

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

DECEMBER 2021

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com



HAPPY NEW YEAR

Help Wanted

by Timothy Tocher

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.



Cupid married Blitzen
and Donder lost his mind.
Dancer's mad at Vixen
for stepping on his toes.

Vixen's being thrown out—
she laughed at Rudolph's nose.
If you are a reindeer
we hope you will apply.
There is just one tricky part:
You must know how to fly.

Try to Find This!

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

2 Chances
in this
issue!



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

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Barbara Flinn..... Vice President
Kim Latka..... Treasurer
Linda Blackstone Secretary

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L. Chuck Davis

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Rita Wagner

Assistant Director

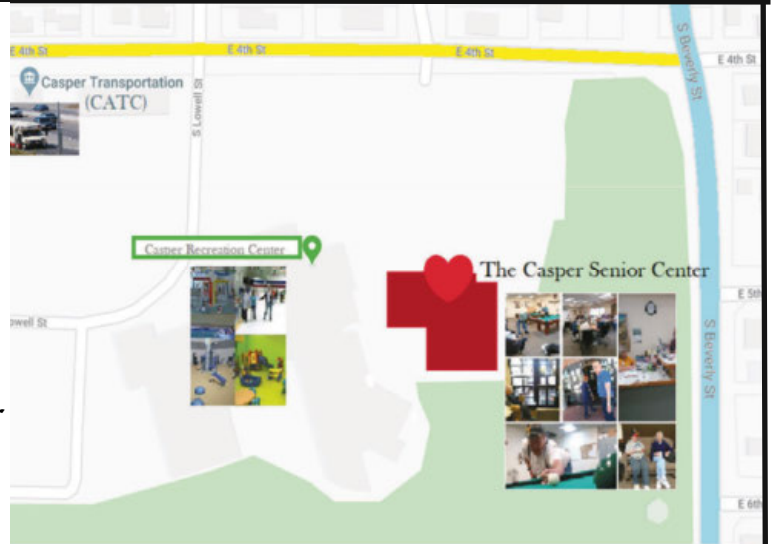
Rachel Brown

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



[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.

COVID-19 and the holidays

Holiday traditions are very important for families and children. There are several ways to continue to enjoy holiday traditions and still protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

General recommendations:

- Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
 - Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
 - Outdoors is safer than indoors.
 - Avoid crowded, poorly ventilated spaces.
 - If you are sick or have symptoms, don't host or attend a gathering.
 - Get tested if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.

For more information please visit, <https://www.cdc.gov>. The Coronavirus section includes more information about travel as well as special considerations.

<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Bill Clough to place an ad today!</p> <p>wclough@lpicommunities.com or (800) 950-9952 x2635</p>	  <p>Serving to provide holistic care to our community.</p> <p>4305 S. Poplar St., Casper, WY 82601 307-237-2561 https://caspermountainhc.com</p>
<p>WE'RE HIRING</p> <p>AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> • Work-Life Balance • Full-Time with Benefits • Serve Your Community • Paid Training • Some Travel  <p>Contact us at: careers@4lpi.com www.4lpi.com/careers</p>	<p><i>St. Anthony Manor</i></p> <p>NOW TAKING APPLICATIONS</p> <p>HOUSING SENIORS 62 & OVER & DISABLED REQUIRING FEATURES OF ADA UNIT</p> <p>RENT IS 30% OF INCOME</p> <p>307-237-0843</p> <p>211 East 6th St. • Casper WY 82601</p>

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 Alicia!

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

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Crocheting

Knitting

Zentangle

Cribbage

or have a suggestion for another activity, please come to the office to discuss with staff!

Board Meeting Schedule:

(All meetings are public)

Fourth Monday of each month at 2:00 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.

Meal Prices:

Suggested donation for a senior meal is \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free 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 \$8.00. (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

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

Tool of thieſ, toy of quæſn;
Always uſed to be unſeen.
Sign of joy and of ſorrow,
I give all a likenesſ
for thẽm to borrow.

