

At the Center of It All

Central Wyoming Senior Services, Inc.

OCTOBER



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

2021

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

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com



As we are tightening restrictions again due to increasing COVID cases in Natrona County, we are in desperate need of more volunteers so we can continue meeting the needs of our members and following Health Dept. guidelines.

Please contact Rae if you have time to share!

Déjà Brew October Drink Special:

"Hello Punkin"

\$3.00

Available as a
Cappuccino,
Latte,
or Steamer



**Open Monday–Friday
9 AM–3:30 PM**

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.

Center Information.....	2
From our Partner.....	3,13
Misc. Info.....	4
Happenings.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thank You.....	11, 12
Activity Calendar.....	14

WHO'S WHO AROUND THE CENTER

Board of Directors

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

Members

Gloria Fuhrer *Jennifer Rohrer*
Miles Hartung *Crystal Morse*
Justine Fourman *Linda Loranger*
L. Chuck Davis

City Council Liaison

Lisa Engebretsen

Executive Director

Rita Wagner

Assistant Director

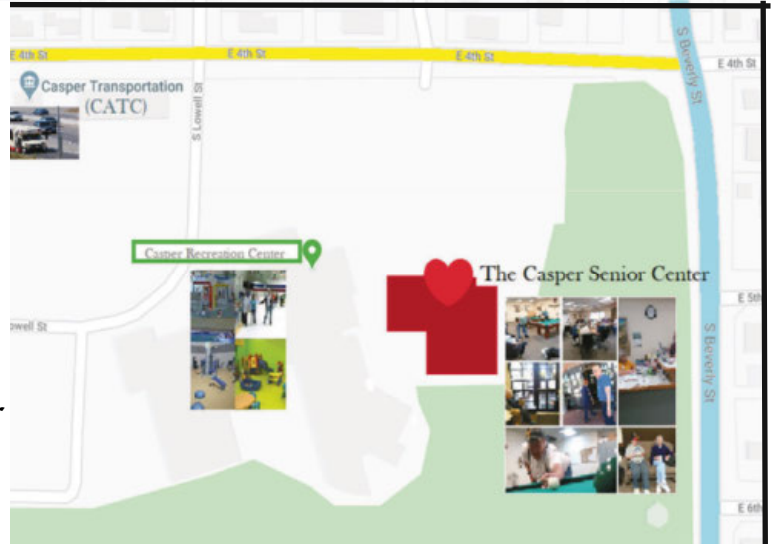
Rachel Brown

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.

House Calls: Boost Your Knowledge of COVID-19 vs. Influenza

This infection control series is well under way! The next session in this series will be:

Friday, October 8.

During this session, join leading health experts from AARP, Hawaii Department of Health, and Mountain-Pacific Quality Health to gain more information about COVID-19 and influenza and how to keep yourself and your loved ones safe and protected.

COVID-19 and influenza are both very contagious respiratory diseases that are caused by different viruses. Because symptoms are very similar, it is important to learn how best to proceed should you become ill or have symptoms.



Presenters:

Kelley O'Leary, RN, MSN, CIC, Infection Preventionist, Hawaii Department of Health

Jill Hult, RN, MSAS, LHNA, Mountain-Pacific Quality Health

Join leading health experts for this 30-minute workshop at 9:00 AM HST, 11:00 AM AKDT, 12:00 PM PDT and 1:00 PM MDT.

Learn more and register:

<https://aarp.cvent.com/events/covid19-vs-influenza-house-calls/event-summary-7923463399054dbebb3867f20a0d10b6.aspx>.

To call in and listen to the presentation, dial (253) 215-8782.

The meeting identification number is 857-7781-2450.

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Bill Clough**
to place an ad today!

wclough@lpicomunities.com

or **(800) 950-9952 x2635**



Casper Mountain
REHABILITATION & CARE CENTER



Serving to provide holistic care
to our community.

4305 S. Poplar St., Casper, WY 82601

307-237-2561

<https://caspermountainhc.com>

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

*St. Anthony
Manor*

NOW TAKING APPLICATIONS

HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME

307-237-0843

211 East 6th St. • Casper WY 82601

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

If you have me,
you'll want to share me.

If you share me,
you won't have me.

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."*

**Do you have any jewelry
that you no longer wear?
Consider donating it to the Senior Center
for a fundraising event/sale.**

We are also accepting gently used Christmas bulbs.

Thanks!

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

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251

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.



