

WHAT'S MY NAME?

JANUARY 2021

CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4th STREET • CASPER, WYOMING 82601 • 307-265-4678 • raea@casperseniorcenter.com

Why Does Inauguration Day Fall on January 20?

CHRISTOPHER KLEIN | UPDATED: Dec 3, 2020/ORIGINAL: Jan 12, 2017

<https://www.history.com/news/why-does-inauguration-day-fall-on-january-20>

Initially, the gap between Election Day and Inauguration Day was even longer.

In many countries a newly elected leader takes power within a couple weeks or—as in the case of Great Britain—even the day following an election. In the United States, though, more than 11 weeks can pass between Election and Inauguration Days in order to give an incoming president time to choose a cabinet and plan for a new administration. The result is a lengthy lame-duck period, but it used to be even longer.

The Congress of the Confederation set March 4, 1789, as the date “for commencing proceedings” of the new government established by the U.S. Constitution. While a particularly bad winter delayed the inauguration of George Washington by eight weeks, subsequent incoming presidents and vice presidents took their oaths of office on March 4.

The four-month gap was needed in part because of the time it took to count and report votes and to travel to the nation’s capital. However, the lengthy lame-duck period caused problems such as in the aftermath of the 1860 election when seven states left the Union during the long “Secession Winter.” President-elect Abraham Lincoln had no power to act, and outgoing President James Buchanan took no action, leaving the issue for his successor.

As technological advances greatly reduced the times to tabulate votes, report the results and travel, such a long lame-duck period was no longer logistically necessary. As a result, the 20th Amendment, which was ratified on January 23, 1933, moved up Inauguration Day to January 20 and the first meeting of the new Congress to January 3.

The 20th Amendment didn’t take effect until October 1933, after the long lame-duck period once again proved problematic. With the U.S. in the throes of the Great Depression, incoming President Franklin D. Roosevelt had to wait four months to implement his New Deal while uncertainty further roiled financial markets. January 20 first served as Inauguration Day in 1937 when Roosevelt was sworn in for a second term. (On years when January 20 is a Sunday, a private swearing-in ceremony occurs with the public oath of office taken on January 21.)

Try to Find This!

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

Hidden Twice 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

Board of Directors

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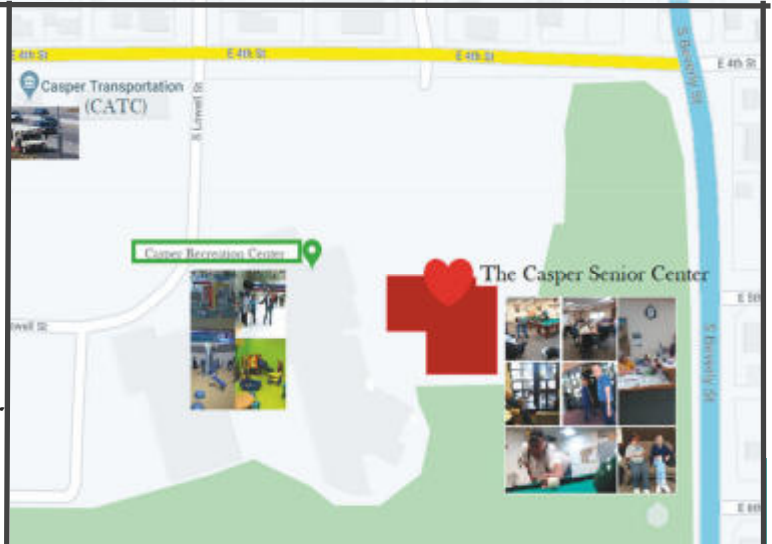
Rachel Brown

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 50,000 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.

Around the Center

Sudoku 29

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

Joyce's Easy Clogging by Joyce Sisk

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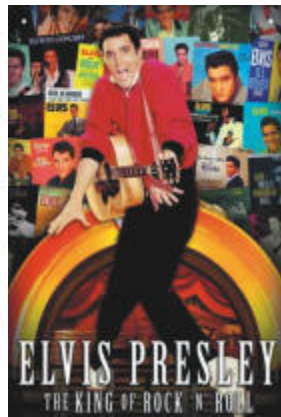
FREE, Every Monday at the Senior Center (when open)

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."

If you do not want to or are unable to stand, join us to sit and tap to Western, Rock & Roll, Christmas music, and more!



