

WHAT'S MY NAME?

SEPTEMBER 2021

CENTRAL WYOMING SENIOR SERVICES INC

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

Central Wyoming Senior Services would like to thank the following businesses and individuals for the purchase and donation of 4-H/FFA livestock and processing in support of the senior meals program:

4-W, Jared Williams
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 Frenchman Valley Coop
 Hilltop National Bank


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 Knife River Materials
 MCM Companies
 McMurry Foundation
 Occidental Petroleum Inc.
 Frank's Butcher Shop



We commend you for supporting our seniors and the youth involved in 4-H and FFA programs!

Try to Find This!

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



Hidden Twice, Find Both for Two Entries!

INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

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

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WHO'S WHO AROUND THE CENTER

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Linda Blackstone Secretary

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Assistant Director

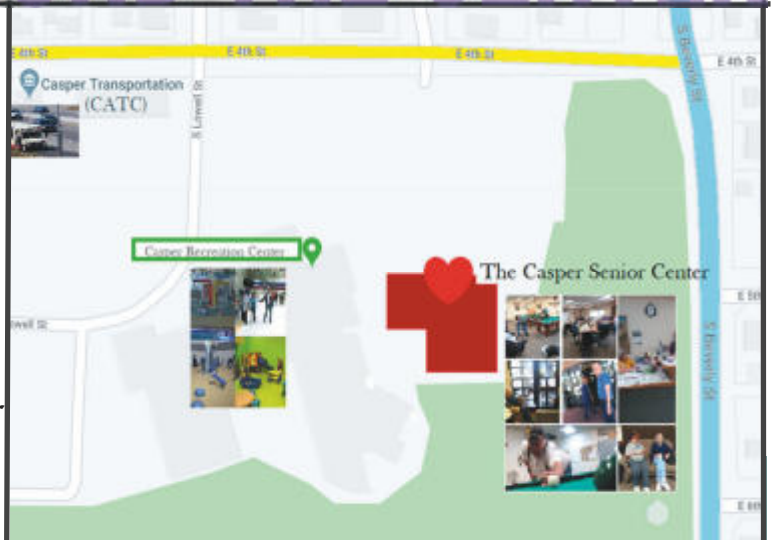
Rachel Brown

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 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.

We would like to thank our
 vendors and members
 for the success of our
1st Annual
World Senior Citizen Day!



Here's to next year!!

Joyce's 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

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Sudoku 37

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

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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

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

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

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

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

Any questions? Come see Lacey or 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

I have many teeth,
but I cannot bite,
I'm often used early
but rarely at night.

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!





House Calls: Bringing Infection Prevention, Source Control and COVID-19 Vaccine Education to the Comfort of Your Home

With COVID-19 and vaccines dominating the news and social media, it can be difficult to know where to turn for trusted information. Join fellow caregivers for a complimentary workshop on **Friday, September 10**, and learn safety tips for traveling and socializing in a COVID-19 world.

This workshop is part of a webinar series that offers the latest news about the COVID-19 vaccination and how to keep yourself and your loved ones safe and protected.

Join leading health experts from AARP and Mountain-Pacific Quality Health 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 through the link below:

<https://aarp.cvent.com/c/calendar/958ee93d-668f-4e2b-b2a0-2542664b2eb3>.



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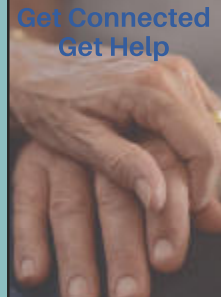
Get Connected Get Help

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.

Wyoming 2-1-1 | Wyoming Department of Health



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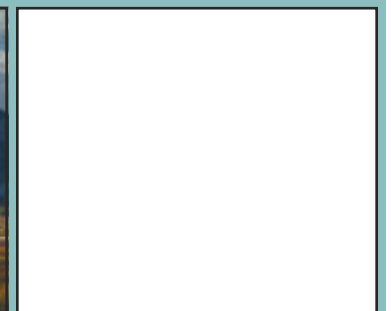
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The Grand Opening of Walt Disney World

<http://www.thisdayindisneyhistory.com/disneyworldgrandopening.html>

On Friday October 1, 1971—after seven years of planning—about 10,000 visitors converged near Orlando, Florida, to witness the grand opening of Walt Disney World.

