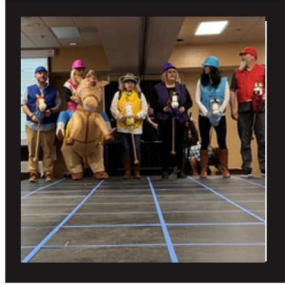
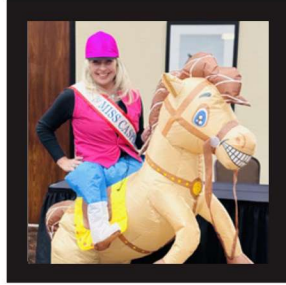
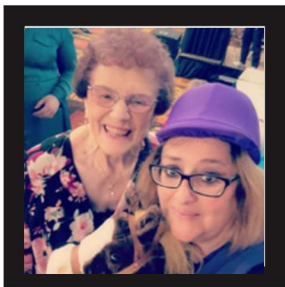


MAY 2026

Central Wyoming Senior Services Inc
1831 East 4th Street | Casper WY
(307) 265-4678



At the Center of It All



PROUD PARTNER OF:



Central Wyoming Senior Services, Inc.
"The Heart of Natrona County"

Programs:
Title III-C (Congregate Meals)
Title III-B (Activities)
Title III-E (Family Caregiver)
WyHS (Wyoming Home Service)

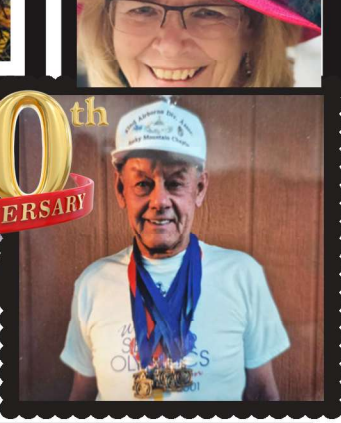
Vision:
To enrich the lives of individuals aged 60 and older by providing community services and resources to maintain their dignity and independence.

Mission:
To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.



50th ANNIVERSARY

Celebrating 50 years of loyalty!



Who's Who around the Center

Board of Directors

Bob Carpenter President
Gracie Becker Vice President
Bob Robinson Treasurer
Kate Maxwell Secretary
Bob Lemmon Ron Strang
Debera Siems Susan Burk
Lori Spearman Zulima Lopez
Barb Ralph
Michael Bond City Council Liason

Locations

CASPER (MAIN)

1831 East 4th Street | (307) 265-4678

MILLS

401 Wasatch | (307) 265-4678

EVANSVILLE

71 Curtis Street | (307) 265-4678

Connect with us:



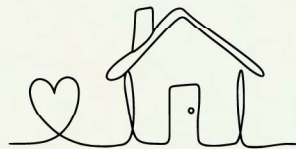
www.facebook.com/casperseniorcenter



www.casperseniorcenter.com

Staff

Rachel Brown Executive Director
Lacey Kidman Community Programs Dir.
Christine Coffey Access Care Coordinator
Aides: Sarah George
 Jazzmin Kidman
 Jessica Massey
 Shauna Dellinger



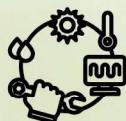
Kimberly Cooper Dietary Director
Johnna Moore Head Cook
Aides: Dusty Plummer Andrew Coffey MaKayla Archambault
 Azarian Tanksley Angel DeLoria Sean Gelles
 Zach Focht Craig Kwedor Pearl Weakland (Mills)
 CJ Oryall Shawn Borne Charlie Mason (Evansville)



Rae Appel HR/Bookkeeping
Virlie Heyer Reception/Data Entry
Rachel Mundy Activity/Volunteer Director
 Newsletter Editor



Quinton Easley Maintenance Tech.
Wally Aakre Janitor



Volunteers

Dining Room:

Jimmy S. Ernie T. Deb
 Michelle H. Jim K. Reagan
 Jancy Masayo Donna S.

Food Bank:

Jim K2
 Gracie B.
 Phyllis C.
 Jean H.
 Mary G.

Deja Brew Baristas:

Mon-Nancy E. Tues-Linda N.
 Wed-Patti P. Thurs-Kathy D.
 Fri-Linda N. Helper-Zack

Activities:



Ruth D. Leona
 Peggy E. Lisa
 Lori S. Ruth Anne
 Joyce S. Machele
 Barb P. Ethan
 Ethan S. Phyllis C.
 Donna F. Buck

Miscellaneous:

Jackie Front Desk
 Mike L. Decorations
 Sandy L. Decorations
 Sally L. Decorations
 Kathy P. Greeter



From the Desk of the Director:-----



May always feels like a turning point here in Wyoming—longer days, a little more sunshine, and finally a hint that winter might be loosening its grip. It's a time of renewal, and here at Central Wyoming Senior Services, that same energy is reflected in everything we do.



