

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

MARCH 2022



QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

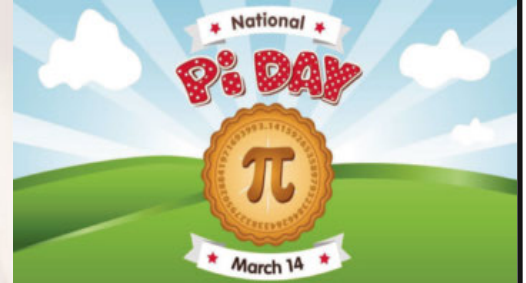


Tuesday, March 1st



The Senior Center proudly welcomes the
Natrona County Cow-Belles
back to provide a delicious
Roast Beef Dinner
on **Tuesday, March 22nd!**

We thank these lovely ladies for their
continuing commitment to serving the
senior population of Natrona County and
Central Wyoming Senior Services!



Thursday, March 17th



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!

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

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Barbara Flinn.....Vice President
Kim Latka..... Treasurer
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Justine Fourman *L. Chuck Davis*
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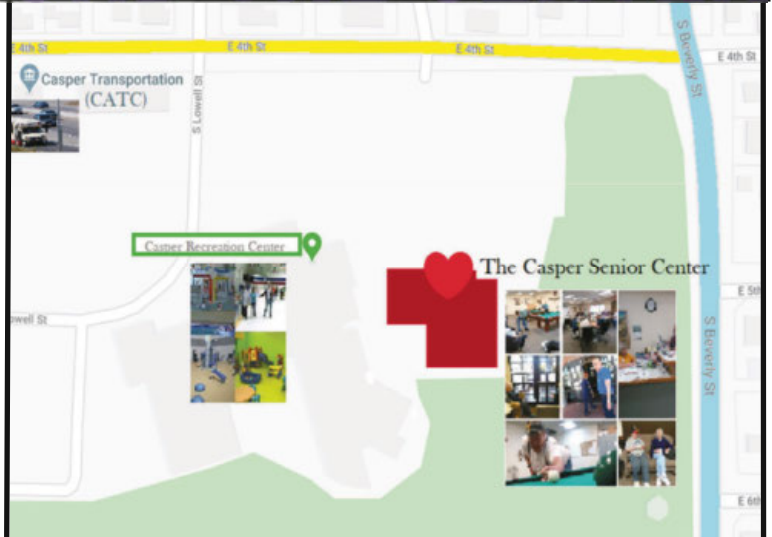
Rachel Brown

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

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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.

A Letter from the Desk of the President:

It is an honor and a privilege to have begun a term in February as President of the Board of Directors of Central Wyoming Senior Services, Inc. I am a retired Director, Engineering and Construction, with CenturyLink. I am originally from Kemmerer, Wyoming, and have received a B. S. Degree in Mathematics from the University of Wyoming. I have lived in Casper since 1977. My heart is with the people and the seniors of Wyoming.

The board is committed to enriching the lives of individuals 60 years and older.

Our objectives are to:

- | | |
|--|-------------------------------|
| • Ensure “happy” clients | • Grow the membership |
| • Ensure strong financial controls | • Be visible in the community |
| • Build partnerships in the community/volunteers | |

Thank you for allowing me to serve alongside you this year. I truly appreciate the opportunity to serve as your president. I encourage you to share any feedback and ideas you may have as we work together in the upcoming year.

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'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.

RIDDLE

In a tunnel of darkness
lies a beast of iron;
It can only attack
Once pulled back.
What is it?

Let the front office know the correct answer for your chance to win a free week of lunches!!

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



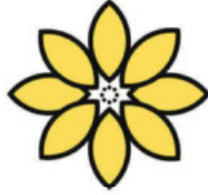
Copies of the Senior Center Cookbook still available!

Marked down by **40%**, NOW \$6.00 each!

Get yours today!
Let's make way for another edition!