The Magic Kingdom, encompassing approximately 107 acres, featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland, a Main Street USA, and about 5,500 Cast Members.

Resort planners scheduled the opening in October in the hopes that estimated crowds would be small - and they were. (Two days before the opening of Walt Disney World, the Florida Highway Patrol had issued a statement that they believed as many as 300,000 people might try to be among the first to get into the Magic Kingdom.) Fortunately the small crowd of 10,000 on October 1, 1971 allowed any problems that sprang up to be fixed with minimal inconvenience... Even official dedications and other media events were held off until later in the month so as to make sure everything ran smoothly.

The early morning found guests driving around the toll plaza over and over, trying to steer their way in to be the first visitors to the Magic Kingdom. William Windsor, Jr. and his family from Lakeland, Florida, were among the first guests to enter through one of 14 turnstiles (they had slept in their car overnight at a nearby roadside rest area). Mickey Mouse himself cordially led William, his wife Marty and their two sons Jay and Lee into the new park. Reporters swarmed the Windsor family and the Disney Dixieland band played "It's a Hot Time in the Old Town Tonight." The Windsors then took part in a Main Street parade (riding in an antique fire engine) accompanied by Debbie Dane, Walt Disney World's first Ambassador, and Mickey Mouse.



SPOTLIGHT

Year in Review



What happened in 1971? Major News:

- ✦ January 5—Harlem Globetrotters lose 100-99 to NJ Reds, ending their 2,495-game winning streak
- ✦ January 25—Charles Manson & 3 women followers convicted of Tate-LaBianca murders
- ✦ February 4—The NASDAQ stock exchange, the second-largest in the world behind the New York Stock Exchange, is founded in NYC
- ✦ February 15—After 1,200 years, Great Britain abandons pence & shilling system for decimal currency
- ✦ March 10—US Senate approved amendment lowering voting age to 18
- ✦ March 25—Boston Patriots become New England Patriots
- ✦ April 5—Mount Etna erupts in Sicily
- ✦ April 25—About 200,000 anti-Vietnam War protestors march on Washington D.C.
- ✦ May 3—Nixon administration arrests 13,000 anti-war protestors in 3 days
- ✦ May 29—Defending Indianapolis 500 champion Al Unser Sr. becomes 1st and only driver to win race on his birthday
- ✦ June 6—Willie Mays hits record 22nd (& last) extra inning Home Run
- ✦ June 30—Crew of Russian space mission Soyuz 11 found dead upon arrival on Earth (only people to die in space)
- ✦ July 15—US President Richard Nixon announces he will visit the People's Republic of China
- ✦ August 11—Construction begins on Louisiana Superdome
- ✦ August 31—Beatle John Lennon leaves England for the last time, moving to New York City
- ✦ September 1—Pittsburgh Pirates start what is believed to be first all-black line-up (including several Latinos) in MLB history
- ✦ September 15—1st broadcast of "Columbo" starring Peter Falk on NBC
- ✦ September 22—OPEC directs members to negotiate price increases to offset the devaluation of the US dollar
- ✦ October 10—Rain washes out Game 2, first World Series postponement since 1962
- ✦ October 28—United Kingdom becomes the 6th nation to have a satellite in orbit with the launch of Prospero
- ✦ November 24—"Dan Cooper" hijacks plane, extorts \$200,000 ransom, before jumping out of plane over Washington State, never to be seen again
- ✦ December 2—Abu Dhabi, Dubai, Umm ak Qiwain, Ajman, Fujeira, and Sharjah form United Arab Emirates
- ✦ December 10—Lucasfilm Ltd. film & TV production company is founded by George Lucas in San Francisco (famous for Star Wars saga)

What did it cost?

