

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

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

JULY 2022

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

4th of July: What is Independence Day and Why Do We Celebrate it on July Fourth?

BY SOPHIA WATERFIELD ON 6/25/19
<https://www.newsweek.com/independence-day-fourth-july-celebration-1445158>

Independence Day, also known as the Fourth of July, celebrates the American colonies severing ties with the British and the beginning of what we know now as the United States of America. But how did America win its independence from Britain, and why do we celebrate America's freedom on July 4?

Never throw away tea, especially when it belongs to a Brit. In December 1773, an incident took place in Boston that set in motion a chain of events that led to the American Revolution. Also known as the Boston Tea Party, 342 chests of tea belonging to the British East India Company were thrown from ships into the Boston Harbor. It was done by American patriots disguised as Mohawk Indians to protest taxes on tea and the monopoly of the East India Company.

In retaliation, the British Parliament put into place the Intolerable Acts, also known as the Coercive Acts, in 1774, which closed down Boston's port, rendered the Massachusetts government useless, and gave protections to British troops while in the American colonies.

Resentment from this enforcement resulted in the coming together of the First Continental Congress, who met in Philadelphia in September 1774. Peyton Randolph, a Virginia representative, was elected president. This, and the term Congress, are used today by the current U.S. governments.

This Congress wanted to reject the British rule and establish themselves as an independent group of colonies. In October 1774, it petitioned the British crown for a redress of grievances accumulated since 1763, and to force compliance, it called for a general boycott of British goods and eventual non-exportation of American products, except rice, to Britain or the British West Indies.

Alongside this, the colonials were rebelling against General Gage, who was put in charge by the British after the Boston Tea Party. According to Britannica, groups such as the Sons of Liberty worked to uncover British plans, which led to the storming of Fort William and Mary.

The Birth of the United States of America

On July 2, 1776, the Second Continental Congress made its decree for freedom and two days later they formally adopted the Declaration of Independence on July 4. Hence why we celebrate Independence Day on July 4th every year.

Try to Find This!

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

2 Chances in this issue!



INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

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

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WHO'S WHO AROUND THE CENTER

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Justine Fourman *Bob Carpenter*

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Tom Lebahn

Assistant Director

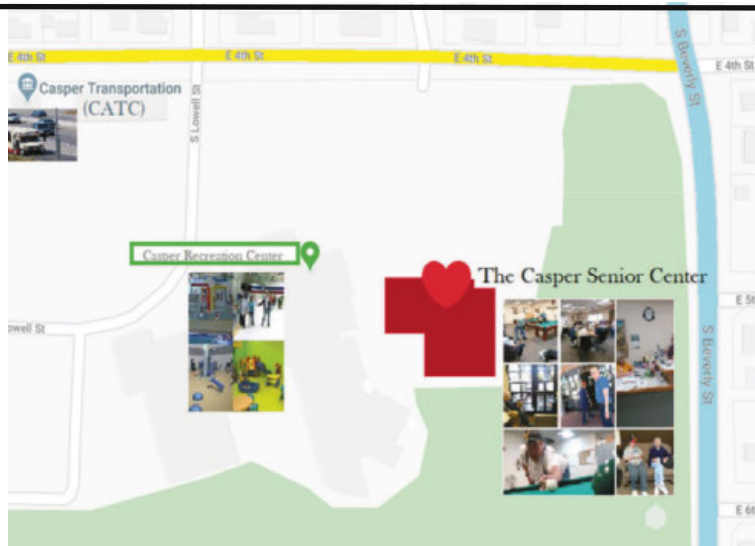
Rachel Brown

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.

A Letter from the Desk of the President:

Thank you for your patience while the City is working on improving the drainage and completing the paving project. We are sorry for the inconvenience, but we will benefit when the project is completed. As the newsletter goes to print, it appears that we are on track to complete by mid July.

