

# 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



## APRIL 2023

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

## KEEP CALM AND GET YOUR TICKETS!

### Third Annual "Night at the Races" Line-Up\*

Get your tickets, \$50 at Casper Senior Center and pick your preferred pony to Win, Place, or Show so you can win raffle tickets for our prestigious prizes!

Chill	Mane Attraction	Ol' Stewball	Steamboat	Accountibility	Mike Hancho
Puppy Chow	Kemo-Sabe	WyoCentral	Everlee's Grace	Scalliwag	Slappy White
Imagine	Pure Country	Night Mare	Widowmaker	Rocket Racer	Pony Soprano

**\*\*Partial Line-Up, these are just SOME of your horse choices\*\***

*Please see Event Volunteers for a complete list of runners.*

## Try to Find This!

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

Hidden 2x 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  
*Justine Murphey* ..... Vice President  
*Kim Latka*..... Treasurer  
*Kate Maxwell*..... Secretary

## Members

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*Miles Hartung*                  *Ray Bila*  
*Debera Siems*                  *Bob Carpenter*  
*Susan Burk*

## City Council Liaison

*Michael Bond*

## Executive Director

*Aimee Ottley*

## Director of Operations

*Tom Lebahn*

## Assistant Director

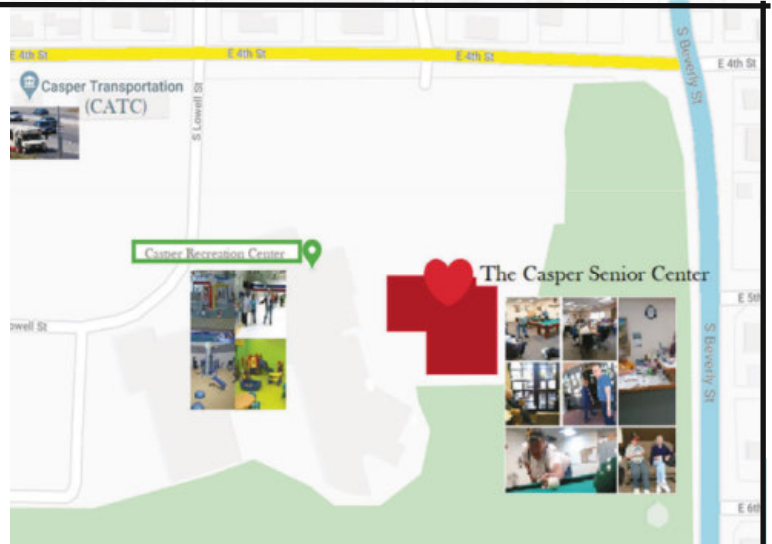
*Rachel Brown*

## 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.com](http://www.casperseniorcenter.com)



[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.

# From the Desk of the President:

On April 11, 2023, 12:30 PM, Nicole Caldwell, Hand and Physical Therapy of Wyoming, will present a program on Care for the Hands and include care for hands when gardening. This is just in time for spring gardening.

Also happening in April, the Kitchen is planning an Easter Dinner on Thursday, April 6, 2023.

The Future Planning Committee has been working hard on the Third Annual "Night at the Races" to be held May 6, 2023, 5:00-9:00 PM at the Ramkota Hotel and Convention Center. There will be prizes, a derby hat contest, and fun for all ages. We hope to see you there.

The kitchen has a new \$30,000 steamer thanks to an anonymous donor, a grant from American Rescue Plan Act (ARPA), and funds from Memorial donations.

We always welcome volunteers and feedback to improve the center.

Best wishes,

*Linda Blackstone*

Lblackstone7@gmail.com | 307-262-1028



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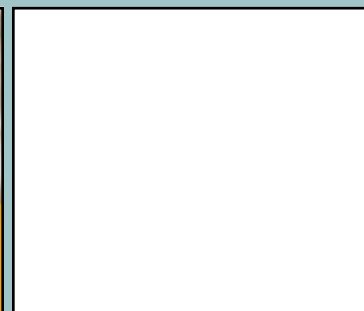
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# MISCELLANEOUS INFORMATION

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.

