

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

1831 4th Street
Casper, Wyoming 82601
307-265-4678

APRIL 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

YOU'RE INVITED

WHAT: 4TH ANNUAL A NIGHT AT THE RACES

WHEN: FRIDAY, APRIL 26TH, 2024 @ 5:30PM

WHERE: RAMKOTA HOTEL & CONVENTION CENTER
800 N. POPLAR ST, CASPER

*Join us for another great evening of
fun, food, and friendly wagers!*

Tickets are available on our website or at the Center,
cost \$50, and include admission & dinner.

Betting Bucks (for wagering on races) cost \$1 each
and can be purchased at the Center or at the event.

- 🏆 6 Races featuring 6 Horses (\$5 minimum bets)
- 🏆 Derby Hat Contest
- 🏆 50/50 Raffle
- 🏆 Cash Bar
- 🏆 Plated Dinner
- 🏆 Fantastic Prizes & Packages to Win!

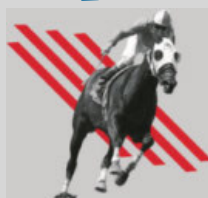
"Put on your best dress, baby,
And darlin', fix your hair up right
'Cause there's a party, honey"

-Out in the Street
by Bruce Springsteen
& The E Street Band



Try to Find This!

Let the front
office know the
answer for entry into
the drawing for a free
week of lunches!!



Hidden Twice,
Find Both for Two Entries!

INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

Our mission is to enrich
the lives of individuals
aged 60 and older by
providing Community
services and resources
to maintain their dignity
and independence.

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WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Fleming

Director of Operations

Tom Lebahn

Assistant Director

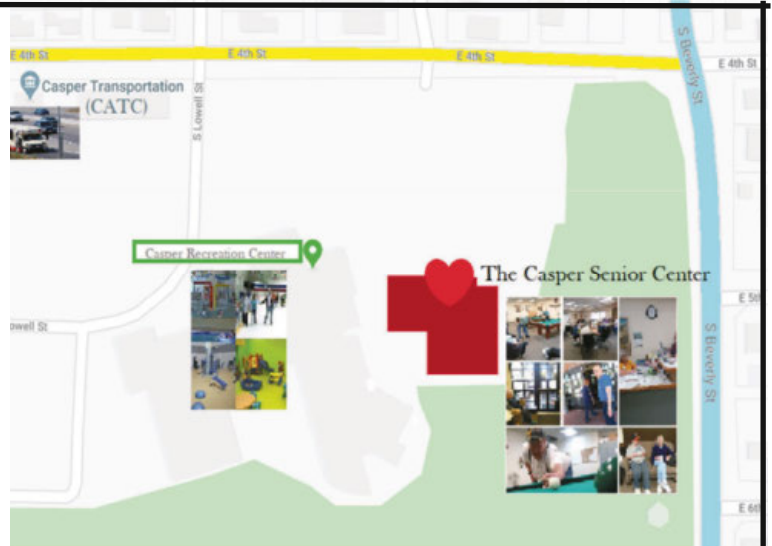
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter.com



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services to meet their changing

needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

A Letter from the Desk of the President:

The Board of Directors Future Planning Committee is busy working on the 4th Annual "A Night at the Races" to be held April 26, 2024 at the Ramkota Hotel and Convention Center. The occasion has become a widely anticipated event. The prizes are bigger every year. This year promises to be an event to remember. It will be an evening of fun with community leaders as jockeys and plenty of opportunities to win prizes.

The Derby hat contest has become a fun part of the evening. Fashion sense has been on parade at the Derby since 1875 with the stylish hats becoming a big part of the Derby in the 1960's. Your hat is your statement piece - Go Big. All eyes will be on the hats, not just the race track.

Bring your friends and join us. This is the biggest event of the year for the Center.

As always, if you have ideas for improvements, activities, or events, please let me or a staff member know.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028

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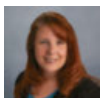


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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

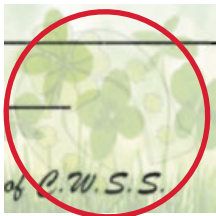
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

Any questions? *Come see Lacey or Christine!*

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

Last Edition Answers:



Answer to the March Riddle:
A Horse Race Starting Bell!



