



SALT RIVER SENIOR CENTER

Enter as Strangers Leave as friends

May 2026

540 North Washington

PO Box 883

307-885-3780

Email svsc1@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

Registered Dietitian (RD)

Melinda Pebbles

A Mother's Love

No gift on earth is greater,
No treasure held above,
The joy that comes from knowing
A Mother's endless love.

In spite of how it's tested,
It grows from year to year,
Providing strength and comfort....
It "gently" draws us near.

It warms and it protects us,
And guides us from afar,
Shedding light upon us,
Like a bright and shining star.

And when all things are measured,
Not one shall rise above,
Or be compared in value,
To a Mother's endless love!





Salt River Senior Center

2026



4
Sloppy Joe
Baked Beans
Garden Vegetable
Salad
Mandarin Oranges
Brownie

5
Sweet & Sour
Pork
Steamed Rice
Peas & Carrots
Egg Roll
Dessert

6
Meat Loaf
Parsley Potatoes
Lettuce Salad
Carrot Coins
Hot Roll
Dessert

7
Baked Pork Chop
Steamed Brown
Rice
Coleslaw
Veggies
Roll / Dessert

1
Malibu Chicken
Rice Pilaf
Tossed Salad
Asparagus
Dessert

8
Mother Day
Lunch
Chicken Salad
On Croissant
Potato Salad
Fresh Fruit
Dessert

11
Chicken Fettucine
Strawberry Spinach
Salad
Veggie Salad
California
Vegetables / Roll
Dessert

12
French Dip
Sandwich
Green Beans
Garden Vegetable
Salad
Fruit Cup Dessert

13
Ham Slice
Macaroni &
Cheese
Veggie Salad
Grilled Broccoli
Wheat Roll
Dessert

14
Chicken Fajitas
Spanish Rice
Lettuce & Tomato
Salad
Salsa
Fruit Dessert

15
Beef Stroganoff
Steamed Rice
Veggie Salad
Broccoli
Wheat Roll
Dessert

18
Cheese Ravioli &
Meat Sauce
Fresh Vegetable
Salad
Broccoli
Wheat Roll
Fruit Cup

19
Chicken Chow
Mein
Fried Rice
Veggie Salad
Egg Roll
Dessert

20
Cheeseburger
Oven Browned
Potatoes
Creamy Coleslaw
Lettuce, Tomato,
Onion
Fruit & Dessert

21
Turkey Stuffing
Bake
Veggie Salad
Green beans
Hot Bread
Citrus Fruit Salad

22
Tacos
Refired Beans
Cauliflower
Broccoli Salad
Salsa & Chopped
Onions / Dessert

25
MEMORIAL
DAY
CLOSED

26
French Toast
Bacon
Grilled Onions &
Peppers
Strawberry w/
Granola
Orange Juice

27
Philly Cheese
Steak Sandwich
Potato Wedges
Mixed Vegetables
Dessert

28
Chicken Pot Pie
Mixed Green Salad
Asparagus
Fruit Pizza

29
Pizza
w/ Meat &
Veggies
Carrot & Apple
Salad
Cheese Breadstick
Dessert

PLEASE call to reserve your
 curb side meal @ 307-885-3780
 before 9:30 a.m. pickup
 available between 11:30-12:30
 Monday -Friday



NOTICE Meals
 are Subject to
 change without
 notice at anytime



DINNING ROOM MEALS
 ARE AVAILABLE FROM
 12:00-1:00 PM MONDAY-
 FRIDAY 307-887-3780

What's Happening

7th—Kenny Smith/physical Therapist with Redtail Therapy

8th—Mothers Day Lunch serving

Chicken Salad on Croissant

12th—Produce Delivery

20th—Garden Stake Craft w/ Mary at 1:00



21th—Tracy with the Wall that Heals will be here to discuss this important event in Star Valley

25th—CLOSED for Memorial Day

26th— Produce Delivery

28th—Meditation/Sound Bath with Donna Burton

SUMMER TRIPS

JUNE—Aquarium in Idaho Falls \$10.40
senior ticket

JULY—Fossil Butte & Picnic 307-877-4455 n/c

AUGUST—Pickle Playhouse "Butch and Sundance" \$48.00 for play \$22.95 for dinner



- | | |
|---------------------|--------------------|
| 2 Nan Hinck | 16 Deb Wolfley |
| 3 Barbara Sorenson | 18 Diane Sanderson |
| 3 Taft Thomsen | 19 Glen Call |
| 5 Leron Allred | 19 Lucille Probyn |
| 7 Kent Hathaway | 21 Paula Nield |
| 7 Jim Roderick | 22 Jerry Harmon |
| 7 Craig Steed | 23 Kit Dejournett |
| 9 Linda Johns | 23 David Cox |
| 9 Judy Shumway | 23 Michael Parks |
| 11 Carol Hoskins | 24 Wayne Johnson |
| 12 Kaye Coates | 24 Beckie Johnson |
| 12 LeAnne Smith | 25 James Lawson |
| 13 Russell Reinhart | 29 Rosa Hillstead |
| 14 Sandra Capps | 30 Jan Allred |
| 15 Kent Jasperson | |



Meal Tickets are Great Birthday Gift Ideas

Don't know what to
get the special
someone?