Around the Center

Meet The Members



We would love to get to know you all. Meet The Members is a new section that will be added to our monthly newsletter. It will allow us to get to know each other. If you're interested in sharing please stop by the office for a questionnaire.

Thank you

More Ways to 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!

Joyce's Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

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

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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.



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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

The Lindbergh Kidnapping

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<https://www.crimemuseum.org/crime-library/kidnappings/the-lindbergh-kidnapping/>

The Lindbergh kidnapping is one of the most notorious cases of the 20th century. As a direct result of the case, US Congress passed the Federal Kidnapping Act popularly known as the Lindbergh Law. The act granted federal law enforcement the power to pursue kidnapers who travel across state lines with victims.

On March 1, 1932, 20 month old Charles Augustus Lindbergh, the son of world famous aviator Charles Lindbergh, was taken from the second story of his home in Hopewell, NJ. At approximately 10 PM, the child's nurse discovered that he was missing and alerted his parents. Upon further inspection of the nursery a ransom note was discovered on the windowsill. The crudely written note demanded that \$50,000 be delivered to a yet to be disclosed location.

During the primary crime scene investigation mud was discovered on the nursery floor along with several indistinguishable footprints. Sections of a makeshift wooden ladder which had been used to reach the second story nursery were also found. As soon as 10:30 PM that evening, news stations were broadcasting the story to the nation. The New Jersey State Police assumed charge of the investigation headed by Colonel H. Schwarzkopf, the father of Gulf War leader General H. Norman Schwarzkopf. Schwarzkopf was appointed by none other than FBI director J. Edgar Hoover.

Lindbergh positioned himself at the head of investigation without much resistance from Schwarzkopf. He accepted Dr. John F. Condon, a retired Bronx school teacher, as the intermediary between himself and the kidnapper. On March 10, Condon commenced negotiations with the kidnapper using the alias "Jafsie."

Condon met with the alleged kidnapper, a man who called himself "John," on several occasions at a Bronx cemetery. During their final meeting, April 2, a \$50,000 ransom was handed over to "John" in exchange for the safe return of Lindbergh Jr. Instead, a note was given to Condon. It claimed that the boy was safe and aboard a boat, named "Nellie," off the coast of Massachusetts. The boat was never found.

On May 12, 1932, the body of the missing boy was discovered. A truck driver had accidentally stumbled upon his partially buried remains approximately 4 miles away from the Lindbergh residence. A coroner determined the boy had died from a blow to the head and been dead for about two months.

The following events would prove crucial in search for Lindbergh Jr.'s killer. First, in 1933, an executive order was enacted stating that all gold certificates be returned to the treasury. It so happened that about \$40,000 of the Lindbergh ransom money was in the form of these certificates. Second, the serial numbers of the bank notes had been meticulously recorded prior to the ransom hand-off. During the manhunt, all New York City Branch offices were given pamphlets containing the serial numbers of the Lindbergh ransom notes and advised to be on high alert for any matches.

Investigators got their big break when a New York bank alerted the New York Bureau Office to report the discovery of a \$10 gold certificate. The certificate was tracked back to a gas station. A filling attendant had received the certificate from a man whose description was strikingly similar to that of others of a man passing Lindbergh notes in recent weeks. This led the police to Richard Hauptmann, a German born carpenter. A search of Hauptmann's home uncovered \$14,000 of the Lindbergh ransom money, wood identical to that used to make the makeshift ladder, and John Condon's phone number. He was arrested on September 19, 1934.

"The Trial of the Century" commenced on January 2, 1935 in New Jersey to a crowd of sixty-thousand observers. It lasted five weeks. After eleven hours of deliberation, the jury found Bruno Richard Hauptmann guilty of first degree murder and sentenced him to death.

On April 3, 1936, Bruno Richard Hauptmann was put to death in the electric chair.



What happened Year in Review in 1932?