"When you are on a great horse, you have the best seat you will ever have."

~ Sir Winston Churchill

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 3:00 pm in the Conference Room.

This is the perfect time for the public to attend and find out about what is happening within the Agency.

RIDDLE

Pick me! I am the horse who's master of my course,
Named for a frozen sweet,
A fruity rainbow treat.
Returning to those in luck
Who took a chance on me
with their buck.

Who am I?

Let the front office know the correct answer for your chance to win a 5-punch lunch ticket!!

Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer 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 reception desk for \$9.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!.

Meal Times:

Casper: 11:00 AM to 1:00 PM

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE



Saturday Dances

March 9th &

March 23rd

Starting at 6PM
Potluck Dinner
\$6.00 Cover

Joyce's Easy Clogging
by Joyce Sisk
Call (307) 237-4908 for more information.
FREE, Every Monday at the Senior Center
10:30 am–10:45 am Learn Steps
10:45 am–11:45 am Dance Routines

We DO NOT Jump, Stand on One Foot,
or Go Around in Circles.

New Member Coffee

2nd Tuesday
of Every Month
10AM in Déjà Brew

NEXT DATE:
April 9th

PRESENTATION:
**Advancing
the Science:
Research Updated**

Tuesday, April 30th
3PM in Conference Room



NEW!

Meditative Drum Circle
will meet
Mondays from 6:30-7:30PM
in the Library.

Percussion instruments
(drums, shakers, bells, etc.)
will be provided or
you may bring your own.
FREE activity open to all ages.
Contact Brenda Evans, 307-247-0485

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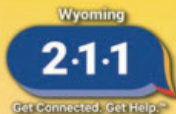
SafeStreets

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!



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Visit www.wyoming211.org

Text your ZIP code to 898211

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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between
February 22nd—March 20, 2024.*

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

What Your Memorial Does

The Board of Directors has directed that memorial gifts are to 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 money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Gifts

Dave Gossin
Frank Stofflet
Joyce Sisk
Daniel Grace
Family of Millie Wise



Memorials

Sherman Drake
Helen Hoff

Mildred Wise
Sheila Drelicharz



Job 39:19—25. KJV

- ¹⁹Hast thou given the horse strength?
Hast thou clothed his neck with thunder?
²⁰Canst thou make him afraid as a grasshopper?
The glory of his nostrils is terrible.
²¹He paweth in the valley, and rejoiceth in his strength:
He goeth on to meet the armed men.
²²He mocketh at fear, and is not affrighted;
Neither turneth he back from the sword.
²³The quiver rattleth against him,
The glittering spear and the shield.
²⁴He swalloweth the ground with fierceness and rage:
Neither believeth he that it is the sound of the trumpet.
²⁵He saith among the trumpets, Ha, ha:
And he smelleth the battle afar off,
The thunder of the captains, and the shouting.

*If you are 60 or older with a birthday
in April, bring this coupon
to the front office for your meal ticket.*

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Qigong Class

Thursday Evenings, 6PM—7PM

What is qigong and how does it work?

Qigong, pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body’s movement and posture.

In most forms of qigong:

- Breath is slow, long, and deep. Breath patterns may switch from abdominal breathing to breathing combined with speech sounds.
- Movements are typically gentle and smooth, aimed for relaxation.
- Mind regulation includes focusing one’s attention and visualization.

<https://www.nccih.nih.gov/health/qigong-what-you-need-to-know#:~:text=Qigong%2C%20pronounced%20%E2%80%99Cchi%20gong%2C,maintaining%20health%20and%20well%2Dbeing.>

Can qigong help older adults?

Two 2019 reviews looked at the effects of qigong on the physical and psychological health of older adults. Some of the results were positive, suggesting potential benefit of qigong for older adults.

- * The first review considered 13 studies with a total of 1,340 community-dwelling older adults with chronic disease and found that qigong had a significant positive effect on quality of life but not on depressive symptoms.
- * The second review looked at 14 studies of 1,282 older adults with depressive symptoms, frailty, or chronic illness and found that qigong helped improve physical ability and may have positive effects on depression, balance, and functioning (the ability to do normal, everyday activities).

[Researchers noted that more trials are needed to determine the efficacy of qigong on physical and psychological health in older adults.]