First, a huge thank you to everyone who joined us for our 6th Annual Night at the Races! It was an incredible evening filled with laughter, friendly competition, and tremendous community support. Events like this are more than just a fun night out—they directly help us continue providing meals, in-home services, and meaningful programs for seniors across Natrona County. We are so grateful to our sponsors, donors, volunteers, board members, and staff who made the event such a success.



Please come and join the Edgewood Education Series that starts May 5th, at 12pm in the Activity Room. This presentation will feature Scott Veach with Wyoming Dementia Together and Becky Bouzis with Among Friends Adult Day Care. Make sure everyone is watching for pop-up events!!!



Rachel Brown  rachelh@casperseniorcenter.com or 307-265-4678

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Assistance and Respite for Aging Loved Ones and Family Caregivers



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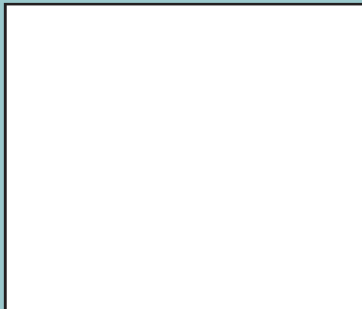
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WYOMING HOME SERVICES

&

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are programs that provide assistance to individuals in their home.

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HOUSEKEEPING



PERSONAL CARE



RESPIRE



CASE MANAGEMENT

Any questions? Come see Lacey or Christine!

Or give us a call at (307) 265-4678



Central Wyoming Senior Services Mission Statement

Our mission

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

Our Vision

To enrich the lives of individuals age 60 and older by providing community services and resources to maintain their

DIGNITY and **INDEPENDENCE.**

The personal mission of our Center's Director and Staff is to make every member feel welcome, wanted, included, and loved every time they come through our doors.

Program Prices:

The suggested donation for a single senior (60+) meal is \$6.00. We offer 10 and 20 count punch tickets including one bonus meal with every 20-punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the Front Office for \$9.00. (When you invite a non-senior guest, please stop and purchase a lunch ticket for their meal at the office.)

Thank you for your support of our meal program!

Meal Times:

Casper - 11AM to 1PM

Evansville/Mills - Noon to 1PM

Reservations required for sites!

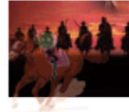
Last Edition Answers:

p. 6



Trivia Answer: *The Pony Express*

p. 15



MAY HIDDEN IMAGE:

*Hidden Twice,
Find Both for 2 entries!*



MAY TRIVIA:

This historical event, though never occurring in May, has closed the book on more final chapters of the nation's highest office in July than any other month.

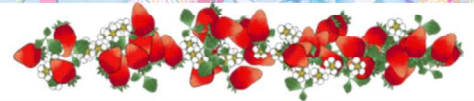
What is the event?

Get a bonus entry for naming one of the July events.

If you are 60 or older with a birthday in the month of May, please submit this to the Front Office for a lunch ticket.

Name: _____

Birthdate: _____



Coffee with the Board
2nd Tuesday each month

10AM in Deja Brew

NEXT DATE:

May 12th

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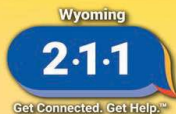
SafeStreets

833-287-3502

Need help looking for information?

Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



Call 211

Visit www.wyoming211.org
Text your ZIP code to 898211

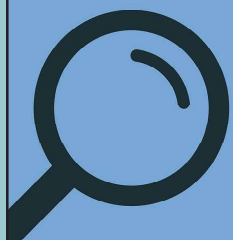
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Central Wyoming Senior Services, Casper, WY

05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given from February 21st - March 19th, 2026.

If donations were made between those dates and you were not recognized, please see the Front Office.

What your Memorial Does:

The Board of Directors has directed Memorial Gifts be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other county money. Just note on your check that the gift is a memorial and the name of the person you wish to be remembered.

Gifts

**April Stearns
Toni Patik
Frank C Stofflet
John Savage
Natrona County Cow-Belles
Kathy Dilgarde
Mary Hoffman
Anonymous Donor(s)**

Memorials

**Joe Pacheco
Daniel & Crystal Galles
Lois "Oleta" Thomas
Mary C Moler
Ed Reish
Harold & Debera Siems**

6th Annual A Night at the Races

307 Healing Waters

A-1 Tire Company

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AlSCO Uniforms

Banner Health- Wyoming Medical Center

Beverly Loftin

Big O Tires

Blue Cross Blue Shield

Boston's Gourmet Pizza Restaurant & Sports Bar

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C85 Galles Liquor

Casper Cigar Company

Casper College

Casper Recreation Center

Casper Theater Company

Chili's Grill & Bar

Chris & Lacey Kidman

Cundy.biz LLC

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Danielle Peterson

Daylight Donuts

DJ's Groom & Board

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Ducks Unlimited

We thank you!