Major News:

- ✦ January 4—British Viceroy of India Lord Willingdon arrests Gandhi & Jawaharlal Nehru
- ✦ February 4—III Winter Olympic Games open, in Lake Placid, NY
- ✦ February 25—Austrian immigrant Adolf Hitler gets German citizenship
- ✦ March 31—Ford publicly unveils its V-8 engine
150 wild swans die in Niagara Falls
- ✦ April 19—President Herbert Hoover suggests 5 day work week
- ✦ May 20—Amelia Earhart leaves Newfoundland on her journey to become the 1st woman to fly solo and nonstop across the Atlantic Ocean; 17 hours later, on May 21, she lands near Londonderry, Northern Ireland
- ✦ June 3—Future Baseball Hall of Fame 1st baseman Lou Gehrig is the first to hit 4 consecutive home-runs in MLB game
- ✦ July 8—Depression low point of Dow Jones Industrial Average: 41.22
- ✦ July 15—US President Herbert Hoover cuts own salary by 15%
- ✦ August 14—Phillips makes 1,000,000th radio
- ✦ September 20—Mahatma Gandhi begins hunger strike against treatment of Hindu untouchables
- ✦ October 11—CBS NYC airs 1st political telecast (the Democratic National Committee)
- ✦ November 15—Walt Disney Art School created
- ✦ December 5—German physicist Albert Einstein granted a visa to enter America
- ✦ December 27—Radio City Music Hall opens in New York City



Sketch of "John" next to mugshot photo of Hauptmann.

Potato Crust Is the Secret Weapon for This Tasty, Gluten-Free Quiche Lorraine Recipe

Sara Cagle | Mar 25, 2018

<https://www.brit.co/potato-crust-quiche/>

(Recipe adapted from Rachael Ray and photos via Sara Cagle, Brit + Co)



Ingredients:

- 4 Tablespoons melted butter, divided by half
- 1 bag hash brown potatoes, thawed
- salt and pepper, to taste
- 1/2 teaspoon nutmeg
- 1 heaping Tablespoon Dijon mustard
- 1 Tablespoon olive oil
- 4 slices bacon, chopped into 1/4-inch pieces
- 1 large onion, diced
- 1 Tablespoon finely chopped fresh thyme
- 2 cloves garlic, minced
- 6 eggs
- 1/2 cup half and half
- 1 1/2 cups shredded Gruyère

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Brush a cast-iron skillet or pie pan with 2 tablespoons melted butter. In a large bowl, combine potatoes, salt, pepper, nutmeg, and mustard. Press the mixture into the skillet, making sure the bottom has no gaps and the height is level all the way around. Pour the remaining butter evenly over the top. Bake until golden, about 30 minutes. Let cool for at least 5 minutes.
3. Meanwhile, heat olive oil in a skillet over medium-high heat, and cook bacon briefly, about 3 minutes. Add onion, thyme, garlic, salt, and pepper. Reduce heat to medium and cook until softened, stirring frequently, for about 13 minutes.
4. In another large bowl, whisk eggs and half and half until smooth. Add the bacon mixture to a large bowl and stir quickly to combine.
5. Pour the filling into the cooled crust. Bake for 15 minutes. Sprinkle cheese evenly over the top. Continue baking until browned and bubbling, about 15 more minutes. Serve warm.

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Central Wyoming Senior Services, Casper, WY

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between January 22—February 20. If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Stan Cadwell
Mary C Moler

Glenna Ernst
Barb Yates

Nancy Woitaszewski
Jim Woitaszewski

Helen Panos
Jim L. Salazar
Ron & Rachel Brown
Senior Center Poker Players

Don McCaskey
Mary C Moler

Mark Kwedor
Kimberly Cooper
Ann Roberts

Jan Kalasinsky
Ron & Rachel Brown
Ann Roberts

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
Virginia Fuerstenberger
Chess Club
Reveille Rotary Club of Casper
Ruth Doyle
Jim L Salazar
Daniel Carmona
John & Janet Hilde
Sandfort Living Trust
First Interstate
Bancsystem
Foundation

March, March

by Annette Wynne

March, March, all the day,
Winds of March, please march away;
March away with noisy drum
For the flowers want to come;
March away through every street,
Noisy tramp of noisy feet,
Noisy music all the way—
March, March, March away!



