

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

JUNE 2022

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Real generosity
toward the future
lies in giving all
to the present.
- Albert Camus

Our Second Annual fundraiser,
"A Night at the Races,"
is on the books!

We had another successful evening
of Tasty Treats, So MUCH Fun, and
of course, Financial Support
for the Senior Center!

We Did It Again!

We can
HARDLY WAIT
for next 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

Board of Directors

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

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Miles Hartung *Ray Bila*
Justine Fourman *Bob Carpenter*

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Tom Lebahn

Assistant Director

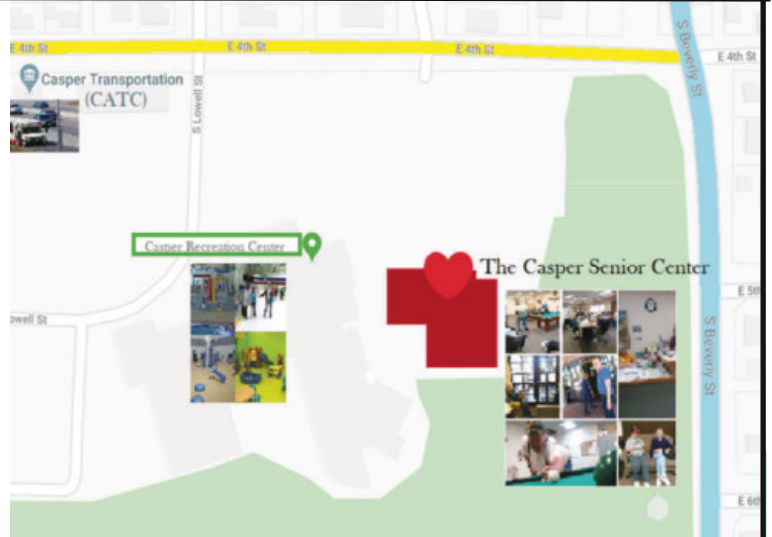
Rachel Brown

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 to those who attended "A Night at the Races" which was held on May 14th. You helped to make this event a huge success. Participants who bet on a horse and had their horse Win, Place, or Show received tickets to put in a raffle for prizes. There were 14 very nice prizes.

We are working to have a special event each month. In May, it was the Barbershop Chorus who performed at the Mother's Day Lunch. In June, we are planning on "Coffee with the Mayor". Watch the bulletin board for the details.

We are also planning on coffee for new members on the second Tuesday of each month at 10:00 am. This is an opportunity for new members to learn about the Center benefits, programs and activities.

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 have some new activities available at the Senior Center.

If you would like to try:

Cribbage

Tai Chi

Crafting

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

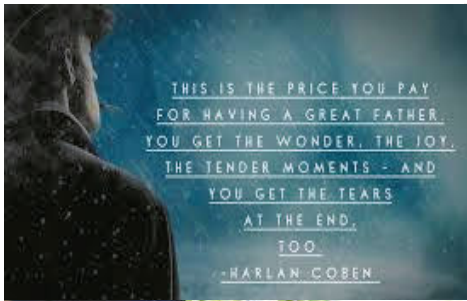
RIDDLE

I am the question asked of you, but never you'll answer if it's true.
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!



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."*



**Around
the Center**

Join us for our
Father's Day BBQ
served Sunday,
June 19th!

Ways to Show Support:

Do you shop at Smith's?

Sign up for Kroger
Community Rewards and
select CWSS!

Org.#WT634



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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.



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Central Wyoming Senior Services, Casper, WY

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THANK YOU ALL!

A NIGHT AT THE RACES

MAY 14, 2022

Good Times!



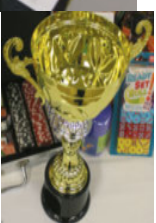
Good Food!



Horses at the gate!



Post-Party fun for the winner!

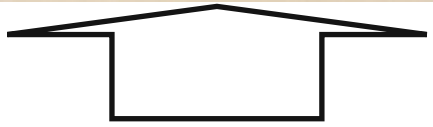


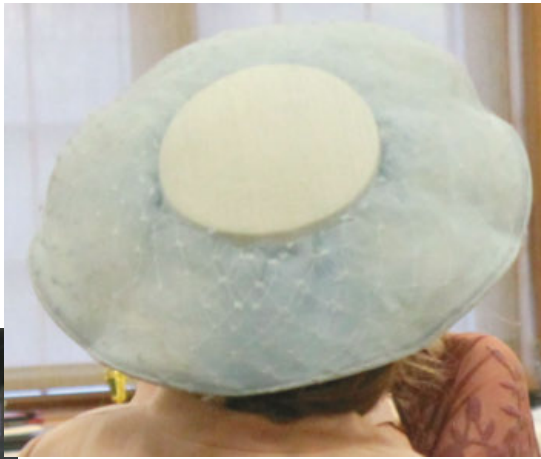
Good Crowd!



Good Garb!
Great
Night!

Good Luck!





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Gifts & Memorials

Note: This is a list for Gifts & Memorials given between April 21st—May 17th, 2022. If donations were made between those dates and you were not recognized, please see Rita.