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Thank You

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Gracie Becker

Guadalajara Mexican Restaurant

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Thank you

Thank You

Thank you!

Paradise Valley Country Club

Peaches Family Restaurant

Perkins Restaurant & Bakery

Pizza Ranch

Pronghorn 307 Insurance

PetSmart

Racca's Pizzeria Napoletana

Ridley's Outfitter Liquor

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Siems Family

SNAP Fitness

Spruce² Beauty Bar

Target ®

Three Crowns Golf Club

Townsquare Media Casper

University of Wyoming

Wyoming Work Warehouse

Wyoming Symphony Orchestra



WEEKLY

ON
Wednesday



BINGO

MAY 6, 13, 20, 27

AT
1:30PM

\$0.25 per card/per game
Up to 30 Games per Session
Must be 18 or older to play
Minimum Progressive Jackpot of \$50
Every Game can be won in 5 #s or less



Additionally, we now sell
50/50 Raffle Tickets for
\$1 each, or \$5 for 6,
during Jackpot Bingo
sessions! Winner will
be drawn the last session of
each month. Need not be
present to win.



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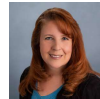
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Central Wyoming Senior Services, Casper, WY

05-0641



Yum



Fresh Facts From the Kitchen

Balance is controlled by your brain with information from your eyes, ears, muscles and joints.

Balance helps you do activities of daily living with less dependence on others.

Aim to mix balance with other types of activity on at least 2 days a week. Try dancing, yoga, gardening or sports.

Test your balance: stand on one leg; aim for 30 seconds. Switch legs. Use a chair or nearby wall for safety.

Dehydration, medications and blood pressure can affect balance. Talk to your healthcare provider if you have questions.

The Benefits of Balance

1

Move with ease

Activities such as walking, gardening, dancing and carrying groceries are easier with balance.

2

Move with confidence

Balance makes it safer to walk on uneven surfaces, walk in the dark and get up from sitting down.

3

Reduce your risk of falling

Falls are the leading cause of *injury-related deaths* among adults age 65 and older.

4

Reduce your risk of injury

Balance makes everyday movements safer, resulting in fewer sprains, strains, slips and trips.



Balance your plate

Making healthy food choices plays a role in balance by providing nutrients that support healthy bones, muscles, vision and blood pressure.

Go to **FoodHero.org** for easy, tasty recipes.



May 2026 Menu

NOTE: We will NEVER turn away any eligible diner.