What am I?

Let the front office know the correct answer for your chance to win a free week of lunches!!

Copies of the Senior Center Cookbook still available! Marked down by 40%, NOW \$6.00 each!

Get yours today!
Let's make way for another edition!



Around the Center

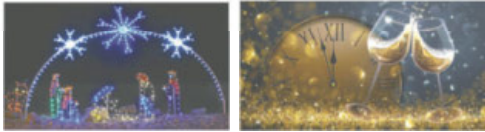
Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center
10:50 am–11:10 am Learn Steps
11:10 am–12:10 pm Dance Routines

*"We DO NOT Jump,
Stand on One Foot, or
Go Around in Circles.
I Keep it Balanced."*

2021 Holiday Closures



CHRISTMAS: NEW YEAR'S

Friday, December 24th Friday, December 31st
Sunday, December 26th Sunday, January 2nd

Ways to Show Support:

Do you shop at Smith's?
Sign up for Kroger
Community Rewards and
select CWSS!
Org.#WT634



**Do you shop
Amazon Prime?**
Use smile.amazon.com
and select us, Central
Wyoming Senior Services
as your
charity.



You can also donate on
our website via PayPal
or mail/drop off your
chosen donation!

ADT-Monitored Home Security

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- Fire Safety
- Carbon Monoxide



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Get Connected Get Help



Wyoming COVID-19 Aging Network (CAN)

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.



Visit
www.wyoming211.org
or
dial 2-1-1
to get connected.



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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

It May Be Too Late to Find the Origin of COVID-19.

The WHO is Trying Anyway BY JAMIE DUCHARME

OCTOBER 19, 2021 | <https://time.com/6107134/who-sago-covid-19-origins/>

Almost two years into the COVID-19 pandemic, it's still not clear exactly how, where, or when the SARS-CoV-2 virus began infecting people. Many experts believe the virus jumped from animal hosts to humans, but researchers continue to investigate the possibility that it escaped from a laboratory.

It's not clear which, if either, of those theories is correct, and as time passes, the chances of finding a concrete answer grow slimmer. But on Oct. 13, the World Health Organization (WHO) unveiled a new effort to capitalize on whatever limited time remains: the Scientific Advisory Group for the Origins of Novel Pathogens (SAGO), a group of international experts representing specialties including epidemiology, animal health, virology, genomics, public health and tropical medicine. The advisory group is tasked with learning what it can, at this point, about SARS-CoV-2, as well as streamlining the global study of future emerging pathogens, in hopes of more quickly understanding their origins and transmission so they can be contained.

In short, the advisory group was formed to "do better the next time," says Maria Van Kerkhove, who leads the Emerging Diseases and Zoonoses unit in the WHO's Health Emergencies Programme. But SAGO's first task will be bringing new life to the largely stalled investigation of COVID-19's origins – an investigation that politicians, world leaders and many members of the public have put pressure on the WHO to deliver.

SAGO "is our attempt, as WHO, to bring this back to the science, to really bring us back to our roots and get back to work," Van Kerkhove says.

But that fresh start might be coming too late. Trying to reverse engineer a virus' origins two years into the pandemic it caused is like "going back to the scene of a crime two years later and the crime scene has been scrubbed," says Lawrence Gostin, a professor of global health law at Georgetown University who has served on numerous WHO advisory committees.

That doesn't mean it isn't worth trying. But Jonna Mazet, an emerging infectious disease expert at the University of California, Davis, says the public may have to live with never knowing the full story. "For infectious diseases that

get investigated long after the genie is out of the bottle," she says, "it is very rare for that definitive answer to be found."

When cases of what we now know to be COVID-19 were first reported near Wuhan, China in late 2019, the cluster seemed to be linked to an animal market in Wuhan. But some experts (and then-U.S. President Donald Trump) questioned whether the virus could have been lab-made, and then leaked out by accident. Others noted that the virus could have been circulating, undetected, well before it became public knowledge, perhaps first infecting people outside the Wuhan area. Scientists and elected officials from around the world called for an independent investigation into the virus' origins.