Gifts

John Savage
 Frank C Stofflet
 Virginia Fuerstenberger
 John & Janet Hilde
 John Calmes
 Linda & Robert Blackstone
 Grace Chewakin
 David Bentzin
 Bonnie Jolovich
 Diane Way
 Reveille Rotary Club
 Mabelle Holloway
 Anonymous Donor(s)

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.

Memorials



Linda Laeng
 Mary C Moler
 Connie Hemminger
 Annabelle Wilson

Ron Dutton
 Beverly Farrow

Ass Race

Copyright © Abdul Malik | Year Posted 2013

With a thoroughbred Jackass,
 Two score and Ten pounds overweight,
 I am going to a horse race
 Hoping to win at an easy pace;
 God Willing the race will be close and tight,
 May God bless me and bedevil my ass!



JUNE
 Holidays

Great Outdoors Month
 Pride Month
 National Iced Tea Month

- 5—World Environment Day
- 12—Red Rose Day
- 18—Go Fishing Day
- 20—National Bald Eagle Day
- 28—Paul Bunyan Day

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

Name _____

Birthdate _____

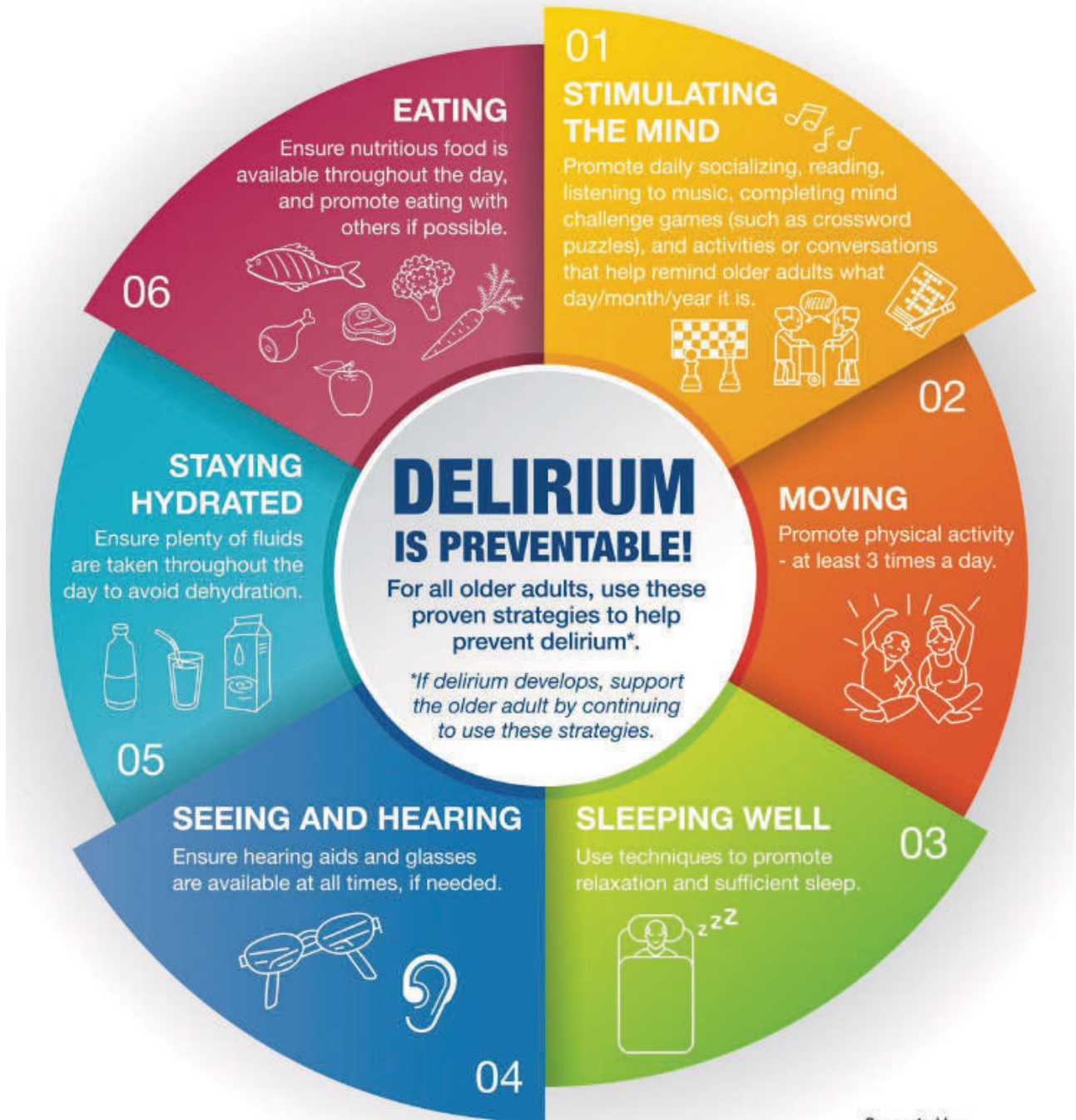
Courtesy of C.W.S.S.