On July 16, the Board and some staff will be volunteering at the 4-H Livestock Auction. Did you know that individuals/businesses/foundations will bid on the livestock raised by 4-H kids and donate them to non-profit organizations? The beef and pork donated to the Center generally lasts for a good portion of the year. With the price of meat increasing, this is a big boost to the Center. We welcome anyone who would like to volunteer for a couple hours as a runner or spotter on July 16th from 9:00am to 3:00pm. We will provide T-shirts with the Center's logo. The visibility of the Center at the Auction increases the chances of obtaining more contributions.

We always welcome volunteers, new members, and your comments regarding the Center.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028



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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 are looking for part-time housekeepers for our in-home programs. May increase to full time. Applicants must be at least 18, have a valid driver's license and reliable transportation. Applicants must pass the Central Registry check, a fingerprint background check, and drug screening.

NO EVENINGS OR NIGHTS!

Monday through Friday with select holidays off.

Call and ask for Lacey!

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 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 extra 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 Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

A time when they're green,
a time when they're brown,
both of these times
cause me to frown,
but in between,
for a very short while,
they're perfect and yellow
and cause me to smile.

What are they?

Let the front office know the correct answer for your chance to win donation-free lunches!!



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



Around the Center

Easy Clogging by Joyce Sisk
Call (307) 237-4908
for more information.

FREE, Every Monday
at the Senior Center
10:30am–10:45am 10:45am–11:45am
Learn Steps Dance Routines

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

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!

SAVE THE DATE!

in honor of
World Senior Citizens Day
FRIDAY, August 19th
CWSS Info Fair

The Senior Center
will be **CLOSED**
Monday, July 4th
in observance of
Independence Day!

*Thank you for your
continuing support!*

Answer to riddle
in
June Newsletter:

Are you
sleeping?
(the question itself)

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or (800) 950-9952 x2635

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.

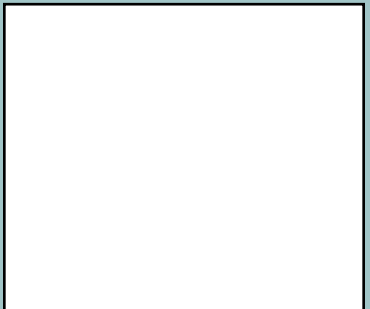
Visit www.wyoming211.org
or dial 2-1-1
to get connected.

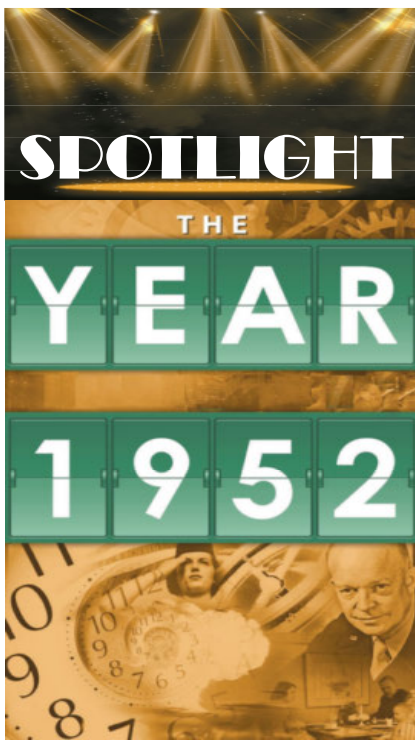
Wyoming 2-1-1 logo and Wyoming Department of Health logo.

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The Great Smog of London

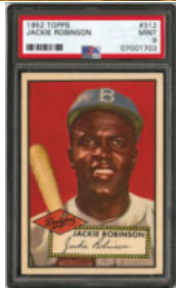
The Great Smog of 1952 was a pea-souper* of unprecedented severity, induced by both weather and pollution. On the whole, during the 20th century, the fogs of London had become more infrequent, as factories began to migrate outside the city. However, on December 5, an anti-cyclone settled over London, a high-pressure weather system that caused an inversion whereby cold air was trapped below warm air higher up. Consequently, the emissions of factories and domestic fires could not be released into the atmosphere and remained trapped near ground level. The result was the worst pollution-based fog in the city's history.

