

# At The Center of It All

Central Wyoming  
Senior Services, Inc.



## FEBRUARY 2022

"The Heart of Natrona County"

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

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

## Thank You!!!

Central Wyoming Senior Services, Inc., the Board of Directors, and staff wish to express our sincere thanks to the following individuals and their respective employers for their expertise and commitment to seniors in Natrona County.

### 8+ years of service:

Jennifer Rohrer, CTFA, AFIM,  
Vice President, Trust Dept., Hilltop Bank

Crystal Morse, CSW, CCM, Account Manager,  
Mountain-Pacific Quality Health

### 4+ years of service:

Linda Loranger,  
University of Wyoming Family Practice

## Welcome!!!

Central Wyoming Senior Services, Inc., the Board of Directors, and staff wish to warmly welcome the following individuals who have been appointed to serve Natrona County seniors on our Board of Directors:

Kate Maxwell

Ray Bila

Tom Lebahn



## 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 a Partner.....	3
Misc. Info.....	4
Happenings.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thank Yous.....	11,12
Activity Calendar.....	14
Recipes.....	13,15

# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Linda Blackstone* ..... President  
*Barbara Flinn*.....Vice President  
*Kim Latka*..... Treasurer  
*Kate Maxwell\** ..... Secretary

## Members

*Gloria Fuhrer*            *Errol Miller*  
*Miles Hartung*        *Ray Bila \**  
*Justine Fourman*    *L. Chuck Davis*  
*Tom Lebahn \**

\*New Members

## City Council Liaison

*Lisa Engebretsen*

## Executive Director

*Rita Wagner*

## Assistant Director

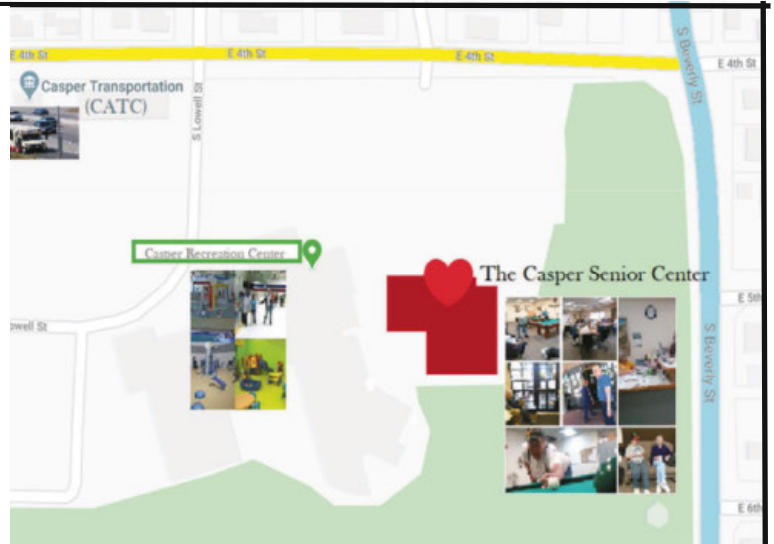
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Dietary Director

*Kimberly Cooper*



## Locations & Office Hours

**CASPER (MAIN)..... 8AM—4PM**

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

**MILLS.....12PM—1PM (LUNCH)**

401 Wasatch ..... (307) 237-1317

**EVANSVILLE .....12PM—1PM (LUNCH)**

71 Curtis St ..... (307) 315-6719

## Connect with us:



[www.casperseniorcenter](http://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.

#KindnessRX

"Kindness is Contagious"

These past couple of years have been tough on so many, particularly our Senior Community. Along with our partners, Mountain-Pacific Quality Health has never worked harder to combat burnout, workforce shortage, fatigue, anxiety, and depression. As a result, our friends, colleagues, communities, and partners are suffering. What we do know is, it is necessary to band together to help to guide our health systems and communities through the COVID-19 pandemic.

With much excitement in finding a positive light, Mountain-Pacific Quality Health launched the #KindnessRX campaign. The campaign focuses on gratitude towards acts of "human kindness" towards one another for the safety and wellbeing of others. The campaign messaging includes calls to action to recognize the dedication and hard work with an opportunity to it "pay it forward". The campaign immediately created a positive impact among communities and our healthcare partners.