If you are 60 or older with current paperwork, you eat whether OR NOT you can donate.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 Roast Pork Oven Brown Potatoes Roasted Asparagus Marinated Tomatoes WW Roll Blueberry Pie</p>	<p>Happy Older Americans Month</p> <p>STAR 4 EVANS DAY Baked Chicken Sweet Potatoes Green Bean Medley Caesar Salad Wheat Roll Citrus Fruit</p> <p>May 1st - 31st WE LOVE YOU</p>	<p>Cinco de Mayo 5 Pepper Cheese Soup Egg Salad on Croissant Pickles/Carrots/Celery Cottage Cheese Salad Baked Apples</p> 	<p>6 Beef Onion Stir Fry Fried Rice Creamy Asian Slaw Honey Wheat Biscuit Snickerdoodle Cake</p>	<p>7 Ranch Chicken Potato Bake Catalina Veggies Tossed Spring Salad Apple Walnut Muffin Diced Peaches</p>	<p>1 Salmon Loaf Garlic Pasta Corn Cobbette Strawberry Spinach Salad Honey Wheat Roll Sliced Peaches</p>
<p>10 Mother's Day Turkey & Noodles Catalina Vegetables Tossed Veggie Salad Apple Pie</p> 	<p>11 Philly Cheese Pasta Country Mix Summer Squash Salad Corn Muffin Diced Pears</p>	<p>12 Southwest Crispy Chicken Salad Fresh Fruit & Veggies Spinach bread Pumpkin Bar</p>	<p>13 Pork Cottage Pie Roasted Cauliflower Garden Veggie Salad Honey Wheat Roll Applesauce Cake</p>	<p>14 Dance Like a Chicken Day Potato Leek Soup w/ BBQ Pork Sandwich Stuffed Celery Stix Apricots Gingerbread Cake</p> 	<p>15 Baked Tilapia Creamy Risotto Winter Mix Carrot Risin Salad WW Roll Orange Sherbet</p>
<p>24 CLOSED Chicken Fried Steak Mashed Potatoes Country Blend Cucumbers & Tomatoes Honey Wheat Roll Peach Pie</p>	<p>18 Spanish Meatballs Garlic Pasta Sweet Corn Tossed Green Salad WW Roll Peach Crisp</p>	<p>19 Harm & Scalloped Potato Casserole Brussels Sprouts Dill Cucumbers WW Roll Orange Pudding Fluff</p>	<p>20 WORLD BEE DAY Reuben Sandwich Potato Salad Carrot Stix Creamy Cabbage Salad Tropical Fruit</p> 	<p>21 Smothered Chicken Rice Pilaf California Vegetables Berry Blend WW Roll Sugar Cookie</p>	<p>22 Memorial Day BBQ Hamburger or Hot Dog Baked Beans macaroni Salad Corn on the Cob Fruit Pie</p>
<p>31 Chicken Fried Steak Mashed Potatoes Country Blend Cucumbers & Tomatoes Honey Wheat Roll Peach Pie</p>	<p>25 MEMORIAL DAY Lasagna Italian Veggies Garlic Breadstick Italian Lettuce Salad coconut Tart</p> 	<p>26 Lamb Tips Mashed Potatoes Peas & Pearl Onions Spinach Mandarin Salad Peach Jello</p>	<p>27 Chicken Fajitas w/ Lettuce & Tomatoes Beans Rice Apple Crisp</p>	<p>28 Smothered Chicken Rice Pilaf California Vegetables Berry Blend WW Roll Sugar Cookie</p>	<p>29 Happy Birthday! Roast Beef Mashed Potatoes & Gravy Roasted Zucchini WW Roll Mandarin Orange Cake</p> 

REMININDERS!

All Meals include

Milk & Bread!

Menu Subject to Change!

CENTRAL WYOMING SENIOR SERVICES EVANSVILLE & MILLS UPCOMING EVENTS



EVANSVILLE
SENIOR CENTER
71 CURTIS STREET
(307) 265-4678

Lunch served daily 12:00-1:00PM (call to make reservations)

FOOD BANK for seniors aged 60 and older - May 6th, 13th, 20th, 27th 10-1PM

Coffee & Camaraderie (Veteran's Meetup) - May 5th @ 10:00-11:00AM

Friday Feature (Movie and Popcorn) - May 29th 11-2:00PM approx.

MILLS SENIOR CENTER
401 Wasatch
(307) 265-4678



Lunch served daily 12:00-1:00PM (call to make reservations)

FOOD BANK for seniors aged 60 and older - May 7th, 14th, 21nd, 28th, 30th
10AM - 1PM

Coffee & Camaraderie (Veteran's Meetup) - May 5th @ 10:00 - 11:00AM

Friday Feature (Movie and Popcorn) - May 29th 11- 2:00PM (approx.)

Crafts - Tuesdays @ 10:00AM

Dominoes Tuesdays - 1:00- 4:00PM Mexican Train

Dominoes Thursdays - 1:00- 4:00PM Chicken Foot

Pinochle Thursdays - 11:00- 4:00PM

Wellness Check Thursdays - 10:00- 1:00PM



thank you



United Way of Natrona County

FOOD BANK OF WYOMING

Reveille Rotary meets Wednesdays at 7AM



Thank You

DANIELS FUND



We thank you!



Stay curious in the new year.

The love of learning doesn't end at 50.

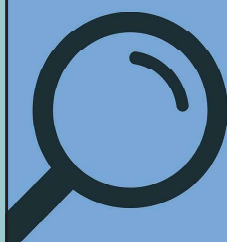
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Senior Center Wish List

1

Movie Purchases

Gift cards from Amazon or Fandango to rent or purchase requested movies for the #FridayFeatures.

2

Gift Cards

from local businesses to be used as prizes for activities

3

Popcorn and Salted Butter

for #FridayFeature movies
Yellow kernels ONLY please, the white kernels burn in our machine.

4

Deals on Wheels

Jewelry, purses, wallets, and small household decor to sell.

5

Food Bank Organization

Purchase power at Sams, Home Depot, Menards, Ace Hardware, etc. for storage items for weekly food bank.

6

Volunteers

We are always in need of people with time to share!

May Special Events

(you won't want to miss)

May 1st @ 11 a.m. Massages in the dining room. \$10.00/15 min. for seniors.