## Last Edition Answers:



Answer to the March Riddle:  
*Morning Dew!*

Photo by Aaron Burden on Unsplash



Board Meeting Schedule:  
(All meetings are public)

Fourth Monday of each month at 3:00 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

It's been said in jokes  
I have a long face;  
I'm good at running  
so people use me to race.  
**What am I?**

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 \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus 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 \$9.00. (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:

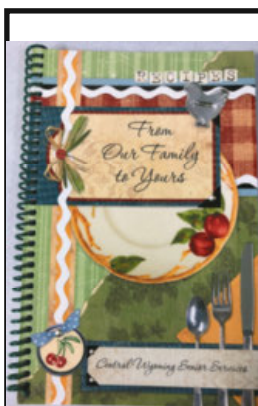
Casper: 11:00 AM to 1:00 PM

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

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

The Senior Center  
will be closed

Friday, April 7th  
&  
Sunday, April 9th

in observance of  
**Easter**

Thank you!

# Coffee with the Board! in Déjà Brew

Second Tuesday of every month, 10AM–11AM

Nicole Cadwell will present  
Caring for our Hands and Gardening  
on Tuesday, April 11 at 12:30PM



3RD ANNUAL FUNDRAISER  
"A NIGHT AT THE RACES"  
SATURDAY, MAY 6TH  
5PM | RAMKOTA HOTEL  
FUN, FOOD, & FRIENDLY WAGERS!



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Need help looking for information?  
**Wyoming 211 can help!**

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!

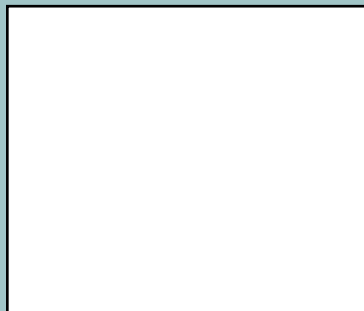
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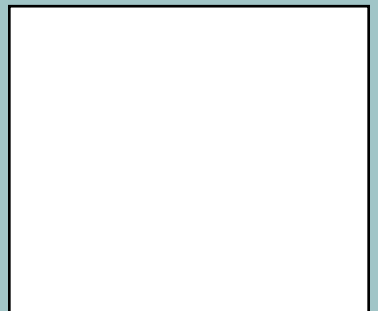


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Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)





# SPOTLIGHT

**Mike Murphy** *Gambling Industry Expert*  
 Mike Murphy is the founder of BettingUSA.com and has over 10 years of experience in the legal gambling industry. A regular attendee of industry trade shows and conferences, Mike is a strong proponent in the idea of a well regulated online betting industry.  
<https://www.bettingusa.com/racing/odds/>

## Horse Racing Odds Explained: How To Read Horse Betting Odds

Horse racing betting odds express the relationship between risk and reward. To put it simply, the odds tell you how much you stand to win with any wager. Understanding how horse racing betting odds work is the first step in getting started as a bettor. [We] will dive into the topic, beginning with a simple guide to interpreting horse racing odds and continuing with more information bettors need to wager intelligently.

Learning how to read the odds in horse racing betting isn't as difficult as it may seem. Familiarity with fractions helps, but no need to be a mathematician to understand how the odds on horse races function.

Horse racing betting odds are essentially fractions. When a horse is priced at 10-1, one can read that as 10/1. Similarly, when a horse is priced at 3-5, one can read that as 3/5. The "fraction" represents the relationship between how much you stand to win relative to how much you must risk. With horse racing odds, the first number (the numerator) shows how many units you stand to win, and the second number (the denominator) shows how many units you must risk to win that much. For example:

- 🎯 10-1 odds: You will win 10 units for every 1 wagered.
- 🎯 7-2 odds: You will win 7 units for every 2 wagered.
- 🎯 1-5 odds: You will win 1 unit for every 5 wagered.

If the first number is larger than the second number, the net profit of your horse racing bets will be *larger* than the amount wagered. If the second number is larger, you're betting on the "odds-on favorite," and your return will be *smaller* than the amount risked. This occurs when you bet on heavy public favorites—you stand to win less because everyone is betting on the same horse. If the odds-on favorite wins, the betting pool will be split among many winning tickets, netting everyone a smaller portion of the pool.

*Notes: Many horse racing betting sites and tracks display the odds as fractions. Also, Racebooks often drop the 1 in odds that represent whole numbers. For example, your horse racing betting site may display 10 or 20 next to horse names to represent 10-1 and 20-1, respectively.*

**Horse Racing Odds Do Not Equal Likelihood of Winning**  
 Some people may be tempted to interpret horse racing

betting odds as an expression of a horse's likelihood to win a race, but that is not entirely accurate. Although there is usually some correlation between a horse's betting odds and its skill relative to the other runners, the odds are more accurately interpreted as an expression of public sentiment.