Mountain-Pacific Quality Health is **very thankful to Rita Wagner and Central Wyoming Senior Services, Inc. for taking part in this innovative campaign.** Board Member Gloria Fuhrer recognized Executive Director Rita Wagner, Assistant Director Rachel Brown, and Dietary Director Kim Cooper for their dedication during these trying times. Gloria states, "It's comforting to see the Center continue to thrive amidst the COVID-19 pandemic, you have taken measures to reach out to our Senior Community by providing meals to those who may be at risk for self-isolation. Our members and Senior Community have a safe place to go for socialization with warm nutritious meals."

The recognized participants comment on how much the messages of gratitude meant to them in video responses to the campaign. Community members and the workforce now see a spark of joy in their workplace, missing since before COVID. You may view these videos on Mountain-Pacific's Facebook page, <https://www.facebook.com/mpqhf>, or Central Wyoming Senior Services, <https://www.facebook.com/casperseniorcenter>.



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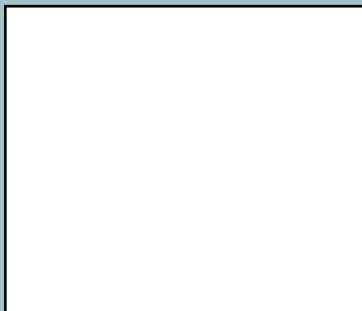
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# MISCELLANEOUS INFORMATION

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

All about the house  
with my lady I dance,  
yet I always work  
and never romance.

**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  
10:30 am–10:45 am Learn Steps  
10:45 am–11:45 am Dance Routines

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

New Group at the Center:



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

The Compassionate Friends is a mutual assistance self-help non-profit organization offering friendship and understanding to bereaved parents and siblings who are grieving the death of a child of any age from any cause. The primary purpose is to assist them in the positive resolution of the grief experienced upon the death of a child and to support their efforts to achieve physical and emotional health.

## Sudoku 40

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

## 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](https://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!

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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](http://www.wyoming211.org)  
or  
dial 2-1-1  
to get connected.



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Central Wyoming Senior Services, Casper, WY

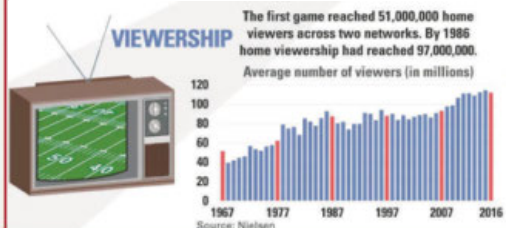
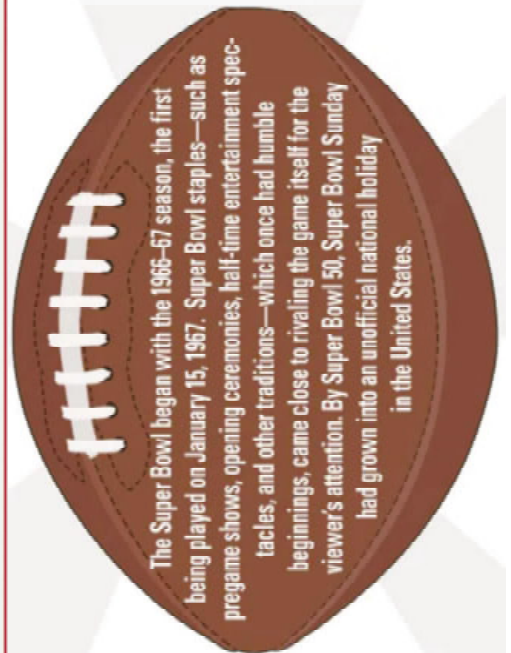
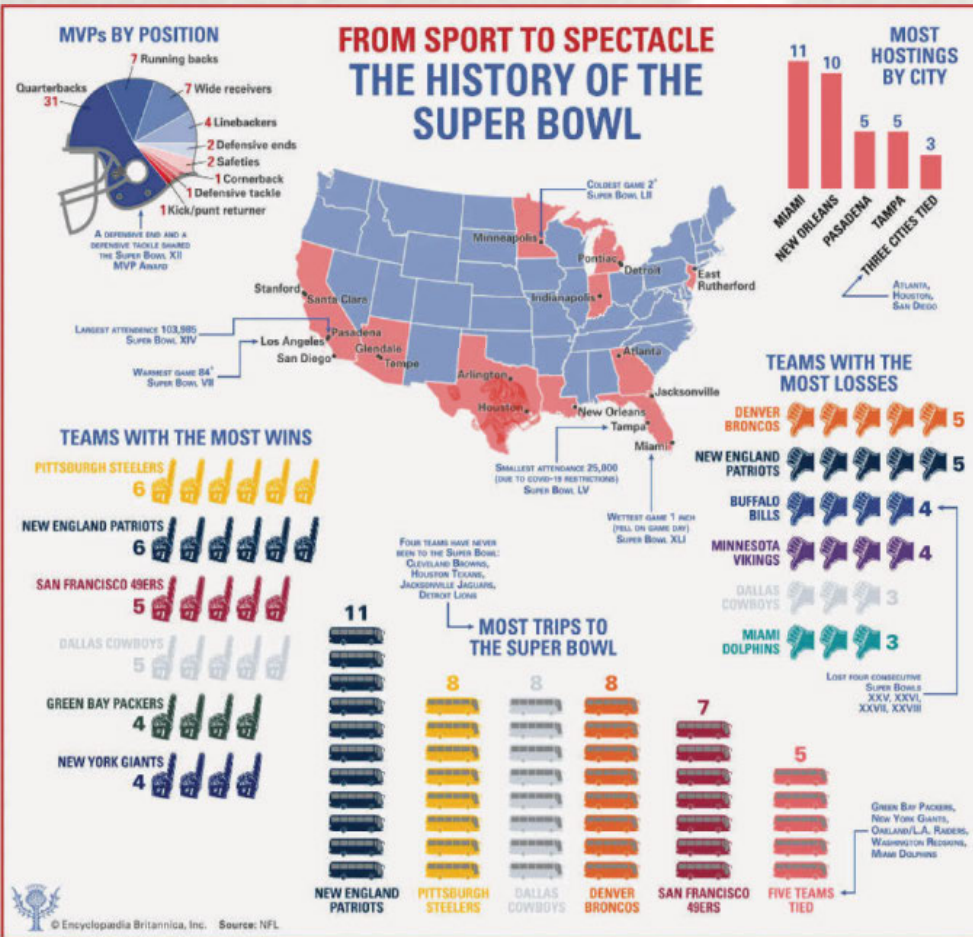
B 4C 05-0641