**Family Owned
Since 1949**

- Service Work
- Remodels & Upgrades
- Retrofitting
- New Construction
- Safety Inspections
- Commercial Kitchen Repair
- Network & Fiber Optic Cabling
- Specialty Lighting

24 HR EMERGENCY SERVICE RESIDENTIAL • COMMERCIAL
Drug Free/Licensed Electricians

24/7 AVAILABILITY **All Work Guaranteed**

Outside **266-1711**

Casper www.modern-electric.com

246 W 1st • Casper **1-800-621-1711**



STIFEL

Murphy Henriksen Wealth
Management Group



Kevin C. Murphy

Senior Vice President/Investments
Branch Manager

(307) 232-9450

123 West First Street, Suite 500
Casper, Wyoming 82601

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Orson Wells 1938 Presentation of: “The War of the Worlds”

How “The War of the Worlds” Radio Broadcast Created a National Panic

BY CHRISTOPHER KLEIN

<https://www.history.com/news/inside-the-war-of-the-worlds-broadcast>

As the clock struck 8 p.m. in New York City on the night of October 30, 1938, Orson Welles stood on a podium inside a Madison Avenue radio studio. The baby-faced, 23-year-old theatrical star, who had graced the cover of Time magazine months earlier, prepared to direct 10 actors and a 27-piece orchestra for the Columbia Broadcasting System’s weekly “Mercury Theatre on the Air” program.

Millions of Americans, as they were every night, huddled around their radios, but relatively few were listening to CBS when it was announced that Welles and his fellow cast members were presenting an original dramatization of the 1898 H.G. Wells science-fiction novel “The War of the Worlds.” Instead, most of the country was tuned in to NBC’s popular “Chase and Sanborn Hour.” Channel surfing led to disoriented listeners who stumbled onto the “Mercury Theatre on the Air” without having heard the disclaimer at the top of the radio play were thrust into the middle of an hour-long drama that left some believing that the country was under attack.

The CBS program, penned by “Casablanca” screenwriter Howard Koch, opened serenely with the dulcet dance music of “Ramon Raquello and his orchestra.” Then, an actor portraying an announcer broke in with a fake news report that several explosions of incandescent gas had occurred on Mars. In quick succession came a series of increasingly alarming, suspense-building newsflashes that culminated with Martian spacecrafts crashing into a farm in Grovers Mill, New Jersey.

For the rest of the hour, terror crackled over the airwaves. Breathless reporters detailed an extraterrestrial army of squid-like figures that killed thousands of earthlings with heat rays and black clouds of poison gas as they steamrolled into New York City. Welles and the rest of the cast impersonated astronomers, state militia officials and even the Secretary of the Interior, who cannily sounded like President Franklin D. Roosevelt.

Human germs, rather than human armies, ultimately did in the mythical Martian invaders, and at the end of the hour the director wrapped up the radio drama by telling his audience, “This is Orson Welles, ladies and gentlemen, out of character to assure you that ‘The War of the Worlds’ has no further significance than as the holiday offering it was intended to be. The Mercury Theatre’s own

radio version of dressing up in a sheet and jumping out of a bush and saying ‘boo!’”

Fear and anxiety had become a way of life in the 1930s, and it took little to rattle jittery Americans. The Depression had emptied their wallets, the gathering crisis in Europe threatened to ignite into war and just weeks earlier the Hurricane of 1938 had roared ashore. Plus, the Hindenburg disaster, which had been broadcast over the airwaves just the year before, was still fresh in the country’s collective psyche.

The newspaper industry also felt unease from the increasing popularity of radio as an informational and advertising medium, and seeing a chance to strike back at its growing rival, it gleefully collected the sporadic reports of individual confusion generated by “The War of the Worlds” and weaved them into a narrative of “mass hysteria.” Newspapers reported suicide attempts, heart attacks and exoduses from major metropolitan areas.

The New York Daily News printed the feverish headline “Fake Radio ‘War’ Stirs Terror Through U.S.” along with the photograph of a “war victim,” a woman in a sling who had heard the reports of black gas clouds in Times Square and ran out from her midtown apartment into the street where she fell and broke her arm. Similar stories of woe were printed from coast to coast and unleashed a media frenzy.

With threats of lawsuits swirling in the press, CBS went into damage control. At a hastily called press conference, a doe-eyed Welles displayed his theatrical acumen and expressed his remorse and shock at the public reaction. “I can’t imagine an invasion from Mars would find ready acceptance,” he said when asked if he pranked the country. Decades later, however, Welles admitted, “The kind of response was merrily anticipated by us all. The size of it, of course, was flabbergasting.”

The Federal Communications Commission did not sanction CBS or Welles, and the radio dramatist quickly spun his Halloween trick into a treat. Thanks to what became known as the “panic broadcast,” the radio program signed Campbell’s Soup as a sponsor, and soon after, Welles inked a deal to direct “Citizen Kane,” named by the American Film Institute as the greatest movie of all time.