March, March, never still,
March away from lane and hill,
March away from nook and glen,
April wants to come again;
March away with tramp and roar,
April waits outside the door;
Flowers and children want to play—
March, March, March away!

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

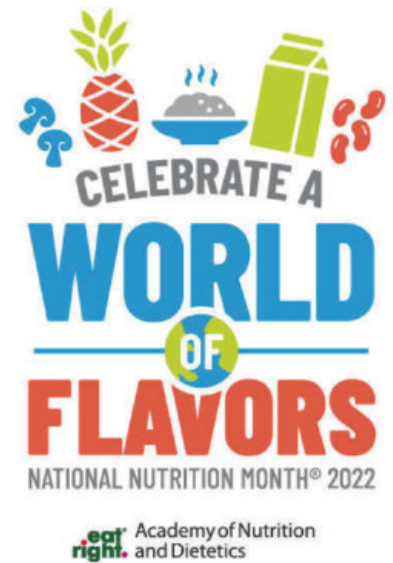
Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Famous MARCH Birthdates

- 2, 1917—Desi Arnaz, actor “Ricky Ricardo” I Love Lucy
- 7, 1934—Willard Scott, NBC weatherman
- 9, 1943—Bobby Fischer, World Chess champion
- 12, 1946—Liza Minnelli, Oscar winning actress/singer
- 13, 1911—L. Ron Hubbard, science fiction writer
- 17, 1951—Kurt Russell, actor
- 20, 1948—Bobby Orr, NHL player Boston Bruins
- 25, 1942—Aretha Franklin, singer
- 28, 1955—Reba McEntire, country western signer
- 31, 1948—Al Gore Jr, US Vice President/presidential candidate



Academy: Celebrate a World of Flavors During National Nutrition Month ® 2022
November 17, 2021

CHICAGO—In March, the Academy focuses attention on healthful eating through National Nutrition Month®. The 2022 theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusion, plus showcases the expertise of registered dietitian nutritionists.

"The theme Celebrate a World of Flavors gives every culture a place at the table," said registered dietitian nutritionist Libby Mills, a national spokesperson for the Academy of Nutrition and Dietetics in Philadelphia, PA. "Celebrating the cultural heritage, traditions and recipes from all people is a tasty way to nourish ourselves, learn about one another and find appreciation in our diversity."

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all

year long. The Academy encourages seeking the advice of registered dietitian nutritionists—the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals.

"Celebrate a World of Flavors highlights the unique, cultural variety of foods available to people from around the world and the role that dietitians play in helping clients create healthy habits while celebrating their cultural foods and heritage," said registered dietitian nutritionist Rahaf Al Bochi, a national spokesperson for the Academy of Nutrition and Dietetics in Baltimore, MD.

Registered dietitian nutritionists help clients fine-tune traditional recipes, provide alternative cooking methods and other healthful advice for incorporating family-favorite foods into everyday meals. To find a registered dietitian nutritionist near you, use the Academy's online Find an Expert service: https://www.eatright.org/find-a-nutrition-expert?_ga=2.151691836.460552626.1645473466-442117314.1645473466.

National Nutrition Month ®

National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.