Super Bowl, in U.S. professional gridiron football, the championship game of the National Football League (NFL), played by the winners of the league's American Football Conference and National Football Conference each January or February. The game is hosted by a different city each year.

The game grew out of the merger of the NFL and rival American Football League (AFL) in 1966. The agreement called for an end-of-season championship game, and, although the merger was not finalized until 1970, the first such game, then called the AFL-NFL World Championship Game, was played at the Los Angeles Memorial Coliseum on January 15, 1967. Broadcast on two television networks and played before less than a sellout crowd, the game saw the NFL's Green Bay Packers defeat the AFL's Kansas City Chiefs, 35-10. The name "Super Bowl" first appeared in 1969, as did the use of Roman numerals, which, because the game is played in a different year from the season it culminates, are used to designate the individual games.

The day of the Super Bowl game, known as Super Bowl Sunday, has evolved into an unofficial American holiday, with viewing parties held in homes, taverns, and restaurants throughout the country. The week prior to the game is highlighted by extensive media buildup and a festival atmosphere in the host city. The game itself is accompanied by elaborate pregame and halftime ceremonies and entertainment.

All Super Bowls since the first have been sellouts and consistent TV-ratings leaders, with many Super Bowls among the highest-rated televised sporting events of all time. As a result, commercial time during the game is the most expensive of the year; for example, in 2016 a 30-second spot cost approximately \$4.8 million. The high-profile advertisements have featured celebrities and noted filmmakers as well as new technologies in hopes of making an impression on the huge Super Bowl audience. Since the 1980s, media scrutiny of and public interest in Super Bowl commercials have nearly matched that accorded the game itself.



Chinese New Year

**1 February**

Is Chinese New Year 2022

People in China get

**7 days**

off work from 31 January to 6 February

**16 days**

of celebrations - 31 January to 15 February

**2022**

is the year of the tiger



The holiday is also called

**'Spring Festival'**

It's celebrated by more than

**2 billion** people worldwide

**3.5 billion**

journeys in China during the new year period

**Billions**

of red envelopes are exchanged filled with money

Washing hair or clothes is not allowed on the first day of the lunar year because it is seen as "washing one's fortune away"

GRAPHIC: MARK HILL

Chinese Zodiac Tigers



Years of the Tiger:

(If born then, you're a Tiger.)

... 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022...