CALLING ALL VETERANS

**We would love to hear from you!
In honor of Veterans Day on
November 11th, we are putting
together a tribute to veterans.
We want your stories!**

Please share with us:

- when you served
- what branch you served in
- what serving our country meant to you
- PHOTOS WELCOME

PLEASE RESPOND BY : OCTOBER 15TH

You may email submissions to: raea@casperseniorcenter.com
Paper submissions can be turned in at the front desk.



**THANK YOU FOR
YOUR SERVICE**

**SUPPORT OUR
ADVERTISERS!**



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952

Make sure your plans are carried out according to your wishes.



Kate Maxwell,
CTFA,
Trust Officer

**Use the professionals in
Hilltop's Trust & Financial
Services Department.**



Randall B. Carnahan,
JD, MPA, CTFA,
VP, Personal Trusts

Trust products are:

- Not FDIC Insured
- No Bank Guarantee
- May Lose Value



300 Country Club Road
Casper, WY 82609
(307) 577-3470

*Hoffman Monuments
and Stoneworks, LLC*

*Specializing in Monument and
Natural Stone Designs and Engraving*



MONUMENTS • NATURAL STONE
VASES • VAULTS • PORCELAIN PHOTOS
HEADSTONE CLEANING - CEMETERY LETTERING

307.577.6314

1205 South Melrose | Casper
www.hoffmanmonuments.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between August 21st—September 21st
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Rex Hoff

Helen Hoff
Charlotte Kolb
Maurine Hoffman
Mary C. Moler

Lucille Mascarenas

Mary C. Moler
Sally Lindahl
Maurine Hoffman
Marjorie Love

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
Joe & Betty Moss



Famous OCTOBER Birthdates

- 1, 1963—Mark McGwire, MLB home run record holder
- 2, 1945—Don McLean, Singer/Songwriter
- 3, 1941—Chubby Checker, singer/musician
- 4, 1923—Charlton Heston, Oscar winning Actor
- 7, 1959—Simon Cowell, reality TV star/American Idol judge
- 9, 1953—Sharon Osborne, actress/wife of Ozzie
- 12, 1935—Luciano Pavarotti, opera singer
- 16, 1925—Angela Lansbury, actress
- 18, 1939—Lee Harvey Oswald, assassinated JFK
- 21, 1929—Whitey Ford, Hall of Fame MLB pitcher
- 25, 1881—Pablo Picasso, “greatest artist of the 20th century”
- 29, 1947—Richard Dreyfuss, Oscar-winning Actor
- 31, 1936—Michael Landon, actor

“I sit beside the fire and think
Of all that I have seen,
Of meadow-flowers and butterflies
In summers that have been,
Of yellow leaves and gossamer
In autumns that there were
With morning mist and silver sun
And wind upon my hair.”

English Author J.R.R. Tolkien

Fun OCTOBER Facts!

- ☞ Chrysanthemum and Aster flowers bloom in the month of October.
- ☞ The MLB World Series has begun every year in October since 1903 with 2 exceptions: the NL champion team refused to play in 1904 and league players were on strike much of 1994.
- ☞ “Pinktober” is National Breast Cancer Awareness Month, bringing attention to the 2nd leading cause of cancer deaths in women as well as affecting men.
- ☞ The very first Oktoberfest was held on October 12, 1810 to commemorate the marriage of Crown Prince Ludwig to Princess Therese of Saxony-Hildburghausen and has been held annually since then.
- ☞ October 1st is International Day for the Elderly, designated so by the United Nations General Assembly in 1990, AKA “International Day for Older Persons.”

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

Name _____

Birthdate _____

Courtesy of C.W.S.S.



5 Surprisingly Germy Kitchen Items – and the Right Way to Disinfect Them

By Katie Holdefehr | April 29, 2020 | <https://www.realsimple.com/home-organizing/cleaning/cleaning-kitchen/disinfect-kitchen-items>

Now more than ever, many of us are rethinking the cleanliness of our homes. While we've always aimed for a house that's free of dirt and grime and generally looks clean, the coronavirus outbreak has us wondering if our homes are actually clean—you know, on the microscopic level. As it turns out, according to the University of Rochester Medical Center, there are certain kitchen items most people don't wash properly and are most likely to be contaminated with harmful bacteria, such as *E. coli*. Since many of us are cooking at home now, it's more important than ever to clean these kitchen tools the right way in order to stay healthy and avoid foodborne diseases.