Parimutuel horse racing betting odds fluctuate based on public sentiment. The more money that comes in on a horse, the lower that horse's odds fall. Similarly, horses with few backers pay more because the total wagering pool will be split among fewer winning tickets.

Public sentiment is often a close approximation of each horse's relative strength, but do not be fooled into reading horse racing odds as any one runner's likelihood of winning. The key to successful horse racing betting is learning how to spot the gaps between public sentiment and reality.

### Horse Racing Morning Line Odds

The morning line odds in horse racing serve as the starting point for betting on every race. A track oddsmaker sets the morning line odds for every race to reflect how they believe the public will bet. After the morning line odds go live, racing fans can view the upcoming race and start to get an idea of which horses will likely emerge as the betting favorites and which will be the longshots.

The morning line odds are usually reflective of the relative strengths of each horse, but the oddsmaker is not handicapping the race. The oddsmaker's goal is to accurately gauge public sentiment to set the line and provide bettors an idea of what to expect once betting opens. As Ed Burgart, the official morning line maker at Los Alamitos Race Course, once explained:  
*"The morning line odds don't reflect my preferred selections in a race. My goal as the morning line maker is to predict how the public will wager on a particular race. A good oddsmaker can glance at past performances and determine on which horses the majority of racing fans will wager the most or least amount of money. Usually, horses with recent high speed indexes and consistent in-the-money finishes will receive much wagering attention. Local horses are usually better supported than horses coming in from other tracks."*

2018	<i>Justify</i>	1977	<i>Seattle Slew</i>	1946	<i>Assault</i>	1937	<i>War Admiral</i>	1919	<i>Sir Barton</i>
2015	<i>American Pharoah</i>	1973	<i>Secretariat</i>	1943	<i>Count Fleet</i>	1935	<i>Omaha</i>	TRIPLE CROWN WINNERS	
1978	<i>Affirmed</i>	1948	<i>Citation</i>	1941	<i>Whirlaway</i>	1930	<i>Gallant Fox</i>		



# Financial Opportunities

## Ways to Show Support:

**Do you shop at Smith's?**  
**Sign up for Kroger Community Rewards and select CWSS!**  
**Org.#WT634**



**You can also donate on our website via PayPal or mail/drop off your chosen donation!**

*3rd Annual Fundraiser*  
**"A Night at the Races"**  
 Saturday, May 6th | 5PM  
**\$50 Admission (includes dinner)**

- 1) Pick a Pony
- 2) Make a wager
- 3) Win Raffle Tickets for great Prize Packages!

# SCSEP PROGRAM

## SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for older Americans. This program provides an average of **20 hours a week** of subsidized training in community service assignments, **job training** and related **educational opportunities** and **certifications**, case management **support** to identify and address personal needs and opportunities for **placement** into suitable unsubsidized jobs.

### Eligibility

- ✓ At least 55 years or older
- ✓ Unemployed
- ✓ Family income of no more than 125% of the federal poverty level

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# Gifts & Memorials

Note: This is a list for Gifts & Memorials given between February 21st—March 22nd, 2023. If donations were made between those dates and you were not recognized, please see the office.

## Gifts

John Savage  
 Frank C Stofflet  
 Daniel Grace  
 St. Patrick's Catholic Church  
 Susan Mayfield  
 Maria Smith  
 Daniel & Ellen Kelley  
 R. & V. Trotter  
 Lenhart, Mason, & Associates  
 Grant & Lisa Havens  
 Grace Chewakin  
 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

**Gary Jourgensen**  
 Mary C. Moler  
 Marvin/Ann Robinson  
 Helen Hoff

**Jane Yeamans**  
 Lucy Schoenewald

**John Mullin**  
 Helen Hoff

**Loyd Tanner**  
 Mary C. Moler

## From "Spring in the Valley of the Racehorse"

by Tracey Herd | <https://www.scottishpoetrylibrary.org.uk/poem/spring-valley-racehorse/>

He tenses against the hot metal of the starting-gate, eyeballing the wide swatch of flat green that vanishes sweetly in the distance. He's learned to ignore the impure source of noise, the sharp, irregular flashes of the sun on glass discs, to keep his mind within the miraging posts of white, evenly spaced along the track. He blows a little, focused as the noonday sun that would blind a person were they to look at it too long and too hard.