Visibility was so impaired in some parts of London that pedestrians were unable to see their own feet. Aside from the Underground, transportation was severely restricted. Ambulance services

suffered, leaving people to find their own way to hospitals in the smog. Many people simply abandoned their cars on the road. Indoor plays and concerts were cancelled as audiences were unable to see the stage, and crime on the streets increased. There was a spike in deaths and hospitalizations relating to pneumonia and bronchitis, and herds of cattle in Smithfield reportedly choked to death. Though the fog lasted five days, finally lifting on December 9, its severity was not fully appreciated until the registrar general published the number of fatalities a few weeks later, which amounted to about 4,000. The effects of the smog were long-lasting, however, and present-day estimates rank the number of deaths to have been about 12,000.

**Sulfurous London fog known for dense, yellow appearance.*

<https://www.britannica.com/event/Great-Smog-of-London>



Helsinki 1952 Olympic Games

<https://www.britannica.com/event/Helsinki-1952-Olympic-Games>

The Games were the 12th occurrence of the modern Olympic Games held in Helsinki July 19—August 3, 1952.

The 1952 Summer Games were the first Olympics in which the Soviet Union participated (a Russian team had last competed in the 1912 Games), and the international tension caused by the Cold War initially prevailed. Prior to the Games, the U.S. Olympic Committee used the rivalry between East and West to raise funds for the U.S. team. The Soviet Union announced plans to house its athletes in Leningrad and fly into Helsinki each day; these plans were dropped, but a separate Olympic Village for Eastern bloc countries was created in Otaniemi. The Games themselves, however, were friendly, and by the end of the competition Soviet officials had opened their village to all athletes. The Helsinki Games marked the return of German and Japanese teams to Olympic competition. East Germany had applied for participation in the Games but was denied, and the German team consisted of athletes from West Germany only.

Nearly 5,000 athletes competed, representing 69 countries.

What did it cost?

Average Income:	\$ 3,515.00
New House:	\$ 7,750.00
Ford Car:	\$ 1,526.00 - \$2,384.00
Milk (gallon):	\$ 0.96
Bread (loaf):	\$ 0.16
Postage stamp:	\$ 0.03
Turkey (per lb)	\$ 0.53
M&Ms (1lb. Pkg):	\$ 0.59
Radio Flyer Wagon:	\$ 8.75
Gillette Blue Blades (10-pack)	\$ 0.49
Men's cotton flannel shirt:	\$ 1.79
Ladies' cotton knit blouse:	\$ 4.99
Westinghouse Open-Handle steam iron:	\$ 19.95

Meet the New Guy:



We are pleased to introduce Thomas "Tom" Lebahn as the newest member of our team, in the role of Director of Operations. Tom has been a Wyoming resident since the early eighties after being raised in Southeastern North Dakota. Tom has been married to Tami for 16 years and they have 4 adult children and 3 beautiful granddaughters. For the last 20 years, Tom was in the IT industry performing all aspects of managing businesses' internet and technological needs.

Tom and his wife owned a Verizon Wireless indirect dealership in the 2000s until he decided to put all his attention to computers and servers for different business clients. With those years as a business owner, Tom gained valuable experience and wisdom running a small family business. Learning how quarterly taxes and payroll systems worked proved invaluable.

For years, non-profits were Tom's favorite clients. He was able to give back to the community and still perform a much needed service, managing IT for small and medium sized businesses. Working closely with administrators and executives, as well as the end users, proved Tom was cut out for public service, but in a different way. With attention to detail and great troubleshooting skills, Tom is a natural at management and customer service.

Tom will be a great fit to our team at the Senior Center, and will help keep and increase the quality of our services to the Seniors we serve.