Luckily, cleaning these items correctly isn't too difficult—most just require a spray or wipe with a diluted bleach solution (1 tablespoon liquid chlorine bleach to 1 gallon of water). Here are five of the most commonly contaminated things in your kitchen, plus the right way to wash them.

Safety note: If you decide to disinfect with a diluted bleach mixture, be careful not to combine bleach with any other cleaners, including dish soap, as it can produce a toxic gas. Store bleach where it can't be found by children or pets.

1. Can Openers

That's right, the humble can opener landed at the top of the University of Rochester's list for contaminated kitchen items. Be honest, how many of us have ever opened a can and thrown the opener right back into the drawer? Or given it a quick perfunctory rinse? Perhaps it's not surprising this kitchen tool is so germy.

How to clean a can opener: After each use, clean the can opener with dish soap and water. For extra disinfecting power, wipe the can opener with the bleach solution (1 tablespoon liquid chlorine bleach to 1 gallon of water) or a store-bought disinfectant, then let air dry.

2. Cutting Boards

If you use a cutting board to prepare raw meat or fish, there's a good chance it is covered in germs. And since most of us know we shouldn't clean wood cutting boards in the dishwasher (where the heat could cause them to warp or crack), we'll have to learn the right way to wash them by hand. Step one: Invest in at least two cutting boards, one for meat and fish, and another for fruits and vegetables. Keeping these boards separate will help cut down on potential cross-contamination.

How to clean a cutting board: For the board used to prepare meat, you'll want to either spray or wipe it down with a diluted bleach mixture (see above) and then rinse thoroughly with water and let air dry. For the other board, wash thoroughly with dish soap and hot water.

3. Countertops

Recently, as a result of the coronavirus, there's been an increased focus on countertop cleaning, and many of us learned we haven't been washing ours the right way. One key learning: there's a difference between cleaning (wiping visible crumbs and grime away) and disinfecting (destroying microorganisms on a surface). To wash a countertop properly, you need to first start with cleaning, and then disinfect—otherwise, the disinfectant won't be able to work on the countertop because of all the crumbs and gunk coating the surface.

How to clean a countertop: Start by wiping down the countertop and cleaning it as you normally would to remove debris and spills. Once the surface looks visibly clean, it's time to disinfect. Spray or wipe down the surface with the diluted bleach mixture above or a store-bought disinfectant for kitchen surfaces.

Note: you'll want to follow the "contact time" (how long the product has to sit on the surface) specified on the label before wiping away.

4. Dish Towels and Sponges

"These are often highly contaminated," warns the University of Rochester Medical Center. Yikes! In fact, they go so far as to recommend not using a sponge in the kitchen—at all. In its place, opt for a dish scrubber or hard plastic scraper that can be cleaned in the dishwasher. If you simply can't part with your kitchen sponge, replace it often, at least once per week.

How to wash dishtowels: Ideally, you'll want to use a clean dishcloth daily. After each use, rinse it thoroughly and let air dry. If you use the cloth to wipe the floor or another unclean surface, run it through the laundry before using it to dry dishes again.

5. Kitchen Sink

The kitchen sink and drain is a hotspot for germs, especially if you cook meat or fish. Clean the sink basin regularly, spritzing with the bleach mixture or a specialized disinfectant before rinsing thoroughly.

How to clean the drain: Every one to two weeks, try this: pour 1 cup of hot water down the drain, followed by 1 cup of undiluted bleach. Let stand overnight. This will sanitize the drain and keep unpleasant odors at bay.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Hot Beef Sandwich Mashed Potatoes Harvard Beets Jell-O Fruit Salad Black Forest Cake	4 Turkey & Noodles Parsleyed Carrots Spinach Orange Salad Banana Cream Pudding	5 BQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Vegetable Salad Baked Apples	6 Philly Cheese Pasta Country Mix Carrot Raisin Salad Diced Peaches	7 Chicken Pot Pie Green Bean Medley Green Salad Cherry Jell-O	1 OKTOBERFEST Glazed Bratwurst Or Kraut Burger German Potato Salad Apple Cake	MENU SUBJECT TO CHANGE
10 BQ Chicken Pasta Broccoli Salad Chopped Spinach Orange Wedge Apple Pie	11 Pork Stir Fry Fried Rice Brussels Sprouts Watermelon Salad Almond Cookie	12 Biscuits with Sausage Gravy Scrambled Eggs Hash Browns Sliced Tomatoes Fresh Peaches	13 Salisbury Steak Mashed Potatoes Corn Tomato Basil Citrus Fruit	14 Cream of Celery Soup Turkey Salad Sandwich Pea Salad Tropical Fruit	15 Baked Tilapia Tomato Pasta Green Beans Almandine Cottage Cheese Diced Pears	16 MEALS COME WITH MILK & BREAD
17 Baked Ham Roasted Potatoes California Veggies Applesauce Brownie	18 Stuffed Pepper Sweet Potatoes Tomato Zucchini Salad Strawberry Parfait	19 Baked Chicken Brown Rice Broccoli Strawberries White Cake	20 Bread'd Chicken Breast Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Peach Berry Mix	21 Beef & Noodles Glazed Carrots Chopped Lettuce Salad Rhubarb Custard Cake	22 Breaded Cod Macaroni & Cheese Stewed Tomatoes Plums Chocolate Pudding	23
24 Roast Turkey Stuffing Sweet Potatoes Tossed Salad Pumpkin Crunch	25 Spanish Meatballs Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	26 French Dip Baked Potato Broccoli Craisin Salad Fresh Peaches	27 Chicken & Noodles Green Beans Almandine Tossed Salad Coconut Cream Pudding	28 Roast Lamb Potato Medley Fresh Beets Hearty Salad Mandarin Oranges	29 Salmon Loaf Rice Pilaf California Vegetables Cool Bean Salad Peach Cobbler	Sunday 10/31 Beef Meatloaf Scalloped Potatoes Green Beans Apricot Halves