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9 WAYS YOU CAN IMPROVE YOUR APPETITE

1. PLAN AHEAD

Create a daily routine by planning regular meal times. Write a reminder note or set an alarm to help you stick to the schedule.



6. MIX IT UP

Boil, microwave, or blend foods to make them softer and easier to chew.



2. SEASON YOUR FOOD

Try adding different seasonings or spices to your food like cinnamon, lemon juice, garlic powder, lemon pepper or Mrs. Dash.



7. CHANGE THE TEMPERATURE

Try eating foods cold or room temperature. This can help eliminate smells that may be unappetizing.

3. ADD CONDIMENTS

Add condiments like butter, gravy, mayonnaise, sour cream, salsa, etc.

8. TRY NUTRITION SUPPLEMENTS

Try liquid nutrition supplements like Ensure, Boost or Glucerna.

4. EAT YOUR FAVORITE FOODS

Include your favorite foods in your recipes and meals.



9. MAKE MEALTIME SOCIAL

Invite friends or family over for meals.



5. DON'T FILL UP ON BEVERAGES

Limit drinking too much fluid during or right before meal times.

<https://www.overturehomecare.com/news/2019/6/9/easy-meal-tips>




Central Wyoming
Senior Services Inc.

"The Heart of Nations County"

307.265.4678-1831 East 4th St, Casper, WY 82601

MEAL CALENDAR

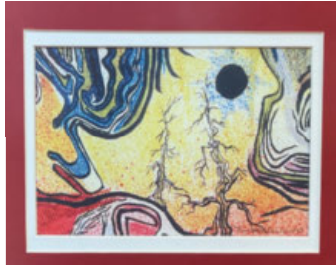
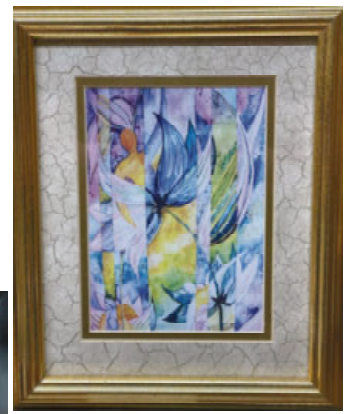
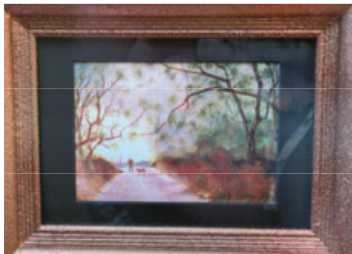
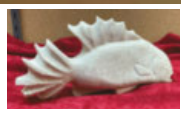
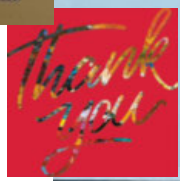
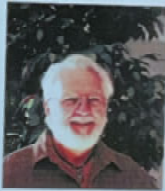
April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>7Bread'd Chk'n Breast Mashed Potatoes Glazed Carrots Russian Salad Wheat Roll Cherry Pie</p>	<p>1Salisbury Steak Brown Rice WW Roll California Vegetables Tossed Salad WW Roll Diced Peaches</p>	<p>2Lamb Stew Baby Carrots Raisin Slaw Cornbread Sliced Peaches</p>	<p>3Chicken Enchiladas Lettuce & Tomatoes Rice & Beans Baked Apples Snickerdoodle Cookie</p>	<p>4Cabbage Roll Casserole Sweet Potatoes Almond Green Beans WW Roll Cottage Cheese w/ Fruit</p>	<p>5Lemon Pepper Tilapia Mac & Cheese Spinach Gingered Pears Sunflower Bread</p>	<p>6 MENU SUBJECT TO CHANGE</p>
<p>14Roast Beef Mashed Potatoes Sweet Corn WW Roll Tossed Veg Salad Bread Pudding</p>	<p>8Creamy Tomato Soup Grilled Cheese Sand Fresh Vegetables Cole Slaw Berry Blend</p>	<p>9Tater Tot Casserole Broccoli Fresh Grapes Wheat Roll Sugar Cookie</p>	<p>10Hot Pork Sandwich Mashed Potatoes Green Beans Dill Cucumbers Banana Bar</p>	<p>11French Dip Baked Potato Creamed Corn Hearty Tossed Salad Butterscotch Pudding</p>	<p>12Fish Florentine Continental Rice Peas Tomato Basil Salad Mandarin Oranges</p>	<p>13</p>
<p>21Chicken & Noodles Creamed Corn Vinegar Cucumbers Mixed Berries Cheddar Biscuit</p>	<p>15Glazed Ham Scalloped Potatoes Cauliflower with Peas Cottage Cheese Salad Wheat Biscuit Cherry Jello Fluff</p>	<p>16Roasted Chicken with Potatoes & Carrots Marinated Green Beans Honey Wheat Roll Apricots</p>	<p>17Beef Pot Pie Creamed Cabbage Green Salad Sliced Peaches Raisin Wheat Bread</p>	<p>18Hearty Veg Soup Turkey Salad Sandwich On Wheat Fresh Veggies Citrus Fruit Pumpkin Crunch</p>	<p>19Breaded Cod Sweet Potatoes Asparagus Tomato Cucumber Salad Blueberries</p>	<p>20 MEALS COME WITH MILK & BREAD</p>
<p>28Roast Turkey Mashed Potatoes Country Blend Tossed Salad Pumpkin Pie</p>	<p>22 Volunteer Appreciation Chicken Fried Steak Mashed Potatoes Braised Cabbage Mandarin Spinach Salad Toffee Butter Cake</p>	<p>23Pork Chop Oven Brown Potatoes Roasted Broccoli Garden Salad Coconut Pudding Corn Muffin</p>	<p>24Porcupine Meatballs Rice Pilaf Mixed vegetables Calico Slaw Diced Peas Wheat Biscuit</p>	<p>25Taco Salad Lettuce Tomatoes, Cheese Onions Rice Black Beans Pepper Slaw Red Grapes</p>	<p>26 Happy April Birthdays! Pork Wing Butternut Squash Dill Green Beans Potato Roll Apple Pie</p>	<p>27 PLUS SALAD BAR!</p>
<p>29Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Frosted Chocolate Cake</p>	<p>30Western Egg Bake Breakfast Sausage Potato Medley Tossed Salad Tropical Fruit Brown Bread</p>					