Lucky Things:

Lucky numbers

**1 3 4**

and numbers containing them (like 13 and 43)

Lucky colors

blue  
gray  
orange

Lucky flowers

yellow lily  
cineraria

Lucky directions

east, north, south



Unlucky Things:

Unlucky numbers

**6 7 8**

and numbers containing them (like 67 and 87)

Unlucky colors

brown

Unlucky directions

SW southwest

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Central Wyoming Senior Services, Casper, WY

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# Gifts & Memorials

Note: This is a list for Gifts & Memorials given between December 28th—January 21st  
If donations were made between those dates and you were not recognized, please see Rita.

## Memorials

### *Rex Hoff*

Mary Lynn Corbett  
Janice Mills

### *Richard Innes*

Mary Schneider

### *Betty Krause*

Lucy Schoenewald  
Mary C. Moler

### *Everett Molyneux*

Mary C. Moler

*Mark Kwedor*  
Ron & Rachel Brown  
Mary C. Moler

## Gifts

*John Savage*  
*Frank C Stofflet*  
*Larry Allen*

## 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.

## February Weather

by C Richard Miles

February sulks its shadow  
Over moorland, marsh, and meadow.  
Dreary drizzle unabating,  
Then there's weather worse awaiting:  
Fog and frost and soft snow drifted  
Deep in heaps that can't be shifted,  
Rain that pours for hours and hours

Putting paid to plants and flowers,  
Howling wind and gusting gale,  
Slushy sleet and hammering hail.  
Hopefully this woeful weather  
Has to pass, not last for ever.  
On a brighter note, a thought:  
Just be thankful February's short.

### Famous Birthdays in FEBRUARY

- 2, 1954—Christie Brinkley, supermodel
- 6, 1940—Tom Brokaw, popular NBC News anchor
- 11, 1936—Burt Reynolds, actor
- 14, 1934—Florence Henderson, actress "Carol Brady"
- 18, 1957—Vanna White, *Wheel of Fortune*
- 21, 1933—Rue McClanahan, actress *Golden Girls*
- 24, 1955—Steve Jobs, co-founder Apple Computers
- 28, 1955—Gilbert Gottfried, comedian

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

\_\_\_\_\_ Name

\_\_\_\_\_ Birthdate

*Courtesy of C.W.S.S.*

## Fun FEBRUARY Facts!

- ♥ The Welsh call February *y mis bach* which means "little month."
- ♥ The month is named for the Latin word *februum/februa* which means purification.
- ♥ On average, February is the United States' snowiest month, according to data from the National Weather Service.
- ♥ The full moon is known as the **Snow Moon** due to the typically heavy snowfall that occurs in February.
- ♥ Folklore for the season:  
*Married in February's sleety weather,  
Life you'll tread in tune together.*
- ♥ February is one of the most misspelled words in the English language. Even the White House has misspelled it in a press release!





## With Certain Oils Gone, Margarine May Now Be Healthier Than Butter

Dec. 15, 2021

<https://utah.privatehealthnews.com/news/topic/832/article/24485?cid=>

Margarine has gotten a bad rap for years, but a U.S. ban on partially hydrogenated oils may have made it a healthier choice than butter, a new study suggests.

Before the U.S. Food and Drug Administration banned such oils in 2018, margarine contained these oils, which are heavy in trans fats and raise bad ("LDL") cholesterol levels while lowering good ("HDL") cholesterol levels. Eating trans fats also increases the risk of heart disease, stroke and type 2 diabetes.

"Margarines are a better option than butter for heart health, with tub and squeeze margarines being the best options," said lead researcher Cecily Weber, a dietetic intern at the University of Minnesota School of Public Health, in Minneapolis.

The study team "also found that margarine and butter blend products contain less saturated fat and more unsaturated fat than regular butter," she added.

"This is a public health success story. It is now easier for [U.S.] consumers to make heart-healthy choices because they no longer need to worry about checking the labels of products to look for partially hydrogenated oils for trans fat, they can just know the products don't contain them," Weber said.

For the study, which had no funding from margarine makers, Weber and her colleagues examined the fatty acid content of 83 margarine and margarine-like and butter blends sold in the United States, comparing them with butter. The investigators found that after the ban, margarine and butter blend products had substantially less saturated fat and cholesterol, compared with butter. These products also had no man-made trans fat.

The softer tub and squeeze tube margarines contained less saturated fat than stick margarines, which makes them the healthier choice among margarines, Weber noted. "Stick margarines contain more saturated fat than tub or squeeze margarines, which allows them to be more firm at room temperature," she said. "However, for heart health, current dietary recommendations are to limit saturated fat intake."

