

At The Center of It All

Central Wyoming
Senior Services, Inc.



AUGUST 2023

"The Heart of Natrona County"

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

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Thank you to all members, Board volunteers, and staff who made such a success of our Independence Day BBQ!



Deals on Wheels
celebrates
Christmas in
July!



July 8th, 2023

Try to Find This!

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

*Hidden
once in
this*



INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

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

Center Information.....	2
From the President.....	3
Misc. Info.....	4
Happenings.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thanks.....	11
Display Case.....	12
Activity Calendar.....	14

WHO'S WHO AROUND THE CENTER

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Justine Murphey Vice President
Kim Latka..... Treasurer
Kate Maxwell..... Secretary

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Miles Hartung *Ray Bilsa*
Debera Siems *Bob Carpenter*
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Aimee Ottley-Fleming

Director of Operations

Tom Lebahn

Assistant Director

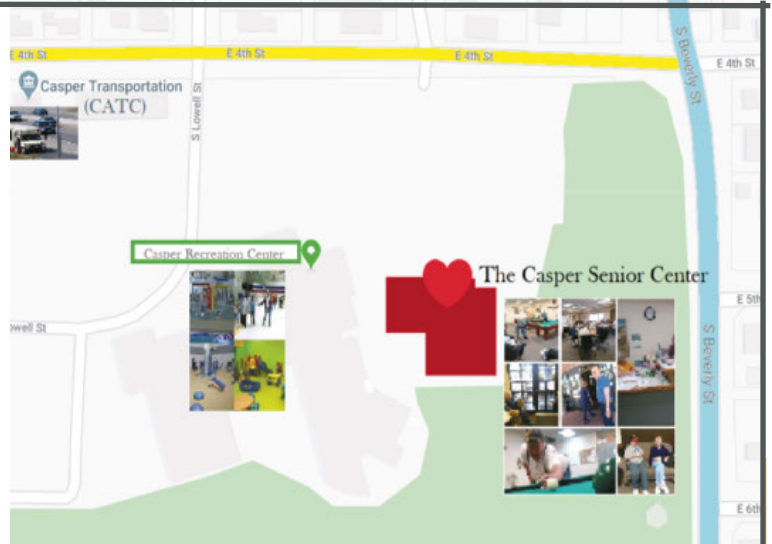
Rachel Brown

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



[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:

Several Board members volunteered as runners at the Central Wyoming 4-H Livestock Auction on July 15th. A number of businesses, foundations, and private individuals donated cows/pigs/lambs/goats to the Center. This will help to defer the cost of purchasing meat during the year. Thank you goes to Aimee Ottley-Fleming, her husband David, and the board members who traversed the bleachers at the Fairgrounds repeatedly to obtain signatures from buyers. Purchases for the 4-H students totaled \$1.5M for the day!

Please join us on Tuesday, August 22nd between 10:00am and 2:00pm for the World Senior Citizen Day Information Fair. The staff is arranging for several local businesses, health providers, and organizations to provide useful information for attendees. Last year, many booths had small giveaways which made for a fun time.

Mark your calendars for August 10th at 12:00 pm for a presentation First Interstate Bank. The presentation will be "Choosing a Financial Caregiver".

As always, if you have suggestions for speakers or improvements at the Center, please let me or a staff member know.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com | 307-262-1028

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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

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 July Riddle:
The Alphabet!

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.

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

RIDDLE

I have three eyes,
I'm black as night,
I can knock down 10 men
with a single strike!

What am I?

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





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
Beginner Intermediate

"We DO NOT Jump, Stand on One Foot,

Coffee with the Board! Déjà Brew

Second Tuesday of
every month,
10AM—11AM

World Senior Citizens Day Information Fair



Tuesday, August 22nd
10AM—2PM



Featuring:
Chicken Fajitas or Philly Cheese Sandwich!
Build your own Sundae bar!
Tons of Local Vendors!

LINE DANCE CLASS WITH MACHELLE:

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Improver Class
Tuesdays 10AM—11AM



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- Prescription Expense Help
- And much more!



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SPOTLIGHT

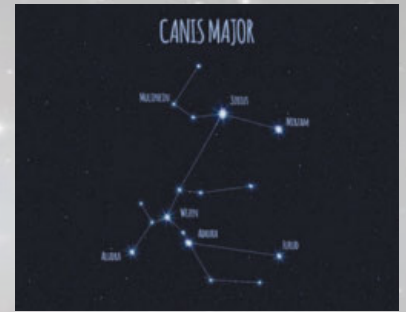
WHAT ARE THE DOG DAYS OF SUMMER?

BY FARMERS' ALMANAC STAFF | UPDATED JULY 10, 2023
<https://www.farmersalmanac.com/why-are-they-called-dog-days-of-summer-21705>

The “Dog Days” of summer are from July 3 to August 11 each year. They’re usually the hottest and most unbearable days of the season. We often hear about the “Dog Days” of summer but few know where the expression originated. Some think it’s a reference to the hot, sultry days that are “not fit for a dog.” Others suggest it’s the time of year when the extreme heat drives dogs mad. But where does the term come from? And what does it have to do with dogs? You may be surprised to see it has to do with the stars! Read on.