Elvis Presley was born on January 8, 1935. He began his singing career in 1954 and during his career, starred in 33 successful films, made history with TV appearances and specials, and broke records with live concert performances. He has sold over a billion records globally, with gold, platinum, and multi-platinum awards in the US. He also has 14 Grammy nominations with 3 wins, a Grammy Lifetime Achievement Award, and was named One of the Ten Outstanding Young Men of the Nation for 1970 by the United States Jaycees.

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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 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

What didn't
Adam & Eve have
that
everyone else
has?

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

Copies of
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some great
recipes to try!*



Seared Salmon

with Lentil Salad

BY THE GOOD HOUSEKEEPING
TEST KITCHEN | Jan 3, 2018













Yields 4 servings

Total Time: 0 Hrs 20 mins

<https://www.goodhousekeeping.com/food-recipes/easy/a47530/seared-salmon-with-lentil-salad-recipe/>



Ingredients:

-  4 (5-ounce) skinless salmon fillets
-  2 TBSP plus 2 tsp olive oil
-  2 lemons, halved
-  2 tsp Dijon mustard
-  1 tsp fresh thyme
-  1/2 small red onion, finely chopped
-  1 (15-ounce) can lentils, rinsed
-  1 small seedless cucumber, cut into pieces
-  4 c. baby spinach
-  1/4 c. fresh dill, roughly chopped
-  1/4 tsp salt
-  1/4 tsp pepper

Instructions:

1. Heat large skillet on medium. Season salmon fillets with salt and pepper. Add 2 tsp olive oil to skillet, then salmon and lemon halves (cut side down) and cook until salmon is opaque throughout, about 5 minutes per side. Squeeze the charred lemon halved over salmon.
2. Meanwhile, in large bowl, whisk together lemon juice, mustard, remaining 2 TBSP olive oil, and salt & pepper; stir in thyme.
3. Toss with onion and lentils then fold in cucumber, dill, and spinach.
4. Serve on side of salmon.

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DON'T SHOP. AD PAW PT.

A close-up of a beagle dog's face, looking out from behind the metal bars of a cage.

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.

2-1-1 Wyoming
Old Colorado City Help

The logo for the Wyoming Department of Health, featuring a stylized sun and the text "Wyoming Department of Health".

To the New Year

BY W.S. Merwin

With what stillness at last
you appear in the valley
your first sunlight reaching down
to touch the tips of a few
high leaves that do not stir
as though they had not noticed
an did not know you at all
then the voice of a dove calls
from far away in itself
to the hush of the morning

so this is the sound of you
here and now whether or not
anyone hears it this is
where we have come with our age
our knowledge such as it is
and our hopes such as they are
invisible before us
untouched and still possible.

Snowfall

BY Ravi Shankar

Particulate as ash, new year's first snow falls
upon peaked roofs, car hoods, undulant hills,
in imitation of motion that moves the way

static cascades down screens when the cable
zaps out, persistent & granular with a flicker
of legibility that dissipates before it can be

interpolated into any succession of imagery.
One hour stretches sixty minutes into a field
of white flurry: hexagonal lattices of water

molecules that accumulate in drifts too soon
strewn with sand, hewn into browning
mounds by plow blade, left to turn to slush.

SPOTLIGHT

Year in Review

What happened in 1986? Major News:

- ∴ January 1—International Peace Year begins
- ∴ January 20—1st federal holiday honors Martin Luther King Jr
- ∴ January 28—Space Shuttle Challenger explodes 73 seconds after liftoff from Cape Canaveral, with all 7 crew members killed, including 1st teacher Christa McAuliffe
- ∴ February 8—Brian Boitano wins US male Figure Skating championship
- ∴ February 18—Anti-smoking ad airs on TV for first time, features Yul Brynner who died of lung cancer from smoking
- ∴ March 9—16th Easter Seal Telethon raises over \$30 million
- ∴ March 13—Microsoft has its Initial Public Offering
- ∴ April 1—World oil prices drop below \$10 per barrel
- ∴ April 26—World's worst nuclear disaster: 4th reactor at Chernobyl nuclear power station in USSR explodes killing 31 and contaminating much of Western Europe with radiation
- ∴ May 14—Netherlands Institute for War Documentation publishes Anne Frank's complete diary
- ∴ May 30—Barry Bonds makes MLB debut with Pittsburgh Pirates
- ∴ June 9—Rogers Comm report on Challenger disaster blames Morton Thiokol
- ∴ July 3—US President Ronald Reagan presides over relighting of renovated Statue of Liberty
- ∴ July 18—Videotapes released showing Titanic's sunken remains
- ∴ August 20—USPS worker Patrick Sherrill shot 14 fellow workers dead in Edmond, OK
- ∴ August 28—Tina Turner's star unveiled in Hollywood
- ∴ September 7—Dan Marino throws his 100th career touchdown pass, the fastest QB in NFL history to do so
- ∴ September 8—"Oprah Winfrey Show" first broadcast nationally
- ∴ September 26—Antonin Scalia sworn in as US Supreme Court Justice
- ∴ October 9—"Phantom of the Opera" premiers in London, written by Andrew Lloyd Webber, starring Michael Crawford and Sarah Brightman
- ∴ November 16—Dale Earnhardt wins 36th NASCAR Sprint Cup
- ∴ November 25—Iran-Contra affair erupts, President Reagan reveals secret arms deal
- ∴ December 10—Holocaust survivor Elie Wiesel accepts 1986 Nobel Peace Prize

What did it cost?

New House:	\$111,900.00	Postage Stamp:	\$0.22
Median Income:	\$ 24,897.00	Gasoline:	\$0.93/gal
New Car:	\$ 12,651.00	Milk:	\$2.22/gal

Wyoming's Equality Heritage

In 1924, Mrs. Nellie Tayloe Ross was the first elected woman governor to take office in the United States. She took office on January 5, 1925, 20 days before "Ma" Ferguson of Texas (elected on the same day) took office. Mrs. Ross went on to become the first woman to be appointed Director of the United States Mint—a position she held for 20 years, from 1933 to 1953. In 1991, women held three of the state's five top elective positions and a total of 23 women hold seats in the Wyoming Legislature, three in the Senate and 20 in the House.

<http://www.wyo.gov/about-wyoming/wyoming-history>

Governor Nellie Tayloe Ross

B: November 29, 1876—D: December 19, 1977

Term: January 5, 1925—January 3, 1927

ABOUT

The first woman to take the oath of office and serve as governor of a state was born in St. Joseph, Missouri. Educated in both public and private schools, she settled in Cheyenne after her marriage to William B. Ross. Upon the death of her husband, who had been elected Governor in 1922, Nellie Ross was nominated as the Democratic candidate for the unexpired term of the governorship pursuant to the convening of an emergency Democratic State Convention, and defeated her Republican opponent to take her husband's place. As governor, she stressed the need for tax relief for farmers, and proposed legislation to require counties, school boards, and the state council to prepare budgets and publish them before levying any taxes. She opposed legislation to empower the state bankers' association to appoint state bank examiners, instead backing a measure designed to prevent bank failures while making examining officials responsible to the governor.

After being defeated for reelection in 1926, Ross went on to become vice chair of the Democratic National Committee, and was appointed by President Franklin D. Roosevelt to two five-year terms as Director of the U.S. Mint. She died in Washington, D.C.

<https://www.nga.org/governor/nellie-tayloe-ross/>



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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between November 24th—December 23rd
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Rich Childers

A.G. & Shirla Loutas

Gary Baker

Annabelle Wilson

Erma Stoops

Karl & Joan Frederiksen

Richard Shamley

Richard A. Mutter

Ray & Jean Kapp

Janie Keeney

Jim & Kay Hutchinson

Ron & Rachel Brown

Rita Wagner

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

Barbara Yonts

Mary Hales

Marjorie Love

John & Janet Hilde

Joe Dill

Janice Kalasinsky

Kirk & Mary Carrico

Deeann Zapalac

David Dovala

Famous January Birthdates

- 2, 1920—Isaac Asimov, science fiction writer
- 7, 1957—Katie Couric, Today Show host
- 9, 1913—Richard Nixon, 37th U.S. President
- 12, 1951—Rush Limbaugh, radio talk show host
- 14, 1941—Faye Dunaway, American actress
- 17, 1934—Shari Lewis, “Lamb Chop” puppeteer
- 18, 1904—Cary Grant, American actor
- 20, 1930—Edwin “Buzz” Aldrin, U.S. astronaut
- 24, 1968—Mary Lou Retton, 1984 Olympic gold medalist
- 26, 1955—Eddie Van Halen, American rock musician
- 28, 1936—Alan Alda, American actor “M*A*S*H”
- 30, 1937—Boris Spassky, World Chess Champion
- 31, 1947—Nolan Ryan, MLB pitcher

MORE REASONS TO CELEBRATE

JANUARY!