Photo courtesy of:

<https://www.freepik.com/vectors/applause> Applause vector created by macrovector - www.freepik.com

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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between May 18th—June 20th, 2022. If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Linda Laeng

Gary Hawkinson
Lucy Schoenewald
CT & Toni Mullen
William & Carolyn Locke
Helen Hoff
Christine Haley
Hjelmstad Trust

Maria Sheets

Mary C Moler

Kay Mullin

Hjelmstad Trust

Audrey Gay Baalhorn

Mary C Moler



Gifts

John Savage

Frank C Stofflet

Virginia Fuerstenberger

Stafford Square HOA

Reveille Rotary Club

Casper Antique
& Collectors Club

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.

A Lesson From History by Joseph Morris

<https://www.great-inspirational-quotes.com/short-inspirational-poems.html>

Everything's easy after it's done;
Every battle's a "cinch" that's won;
Every problem is clear that's solved—
The earth was round when it _revolved!
But Washington stood
amid grave doubt

With enemy forces camped about;
He could not know how he would fare
Till _after_ he'd crossed the Delaware.

Though the river was full of ice
He did not think about it twice,
But started across in the dead of night,
The enemy waiting to open the fight.

Likely feeling pretty blue,
Being human, same as you,
But he was brave amid despair,
And Washington crossed the
Delaware!

So when you're with trouble beset,
And your spirits are soaking wet,
When all the sky with clouds is black,
Don't lie down upon your back
And look at _them_. Just do the thing;
Though you are choked,
still try to sing.

If times are dark, believe them fair,
And you will cross the Delaware!

If you are 60 or older with a birthday in July, bring this coupon to the office for your meal donation waiver.

Name _____

Birthdate _____

Courtesy of C.W.S.S.

JULY
Holidays & Birthdays

National Picnic Month

Start of Dog Days of Summer (July 3—August 11)

- 4, 1924—Eva Marie Saint, Academy-Award-winning actress
- 10, 1972—Sofia Vergara, actress ABC's "Modern Family"
- 17, 1952—David Hasselhoff, actor "Baywatch"
- 20, 1938—Natalie Wood, actress "West Side Story"
- 31, 1965—J.K. Rowling, author "Harry Potter" series



Ditch the chocolate syrup and dress up dessert by adding banana slices and/or peanut butter to a dish of ice cream.

Add any fruit. You can never go wrong adding fruit!

Some frozen yogurts can be a good substitute for those who are lactose intolerant and all are good for supporting our intestinal microbiome.

What do you like to jazz up ice cream?



Nutrition Faceoff: Haagen-Dazs Vanilla Ice Cream vs. Frozen Yogurt

<https://www.healthcastle.com/nutrition-faceoff-haagen-dazs-vanilla-ice-cream-vs-frozen-yogurt/>

	Haagen-Dazs Ice Cream	Haagen-Dazs Frozen Yogurt
Serving Size:	1/2 cup	1/2 cup
Calories:	270 kcal	170 kcal
Fat:	18 g	2.5 g
Saturated Fat:	11 g	1 g
Protein:	5 g	9 g
Total Carbs:	21 g	29 g
Sugar:	21 g	21 g
Vitamin A:	15% DV	2% DV
Calcium:	15% DV	20% DV
Ingredients:	Cream, Skim Milk, Sugar, Egg Yolks, Natural Vanilla.	Skim Milk (Lactose Reduced), Corn Syrup, Sugar, Egg Yolks, Cream, Vanilla Extract, Active Yogurt Cultures.

Peanut Butter!

SERVING: 2 TBSP
200 calories / 16 g fat / 6 mg sodium
6 g carbs / 2 g fiber / 2 g sugar / 10 g protein

Special Superpowers
Great source of vitamin B3!
Great healthy fat snack!
Packs antioxidants!
Surprisingly filling!



'Scream 4 Ice Cream, Wings & Other Things food truck in Casper, WY.