Chinese officials initially resisted those calls, but eventually agreed to let in a WHO-led mission. In January 2021, the WHO sent a team of researchers into China, but their findings, published in a March 2021 report, were inconclusive. Fourteen countries, including the U.S., signed a joint statement calling the report "significantly delayed and lack[ing] access to complete, original data and samples." WHO officials and researchers later said China withheld data from the investigators.

In July, China refused to grant access for a second set of studies, which would have included further research into the possibility of a lab leak. Chinese officials have repeatedly denied any such leak. "We will not accept such an origins-tracing plan as it, in some aspects, disregards common sense and defies science," the vice minister of China's National Health Commission told reporters after receiving the WHO's proposal.

Throughout 2021, there have been calls for another mission to China. SAGO is not that, nor is it intended to be, Van Kerkhove says. The group's job is not to conduct field research, but rather to review the existing science and advise the WHO and its member states about what to do next.

Gostin says that work could be highly useful in the future, but he doubts it will push the COVID-19 investigation forward now. "The same structural barriers are in place," he says. "As far as China is concerned, the investigation is over."

Continued on Page 12

LIBRARY UNDER NEW MANAGEMENT!

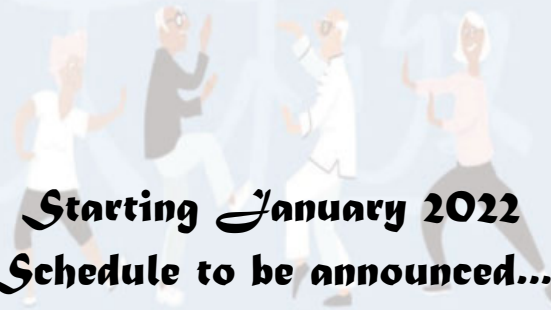
Please be patient
with our volunteers
as they work to
improve the arrangement
of the library
for your convenience!

There are photo albums
located in the Library with
pictures of unknown members.
If you see somebody you know,
please let the office or our library
volunteers know!



New Tai Chi Class

Starting January 2022
Schedule to be announced...



SAY CHEESE!

Friday, December 17th, 11 AM–2 PM
Photo op by Nathan Trujillo Photography
A Senior at University of Wyoming, Finance Major
UW Bookstore photographer &
newly appointed Head of Videography
Grandson of Ernie Trujillo, Ruth Doyle,
and Lyle & Mary Jo Cox

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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between October 26th—November 19th. If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Rex Hoff

Ron & Rachel Brown
Robert & Elizabeth Frisbey

Dixie O'Donnell

Mary C. Moler
Ron & Rachel Brown

Jack Romanek

Ron & Rachel Brown

Charles "Chuck" Leonard

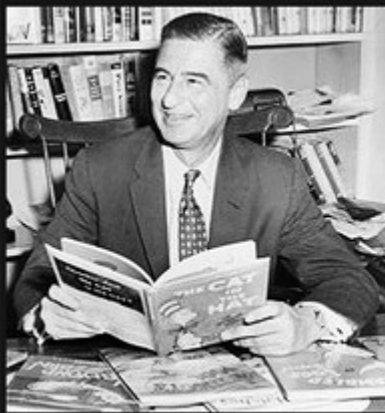
Ron & Rachel Brown

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

John Savage
Frank C Stofflet
Ted & Jennifer Grooms
Sheila Kimble
Mary C. Moler
John & Janet Hilde
Elane Burkhalter
Doris Graf
Anonymous Donor



How did it get so late so soon? Its night before
its afternoon. December is here before its
June. My goodness how the time has flown.
How did it get so late so soon?

(Dr. Seuss)

Fun DECEMBER Facts!