(National Bath Safety Month)

(National Hobby Month)

(National Oatmeal Month)

- 4th—Trivia Day
- 13th—National Rubber Duckie Day
- 18th—Winnie the Pooh Day (A.A. Milne’s birthday)
- 24th—Global Belly Laugh Day
- 26th—Spouses Day
- 30th—National Seed Swap Day (last Sat. in January)

Fun JANUARY Facts!

- * The month is named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past and the other into the future
- * Anglo-Saxons called it *Wolf Monath* because wolves came into the villages in search of food
- * Birth flowers are the carnation and snowdrop
- * Birth gemstone is the garnet
- * January is unofficially designated “Divorce Month” due to the number of divorce filings in the U.S. due to parents waiting until after the holiday to not ruin festivities for the children
- * In old days, the New Year was started with a custom called “first footing” - after midnight on January 1st, people would wait behind their doors for a dark haired person to arrive. This visitor would bring gifts to ensure good luck in the coming year and take a pan of ashes or dust to symbolize the departure of the old year

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Part 4: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020

<https://www.thegeriatricdietitian.com/7-key-nutrients-for-senior-nutrition/>



Vitamin B-12 and Seniors

Vitamin B-12 is a water-soluble vitamin involved in DNA creation, red blood cell formation, and nerve function. It can also help prevent a type of anemia that can make people feel tired and weak.

The RDA for vitamin B-12 is not higher for seniors. It's the same for younger and older adults. But, absorption of vitamin B-12 may decrease with age. Approximately 10-30% of older adults are unable to absorb vitamin B-12 through food sources.

Therefore, it is recommended that older adults get at least half of their vitamin B-12 through fortified foods or supplements.

Note: Fortified foods do not “naturally” contain vitamin B-12. Rather, food companies have added that nutrient to the food.

Vitamin B-12 Needs

Too little vitamin B-12 can cause a ton of issues. From anemia, fatigue, stomach issues, constipation, unintended weight loss, neurological changes, confusion, and a sore mouth or tongue. It is unlikely someone can get too much vitamin B-12. We are more concerned about not getting enough.

The RDA for those ages 14+ years old is 2.4 mcg. Remember, older adults should get half of their vitamin B-12 through fortified foods or supplements (this can just be a good old multivitamin).

Food Sources of Vitamin B-12

Here are some food sources of vitamin B-12:

- | | |
|-------------------------------|--------------------|
| ➤ Clams | ➤ Fortified Cereal |
| ➤ Beef & Beef Liver | ➤ Milk |
| ➤ Fortified nutritional yeast | ➤ Yogurt |
| ➤ Salmon | ➤ Egg |
| ➤ Tuna | ➤ Chicken Breast |

Vitamin B-12 is primarily found in animal products. Older adults who do not consume animal products (or consume very little) should be mindful to consume vitamin B-12 fortified foods and/or take a supplement.

See next issue for Part 5!