May 6th @ 10:30 a.m. (Please see the office for schedule and pricing)

Mother's Day 10th Happy Mother's Day !

Casper - April 5th, 12th, 19st, 26th Coffee & Camaraderie (Veteran's Meetup) @ Deja Brew 1/2 off coffee for all veterans

Mills - May 5th Coffee & Camaraderie (Veteran's Meetup)

Evansville - May 5th Coffee & Camaraderie (Veteran's Meetup)





SCAM SAFETY TIPS:



REMINDER:
 If you get a call stating a Medicare card is ordered and coming soon OR in the mail, don't give the caller any information. Report it to the SMP.
 1 (800) 856-4398

WE ALL WIN WHEN WE REPORT MEDICARE FRAUD!

READ YOUR MSN AND DON'T GIVE OUT YOUR MEDICARE NUMBER TO ANYONE CALLING YOU.

SMP SMPRESOURCE.ORG 877.808.2468

No matter the sports team you like, we can all agree that Medicare scammers are the real losers. You can be the MVP by reviewing your Medicare statements and reporting anything that looks like it might need a flag called. Call the WY SMP at 1 800 856-4398.

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ERIC SMARTT

Casey Grisham

Activities for Seniors 60 and Older...

Activity	Day(s)	Time(s)	Room
Afternoon Tai Chi	Tuesday/Thursday	3:00PM-4:00PM	Activity
Bingo! (\$0.50/card)	Thursday	12:30PM-2:00PM	Activity
Bridge	Wednesday	12:30PM-4:00PM	Dining
Bridge	Friday	12:00PM-4:00PM	Conference
Canasta	Friday	12:00PM-4:00PM	Dining
Chair Exercise	Mon/Wed/Fri	9:45AM-10:45AM	Dining
Chair Yoga	Tuesday/Thursday	9:15AM-9:45AM	Activity
Clogging (Joyce)	Monday	10:30AM-11:45AM	Activity
Clogging (Lori)	Thursday	10:30AM-11:30AM	Dance Floor
Craft Class	Thursday	10:15AM-12:00PM	Activity
Cribbage	Tuesday	10:00AM-12:00PM	Activity
Feature Film	Friday	1:30PM	Library
Food Distribution	Tuesday	10:00AM-1:00PM	Main-Dining
Food Distribution	Wednesday	10:00AM-1:00PM	Evansville Site
Food Distribution	Thursday	9:00AM-10:00AM	Mills Site
Line Dance	Tuesday	10:00AM-11:00AM	Dance Floor
Low Vision Support	2nd Monday	10:00AM-12:00PM	Conference
Mexican Train	Sun/Mon/Thurs	1:00PM	Dining
Pinochle	Thurs/Fri	12:30PM-4:00PM	Dining
Poker	Mon/Wed/Fri	1:00PM	Dining/CNF
Sew Crazy Sewing Club	3rd Tuesday	1:00PM-2:30PM	Activity
VA Caregiver Support	2nd Tuesday	11:00AM-12:00PM	Conference
Wellness Clinic	Tuesday	10:00AM-2:00PM	Dining
Wellness Clinic	Thursday	12:00PM-1:00PM	Evansville/Mills
Wyo. Dementia Care Support Group	1st/3rd Thurs	10:00AM-11:00AM	Conference

\$3



WEEKLY AT 1:30 PM

FRIDAY FEATURES

SENIOR CENTER LIBRARY



MAY 1st



A comedy starring Jack Lemmon and Walter Matthau as two elderly men who con their way onto a luxury cruise to meet rich women, only to find they must work as dance hosts. They encounter a strict cruise director and find romance all while navigating comedic mishaps.

MAY 5th



A drama following Richard Daddier (Glenn Ford), an idealistic teacher in a rough inner-city vocational school. He faces violent, unmotivated students, notably Artie West (Vic Morrow), while trying to teach, eventually gaining the respect of a gifted but troubled student, Gregory Miller (Sidney Poitier).

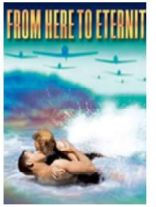
MAY 15th



A romantic comedy starring Will Smith as Alex "Hitch" Hitchens, a professional "date doctor" in NYC who helps men woo women, only to face his own romantic hurdles with a reporter played by Eva Mendes.

MAY 22nd

A romantic drama set at a US Army base in Hawaii just before the December 1941 attack on Pearl Harbor. It focuses on the personal struggles of soldiers, highlighting themes of military corruption, infidelity, love, and abuse of power, ultimately culminating in the chaotic Pearl Harbor attack.



MAY 29th



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