- ❄ Through most of the month, inhabitants of the Northern Hemisphere lose about 2 minutes of sunlight per day until the winter solstice.
- ❄ The paperwhite narcissus is a species of the flower to bloom in December & means "hope."
- ❄ Christmas, Kwanza, and Chanukah are all holidays celebrated in December.
- ❄ St. Nicholas Day is celebrated on December 6. He is the basis of the legend of Santa Claus. He lived in Greece and died in 345 AD or 352 AD. He was known to give to the needy, especially children, throwing small bags of gold into the windows of poor homes; after one bag landed in the stocking of a child, news got around and children began hanging their stockings "in hopes that St. Nicholas soon would be there."

Famous Birthdays in DECEMBER

- 1, 1935—Woody Allen, Actor/director/comedian
- 6, 1906—Agnes Moorehead, *Endora* on *Bewitched*
- 10, 1830—Emily Dickinson, American poet
- 13, 1949—Ted Nugent, singer
- 20, 1966—Kiefer Sutherland, actor
- 22, 1922—Barbara Billingsley, actress *June Cleaver*
- 28, 1763—John Molson, founder Molson brewery
- 31, 1948—Donna Summer, singer

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

Name _____

Birthdate _____

Courtesy of C.W.S.S.



Drinking levels

 small glass of wine
  half pint of 3.5% beer
 = 1 unit

Current advice:
 Women: **3 units** a day Men: **4 units** a day

Recommended limit if over 65:
 Women and men: **1.5 units** a day

Source: Royal College of Psychiatrists

Alcohol and Aging

Women

Men

No more than one standard drink a day





No more than one standard drink a day

No more than 7 drinks a week

No more than 7 drinks a week

Binge drinking: No more than 2 standard drinks on a drinking occasion

Binge drinking: No more than 3 standard drinks on a drinking occasion

12 fl oz of regular beer  about 5% alcohol	=	8-9 fl oz of malt liquor (shown in a 12 oz glass)  about 7% alcohol	=	5 fl oz of table wine  about 12% alcohol	=	1.5 fl oz shot of 80-proof spirits ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)  about 40% alcohol
---	---	--	---	---	---	--

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Alcohol use poses risks when combined with medications:

- Increased risk of stomach bleeding*
- Increased risk for stroke*
- Increased risk of depression*
- Increased risk of liver damage*
- High blood pressure*
- Memory loss*
- Excessive drowsiness with resulting MVA or injurious falls*



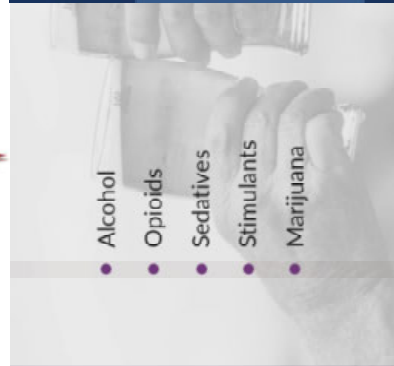
M NATIONAL POLYDRUG INSTITUTE OF AMERICAS

Alcohol use in the past year
 AMONG ADULTS AGE 50-80

Among those who drank...

- 10%** reported drinking while using other drugs
- 20%** drank 4+ times per week
- 23%** had 3+ drinks on a typical day of drinking
- 27%** had 6+ drinks on at least one occasion

67% drank alcohol



It's common for seniors to become addicted to and need rehabilitation for a variety of substances:



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Salisbury Steak Mushroom Gravy Rice Pilaf Spinach Apricot Halves Coconut Pudding	2 Turkey Pot Pie Bean Medley Tomato Basil Salad Red Grapes	3 Breaded Catfish Macaroni & Cheese Herb Roasted Tomatoes Pistachio Cake Mandarin Spinach Salad	4
5 Pork Meatloaf Oven Brown Potatoes Peas & Carrots Tossed Salad Berry Mix	6 Chicken Enchiladas Lettuce & Tomatoes Beans & Rice Baked Apples Sugar Cookie	7 Hamburger Steak with Braised Onions Potato Wedge Stewed Tomatoes Broccoli Cauliflower Salad Peach Dump Cake	8 Bak'd Chicken Parmesan Fettuccine Pasta Creamed Cabbage Creamy Cucumbers Orange Jell-O Whip	9 Cabbage Roll Pacific Blend Pea Salad Watermelon	10 Honey Glazed Salmon Creamy Risotto Roasted Broccoli Cole Slaw Orange Sherbet	11
12 Turkey & Noodles California Vegetables Citrus Fruit Pumpkin Crunch	13 BLT Wrap Pasta Slaw Fresh Vegetables Diced Peaches Chocolate Pudding	14 French Dip Cauliflower Cheese Bake Green Beans Butterscotch Pudding Hearty Green Salad	15 Chic'n Broccoli Stir Fry Fried Rice Oriental Vegetables Asian Slaw Almond Cookie	16 Ham & Beans Braised Cabbage Sliced Tomatoes Apple Crisp	17 Tuna & Noodle Bake Green Peas Cottage Cheese Cherries	18 MEALS COME WITH MILK & BREAD
19 Beef Pepper Steak Brown Rice Summer Squash Bake German Coleslaw Blueberry Crisp	20 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Fresh Peaches	21 Lasagna Green Beans & Onions Caesar Salad Fruit Whip	22 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	23 CHRISTMAS DINNER Roast Lamb or Glazed Ham Baked Potato/Sweet Corn Carrot Cake	24 CLOSED	25
26 CLOSED	27 Meatballs in Mushroom Gravy Brown Rice Country Mix Mandarin Oranges Blueberry Muffin	28 Pork Cottage Pie Catalina Vegetables Pea Salad Apple Pear Crisp	29 Beef Fajitas Black Beans Spanish Rice Cherries Brownie	30 Glazed Chicken Baby Potatoes California Vegetables Cool Corn Salad Pumpkin Pie	31 CLOSED	MENU SUBJECT TO CHANGE



Reveille Rotary meets on Wednesday mornings at 7 A.M.

Rotary
District 5440



CASPER AREA
CHAMBER OF COMMERCE

The Employees of:
HILLTOP BANK
MEMBER FDIC



United Way
of Natrona County



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- William Arthur Ward

heartfelt
THANK YOU
to our volunteers



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Central Wyoming Senior Services, Casper, WY

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Continued from Page 6

Van Kerkhove stresses that SAGO isn't all about COVID-19—its primary purpose, she says, is forward-looking. "Let's say another disease emerges tomorrow in country X," Van Kerkhove says. "This group can come together and take whatever information we have, whatever we know about the cluster or the case, and advise, 'These things need to happen right now.'" The group could call for specific studies, for example, or advise the WHO about what it should ask countries to do on the ground.

The WHO has released a proposed list of 26 inaugural SAGO members, selected from more than 700 applicants. It will accept public comment on the list until Oct. 27 before finalizing the roster.

Jose-Luis Jimenez, a chemistry professor at the University of Colorado, Boulder who is an expert on aerosol disease transmission, says the WHO's proposed panel has a major blindspot: there are no airborne transmission experts on it. Jimenez is part of a vocal subset of aerosol scientists who argue the WHO has not taken airborne spread seriously enough during the COVID-19 pandemic. If the WHO had recognized earlier that COVID-19 can spread via tiny particles that hang suspended in the air—not just during close contact with an infected person or by touching a contaminated surface—it could have tweaked its public and scientific guidance early on to address that risk, perhaps preventing some cases and deaths, Jimenez says.

"Mode of transmission is important to understanding how a virus gets into humans and how it goes from human to human and becomes a pandemic," he says. By leaving airborne experts off the initial SAGO panel, "they're missing a key piece of the puzzle" that could help scientists understand how future emerging pathogens spread and how to stop them.

Mazet says she's overall happy with the proposed group's diversity of expertise, though she says she'd like to see more animal and environmental health specialists repre-

sented. Most of the 26 suggested members primarily specialize in various fields of human health, though there are zoonotic disease and animal-human health experts on the initial list. "We can't be just thinking about human health because we're not isolated and living alone on this planet," Mazet says. Diseases often jump from animal to human, and she says it's crucial to have robust expertise on that possibility.