As part of National Nutrition Month®, the Academy's website will host resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy's social media channels including Facebook and Twitter using #NationalNutritionMonth.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Pork Meatloaf Oven Brown Potatoes Peas & Carrots Tossed Salad Berry Mix	7 Chicken Enchiladas Beans & Rice Lettuce & Tomatoes Pepper Slaw Baked Apples	1FAT TUESDAY Chicken & Sausage Jambalaya with Rice Mustard Greens King Cake	2 Salisbury Steak Mushroom Gravy Rice Pilaf Spinach Apricot Halves Coconut Pudding	3 Turkey Pot Pie Bean Medley Tomato Basil Salad Red Grapes	4 Beer Battered Tilapia Butternut Squash Herb Roasted Tomatoes Pistachio Cake Mandarin Spinach Salad	5
13 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Fresh Peaches Pumpkin Pie	14 LT Wrap Pasta Slaw Fresh Vegetables Berry Blend Chocolate Pudding	8 French Dip Cauliflower Cheese Bake Green Beans Butterscotch Pudding Hearty Green Salad	9 Chicken Parmesan Fettuccine Pasta Braised Cabbage Creamy Cucumbers Orange Jell-O Whip	10 Cabbage Roll Pacific Blend Pea Salad Watermelon	11 Broccoli Cheese Soup Tuna Salad Sandwich Vegetable Slaw Apricot Halves Oatmeal Cake	12
20 Beef Pepper Steak Brown Rice Summer Squash Bake German Coleslaw Blueberry Crisp	21 Lasagna Green Beans & Onions Caesar Salad Fruit Whip	15 Ch'ckn Broccoli Stir Fry Fried Rice Oriental Vegetables Asian Slaw Almond Cookie	16 Meatballs in Mushroom Gravy Brown Rice Country Mix Mandarin Oranges Blueberry Muffin	17 ST. PATRICK'S DAY Corn Beef & Cabbage Potatoes Carrots Pistachio Fruit Salad Poke & Pour Cake	18 Salmon Loaf Brown Rice Roasted Broccoli Cole Slaw Orange Sherbet	19 MEALS COME WITH MILK & BREAD
27 Glazed Chicken Baby Potatoes California Vegetables Cool Corn Salad Apple Pie	28 Liver & Onion Potato Wedge Winter Mix Tomato Basil Salad Fresh Blueberries	22 COWBELLE DAY Roast Beef Mashed Potatoes Bean Medley Dill Cucumbers Fresh Peaches	23 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	24 Baked Ham Scalloped Potato Corn Carrot Cake	25 Tuna & Noodle Bake Green Peas Cottage Cheese Cherries	26
31 Glazed Chicken Baby Potatoes California Vegetables Cool Corn Salad Apple Pie	30 Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Carrot Raisin Salad Apricots	29 Pork Cottage Pie Buttered Beets Pea Salad Apple Pear Crisp	31 Beef Fajitas Black Beans Spanish Rice Southwest Corn Salad Brownie			MENU SUBJECT TO CHANGE

How to Set Goals and Realistic Objectives

After retirement and into our later years, it's actually a really great time to set personal goals because we're no longer bound by responsibilities like work and raising children as we once were. But, we also want to make the most of the time and energy we invest.

- ☑ **Purpose:** Focus on one goal at a time and start by clarifying the purpose. Why is this objective exciting? How is it going to improve or enrich my life? (For instance: A goal set to walk three times a week can help to maintain a healthy weight, generate energy, and keep the heart and other body systems strong.) It can help to keep this greater purpose of healthy living in mind.
- ☑ **Expectations:** While it's a positive idea to set goals that are challenging and that require reaching beyond comfort zones, it's also important for these goals to realistically match abilities. If a goal becomes too exaggerated—an aging adult aspires to walk five miles a day, five days a week, the way they used to—they may get burnt out and discouraged. It makes more sense to start smaller and work the way up to a more ambitious expectation.
- ☑ **Motivation:** How does one continue to find and generate motivation? We may need the encouragement of friends and family keeping us company in the pursuit of goals (like a walking buddy). Maybe feeling connected to progress and inspired to continue happens

when keeping a journal about it or otherwise keeping a record of how far we've come—such as on a calendar. If we start losing momentum toward the goal, it might help to remind us of the original purpose for identifying this goal. This can help build up the mental and emotional energy in that direction.