Bananas

0.4g FAT
105 CALORIES
3.1g FIBER
27g CARBS (per medium banana)
1.3g PROTEIN

✓ Cholesterol-Free ✓ Fat-Free
✓ Sodium-Free
✓ Good Source of Fiber

The nutritious amount of fiber in bananas can help you feel fuller for longer



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 CLOSED	4 CLOSED	5 Ham & Scalloped Potato Casserole Garden Mix Veggies Tossed Vegetable Salad Fresh Apple	6 Porcupine Meatballs Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	7 Hard Shell Taco Spanish Rice Lettuce & Tomatoes Cool Corn Salad Oatmeal Raisin Cookie	8 Lemon Tilapia Tomato Pasta Green Beans Almandine Cottage Cheese Diced Pears	9 1 Independence Day BBQ 2 BBQ Bratwurst Macaroni Salad Brown Bean Salad Fresh Melon Peanut Butter Cake
10 Oven Fried Chicken Sweet Potatoes Pacific Blend Veggies Mandarin Oranges Gingerbread Cake	11 Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Strawberry Jell-O	12 Swiss Steak Mashed Potatoes Roasted Asparagus Pepper Slaw Fluffy Fruit Cup	13 Western Egg Bake Breakfast Sausage Potato Medley Tossed Green Salad Tropical Fruit Boston Brown Bread	14 BBQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Vegetable Salad Baked Apples	15 Parmesan Coated Fish Roasted Root Vegetables Minnesota Green Bean Winter Berry Parfait Orange Juice Cheese Onion Roll	16 MEALS COME WITH MILK & BREAD
17 Baked Ham Roasted Potatoes California Veggies Applesauce Brownie	18 Chicken & Noodles Green Beans Almandine Dill Cucumber Salad Coconut Cream Pudding	19 Beef Pot Pie Brussels Sprouts Dill Cucumbers Sliced Peaches	20 Baked Chicken Butternut Squash Broccoli Strawberries	21 BBQ Beef Sandwich Sweet Potato Tots Baked Beans Celery Stix Diced Pears Oatmeal Cake	22 Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit Orange Wedge	23
24 Roast Beef Mashed Potatoes Winter Blend Tossed Green Salad California Fruit	25 Cream of Celery Soup Turkey Salad Sandwich Pea Salad Tropical Fruit	26 Pork Chow Mein Fried Rice Brussels Sprouts Carrot Raisin Salad Blueberry Melon Salad	27 Chicken Enchiladas Refried Beans Spanish Rice Lettuce & Tomatoes Diced Peaches	28 Beef & Noodles Sliced Carrots Chopped Lettuce Salad Rice Pudding	29 Clam Chowder Egg Salad Sandwich Broccoli Almond Slaw Apricot Halves	30 SUNDAY JULY 31 Pork Roast Brown Rice Country Blend Tossed Salad Peach Pie



SUNDAY
4TH JULY
#THANKYOU DAY



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



- PETER MARSHALL



United Way
of Natrona County



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Mosquitoes Ruining Your BBQ? Here's How to Keep Them Away

<https://betterhousekeeper.com/2020/09/15/mosquitoes-ruining-your-bbq-heres-how-to-keep-them-away/>



The smell of ribs, chicken, and steak filtrates the air, and your guests become eager to taste the food charring on the grill! All your favorite music blares about the party as you sip on an ice-cold beer. Family and friends enjoy conversation and summer fun with one another during a classic summer backyard barbeque. Yet, year after year, however, mosquitoes put a damper on the evening by gifting each attendee with a party favor of itchy and painful mosquito bites. Your guests came for ribs that fall off the bone, not a night packed full of itching and skin irritations. The following tips will help you ward mosquitoes away from your home, so the BBQ doesn't come to a screeching halt when mosquitoes send you and your backyard BBQ attendees running inside the house.

Eliminate Standing Water From Your Property

Can we fill you in on a (not-so) little secret? Mosquitoes bite victims because they need blood to breed. Once they bite their victim, they lay eggs in standing water. Even a tablespoon of standing water on your property can attract mosquitoes to the BBQ. Check for standing water near the HVAC condenser or AC unit, inside flower pots, and other conspicuous spots. Moxie Pest Control urges you to inspect the property immediately. To keep your backyard BBQ pest-free, remove standing water from all sources as soon as possible. That way, these airborne pests won't flock to your property in search of their next prey.