Fun JUNE Facts!

- ☀ June is the month with the longest daylight hours in the Northern Hemisphere and conversely, the shortest daylight hours in the Southern Hemisphere.
- ☀ June was apparently not very popular with William Shakespeare: it was only referenced in two of his famous plays, Cleopatra and Henry IV.
- ☀ There are a number of countries that celebrate flag days during the month of June, including Sweden on June 6th, Denmark on June 15th, and of course the US on June 14th.
- ☀ As a girl's name, June reached a peak in 1925 as the 39th most popular name. It declined until dropping of the top 1000 list of names in 1987, but is making a comeback, ranking 241st in 2018.



6 Strategies to Prevent Delirium in Older Adults



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Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Pork Meatloaf Oven Brown Potatoes Peas & Carrots Tossed Salad Berry Mix	6 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	7 French Dip Cauliflower Cheese Bake Green Beans Hearty Green Salad Butterscotch Pudding	8 Chicken Parmesan Fettuccine Pasta Braised Cabbage Creamy Cucumbers Orange Jell-O Whip	9 Cabbage Roll Pacific Blend Pea Salad Watermelon	10 Vegetable Soup Tuna Salad Sandwich Vegetable Slaw Apricot Halves Oatmeal Cake	11
12 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Fresh Peaches Pumpkin Pie	13 BLT Wrap Pasta Slaw Fresh Vegetables Summer Squash Salad Diced Peaches	14 Chicken Chow Mein Fried Rice Oriental Vegetables Asian Slaw Almond Cookie	15 Meatballs in Mushroom Gravy Brown Rice Country Mix Mandarin Oranges	16 Reuben Potato Salad Tossed Vegetable Salad Berry Blend	17 Salmon Loaf Brown Rice Roasted Broccoli Cole Slaw Orange Sherbet	18 MEALS COME WITH MILK & BREAD
19 FATHER'S DAY BBQ BBQ Ribs Potato Salad Fresh Vegetables Fruit Pie	20 Lasagna Green Beans & Onions Caesar Salad Fruit Whip	21 Roast Beef Mashed Potatoes Bean Medley Dill Cucumbers Fresh Peaches	24 Chef Salad Sliced Cucumbers Tomatoes Hard Boiled Egg Gingered Pears Orange Juice	23 Baked Ham Scalloped Potatoes Corn Carrot Cake	24 Breaded Cod Mac & Cheese Green Peas Cottage Cheese Cherries	25
26 Beef Pepper Steak Brown Rice Summer Squash Bake German Coleslaw Blueberry Crisp	27 Chicken Fried Steak Potato Wedge Winter Mix Tomato Basil Salad Fresh Blueberries	28 Pork Cottage Pie Buttered Beets Pea Salad Apple Pear Crisp	29 Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Carrot Raisin Salad Apricots	30 Smothered Burrito Black Beans Spanish Rice Southwest Corn Salad Brownie		MENU SUBJECT TO CHANGE



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of Natrona County



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Vintage Metal Horses



by Ruth Doyle



The horses displayed are the 1940s design of artist Gladys Brown Edwards. They were sculpted to be trophies, carnival prizes, and gift items.

The vintage horse pictures in the background include the painting *Pharaoh's Horses*, which was first exhibited by JF Herring in 1848 as a study of Queen Victoria's Arabian Stallion.



Flag Day in the United States

<https://www.timeanddate.com/holidays/us/flag-day>

Although Flag Day is a nationwide observance, it is not a public holiday in many parts of the United States. It is a legal holiday in a few areas in the USA, such as Montour County in Pennsylvania.





Background

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars on a field of blue and 13 red and white stripes—one for each state. Although the Philadelphia seamstress Betsy Ross is popularly attributed with designing this early version of the flag, historians generally point to Francis Hopkinson as the creator. Hopkinson was a delegate from New Jersey and one of the signers of the Declaration of Independence.

The number of stars increased as new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13.

In June 1886, Bernard Cigrand made his first public proposal for the annual observance of the birth of the flag when he wrote an article titled “The Fourteenth of June” in the old Chicago Argus newspaper. Cigrand’s effort to ensure national observance of Flag Day finally came when President Woodrow Wilson issued a proclamation calling for a nationwide observance of the event on June 14, 1916. However, Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14 as Flag Day. In 1966, Congress also requested that the President issue annually a proclamation designating the week in which June 14 occurs as National Flag Week.

The President is requested to issue each year a proclamation to: call on government officials in the USA to display the flag of the United States on all government buildings on Flag Day; and to urge US residents to observe Flag Day as the anniversary of the adoption on June 14, 1777, by the Continental Congress of the Stars and Stripes as the official flag of the United States.

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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 & Frankee	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)



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**Central Wyoming
Senior Services, Inc.**

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(307) 265-4678

"The Heart of Natrona County"

PARTING THOUGHTS

"The most truly generous persons are those who give silently without hope of praise or reward."

~ American author Carol Ryrie Brink ~

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!
Please bear with us during the Parking Lot Improvement Project through the end of July!

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.