New House:	\$ 25,200.00	Postage Stamp:	\$0.06—\$0.08
Median Income:	\$ 10,622.00	Gasoline:	\$0.40/gal
New Car:	\$ 3,560.00	Eggs:	\$0.45/doz



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

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between July 21st—August 20th.
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Mary Ann Moler

Annabelle Wilson
GR & MC Thorvaldson
Floyd & Janet Field
Sondra Somerville
Lucy Schoenewald
Carl & Emma Lou Closs
Loyd Tanner
Thomas & Susan Galles

John & Mary Ann Moler

Betty Cresswell

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

Frank C Stofflet
Bob & Barbara Yonts
John Savage
John & Janet Hilde
Wilcox-Mason Family

Famous SEPTEMBER Birthdates

- 1, 1933—Conway Twitty, country singer
- 2, 1968—Salma Hayek, actress
- 6, 1958—Jeff Foxworthy, American comedian/actor/author
- 8, 1925—Peter Sellers, British comedian/actor
- 10, 1907—Fay Wray, actress
- 12, 1944—Barry White, singer
- 17, 1944—James Brady, press secretary for Reagan
- 19, 1949—Leslie Lawson “Twiggy,” model/actress
- 23, 1949—Bruce Springsteen, singer/songwriter
- 25, 1931—Barbara Walters, TV journalist/reporter
- 26, 1947—Olivia Newton-John, singer/actress
- 28, 1934—Brigitte Bardot, actress
- 30, 1924—Truman Capote, novelist

Fun SEPTEMBER Facts!

- * The Anglo-Saxons called September both *Gerst Monath* (Barley month) for the harvest of the barley crops and *Haefest Monath* (Harvest month) which is where our modern-day usage of the word “harvest” originated
- * September begins on the same day of the week as just one other month—December
- * Birth Flowers for the month are the aster (representing love) and the morning glory (representing affection)
- * September has a single birthstone, the sapphire
- * The first newspaper to ever be printed in the US was published on September 25, 1690. The paper was called Publick Ocurrences Both Foreign and Domestick and was published in Boston. (The British were displeased with its contents and put a quick stop to it)
- * September was the month of the Roman god Vulcan, god of fire and the forge

MORE REASONS TO CELEBRATE SEPTEMBER!

(Happy Cat Month)
(National Courtesy Month)
(Honey Month)

- 3rd—Skyscraper Day
- 7th—Neither Rain nor Snow Day
- 13th—Uncle Sam Day
- 21st—International Peace Day
- 29th—Confucius Day

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



THE LOW FODMAP DIET

WHAT IS FODMAP?

The FODMaP diet is a form of elimination diet that focuses specifically on certain types of sugars that should or should not be consumed. Increasing numbers of studies support its use for reducing symptoms of irritable bowel syndrome (IBS), to the point where it can now be considered a first-line IBS treatment. The FODMaP diet works in two ways:

- 1) It is low in sugars that are difficult to absorb. These sugars can lead to increased fermentation and gas.
- 2) Reducing overall sugar intake reduces the osmotic pull of fluids into the intestine, which can reduce diarrhea. This may explain why some research indicated that the FODMaP diet improves overall symptoms by 50% for both diarrhea- and constipation-dominant IBS, while it only reduces stool frequency for the diarrhea-dominant form.

THE MODIFIED FODMAP DIET

The FODMaP diet can lead to a significantly lowered intake of fruits and vegetables, which can have negative long-term health consequences. Although it has not been extensively studied, some people may benefit from a “modified FODMaP diet,” which allows for continued intake of these important foods. Consider starting by [having patients] significantly reduce their FODMaP sugar load by avoiding dairy, wheat (breads and crackers), rye, high-fructose corn syrup, honey, and polyol sugars. If this doesn’t work, they can then do the full FODMaP diet.

AUTHOR(S)

“The FODMaP Diet” was written by David Rakel, MD (2014). Sections were adapted from “Evidence-based dietary management of functional gastrointestinal symptoms: The FODMAP approach” by PR Gibson and SJ Shepherd. This Whole Health tool was made possible through a collaborative effort between the University of Wisconsin Integrative Health Program, VA Office of Patient Centered Care and Cultural Transformation, and Pacific Institute for Research and Evaluation.