Weber added that although margarines sold in the United States are healthier than they used to be, they should still be eaten in moderation.

"While margarines are a better option than butter for heart health, they should still be eaten sparingly, as they do still contain some saturated fat and have a high energy density; that is, they contain a high amount of calories per serving size," she explained.

The report was published online recently in the journal *Public Health Nutrition*.

Samantha Heller, a senior clinical nutritionist at NYU Langone Health in New York City, cautioned that instead of margarine or butter, the really healthier option is to use vegetable oils. "Whether the spread comes from cows or chemists, it is the content of saturated fat that makes the difference," she said. "It is the saturated fat, those fats that are solid at room temperature, such as butter, lard, bacon and chicken fat, and from the plant world, palm and coconut oil, that we want to limit." These fats increase the risk for inflammation, and cardiovascular and other chronic diseases, Heller said.

"Try using more oils that are liquid at room temperature, such as extra virgin olive oil, canola, avocado, walnut, sesame or sunflower oils in spreads, sauces and cooking," she suggested.

"Oils can be flavored with vinegars, spices, herbs and add-ins like sun-dried tomatoes," Heller said.

"Use nut and seed butters instead of butter on toast, and olive oil on potatoes and vegetables. For recipes that need solid fats, for example in baking, then a plant-based spread or butter is fine to use."

### More information

For more on saturated fat, head to the American Heart Association.

SOURCES: Cecily Weber, dietetic intern, University of Minnesota School of Public Health, Minneapolis; Samantha Heller, MS, RD, CDN, senior clinical nutritionist, NYU Langone Health, New York City; *Public Health Nutrition*, Nov. 2, 2021, online



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Spaghetti & Meat Sauce Italian Vegetables Marinated Bean Salad Apricots	<b>2</b> Hearty Bean Soup Ham Salad Sandwich Pickle Spear Berry Blend Chocolate Pudding Cake	<b>3</b> Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Rosy Applesauce	<b>4</b> Honey Glazed Salmon Creamy Risotto Corn Cobbette Carrot Raisin Salad Fresh Peaches	<b>5</b>
<b>6</b> California Ch'kn Breast Oven Brown Potatoes Roasted Zucchini & Tomato Cherry Pie	<b>7</b> Beef Stroganoff Golden Corn Russian Garden Salad Strawberry Fruit Parfait	<b>8</b> Roast Pork Mashed Potatoes Parmesan Zucchini Baked Apples Brownie	<b>9</b> Turkey & Noodles Braised Cabbage Tomato Cucumber Salad Diced Peaches	<b>10</b> Potato Soup Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese with Pineapple Blueberry Buckle	<b>11</b> Lemon Pepper Tilapia Garlic Pasta Roasted Broccoli Carrot Raisin Salad Mandarin Oranges	<b>12</b>
<b>13</b> Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Spice Cake	<b>14</b> Swedish Meatballs Brown Rice Braised Cabbage Cucumber & Onions Melon Cup	<b>15</b> Baked Chicken Breast Sweet Potatoes Catalina Blend Caesar Salad Citrus Fruit	<b>16</b> Taco Salad Lettuce, Tomatoes Cheese, Onions Rice Black Beans Pepper Slaw Cinnamon Apples	<b>17</b> Pork Wellington Catalina Vegetables Pea Salad Ginger Pears	<b>18</b> Seafood Alfredo Stewed Tomatoes Cauliflower-Broccoli Salad Fresh Blueberries	<b>19</b> <b>MEALS COME WITH MILK &amp; BREAD</b>
<b>20</b> Lamb Tips Rice Pilaf Brussels Sprouts Fresh Pineapple Pecan Bread Pudding	<b>21</b> Glazed Ham Sweet Potatoes Green Beans Black Cherries Chocolate Cake	<b>22</b> Philly Cheese Pasta Country Mix Cabbage Raisin Salad Diced Pears	<b>23</b> Sweet & Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Fresh Berries	<b>24</b> Creamy Tomato Soup Grilled Cheese Sandwich Celery, Carrot, Pickles Tossed Vegetable Salad Baked Pineapple	<b>25</b> Breaded Cod Broccoli Rice Green Beans Almandine Wedge Salad Apricot Crisp	<b>26</b>
<b>27</b> Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	<b>28</b> Chicken Wrap Pasta Slaw Fresh Vegetables Chopped Green Slaw Orange Wedge					<b>MENU SUBJECT TO CHANGE</b>