A WHO spokesperson declined to comment on the group's makeup during its two-week public comment period.

Regardless, Mazet says the group could be highly successful if it can push WHO member countries to proactively agree to allow a thorough investigation, should a new threat emerge on their soil. "That's the real problem," Mazet says. "We need to have agreement around transparency and multilateral investigation from the earliest stages of events."

The WHO cannot compel countries to give unfettered access to its researchers, and, Gostin says, it may be too late for effective cooperation when it comes to COVID-19. But, he says, the existence of a standing committee whose sole purpose is investigating new pathogens will make it easier to achieve that needed cooperation in the future.

Van Kerkhove acknowledges that it grows harder to find SARS-CoV-2's origins with each passing day and says there will likely come a time when the mission becomes impossible, though she's not sure when that will be. Still, "we have to try," Van Kerkhove says. "We owe it to all of us to do everything we can to really understand how this began. It's not about blame. It's not about pointing fingers. It's about being better prepared the next time."

But in Gostin's view, that's not enough. "They need to be much more forceful in publicly calling for a full and free investigation in China and not just say, 'Well, we're doing this for the next one. Sorry, we can't do anything for the greatest pandemic of our lifetime.'"

Meet The Members



We would love to get to know you all. Meet The Members is a new section that will be added to our monthly newsletter. It will allow us to get to know each other. If you're interested in sharing please stop by the office for a questionnaire.

Thank you

"CHEERS TO A NEW YEAR
AND ANOTHER CHANCE
FOR US TO GET IT RIGHT."

—OPRAH WINFREY



Sudoku 38

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



Gingerbread Fudge

<https://www.sweet2eatbaking.com/gingerbread-fudge/>

prep time: 5 MINUTES cook time: 2 MINUTES yield: 8X8-INCH SLAB OF FUDGE

A quick and easy gingerbread fudge recipe. Perfectly spiced and festive, this gingerbread fudge is creamy and crunchy thanks to the festive Christmas sprinkles.



INGREDIENTS:

- ¾ cup sweetened condensed milk
- 12oz white chocolate, chopped (or chips)
- 2-3 tsp ginger, sifted
- ½-1 tsp cinnamon, sifted
- ½-1 tsp nutmeg, sifted



NOTES:

- Prep time doesn't include setting time, which usually takes about 3 hours.
- If stored in an airtight container, these should keep for 2 weeks.

DIRECTIONS:

1. Pour the condensed milk and white chocolate chips into a microwave-safe bowl. Heat for 2-3 minutes, or until the white chocolate chips are almost completely melted. DO NOT OVERHEAT! Stir until completely blended, melted and smooth.
2. Immediately add the spices and combine thoroughly.
3. (Optional) Add a handful of sprinkles and fold in quickly. They will melt and make the mixture an awful muddy colour if stirred for too long.
4. Transfer to an 8x8 inch aluminium foil-lined baking pan. Leave to set either in the refrigerator or at room temperature. If you live in a hot and humid climate, it's preferable to allow to set in the refrigerator.
5. Once set, cut into cubes. Store leftovers in an airtight container in a cool, dry place.