- ☑ **Resources:** When you're still in the planning and goal setting stages, it's important to identify resources one might need to accomplish these aspirations. If the obstacles end up being too great, we may lose momentum and lose the grip on our purpose altogether. If you can anticipate some of the challenges you might encounter, however, you might be able to anticipate the resources needed to get beyond those hurdles and keep moving forward.
i.e. For a walking goal, make sure to have the ideal shoes ready, an alternate plan for rainy days, and a nutritious diet to support an active lifestyle.

The bottom line is that it is never too early or too late in life to set goals that are appropriate to our interests and best abilities. Meanwhile, it's important to remember that our "best" can even change from day to day. We need to be compassionate and realistic with ourselves even as we challenge our comfort zone and reach farther toward our goals. By keeping these helpful considerations in mind and working together, life for aging adults can be lively and inspired!

<https://blog.ioaging.org/caregiving/goal-setting-seniors-motivate-elderly-support-progress/>

NEVER MISS A NEWSLETTER!

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



First Day of Spring 2022: The Spring Equinox

December 28, 2021

<https://www.almanac.com/content/first-day-spring-vernal-equinox>

In 2022, the spring equinox occurs on Sunday, March 20. This event marks the astronomical first day of spring in the Northern Hemisphere and the start of the spring season. What does equinox mean? What happens on the equinox? What determines the first day of spring? Before you try to balance that egg, read this!

What IS the Spring Equinox?

In the Northern Hemisphere, the March equinox (aka spring equinox or vernal equinox) occurs when the Sun crosses the equator line, heading north. This event marks the start of the spring season in the northern half of the globe. After this date, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing daylight hours and warming temperatures. (In the Southern Hemisphere, it's the opposite: the March equinox marks the start of autumn, as the Southern Hemisphere begins to be tilted away from the Sun.)

When Is the First Day of Spring?

In 2022, the March equinox happens on Sunday, March 20, at 11:33 A.M. EDT. In the Northern Hemisphere, this date marks the start of the spring season.

What Does Spring "Equinox" Mean, Exactly?

The word equinox comes from the Latin words for "equal night"—*aequus* (equal) and *nox* (night).

On the equinox, the length of day and night is nearly equal in all parts of the world.

Spring Equinox FAQs

Q: Does Spring begin on March 1st or the Equinox?

A: Well, both. The answer depends on your definition of "spring." Both dates are accurate; they're just from different perspectives.

Astronomically speaking, the first day of spring is marked by the equinox, which falls on March 19, 20, or 21 every year. The equinox happens at the same moment worldwide, although our clock times reflect a different time zone.

Meteorologically speaking, the official first day of spring is March 1. Weather scientists divide the year into quarters to make it easier to compare seasonal and monthly statistics from one year to the next. The meteorological seasons are based on annual temperature cycles rather than the position of Earth in relation to the sun, and they more closely follow the Gregorian calendar.

With the equinox, enjoy an increasing amount of sunlight hours, with earlier dawns and later sunsets!

What Happens on the March Equinox?

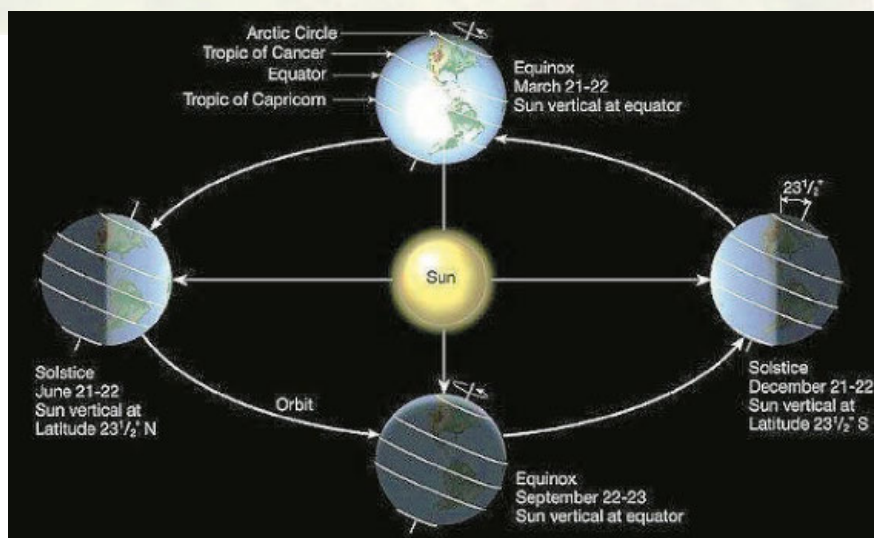
On the March equinox, the Sun crosses the celestial equator going south to north. It's called the "celestial" equator because it's an imaginary line in the sky above the Earth's equator.

