butter, and granulated sugar to make the crust. Press the mixture into the bottom of a 9×13 inch pan.
2. In another bowl, beat the cream cheese until smooth. Gradually mix in the powdered sugar and vanilla extract.
3. In a separate bowl, whip the heavy cream until stiff peaks form. Fold the whipped cream into the cream cheese mixture.
4. Pour the cream cheese mixture over the graham cracker crust and smooth the top.
5. Arrange sliced strawberries and



Do you need a ride? Cost
\$5.00

We have public
transportation
available

M-T from 8am-1pm call
us

24 hours in advance!

ALZHEIMER'S & BRAIN AWARENESS MONTH

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills

7 MILLION +
Americans are living with Alzheimer's or another dementia

WAYS YOU CAN SUPPORT YOUR BRAIN HEALTH

1. Sleep well
2. Manage diabetes
3. Get moving
4. Prevent head injuries
5. Be smoke-free
6. Eat right

EARLY SIGNS & SYMPTOMS

- > Memory loss that disrupts daily life, like forgetting important dates or events
- > Challenges in developing and following a plan
- > Difficulty completing familiar tasks, such as organizing a grocery list
- > Issues with vocabulary and calling objects the wrong name
- > Changes in personality, like becoming anxious, depressed or fearful

RESOURCES FOR ILLINOISANS

800-272-3900
The Alzheimer's Association 24/7 Helpline
(Dial 711 for telecommunications relay services)

A CALL TO CONFIRM YOUR SOCIAL SECURITY OR MEDICARE NUMBER?

Not today, scammer.

Your social security or Medicare number isn't flagged. If you get a call like this, hang up. Then, report it to the SMP.



SMP
Senior Medicare Patrol
Preventing Medicare Fraud

SMPRESOURCE.ORG
Supported by a \$100,000 award from ACSI/HHS. Contents do not necessarily represent the official views of the U.S. Government.

Watch out for

scammers calling about your Social Security number or Medicare number needing to be confirmed. Your Social Security or Medicare number isn't flagged. If you get a call like this, hang up. Then, report it to the SMP.