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MAIN CENTER ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11AM—1PM (DR) Sunday Lunch</p> <p>1PM—???(DR) Mexican Train Dominoes</p> <p>4PM—5PM (AR) Bible Study</p>	<p>10AM—11AM (DF) Chair Exercise</p> <p>10:30AM—10:45AM (DF) Beginner Clogging</p> <p>10:45AM—11:45AM (DF) Intermediate Clogging</p> <p>1PM—???(DR) Mexican Train Dominoes</p> <p>1PM—4PM (DR) Poker</p> <p>1:30PM—4:00PM (AR) Tai Chi</p> <p><i>Please call for more information!</i></p> <p>3:30PM—4:30PM (CNF) Bible Study</p> <p>6PM—7PM (AR) Native American Flute Circle</p> <p>6PM—8PM (DF) Couples Dance</p>	<p>9:15AM—9:45AM (AR) Chair Yoga</p> <p>10AM—11AM (DF) Line Dancing</p> <p>10AM—12PM (AR) Craft Class</p> <p>10AM—2PM (DR) Wellness Clinic</p> <p>7PM—10PM (DR) Casper Chess Club</p>	<p>7AM—8AM (CNF) Reveille Rotary</p> <p>10AM—11AM (DF) Chair Exercise</p> <p>1PM—4PM (DR) Poker</p>	<p>9:15AM—9:45AM (CNF) Chair Yoga</p> <p>10:30AM—11:30AM (DF) Clogging</p> <p>12:30PM—2PM (CNF) BINGO!</p> <p>12:30PM—4PM (DR) Pinochle</p> <p>1PM—???(DR) Mexican Train Dominoes</p> <p>1:30PM—4:00PM (AR) Tai Chi</p> <p><i>Please call for more information!</i></p>	<p>10AM—11AM (DF) Chair Exercise</p> <p>12PM—4PM (DR) Canasta</p> <p>12:30PM—4PM (CNF) Big Bridge</p> <p>12:30PM—4PM (DR/CNF) Pinochle</p> <p>1PM—4PM (DR) Poker</p>	<p>[TBA] Weight Watchers</p>
<p>NOTE: <i>Locations subject to change due to stage of the remodel.</i></p> <p><i>Please check board for more info on days of activities!</i></p> <p><i>If we have missed any events, please let the front desk know so that we can publicize your activity. Private events are not listed.</i></p>	<p>[[4th] 2PM—3PM (CNF) CWSS Board Meeting</p> <p>[2nd/4th] 5PM—7PM (AR) Grief Support Group</p>	<p>[2nd] 11AM—12PM (CNF) <i>(Please call) VA Caregiver</i></p> <p>[1st/3rd] 11:30AM-4PM (DR) Bridge</p> <p>[1st] 7PM—9PM (AR) Doll Club</p> <p>[3rd] 7:15PM—9:15PM (CNF) Casper Needle Guild</p>	<p>[2nd/4th] 9:15AM—10:15AM (CNF) Seniors Active in Learning</p> <p>[1st/3rd] 10 AM—11:30 AM (CNF) WY Dementia Together Network</p> <p>[2nd/4th] 11:30AM—4PM (DR) Bridge</p> <p>[1st/3rd] 12:30P—3:30P (DR) Bridge</p> <p>[4th] 12:30PM—4PM (CNF) Caps for Kids</p>	<p>[2nd] 4th/5th] 9AM—12PM (CNF) American Heritage Quilters</p> <p>[1st/3rd] 10AM—11AM (CNF) WY Dementia Care Support</p> <p>[2nd] 10:30 AM—12 PM (DR) Foster Grandparents</p>	<p>[Alt 2nd] 9AM—4PM (CNF) AARP</p> <p>55-Alive Driving Course <i>(Resuming 2022)</i></p>	<p>[2nd] 9AM—2PM (CNF) Casper Cut Ups</p>

5 Health Benefits of Tai Chi for Seniors

Tai Chi is an ancient Chinese martial art that incorporates a series of weight shifting, body rotations, and semi-squat exercises with deep breathing techniques. Learn how its gentle movements are an ideal body and mind exercise for helping older adults stay healthy and fit.

1. Nearly anyone can do it!

Unlike other types of exercise, tai chi is a low-impact, slow-motion exercise that is incredibly safe. Its circular movements keep muscles relaxed with minimal strain on bones and joints. Tai chi may be easily adapted for every age and fitness level, including people confined to wheelchairs, recovering from surgery, or awaiting a heart transplant.

2. Addresses key fitness components.

Regular practice of tai chi's gentle, physical exercise can improve muscle strength, flexibility, and cardio-vascular endurance. Addressing these fitness components may help with age-related issues such as muscle loss, symptoms of arthritis, joint pain, and breathing problems, including chronic obstructive pulmonary disorder (COPD).