Ronald J. Loveland is an artist, author, and art instructor who taught at the University of Wyoming, Otero Junior College in La Junta, Colorado, Casper Junior College and Kelly Walsh High School in Casper, Wyoming for 43 years, collectively.

If you visited his studio, you would see that he has many art interests: painting, printmaking, jewelry, sculptures, drawings, pastels, woodcuts and carvings. He has his artwork in several notable permanent collections and published the first American written book, titled "Graphic Imagery of M.C. Escher", on the well-known Netherlands artist, M.C. Escher.

Over the years, Ron has exhibited in national and international art shows with several different mediums and now after retiring from teaching, he is enjoying life doing his artwork full-time.



A Word from our Partner

If you receive an unsolicited phone call from someone wanting to verify your:

- ✗ Pain symptoms
- ✗ Family history of cancer

Hang up. If you gave out any information, report it to your SMP.



Telehealth is a service that has been very beneficial to a lot of people. Be aware that there are scammers who pretend to be telehealth doctors and will call you asking to verify information. They may try to send you swab kits to test for cancer or durable medical equipment like braces to help with pain.



For assistance call SMP at 1 800 856-4398



“The horse, a creature that lives in a herd, reminds us that we are not alone and that we should not alienate others.”

~ American Author/Psychic Lauren Leo ~



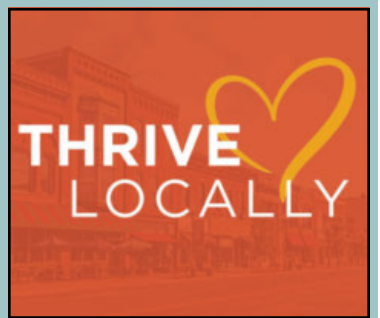
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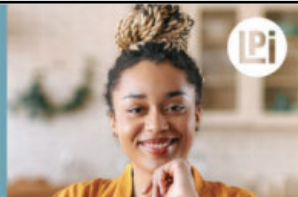