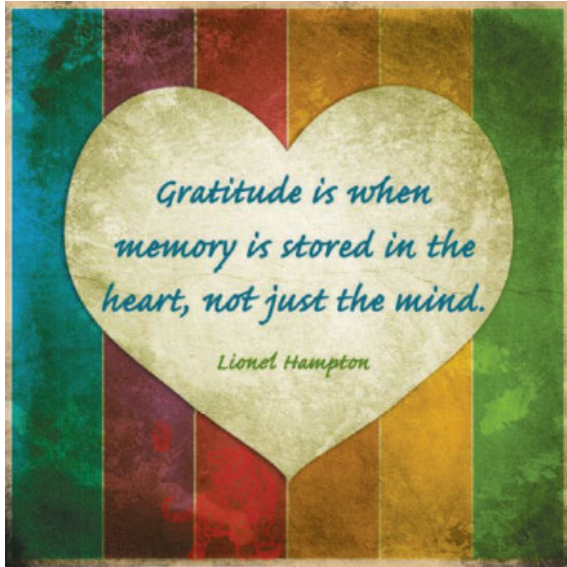
Reveille Rotary meets on Wednesday mornings at 7 A.M.

Rotary District 5440



United Way of Natrona County

The Employees of: HILLTOP BANK MEMBER FDIC



heartfelt THANK YOU to our volunteers

# NEVER MISS A NEWSLETTER!

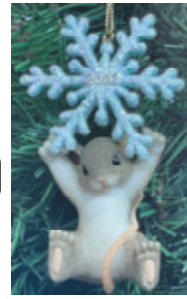
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Central Wyoming Senior Services, Casper, WY

D 4C 05-0641



Collection of  
Charming Tails  
Christmas Micz

Collected over many years

by Carol Weixel



# Super Bowl LVI Snack: Reese's Nachos

<https://www.delish.com/cooking/recipe-ideas/recipes/a45681/reeses-nachos-recipe/>



<b>YIELDS:</b> <b>6</b>	<b>PREP TIME:</b> <b>0</b> HOURS <b>10</b> MINS	<b>TOTAL TIME:</b> <b>0</b> HOURS <b>10</b> MINS
----------------------------	--	---

## INGREDIENTS

- 20 graham crackers, broken into pieces
- 6 Reese's Peanut Butter Cups, chopped
- 1 packet Reese's Pieces
- 1 c. mini marshmallows
- 1/4 c. peanut butter, warmed
- 1/4 c. melted chocolate



## DIRECTIONS

- 1 | Heat broiler. In an ovenproof skillet, layer graham crackers, Reese's, Reese's Pieces, and mini marshmallows. Drizzle with peanut butter and chocolate and transfer to oven.
- 2 | Heat until marshmallows are toasted and nachos are warm. Serve immediately.

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# MAIN CENTER ACTIVITIES CALENDAR

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

INGREDIENTS

6 servings

- 1 pound store-bought gnocchi
- 2 tablespoons unsalted butter
- 1 sweet onion, sliced
- 2 garlic cloves, minced
- 1 pound cooked Italian sausage, sliced
- 1 bunch broccoli rabe, cut into bite-size pieces
- ½ cup chicken broth
- Salt and freshly ground black pepper
- ½ teaspoon red-pepper flakes (optional)
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh parsley



# Skillet Gnocchi with Sausage and Broccoli Rabe

<https://www.purewow.com/recipes/skillet-gnocchi-sausage-broccoli-rabe>

By: PureWow Editors

PREP: 10 MIN COOK: 20 MIN TOTAL: 30 MIN

Nutrition:

657 calories  
29g fat  
68g carbs  
31g protein  
6g sugars

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the gnocchi and cook until the pasta floats to the surface, 4 to 5 minutes. Drain the gnocchi.
2. In a large skillet, melt the butter over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes. Add the garlic and sauté until fragrant, 1 minute more.
3. Add the sausage and cook until it begins to brown, 3 to 4 minutes. Add the broccoli rabe and chicken broth, and bring to a simmer.
4. Continue to cook, tossing frequently, until the broccoli rabe is wilted and tender, about 5 minutes. Season with salt, pepper and red-pepper flakes (if desired).
5. Stir in the gnocchi, Parmesan and parsley, and toss well until combined. Serve immediately.

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## PARTING THOUGHTS

"Your flaws are perfect for the heart that's meant to love you."

*~ Former NFL Player Trent Shelton ~*

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

**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!*

### Help Wanted!

We are so thankful to  
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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.