3. Helps reduce falls and improves balance.

Older adults who practice tai chi may reduce their risk of

falling by up to 50 percent, according to an analysis published in the Journal of the American Geriatric Society. A study in The New England Journal of Medicine also found tai chi to be effective for balance in people with Parkinson's disease and neurological problems. By targeting leg strength, flexibility, range of motion, and reflexes, tai chi's exercises may help you feel sturdier on your feet and ease the fear of falling.

4. Improves brain function.

Exercise of all kinds can improve cognitive functioning—and despite being a less aerobic form of exercise—tai chi has also been shown to have brain benefits. A study published in the Journal of Alzheimer's Disease reported that tai chi is linked to increases in brain volume, delayed dementia, and improvements on tests of memory and thinking.

5. Promotes serenity.

Sometimes called “meditation in motion,” tai chi's deep breathing meditation techniques can help relieve stress and improve feelings of overall well-being. The calming, meditative body movements can help improve breathing efficiency, circulation, and sleep, as well as lower blood pressure and prevent heart disease.

<https://www.medicare.org/articles/5-health-benefits-of-tai-chi-for-seniors/>



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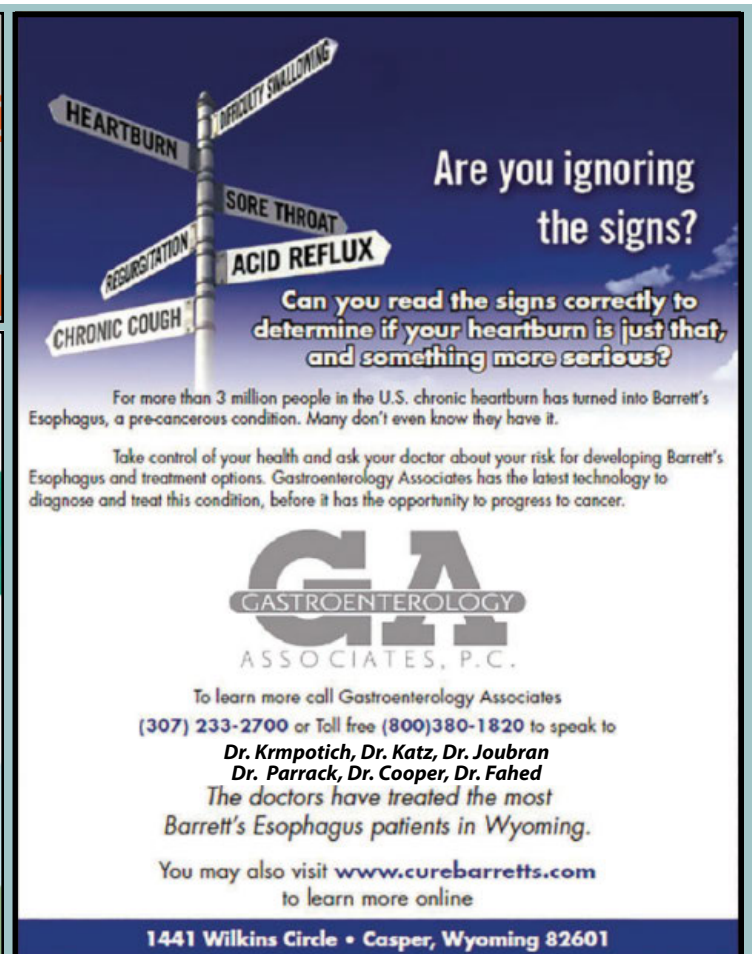
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PARTING THOUGHTS

*"For last year's words belong to last year's language
And next year's words await another voice."*

~ American Poet T.S. Eliot ~

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!

THANK YOU for the continuing support!
We are so grateful to all our members who have been so patient with the constant changes!

Help Wanted!

We are so thankful to our volunteer force, especially during the lunch hour:
11:00 AM–1:00 PM.

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.