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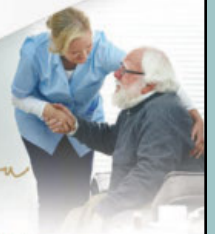
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Horse racing has been called the “Sport of Kings,” and, just like royalty, racing has a scandal-filled history. Some misconduct has been about manipulating races, whether by influencing jockeys or the recurring phenomenon of horse switching. While attention has also fallen on the treatment of racehorses, including the use of performance-enhancing and pain-masking drugs. Here are [9 of] 10 horse racing scandals that made headlines in recent years:

1968: Derby winter tests positive

On May 4, *Dancer's Image* had a thrilling win, surging from last to first across the finish line. Though use was permitted at other times, phenylbutazone (a pain reliever) was not allowed to be present on race day, so the win was erased. Owner Peter Fuller contested the disqualification and spent more than the \$122k prize money earned, but was ultimately unsuccessful. Fuller's theory: after giving \$60k from prior race winnings to MLK's widow Coretta Scott King and receiving threats after the ensuing publicity, followed by a denied request of enhanced security before the Derby, *Dancer's Image* was drugged.

1970: 'Big Tony' fixes hundreds of races

In the early 1970s, Anthony Ciulla, known as “Big Tony,” bribed jockeys. They would usually be told to slow their horses so they didn't finish in the top three, thus ensuring that less favored horses won and delivered big payouts. After a jockey was questioned, and he revealed Ciulla's involvement in 1975, Ciulla took a deal from the FBI and testified against jockeys and trainers who'd fixed races for him, then entered Witness Protection.

1983: Winning racehorse abducted

Shergar was a famous racehorse who won the Epsom Derby and Irish Derby, among other races, before his 1981 retirement to act as a stud in Ireland. On February 8, 1983, masked gunmen forced a groomer to load up the horse and they drove away. *Shergar's* owners, the Aga Khan and other shareholders, decided not to pay the \$3 million ransom demanded (leery of future abductions), and the remains of *Shergar* have never been discovered.

1974: Attempt to switch horses

Tony Murphy, an Irish millionaire with a passion for horse racing, attempted to pull off a bait-and-switch. He arranged for a horse he referred to as winning racer *Gay Future*, to be trained in the UK by Antony Collins. Because the horse didn't appear promising, it decreased the odds of him winning an upcoming race. Before the race, the real *Gay Future* was swapped in secret. On race day, *Gay Future's* legs were soaped to make him look sweaty to deter bettors from betting on him, therefore increasing his winning odds. Of course, *Gay Future* won, though when a reporter learned that other horses entered in the race by the pair hadn't even travelled to the track before being withdrawn, Murphy and Collins were caught and convicted of attempted fraud.

1984: Spray paint subterfuge

Bloodstock agent John Gillespie acquired *Fine Cotton*, an unsuccessful Australian racehorse, and *Dashing Solitaire*, a better racer who resembled *Fine Cotton*. The plan was simple, run *Dashing Solitaire* in *Fine Cotton's* place in a race August 18th. When *Dashing Solitaire* was injured and unable to run, the conspirators decided to run another horse, *Bold Personality*, by using hair dye and spray paint to mimic the color and markings of the first two horses. *Bold Personality* won, but the switch was discovered, in part because the paint was dripping down his legs.

2019: 30 horses die within a six-month period

During CA racetrack Santa Anita Park's Dec. 2018 to June 2019 season, 30 horses died, 23 of them before the end of March. Public outcry led to the track being shut down temporarily and the drug Lasix, a diuretic used to prevent bleeding in horses' lungs, would be banned. Tests showed nothing amiss with the dirt track, nor were illegal drugs and procedures responsible.

1977: Doctor fakes a horse's death

Dr. Mark Gerard, veterinarian to *Secretariat* in 1973, served as an agent to import two horses from Uruguay to the US in June 1977. One, *Cinzano*, had been Uruguay's Horse of the Year 1976 while the other, *Lebon*, was more average. After arriving at Gerard's farm, *Cinzano's* accidental death was recorded. In September, *Lebon* defied the odds to win his race, earning Gerard \$80k. A journalist from Uruguay notified the New York Jockey Club that the winning “*Lebon*” was actually *Cinzano*, distinguishable by the star on his forehead. Gerard served time behind bars for the identity switch scheme.