### Famous Jockeys by Purse Winnings

	Name	# Starts	# 1st Places	Total \$\$
1	John R Velazquez	35755	6488	463,271,671
2	Javier Castellano	31114	5628	378,507,586
3	Mike E Smith	34310	5698	345,537,238
4	Pat Day	40299	8803	297,914,839
5	Jerry D. Bailey	30856	5893	296,113,529

## The DERBY Details

- 🏆 On average, spectators consume astounding amounts of food, like: 142,000 hot dogs; 8,000 lbs. of potatoes; 30,000 cookies; 300,000 strawberries; 13,000 lbs. of beef
- 🏆 No woman jockey has won (yet); the closest was Shelley Riley finishing 2nd in 1992.
- 🏆 The oldest jockey to win, Bill Shoemaker, took the 1986 trophy at 54 years old!
- 🏆 The Kentucky Derby rose blanket contains over 400 roses and weighs about 40 lbs.
- 🏆 All thoroughbred race horses have the same birthday—January 1st. No matter what day a horse was born on during the year, race horse age is marked from New Year's Day in order to make it easier to track bloodlines.
- 🏆 The Kentucky Derby trophy weighs 3.5 lbs. and is solid 14-karat gold with a jade base.
- 🏆 Nineteen past winning horses have had names starting with the letter "S."

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

Name \_\_\_\_\_

Birthdate \_\_\_\_\_

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





## The Bedtime Combo that Keeps Me “Regular”

John Schappi | <https://www.agingcare.com/articles/chia-seeds-help-prevent-constipation-177891.htm>

### *The pain of constipation*

Arthritic hip pain impacts my quality of life less than a few days of constipation. Fortunately, the frequent bouts of unpleasant irregularity that plagued much of my life practically disappeared when I started taking the over-the-counter, serotonin-boosting supplement 5-HTP after my Parkinson’s diagnosis in 2009. Since constipation is a common non-motor symptom of PD, the relief from 5-HTP was a special blessing.

Late last year, I tried going without that supplement for a month. Within a few days, constipation came roaring back. My geriatrician recommended Senokot—the non-prescription laxative containing senna—and the stool softener Colace. Neither did much good. The only thing that helped was returning to 5-HTP. But it needs help to keep me regular.

I’ve used Metamucil crackers at bedtime, but they require lots of fluid to wash them down... intake that means additional bathroom visits during the night.

Recently, I’ve found the most effective, natural bedtime concoction to keep things moving.

Just before hitting the sack, I mix several tablespoons of applesauce with a tablespoon of powdered Metamucil and a tablespoon of chia seeds. This combo works better than anything else I’ve tried.

### *Chia seeds*

My housemates introduced me to chia seeds. Never heard of chia seeds? They were a dietary staple for Incas, Mayans, and Aztecs. Chia is the Mayan word for strength.

Internet reports from nutritionists suggest that chia seeds can do more than promote regularity. Other reported benefits:

- ◆ Two times more protein than any other seed or grain
- ◆ Almost all carbohydrates in the seeds are fiber, which is not digested by the body
- ◆ High in calcium
- ◆ Helps with thyroid conditions
- ◆ Keeps blood sugar levels balanced
- ◆ Can help with weight loss
- ◆ Benefits those who have diabetes and those for whom diabetes runs in the family

\*\*\*

## Super Senior Horse Care By Cynthia McFarland | 11/21/2018

It's estimated that 17% of horses in this country are over 20 years old. Today, the average horse in the US can expect a longer, healthier life than his ancestors. Earlier equines didn't have the benefit of improved nutrition and advances in veterinary medicine—including parasite control and expanded protection from disease via vaccination—that horses enjoy today.

There's no set age that qualifies a horse as “old.” In general, a horse is considered a senior once they're in their late teens to 20. As with humans, some horses age better than others.

### Old Horse Health Care: Senior Horse Nutrition

Throughout life, your horse's nutrition program should be based on what's best for them as an individual. This is even more important as they age, so don't hesitate to talk with your veterinarian and equine dental care provider about your particular horse's needs.