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 CLOSED	4Oven Fried Chicken Oven Brown Potatoes Cream Gravy Green Beans Creamy Slaw Peach Crisp	5Beef Pot Pie Buttered Beets Citrus Fruit Salad Chocolate Chip Cookie	6BBQ Pork Sandwich Sweet Potato Puffs Corn Slaw Berry Blend Lemon Pudding	7Turkey & Noodles Roasted Green Beans Hearty Tossed Salad Blueberry Buckle	8Seafood Alfredo Winter Mix Vegetables Lime Jell-O Oatmeal Raisin Cookie	2/19 CLOSED
10Beef Roast in Gravy Mashed Potatoes California Vegetables Tomato Basil Salad Whipped Fruit Jell-O	11Glazed Pork Patty Tomato Pasta Parsleyed Carrots Pea Salad Cherry Cookie	12Creamy Burrito Bake Spanish Rice Mexican Corn Lettuce & Tomatoes Tropical Fruit	13Ham & Scalloped Potato Casserole Garden Mix Veggies Tossed Vegetable Salad Baked Apples	14Hearty Veg. Soup Chicken Salad Sandwich on Wheat Bread Relishes Pepper Slaw Watermelon	15Lemon Pepper Tilapia Rice Pilaf Roasted Green Beans Pear Halves Butterscotch Pudding	16
17Baked Ham Sweet Potatoes Green Beans Hearty Tossed Salad Chocolate Cream Pie	18BBQ Burger Deluxe Potato Salad Lettuce & Tomatoes Peach & Orange Delite Gooney Butter Cake	19Pork Tips Over Pasta Asparagus Tomato, Cucumber, & Feta Salad Black Cherries	20Baked Chicken Brown Rice Corn O'Brien Broccoli Salad Apple Crisp	21Spaghetti with Meat Sauce Italian Vegetables Carrot Raisin Slaw Diced Peas	22Corn Chowder Tuna Salad Sandwich Potato Chips Fresh Relishes Fresh Melon	23 MEALS COME WITH MILK AND BREAD
24Salisbury Steak Mushroom Gravy Rice Pilaf Spinach Apricot Halves Cherry Pie	25Chicken & Dumplings Broccoli Almondine Spinach Orange Salad Fresh Strawberries	26Beef Stroganoff California Blend Veggies Tossed Salad Lemon Bar	27Ham Salad Sandwich Creamy tomato Soup Fresh-Vegetables Peaches Orange Jell-O	28Chicken Tacos Beans & Rice Chopped Lettuce & Tomatoes Vegetable Slaw Churro Bar	29Breaded Catfish Macaroni & Cheese Herb Roasted Tomatoes Pistachio Fluff Chunky Cantaloupe	30
31Pan Roasted Garlic Chicken with Potatoes & Veggies Cottage Cheese Strawberry Parfait						MENU SUBJECT TO CHANGE

SAFETY



Winter Safety Tips for Pedestrians



- Wear brightly-colored clothing.
- Stay on sidewalks whenever possible but if you must walk on the road, travel as close to the road shoulder as possible and always walk facing oncoming traffic.
- Allow drivers ample time to stop in icy conditions.
- Before crossing a street, look left, right and then left again to check for traffic.
- Always cross a street at an intersection and avoid entering the road from between parked cars or behind snow piles



Take Special Precautions

- Use caution in areas where pedestrians may be present.
- Anticipate the presence of pedestrians in residential areas.
- Be alert for people entering the road from behind snow piles.
- Allow pedestrians extra time to cross icy or snow-covered streets.



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Food For Fortune: Traditional New Year's Food Around The World

By: Annie B. Shapero | <https://www.amexessentials.com/new-years-food-traditions-around-the-world-lucky-foods/>

New Year's traditions around the globe come in all sorts of shapes, sizes and flavors – but with the advent of a new calendar year and life coming full circle, it's no surprise that round foods win the day. Circular-shaped breads, cakes and doughnuts, along with spherical fruits, play a starring role the world over – like the custom of eating 12 grapes at midnight, popular across the Spanish-speaking world. Read on for more culinary traditions and recipes believed to bring good fortune, health and wealth in 2021.

The French celebrate the New Year, or *le réveillon de la Saint-Sylvestre*, with a host of indulgent delicacies like oysters on the half-shell, which just might keep the romance going after the spark of a midnight kiss. Lobster tails and foie gras are also very popular, and are both quite suited for a celebratory washdown of champagne. In theory, the lobster should be eaten before the clock strikes twelve, as it's a bottom feeder that moves sideways, as opposed to fish, who swim straight ahead and therefore symbolize progress. Lobster can be served simply steamed, or in a more elaborate style like *lobster thermidor*.

In Poland and parts of Scandinavia, things are a bit more... briny. There, tradition dictates eating pickled herring at the stroke of midnight to secure prosperity for the coming year. And the custom lives on well beyond the borders: Chicagoans can attest to stuffing themselves with herring or other smoked fish in the hopes of a lucky new year.

Elsewhere in the United States, Southern tradition reigns when it comes to lucky New Year's Day menus. Black-eyed peas are often served with collard greens and ham, all three of which have their merits. Greens of all sorts represent paper money in many parts of the world, so pile on the 'lettuce.' Pork, which features in a multitude of countries this time of year, represents moving forward, as pigs root around in a forward motion with their snouts when scavenging for food. The peas symbolize coins, as do legumes like beans, lentils and chickpeas in other parts of the world. A staple of Southern meals, cornbread also can't be missing from the New Year's Day table, and in this case is said to represent gold.