Meal Tickets are the
perfect gift for some-
one who has
everything.

Available here at the
Senior Center.

Do you need a ride? Cost \$5.00

We have public transportation available

M-T from 8am-1pm call us 24 hours in advance!

 Don't Forget

Friday Night Lights

First **Friday** starts May 22nd thru
September @4:00-8:00

LINCOLN COUNTY FAIRGROUNDS

LIVE MUSIC FOOD VENDORS

SHINE CAR HANGOUT



*Mother's Day
Sip & Shop*

Craft Fair in Alpine

May 8th/ 6pm-8pm

May 9th/ 9am-3pm

Ham and Swiss Cracker Sandwiches



Preheat the oven to 350 degrees F (180 degrees C).

Grease a 9x13-inch baking dish or quarter sheet pan.

Arrange half of the crackers, flat side up, in the prepared pan.

Top each cracker with a quartered slice of cheese.

Fold ham slices over to fit on top of each cracker and top with remaining cheese slices and crackers, flat side down.

Stir melted butter, Dijon mustard, brown sugar, Worcestershire, onion powder, salt, and poppyseeds together in a bowl and top each cracker evenly with about 1/2 teaspoon mixture.

Bake in the preheated oven until lightly browned and cheese is melted and bubbly around the edges, 15 to 18 minutes.

Let stand 10 minutes before serving.



We will be Closed
Monday, May 25th 2026
in observation of
Memorial Day



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! Free of charge



Mother's Day

THIS OR THAT?

GET UP EARLY	OR	SLEEP IN
CRUISE	OR	ALL-INCLUSIVE RESORT
TEA	OR	COFFEE
MOVIES	OR	BOOKS
SNEAKERS	OR	HEELS
PARIS	OR	HAWAII
BURGERS	OR	PIZZA
HOME-COOKED MEAL	OR	GO TO RESTAURANT
FLOWERS	OR	CHOCOLATE
BEACH	OR	POOL
DIAMONDS	OR	PEARLS
DRIVE HERSELF	OR	BE DRIVEN
GO TO THE GYM	OR	WALK IN THE PARK





MAY

Word Search

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

- May
- May Day
- Mother's Day
- Flowers
- Spring
- Cinco de Mayo
- Garden
- Memorial Day
- Butterfly
- Ladybug
- Plants
- Grass



**FRAUD
ALERT**

Medicare Fraud Alert **BEWARE OF SCAMS**

Do not respond:
to offers for
FREE medical
equipment or
services

Check:
your medical
statements routinely
for services not
provided



Do not give:
your Medicare number
to anyone except your
doctor or other
trusted provider

Do not carry:
your Medicare card
unless you will
need it (treat it like
your credit cards)

**Be aware that Medicare doesn't call
or visit to sell you anything.**



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

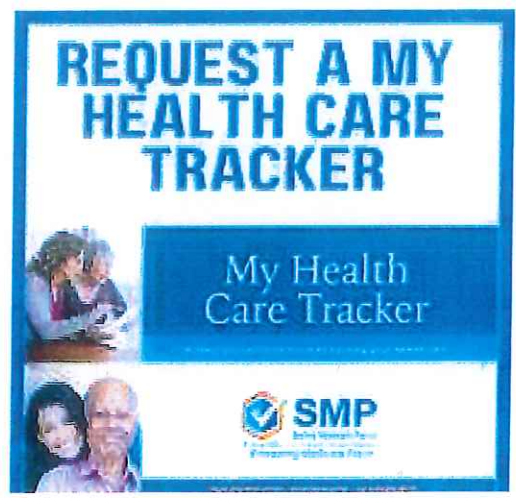


SENIOR MEDICARE PATROL



SMP empowers you to spot,
prevent, and report
Medicare scams.

Call (855) 613-7080 or visit
cahealthadvocates.org



Call 1-800-856-4398

My Health Care Trackers are fraud-fighting tools that are available for free to beneficiaries through the SMP program. The trackers help beneficiaries prevent, detect, and report suspected Medicare fraud, errors, or abuse. If you would like a tracker contact Your Senior Medicare Patrol **800-856-4398**