Lisa Kivett, DVM, MS, DACVIM, whose Foundation Equine Clinic is based in Southern Pines, N. C., says:

*“It's important to remember that each horse is an individual. When formulating a diet for a senior horse, the first thing to consider is whether he has any medical issues that might change his nutritional*

*needs. Some older horses may have a decreased ability to absorb protein and other nutrients. “*

Many people don't realize you need to feed at least the minimum recommended amount (printed on the bag/label) in order for the horse to receive the correct balance of nutrients, vitamins, and minerals. This holds true whether you're feeding a complete “senior” feed or other type of grain ration. Since a horse must eat at least 1 to 2 percent of his body weight daily, this means the average horse needs 12 to 25 lbs. of a commercial complete feed daily to meet their needs.

*“Many horse owners are shocked by the amount, but when we consider that this is replacing all the hay they eat, it doesn't seem so far-fetched. It's important to keep in mind that this can only be safely done with complete senior feeds,” says Kivett.*

Be careful not to feed an older horse in an environment where he has to compete for food. Separate him at feeding time so he can eat at his own pace and not fret over other horses trying to steal his food. This will also allow you to monitor his consumption and notice if he's not cleaning up or has trouble eating.

\*\*\*

<https://www.horseillustrated.com/super-senior-horse-care>





Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Hot Beef Sandwich Mashed Potatoes Winter Blend Tossed Green Salad California Fruit	<b>3</b> BBQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Vegetable Salad Baked Apples	<b>4</b> Beef Pot Pie Winter Mix Dill Cucumbers Sliced Peaches	<b>5</b> Chili Mozzarella Cheese Stick Garden Salad Melon chunks Cinnamon Roll	<b>6</b> Roast Lamb OR Glazed Ham Baby Potatoes Chopped Asparagus Chopped Zucchini Salad Mandarin Oranges	<b>7</b>  <b>GOOD FRIDAY CLOSED</b>	<b>1/8</b>
<b>9</b>  <b>CLOSED</b>	<b>10</b> Chicken Tacos Refried Beans Spanish Rice Lettuce & Tomatoes Diced Peaches	<b>11</b> Western Egg Bake Breakfast Sausage Potato Medley Tossed Green Salad Tropical Fruit	<b>12</b> Beef Stroganoff Sliced Carrots Chopped Lettuce Salad Rice Pudding	<b>13</b> Ham & Scalloped Potato Casserole Garden Mix Veggies Tossed Vegetable Salad Fresh Apple	<b>14</b> Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit Orange Juice	<b>15</b> <b>MENU SUBJECT TO</b>
<b>16</b> Pork Roast Brown Rice Country Blend Tossed Salad Peach Pie	<b>17</b> Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Strawberry Jello	<b>18</b> Deli Dog with Kraut Peppers & Onions Sweet Potato Tots Baked Beans Oatmeal Cake	<b>19</b> Creamy Tomato Soup Deli Hoagie Sandwich Pasta Salad Jello Salad Mandarin Oranges	<b>20</b> Spanish Steak Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	<b>21</b> Breaded Cod Creamy Peas & Potatoes Tomato Basil Salad Plums Chocolate Pudding	<b>22</b>
<b>23</b> Swedish Meatballs Buttered Fettuccine Carrots Spring Salad Apple Crisp Vanilla Ice Cream	<b>24</b> Chicken & Noodles Green Beans Almandine Dill Cucumber Salad Coconut Cream Pudding	<b>25</b> BBQ Pork Sandwich Sweet Potato Tots Marinated Vegetable Salad Pears Peach Bar	<b>26</b> Beef Pepper Steak Sweet Potatoes Tossed Salad Banana Bar	<b>27</b> Creamy Burrito Bake Spanish Rice Lettuce & Tomatoes Cool Corn Salad Oatmeal Raisin Cookie	<b>28</b>  <b>Birthday Day!</b> Parmesan Coated Fish Roasted Root Vegetables Minnesota Green Bean Winter Berry Parfait Orange Juice Cheese Onion Roll	<b>29</b> <b>MEALS COME WITH MILK &amp; BREAD</b>
<b>30</b> Oven Baked Chicken Sweet Potatoes Pacific Blend Veggies Mandarin Oranges Gingerbread Cake						





**Rotary**  
District 5440



Reveille  
Rotary  
meets  
Wednesday  
mornings  
at 7 A.M.