Cotechino sausage with lentils is the crowning glory of the Italian Cenone di Capodanno. The elaborate multi-course New Year's Eve feast often includes a spread of creative antipasti as well as multiple courses of pastas and main dishes, followed by a countdown to a midnight cheers with sparkling wine in one hand, and grapes and/or three coins in the other. This is accompanied by traditional holiday cakes like panettone and pandoro, and finally, no matter how full you are, a heaping plate of lentils and cotechino for good luck and big money.

New Year's Eve in Japan is all about the noodles, served in the form of Toshikoshi Soba, or the "year-crossing noodle". The centuries-old tradition of enjoying a bowl of soba noodles to welcome the new year is all about the symbolism: soba noodles are made from buckwheat, a hardy and resilient plant

that represents strength; the noodles are easy to cut, reflecting the idea of breaking free from the troubles of the past; and, as in many cultures across Asia, a long slurp of noodles is said to embody a long, happy life.

In China, it's Chángshòu Miàn noodles that bring longevity, but the Chinese New Year (celebrated in January or February, according to the Chinese lunar calendar) comes with all sorts of other food traditions, including the auspicious, forward-grazing pork and lucky, forward-swimming carp or catfish. The latter is often served on a platter in the center of the table with the head facing the respected elders of the family, who must take the first bite before anyone else can help themselves. The fish should be served without rotating the platter, so that those on either end can say a special toast to prosperity.

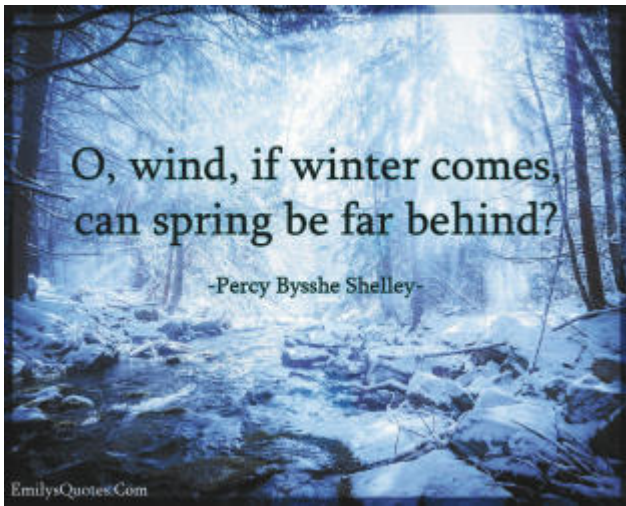
Throughout the country, but especially in northern China, "good-luck dumplings" take the curved shape of silver ingots (akin to gold and silver bars), an ancient form of Chinese currency. Stuffed with pork or chicken and vegetables, the more you eat, the more you'll earn in the coming year. This is great news for dim sum lovers.

In Turkey and Greece, pomegranates top the list of lucky fruits with an extra bonus of fertility, but instead of eating them, the idea is smash them on the floor and see how many pieces fly out. The more seeds you get, the more fertility and financial prosperity you can expect in the new year. As far as recipes go, the orange-scented Greek Vasilopita cake is traditionally baked with a coin inside; the lucky recipient, assuming they don't break a tooth, has plenty to look forward to.

Similarly, in Mexico the Rosca de Reyes, or Three Kings bread, is a ring-shaped brioche-like treat topped with dried and candied fruits. It also contains a lucky surprise inside, usually a toy or tiny ceramic baby Jesus. Traditionally Mexicans eat the bread in the days leading up to Three Kings Day (aka Epiphany), on 6 January. Similarly, in Denmark, Norway, and Sweden, rice pudding stands in for cake, and an almond or coin hidden inside for the lucky prize.

Germans and Austrians enjoy Berliners, also known as Krapfen, when the clock strikes midnight. The sugar-topped doughnuts are often filled with fruit jam or pudding. In lieu of hidden trinkets, the Germans exchange them outright. You can expect marzipan pigs, chocolate ladybugs or little representations of the four-leaf clover. Figurines of chimney sweeps are also traditional as they symbolize good luck and are a nice metaphor for sweeping away last year's worries and problems.