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

Rotary District 5440



United Way of Natrona County



CASPER AREA CHAMBER OF COMMERCE

The Employees of: HILLTOP BANK MEMBER FDIC

LCCC Student Tamara Seuffer, for all of her hard work with the newsletter!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

D 4C 05-0641



I hope you enjoy these scenes as much as I enjoy putting them together. - KSD

Always looking for vintage Barbie items 1959-1973.
Please contact me at:
Kathy@togwart.com
970-222-7884



*Thank You,
Kathy!
We had
so much fun
"Playing Barbie"*





RSVP = Retired and Senior Volunteer Program

RSVP is now a part of ServeWyoming and AmeriCorps Seniors.

Our goal: Engage Americans 55 years and older in volunteer service. We strive to meet community needs while providing a high quality experience for our RSVP volunteers.

Partner agencies: We have many in Natrona county and are certain we can help you find the right volunteer station that meets your availability and interests.

Have you volunteered with RSVP before?
Are interested in becoming a volunteer for the first time?
Contact us for more information.

Vicki Pollock

RSVP Program Coordinator
Vicki@servewyoming.org
307-234-3428

**AVAILABLE FOR
A LIMITED TIME!**
ADVERTISE HERE NOW!

Contact **Bill Clough**
to place an ad today!

wclough@lpicommunities.com
or (800) 950-9952 x2635



NEED A RIDE?
We Can Help
Call **307-265-1313**
www.catcbus.com

It's Never Too Late For Your
Happily Ever After

Overworked from cooking, cleaning
and everyday responsibilities?
At Mountain Plaza Assisted Living,
you won't have to anymore!



Call to Schedule a Tour Today!



307.232.0100
4154 Talon Drive
Casper, WY 82604
www.mountainplazaassistedliving.com

Thrive
Locally

**SUPPORT OUR
ADVERTISERS!**



AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!

Contact **Bill Clough** to place an ad today!
wclough@lpicommunities.com or (800) 950-9952 x2635

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> 3:30PM – 4:30PM (CNF) Bible Study</p> <p>6PM – 7PM (AR) Native American Flute Circle</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> Please check board for more info on days of activities! <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> [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) Wyo. 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>

COMING SOON!

City Manager Carter Napier
will be giving a Presentation on:
Natrona County Specific Purpose Tax
appearing on the November 2021 ballot.

Purpose of the tax is two-fold:

1. Midwest Avenue Construction project
2. Water pipeline to Midwest/Edgerton



**Friday, October 15th
11:30 AM
at the Senior Center!**



GW MECHANICAL INC
YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988


- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

CALL US FOR YOUR PLUMBING NEEDS!
307-472-2081 • GWMechanical.com

STAND OUT
with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952



Are you ignoring the signs?

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

GA
GASTROENTEROLOGY
ASSOCIATES, P.C.

To learn more call Gastroenterology Associates
(307) 233-2700 or Toll free (800)380-1820 to speak to
**Dr. Krmpotich, Dr. Katz, Dr. Joubran
Dr. Parrack, Dr. Cooper, Dr. Fahed**
The doctors have treated the most
Barrett's Esophagus patients in Wyoming.

You may also visit www.curebarretts.com
to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601





Central Wyoming
Senior Services, Inc.

1831 East 4th St, Casper, WY 82601
(307) 265-4678



THE GRACEFUL EXIT

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."

~ American Naturalist/Poet Henry David Thoreau ~

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.