**United Way**  
of Natrona County

*We are so very fortunate to have the support of the Natrona County Cow-Belles. This fantastic group of gals provides the most awesome Roast Beef for dinner at least once a year! We were so pleased to host them once again on Monday, March 20th and want to say an enormous **THANK YOU!***



**The Employees of:**





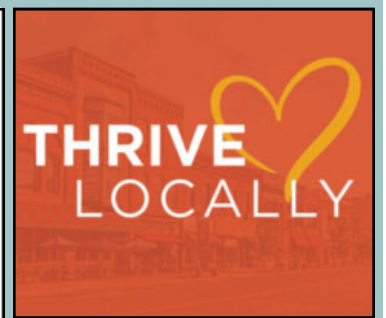
Stay curious in the new year.

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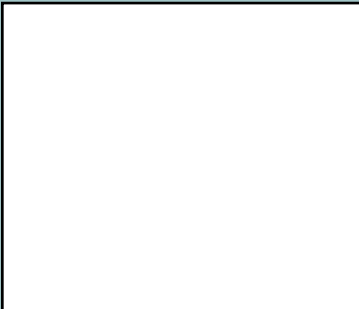
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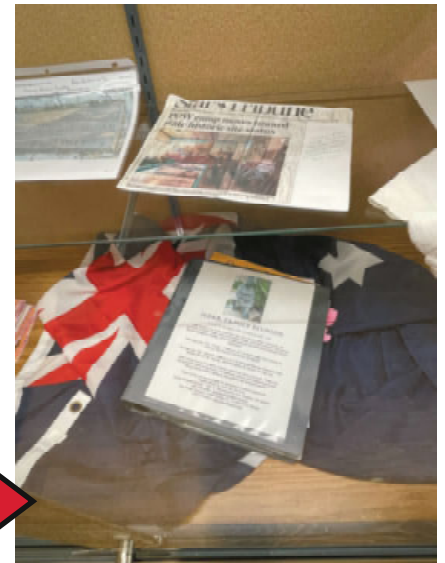
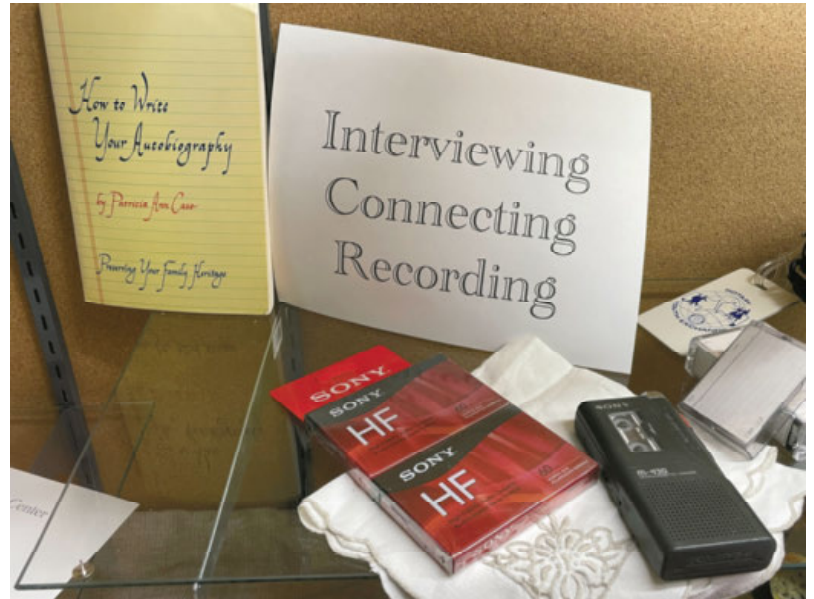
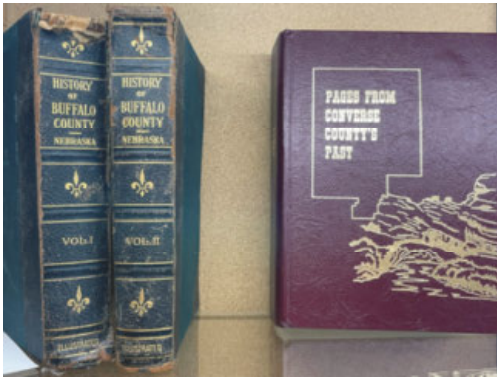