The FODMaP Sugars (the sugars that should be avoided)

Fermentable Sugars

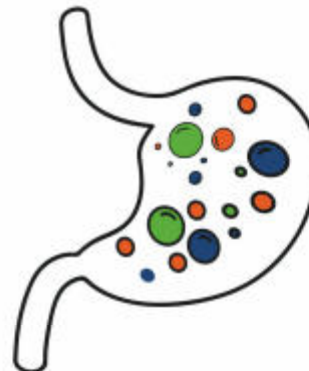
When in contact with gut microbiome, they lead to fermentation and gas production.

Oligosaccharides

These are fructans. They include wheat, rye, onion, garlic, beans, and some vegetables. (This is unfortunate because many of these foods are otherwise quite healthy.) Wheat is omitted for its sugar content, not for its proteins (e.g., gluten). However, a cross-over benefit may occur for people with gluten intolerance.

Disaccharides

An important example is lactose in milk and other dairy products.



Monosaccharides

This includes fructose in high fructose corn syrup, honey, and some fruits.

and

Polyol sweeteners

These include any sugar ending in -ol such as xylitol, sorbitol, etc. Be careful of sugarless chewing gums and any food containing artificial sweeteners.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>CLOSED</p>	<p>7 Chicken Noodle Soup Deli Wrap Fresh Relishes Cottage Cheese Orange Wedge</p>	<p>10 Oven Fried Chicken Brown Rice Mixed Vegetables Tossed Salad Diced Peaches</p>	<p>2 Roast Beef Mashed Potatoes California Vegetables Tomato Basil Salad Spice Cake</p>	<p>3 BBQ RIBS Macaroni & Cheese Roasted Broccoli Cabbage Slaw Apple Pie</p>	<p>4</p>
<p>6</p> <p>CLOSED Happy Labor Day!</p>	<p>7 Chicken Noodle Soup Deli Wrap Fresh Relishes Cottage Cheese Orange Wedge</p>	<p>8 Cabbage Roll Pacific Blend Pea Salad Watermelon</p>	<p>9 Sweet & Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Fresh Berries</p>	<p>10 Lemon Butter Fish Baked Feta Pasta Roasted Cauliflower Plums Chocolate Pudding</p>	<p>11</p>
<p>12 Roast Turkey Mashed Potatoes Sliced Carrots Cottage Cheese With Tomatoes Pumpkin Pie</p>	<p>14 Meatballs in Mushroom Gravy Brown Rice Country Mix Mandarin Oranges Blueberry Muffin</p>	<p>15 Hot Pork Sandwich Mashed Potatoes California Vegetables Summer Squash Salad Citrus Fruit</p>	<p>16 Vegetable Soup Chicken Salad on Croissant Relishes Grape Salad Sugar Cookie</p>	<p>17 Tuna & Noodle Bake Green Peas Cottage Cheese Cherry Fluff Dessert</p>	<p>18</p> <p>MEALS COME WITH MILK AND BREAD</p>
<p>19 Pork & Noodles Creamed Corn Carrot Slaw Chunky Applesauce</p>	<p>21 Marinated Beef Strip Continental Rice Brussels Sprouts Tossed Salad Apricots</p>	<p>22 Roast Lamb Mashed Potatoes Spinach Dill Cucumbers Ginger Pears</p>	<p>23 Meatball Sub Italian Pasta Salad Sliced Tomatoes Cherry & Blueberry Mix</p>	<p>24 Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit Chocolate Chip Cookie Orange Juice</p>	<p>25</p>
<p>26 Chicken & Dumplings Classic Vegetables Cole Slaw Coconut Cream Pie</p>	<p>28 Liver & Onions Potato Wedge Stewed Tomatoes Carrot Raisin Salad Apricots</p>	<p>29 Pork Meatloaf Rice Pilaf Asparagus Garden Salad Fruit Cocktail</p>	<p>30 Chicken Enchiladas Beans & Rice Lettuce & Tomatoes Baked Apples Snickerdoodle</p>		<p>MENU SUBJECT TO CHANGE</p>



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Zucchini Cheddar Scones

Ashley Manila <https://bakerbynature.com/zucchini-cheddar-scones/#wprm-recipe-container-37768>

My favorite savory scone recipe loaded with sharp cheddar cheese and shredded zucchini! Who knew veggies could taste this good!?