Koreans ring in the new year with Tteokguk, a rice cake soup heaping with meat and vegetables. The more ingredients the merrier, as the abundance is said to bode well for the year ahead. The beloved dish is also served on birthdays.



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

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ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch [1st]1PM—2PM (CNF) American Legion Women's Auxiliary 2PM—???(DR) Mexican Train Dominos 3PM—5PM (CNF) Bible Study	10AM—11AM (DF) Chair Exercise 10:50AM—11:15AM (DF) Beginner Clogging 11:15AM—12:15PM (DF) Intermediate Clogging 1PM—???(DR) Mexican Train 1PM—4PM (DR) 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 4PM—5:30PM (CNF) Bible Study 6PM—7PM (DF) Native American Flute Circle 6PM—9PM (CNF) Binding Friends 7PM—9PM (DF) Dance Club	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (CNF) Golden Kiwanis 10AM—11AM (DF) Line Dancing 10AM—12PM (DR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 9:15AM—10:15AM (CNF) Seniors Active in Learning 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker 5PM—7PM (DF) Weight Watchers	9AM—10AM (DR) Golden K Coffee 9:15AM—9:45AM (CNF) Chair Yoga 10:30AM—11:30AM (DF) Clogging 12:30PM—2PM (CNF) BINGO! 12:30PM—4PM (DR) Pinochle 1PM—???(DR) Mexican Train Dominos 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 7PM—10PM (DR/DF) Square Dance	10AM—11AM (DF) Chair Exercise 12PM—4PM (DR) Canasta 12:30PM—4PM (CNF) Big Bridge 12:30PM—4PM (DR/CNF) Pinochle 1PM—4PM (DR) Poker	8AM—9AM (DF) Weight Watchers
	[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR Supplement Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting	[1st/3rd] 11:30AM-4PM (DR) Bridge w/Margi [3rd] 11:30AM—4PM (DR) Bridge w/ Linda [4th] 12PM—2PM (CNF) NARFE [2nd/4th] 6PM—10PM (CNF) Casper Cut Ups [3rd] 7:15PM—9:15PM(CNF) Casper Needle Guild	[3rd] 10:10AM—11:55AM (CNF) KW Retired Ladies Book Club [2nd/4th] 11:30AM—4PM (DR) Bridge w/ Margi [2nd/4th] 12PM—4PM (DR) Bridge (w/ Ronnie & Donna) [1st/3rd] 12:30P—3:30P (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids	[1st/3rd] 10AM—11AM (CNF) WY Dementia Care Support [1st] 1:30PM—3:30PM (DR) Golden Girls [2nd] 7PM—9PM (CNF) American Legion	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course (Next Class is scheduled for July 10, 2020)	[2nd] 9AM—2PM (CNF) Casper Cut Ups [3rd] 10AM—12PM (CNF) Garden Club

NOTE:

*Locations subject to change.
Please check board for more info on days of activities!
If we have missed any events, please let the front desk know so that we can publicize your activity.
Private events are not listed.*



The Full Wolf Moon will reach peak fullness on
January 28 at 2:18 PM EDT.

WHY IS IT CALLED THE WOLF MOON?

The howling of wolves was often heard at this time of year. It was traditionally thought that wolves howled due to hunger, but we now know that wolves howl to define territory, locate pack members, reinforce social bonds, and gather for hunting.

Another name for this time period was the **Center Moon**, from the Assiniboine people, because it was the middle of the winter season. The Cree names of **Cold Moon** and **Frost Exploding Moon** refer to the frigid temperatures of this season, as does the Algonquin name of **Freeze Up Moon**. The Dakota names of **Severe Moon** and **Hard Moon** refer to the extreme cold and hard times of this season, as well as the fact that the snow sometimes develops a hard crust.

Other names for this Moon include **Canada Goose Moon** (Tlingit), **Great Moon** (Cree), **Greetings Moon** (Western Abenaki), and **Spirit Moon** (Ojibwe).

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LAST WORDS

"January brings the snow, makes our feet and fingers glow."

~ English Author Sara Coleridge (daughter of Samuel Taylor Coleridge) ~

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!

Again, we would like to extend a big **THANK YOU** for the continuing support *and* patience as we work together to negotiate the trials of this difficult time!

Help Wanted!

We have big plans for utilizing our volunteer force after re-opening, 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.