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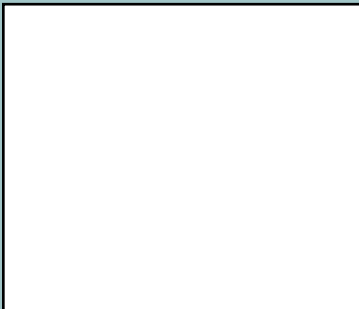
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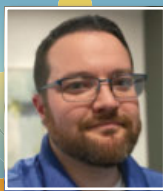


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# ACTIVITIES FOR EVERYONE\*

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

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Bible Study	Monday	3:30PM—4:30PM (CNF)
Binding Friends	Monday	6:00PM—8:00PM (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)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (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)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Garden Club	3rd Saturday	10:00AM—12:00PM (CNF)
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—2:45PM? (DR)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
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)

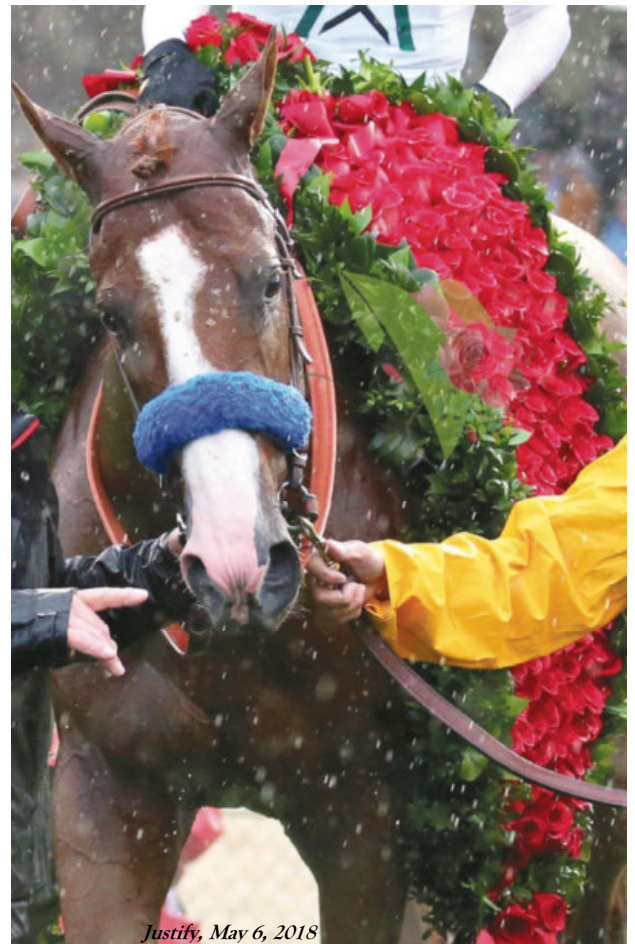


## Why Is The Kentucky Derby Known Fondly As “The Run For The Roses?”

This is because the winner receives a blanket of 554 red roses after the race. If a horse would rather receive a more practical gift, such as some oats or a lump of sugar, is up for debate, however the garland has become a cherished tradition.

The practice comes from Derby parties that Louisville’s socialites threw in the initial days of the race. Each lady would get a red rose at the parties, and when Churchill Downs’ president, Colonel Lewis Clark, saw their popularity, he designated the rose as the race’s official flower. According to the Derby’s organizers, 1896 Derby winner Ben Brush got the first garland of roses, and in 1925, journalist Bill Corum invented the term “Run for the Roses.”

The first blanket of roses like the one utilized today was awarded to the victorious Burgoo King in 1932. The modern garland is topped with a “crown,” a single upturned rose which signifies the struggle that a winner needs to endure. Since 1996, each winner’s garland has been immediately freeze-dried for posterity.



<https://horseracingclub.com/what-you-need-to-know-about-the-kentucky-derby/>

*Justify, May 6, 2018*

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## PARTING THOUGHTS

*"The race may not always be to the swift nor the victory to the strong, but that's how you bet."  
~ American Newspaperman & Author Damon Runyon ~*

**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 ALL** for the continuing support!  
Everything we do is for the benefit of our members!  
Special THANKS go to our Event Volunteers and Sponsors!



**Volunteer Opportunities:**  
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*We cannot stress enough how much we depend on our volunteers.  
You keep the Senior Center running and allow us to continue providing the vital services to members and our community!*  
**Thank You Always!**