PREP TIME

20 mins

COOK TIME

20 mins

TOTAL TIME

40 mins

SERVINGS

8 scones



COURSE

Breakfast

CUISINE

British

Ingredients

- 2 and 1/2 cups + 1 tablespoon all-purpose flour, divided
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup granulated sugar
- 1 stick (4 ounces) unsalted butter, VERY cold and cut into tiny pieces
- 1 large egg, beaten
- 1/2 cup (full-fat) sour cream
- 2/3 cup zucchini, grated and drained (see post or note below for further clarification)
- 3/4 cup sharp cheddar cheese, grated, divided

Instructions

1. Preheat oven to 400°(F). Line a large baking sheet with parchment paper or a non-stick baking mat, set aside. In a large bowl mix together 2 1/2 cups of the flour, salt, baking powder, baking soda, and sugar.
2. Cut the butter into small cubes then quickly work it into the mixture (using your fingers) until it resembles a coarse meal.
3. In a small bowl, whisk together the egg and sour cream, then add to flour and butter mixture. In a small bowl combine remaining tablespoon of flour, grated zucchini, and a 1/2 cup of the cheese; toss to coat, then add to the scone mixture; gently fold them into dough with a spatula until combined.
4. Pour the shaggy dough out onto a clean, floured work surface and shape the dough (you will have to work/knead it quite a bit to get it together) into an 8-inch circle. Cut the dough into 8 wedges and carefully transfer them to the prepared sheet. Sprinkle the top of each scone with a little of the remaining cheese.
5. Bake for 22-24 minutes, or until cooked through and the tops are golden brown.
6. Serve warm!

NOTES

Scones are always best eaten the day of, but will keep, in an airtight container for 3 days. Scones may also be frozen for up to 2 months. Place them in a freezer safe bag and press all of the air out. When you're ready to reheat, preheat oven to 300 degrees, place the scones on a baking sheet, and bake until warmed through.

Tips & Tricks for Recipe Success:

- For this recipe you're going to want to grate the zucchini (coarsely) then drain the heck out of it. Zucchini is loaded with moisture, so you'll want to squeeze as much of that moisture out before adding it to the scone batter. If you skip this step your scones will be sad and soggy. To efficiently drain your zucchini simply place it in a fine-mesh strainer and let it sit for about 10 minutes, then press as much moisture out as you can by hand or wrap the shredded zucchini in a piece of cheesecloth (or clean hand towel) and squeeze out the moisture.
- Make sure your butter is extremely cold before beginning. The key to tender, flaky, bakery style scones is COLD BUTTER.
- When it's time to incorporate the butter into the dough, resist working with your hands if possible, since body heat will quickly melt the butter. Instead, use a pastry cutter or two forks. (My favorite method is grating the butter into the dry ingredients, then quickly working it into the dough with two forks.)
- If you find your dough is warm and/or sticky, pop it back into the fridge or freezer for a few minutes and let it chill, then get back to work.





The Employees of:



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



United Way of Natrona County



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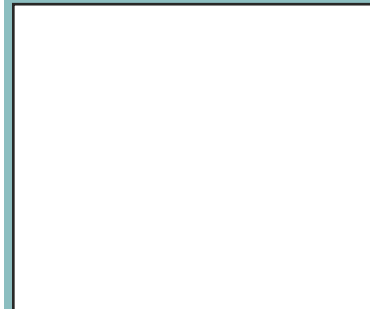
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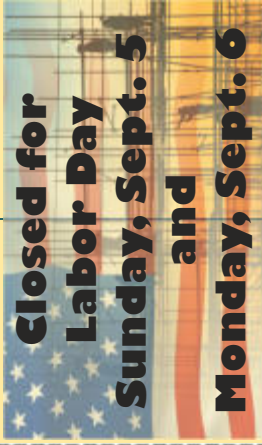