Spray Garlic on Your Plants

Vampires aren't the only blood-sucking enemies that dislike garlic. Garlic is known to repel these household pests and keep your guests mosquito-bite-free. For best results, mix a garlic solution to spray on plants to ward off potential attackers. Unlike other harsh chemical-based pesticides, garlic doesn't kill any of the bugs that benefit your plants, but it still manages to avert annoying pests away, including mosquitoes.

Mosquito-Repelling Plant Types

Some plants repel mosquitoes (and other pests) from your backyard BBQ location. Plant a few pest-repelling plants to reduce the occurrence of mosquitoes swarms that can ruin your BBQ run. A few plant types that can ward off mosquitoes and can help keep your party pest-free are:

- Citronella
- Lavender
- Basil
- Bee Balm
- Lemongrass
- Catnip

While you'll need to devote the time and energy necessary to plant and care for these plant types, gardening provides a fun pastime for all ages. With the right plants, you can keep your property mosquito-free. Consider growing one of the above plants or combining the pest-averting properties of several of the plants mentioned above.

Apply Mosquito Repellent

Don't be shy when it's time to apply mosquito repellent to your body. Generously apply a DEET-based (or alternative pesticide) repellent to your skin before heading outside for the BBQ. This thin layer of bug spray resting on your skin should keep mosquitoes away. Although, be sure to reapply every couple of hours to ensure you aren't featured on the next mosquito meal plan.

Citronella Candles

Citronella candles are an easy way to repel mosquitoes without the chemical fumes of harsh mosquito repellants. This type of candle is popular for outdoor events and can provide hours of mosquito protection. Buy candles online or from your favorite retailer. While prices can vary, most candles tend to cost less than \$10 each. After lighting the candle to activate its mosquito-repelling properties, expect varying levels of success. Make sure a backup plan is available if the candles don't meet your standards and don't protect your BBQ attendees from unpleasant bites.

Rosemary and Sage

Much like mosquitoes dislike garlic's smell, they also find the scent of rosemary and sage repulsive. For optimal effect, situate a few twigs of rosemary and sage on top of the charcoals on the grill. Not only will you avert mosquitoes away from your home blanketed in the scent of rosemary, but you'll enhance the taste of your food with the flavor of both spices.

Plan the BBQ at the Right Time

They say time is of the essence, which holds very true during a summer BBQ when mosquitoes threaten to ruin all the fun. Mosquitoes are like those uninvited guests who never leave but cause disarray from the second they arrive on the scene. Beat mosquitoes at their own game this summer. Pick a time when mosquitoes are less active to avoid the headaches they create during the BBQ. It takes a little strategic planning but is worth the effort when all is said and done. When coordinating your BBQ's start time, note that mosquitoes are most active at dusk and dawn.

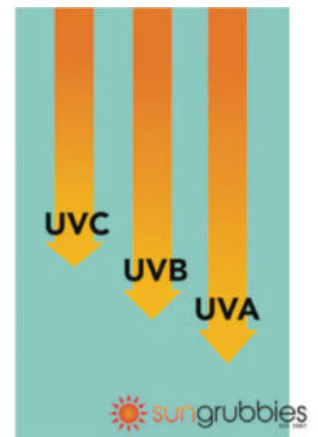
Professional Mosquito Control

When the above remedies don't provide an added layer of protection, schedule a professional pest control service to effectively repel mosquitoes. These mosquito treatments are one of many treatments available for a relatively affordable cost. When you recruit pest control experts, you can enjoy a mosquito-free home all summer long. BBQs offer a great family activity for teens and large friend groups any time the weather permits..