If you were standing on the equator, the Sun would pass directly overhead on its way north.

Equinoxes are the only two times each year that the Sun rises due east and sets due west for all of us on Earth!

While the Sun passes overhead, the tilt of the Earth is zero relative to the Sun, which means that Earth's axis neither points toward nor away from the Sun. (Note, however, that the Earth never orbits upright, but is always tilted on its axis by about 23.5 degrees.)

After the spring equinox, the Northern Hemisphere tilts toward the Sun. Although in most locations (the North Pole and Equator being exceptions) the amount of daylight had been increasing each day after the winter solstice, after the spring equinox, many places will experience more daylight than darkness in each 24-hour day. The amount of daylight each day will continue to increase until the summer solstice in June, during which the longest period of daylight occurs.



Q: Are day and night equal on the Equinox?

A: No, but they are quite close to equal. In reality, day and night are not exactly equal on the equinox for two reasons: First, daytime begins the moment any part of the Sun appears over the horizon and is not finished until the last part of the Sun disappears below the horizon. If the Sun were to shrink to a starlike point and we lived in a world without air, the spring and fall equinoxes would truly have equal nights.



Let us be grateful
to the people
who make us happy;
They are the
charming gardeners
who make our souls
blossom.

Marcel Proust



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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)
Beginner Clogging	Monday	10:30AM—10:45AM (AR)
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 Chess Club	Tuesday	7:00PM—8:00PM
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	10:45AM—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)
Doll Club	1st Tuesday	7:00PM—9:00PM (CNF)
Foster Grandparents	2nd Thursday	10:30AM—12:00PM (DR)
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)

TOP EXERCISES FOR THE ELDERLY

Benefits


- Prevents & Counteracts Disease
- Build Strong Bones
- Boosts Brain Function 
- Improves Overall Quality of Life

Tips for Exercising Safely

- Always Warm Up First
- Consult Doctor Before Exercising
- Start Off Slow
- Be Aware of Your Body's Limits

Top Exercises with Targeted Benefits

To Keep Heart Pumping

- Swimming/Water Aerobics
- Brisk Walking
- Jogging/Running
- Zumba Cardio
- Indoor Cycling 

To Increase Strength

- Heel-Toe Raises
- Chair Squats
- Seated Overhead Press
- Wall-Pushups
- Resistance Band Exercises

To Improve Balance

- Tai Chi
- Heel-Toe Walk
- Back Leg Raises
- Lunges
- Yoga
- Heel-Toe Walk



See page 14 for a list of activities available at the Senior Center!



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Photo by Rod Long on Unsplash

PARTING THOUGHTS

"You never know what worse luck your bad luck has saved you from."

~ American writer Cormac McCarthy ~

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!

We would like to extend
a huge **THANK YOU** for the
support *and* patience
from our amazing members
through the crazy of 2021!
We are grateful for you all and look
forward to serving you in 2022!

Help NEEDED!

We love our volunteer force,
BUT we need more, *especially*
during our lunch hour:
11:00 AM–1:00 PM.

We are also working on adding
volunteer opportunities.

If you are interested,
please see the office.