2002: Frat brothers rig betting system

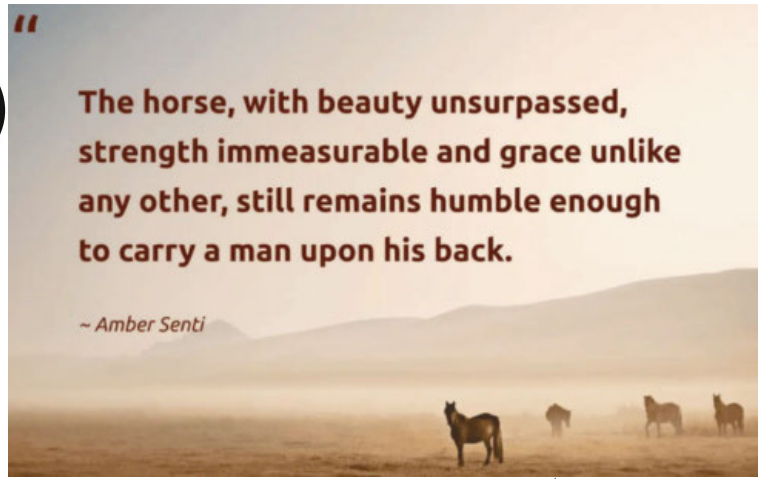
After the Breeder's Cup on Oct. 26, 2002, Derrick Davis won more than \$3 million. But his winning Pick Six tickets seemed suspicious: he was the only person with winning tickets, had selected 2 long-shot winners, and had made the unusual choice to pick winners in the first four races while selecting all horses to win the last two. An investigation uncovered Davis's frat brother, Chris Harn, was a senior programmer at Autotote, which handled the telephone betting service used by Davis. Harn had been able to make changes in Autotote's system after the first four races had finished which allowed him to select the winners for Davis's tickets.

2020: Horse doping In March 2020, federal prosecutors indicted 27 trainers, veterinarians, and drug distributors. The charges alleged the use of drugs designed to secretly and dangerously enhance the racing performance of horses beyond their natural ability, a dishonest practice that places the lives of affected animals at risk.”



Photo by Birgith Roosipuu on Unsplash

**Hay,
Thanks!**



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United Way
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E 4C 05-0641

ACTIVITIES FOR EVERYONE*

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (Déjà Brew)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Mon (AR)/Thurs (DF)	10:30AM—11:45AM
Craft Class	Thursday	10:00AM—12:00PM (AR)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Qigong	Thursday	6:00PM—7:00PM (AR)
VA Caregiver (<i>Please call</i>)	2nd Tuesday	11:00AM—12:00PM (CNF)
Wellness Clinic	Tues (Main) Thurs (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

Financial Opportunities

Support the Senior Center and get the delicious drink you didn't know you could have!
5-drink punch cards cost \$15 AND save you \$1/drink!

Welcome To:

Déjà Brew

Volunteers Baristas available:
 Monday—Friday, from 9:00 AM—1:00 PM

SCSEP PROGRAM

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for older Americans. This program provides an average of **20 hours a week** of subsidized training in community service assignments, **job training** and related **educational opportunities** and **certifications**, case management **support** to identify and address personal needs and opportunities for **placement** into suitable unsubsidized jobs.

Eligibility

- ✓ At least 55 years or older
- ✓ Unemployed
- ✓ Family income of no more than 125% of the federal poverty level

Services Provided in
 Converse, Fremont,
 Hot Springs, Natrona,
 Washakie
 Counties

Call today to
 find out more!

For more information, please contact:
DAWN MARIE THACKER, SCSEP Case Manager
307.840.0209
dawnmarie.thacker@goodwillwy.org

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(307) 265-4678
"The Heart of
Natrona County"



Photo by Alexandre Boucey on Unsplash

PARTING THOUGHTS

"Old minds are like old horses; you must exercise them if you wish to keep them in working order."

~ 2nd US President John Adams ~

NOTICE: The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

Thank you!

We would like to
once again thank all of our
members and supporters!
We look forward to a great
4th Annual fundraising event
at our April 26th Night at the Races!

Volunteer

Opportunities:

If you are interested
in giving your time,
please see the office.



We cannot stress enough
how much we depend on
our volunteers.

YOU keep the Senior Center
running and allow us to
continue providing
vital services
to members and
our community!

Thank You Always!