JULY IS
UV SAFETY
 - AWARENESS MONTH -

- UVC** • The shortest wavelength
• Absorbed by the atmospheric ozone
- UVB** • Has largest effect on the top layer of skin
• Causes redness/ burning/ skin cancer
- UVA** • The longest wavelength
• Reaches deep into the layers of skin, causing aging/ wrinkling



General facts



<https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/>

- In the U.S., more than 9,500 people are diagnosed with skin cancer every day. More than two people die of the disease every hour.
- More than 5.4 million cases of nonmelanoma skin cancer were treated in over 3.3 million people in the U.S. in 2012, the most recent year new statistics were available.
- More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.
- At least one in five Americans will develop skin cancer by the age of 70.
- Actinic keratosis is the most common precancer; it affects more than 58 million Americans.
- The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion: about \$4.8 billion for nonmelanoma skin cancers and \$3.3 billion for melanoma.

<p>GROW YOUR BUSINESS BY PLACING AN AD HERE!</p> <p>CONTACT US!</p> <p>Contact Bill Clough to place an ad today! wclough@lpicommunities.com or (800) 950-9952 x2635</p>	<p>SUPPORT OUR ADVERTISERS!</p>	
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ACTIVITIES FOR EVERYONE*

*If you don't see your activity, please call for details!

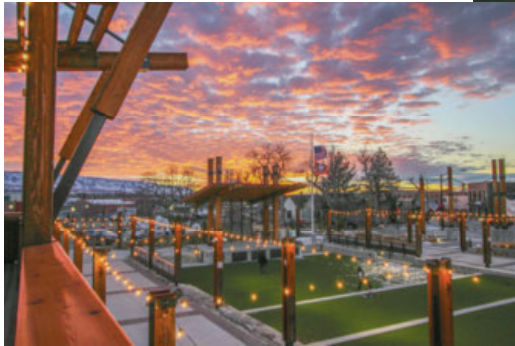
Activity	Day(s)	Time(s)
American Heritage Quilters	2nd/4th/5th Thursday	9:00AM—12:00PM (CNF)
Bible Study	Monday	3:30PM—4:30PM (CNF)
BINGO!	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4:00PM (DR/AR)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Clogging	Monday Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Couples Dance	Monday	6:00PM—8:00PM (DF)
Craft Class	Tuesday (Mills) Thursday (Main)	10:30AM—12:00PM <i>Mills</i> 10:00AM—12:00PM (AR)
Cribbage	Wednesday	1:00PM—3:00PM (Déjà Brew)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Evening Tai Chi w/ Rita	Tuesday/Thursday	4:30PM—5:30PM (DF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Native American Flute Circle	Wednesday	3:00PM—4:00PM
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Tai Chi <i>Limited Availability, please call!</i>	Tues/Thurs	1:30PM—2:30PM (AR)
VA Caregiver <i>(Please call)</i>	2nd Tuesday	11:00AM—12:00PM (CNF)
Weight Watchers	Saturday	8:30AM—10:00AM (DR)
Wellness Clinic	Tues (Main)/Thurs (Sites)	10:00AM—2:00PM(DR)/12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

Casper Area Events

Casper Municipal Band

All concerts are in
Washington Park at 7:30 p.m.
2022 Season Schedule:

July 7 July 28
July 21 August 4



David Street Station

Thursday Night Concert Series
Shows start 6PM & end 10PM
July 7 Pandas & People
July 21 Adam Doleac
August 4 Lendon James &
 The HWY 34 Band

July 4th is ALSO:

Alice in Wonderland Day



Sidewalk
Egg Frying Day



National
Barbequed
Spareribs
Day

International
Country
Music
Day




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The doctors have treated the most
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*"The Heart of
Natrona County"*



Photo by Reba Spike on Unsplash

PARTING THOUGHTS

"If you don't know where you are going, you might wind up somewhere else."

~ American MLB Catcher Yogi Berra ~

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 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.



THANK YOU for the continuing support!
Please bear with us during the Parking Lot Improvement Project through the end of July!