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ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch 1PM—?? (DR) Mexican Train Dominoes 4PM—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 Dominoes 1PM—4PM (DR) 1:15PM—2:15PM (DF) Poker 2:30PM—3:30PM (DF) Tai Chi for Arthritis 3:30PM—4:30PM (CNF) Bible Study 6PM—9PM (CNF) Binding Friends 7PM—8PM (AR) Native American Flute Circle	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (DF) Line Dancing 10AM—12PM (AR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker	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 Dominoes 1:15PM—2:15PM (DF) Pinochle 1PM—4PM (DR) 2:30PM—3:30PM (DF) Tai Chi Tai Chi for Arthritis	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	[TBA] Weight Watchers
<p>NOTE: Locations subject to change due to stage of the remodel.</p> <p>Please check board for more info on days of activities!</p> <p>If we have missed any events, please let the front desk know so that we can publicize your activity. Private events are not listed.</p>	10AM—11PM (CNF) DAR Supplement Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting [2nd/4th] 5PM—7PM (AR) Grief Support Group	[Alt 3rd] 9 AM—10 AM (CNF) Adult Protection [2nd] 11AM—12PM (CNF) VA Caregiver [1st/3rd] 11:30AM—4PM(DR) Bridge w/Margi [3rd] 11:30AM—4PM (DR) Bridge w/ Linda [2nd/4th] 6PM—10PM (CNF) Casper Cut Ups [1st] 7PM—9PM (AR) Doll Club [3rd] 7:15PM—9:15PM(CNF) Casper Needle Guild	[2nd/4th] 9:15AM—10:15AM (CNF) Seniors Active in Learning [1st/3rd] 10 AM—11:30 AM (CNF) Wyo. Dementia Together Network [2nd/4th] 11:30AM—4PM(DR) Bridge (w/ Margi) [2nd/4th] 12PM—4PM (DR) Bridge (w/ Ronnie & Donna) [3rd] 12 PM—1 PM (CNF) Casper Care Coalition [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 [2nd] 10:30 AM—12 PM (DR) Foster Grandparents [1st] 1:30PM—3:30PM (DR) Golden Girls	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course (Resuming Oct 2021?)	[2nd] 9AM—2PM (CNF) Casper Cut Ups
<div style="text-align: center;">  <p>Closed for Labor Day, Sunday, Sept. 5 and Monday, Sept. 6</p> </div>						



THE OLD
FARMER'S ALMANAC

Look for September's full Harvest Moon to rise in the southeast just after sunset on Monday, September 20—just two days before the fall equinox! The full Moon reaches peak illumination at 7:54pm EDT on the 20th.

THE FULL HARVEST MOON

The full moon that happens nearest to the fall equinox (Sept. 22 or 23) always takes on the name "Harvest Moon." Unlike other full Moons, this full Moon rises at nearly the same time—around sunset—for several evenings in a row, giving farmers several extra evenings of moonlight and allowing them to finish their harvests before the frosts of fall arrive.

While September's full Moon is usually known as the Harvest Moon, if October's occurs closer to the equinox than September's, it takes on the name "Harvest Moon." In this case, September's full Moon is referred to as the Corn Moon.

Alternative September Moon Names

- Ⓒ Autumn Moon (Cree)
- Ⓒ Falling Leaves Moon (Ojibwe), Leaves Turning Moon (Anishanaabe), Moon of Brown Leaves (Lakota), and Yellow Leaf Moon (Assiniboine) highlight how September is the transitional period between summer and fall.
- Ⓒ The behavior of animals is also a common theme, with Child Moon (Tlingit) referring to the time when young animals are weaned, and Mating Moon and Rutting Moon (both Cree) describing the time of year when certain animals like moose, elk, and deer are looking to mate.



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LAST WORDS

"How beautiful the leaves grow old. How full of light and color are their last days."

~ American Naturalist John Burroughs ~

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 support *and* patience as we work together to continue fulfilling the needs of all our members!

Help Wanted!

We love our volunteer force, especially during our 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.