The “Dog Days” Expression Explained

The phrase is a reference to Sirius, the *Dog Star*. During the “Dog Days” period, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth. Sirius is part of the constellation *Canis Major*, the *Greater Dog*.



In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun’s warmth, accounting for the long stretch of sultry weather. They referred to this time as *diēs caniculāres*, or “dog days.” Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun—July 3 to August 11 each year.

Summer heat is due to the Earth’s tilt

While this period usually *is* the hottest stretch of summer, the heat is not due to any added radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the Earth’s tilt. During summer in the Northern Hemisphere, the tilt of the Earth causes the Sun’s rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days.

7 Creative Ways to Keep Cool

- 1) Cool your pulse points by running cold water or ice cubes over your wrists for a few minutes.
- 2) Place a cold cloth or cold pack on the back of your neck and leave it there for at least 5 minutes.
- 3) Eat small meals rather than large ones as digestion raises the body’s core temperature.
- 4) Cool off your bed at night by using a freezing bottle of water. Use it to cool your ankles and the back of your knees.
- 5) Freeze a couple of water bottles (freeze one for Fido too, and put it in your pet’s bed to keep him cool) and use them to cool down pulse points.
- 6) Don’t turn on the oven! Cook outside using the grill, or use your microwave, crockpot, or serve something cold like a yummy protein-packed salad.
- 7) Use overhead (ceiling) fans if you have them. For floor fans, place a bowl of ice or a frozen water jug behind the fan. The air will be cool. You may also want to place a fan on the hot side of a room and have the air blow out, basically allowing the fan to pull the heated air out of the room.

<https://www.farmersalmanac.com/creative-ways-to-keep-cool-2973>

Financial Opportunities

Ways to Show Support:

Do you shop at Smith's?
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 Community Rewards and
 select CWSS!
 Org.#WT634



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

Choosing a Financial Caregiver

Presentation by
 First Interstate Bank

August 10, 2023 | 12:00PM

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

Services Provided in
 Converse, Fremont,
 Hot Springs, Natrona,
 Washakie
 Counties

Call today to
 find out more!

For more information, please contact:
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dawnmarie.thacker@goodwillwy.org

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Foods to Keep You Cool & Full in the Summer Heat

September 9, 2022

ABOUT THE AUTHOR: Medical Guardian is a leading provider of innovative medical alert systems that empower people to live a life without limits.

During the hot summer months, many of us lean toward eating foods that are light and hydrating. Watermelon, cucumber, and other fruits and vegetables can often help you avoid feeling full and heavy in high temperatures that are already causing some level of discomfort.

Eating the right foods during summer can help you stay cool and more active. Here are several ways to lighten up your meals, freshen up your water, and feel more comfortable this summer season.

Start With a Cool Smoothie

A fruit and vegetable smoothie is a healthy and light breakfast that can give you plenty of energy for the day ahead. The key to a healthy, filling smoothie is ensuring it has the right blend of ingredients. Too much fruit could spike your blood sugar, while too much fiber could make you feel a bit heavy.

Ingredients to include in your breakfast smoothies are healthy fats, proteins, fiber, fruits, vegetables, liquid, and a natural sweetener. For example, your smoothie could have nut butter, oats, bananas, kale, almond milk, and honey. You can look online for breakfast smoothie recipes and experiment with a variety of different ingredients to get you started.

Stock up on Frozen Fruit

Fruits are light, cooling, high in fiber, and high in water content, which makes them especially hydrating. Frozen fruit is often conveniently chopped into bite-size pieces so you can snack while on the go or add to smoothies. Plus frozen fruit is often picked at the height of the season, so it tends to be fresh and flavorful. When buying frozen fruit, make sure it contains 100% fruit and no preservatives or additives like sugar.

Grow Fresh Mint

Fruits are light, cooling, high in fiber, and high in water content, which makes them especially hydrating. Frozen fruit is often conveniently chopped into bite-size pieces so you can snack while on the go or add to smoothies. Plus frozen fruit is often picked at the height of the season, so it tends to be fresh and flavorful. When buying frozen fruit, make sure it contains 100% fruit and no preservatives or additives like sugar.

Mint is relatively easy to grow, as it requires little maintenance. If you're into gardening, add a mint plant to your outdoor garden and tend to it regularly to make sure the soil stays moist and its leaves are kept clean. Be sure to place your mint plants in a space where you don't mind spread. It grows like a weed and can pop up in new areas.

Buy In-Season Summer Produce

Buying fruits and vegetables while they're in season is a great way to save money on produce. Buying produce in season also helps ensure you're getting them at the best time of year when they contain the most nutrients and taste best.

<https://www.medicalguardian.com/medical-alert-blog/nutrition-recipes/foods-to-keep-you-cool-full-in-the-summer-heat>





Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pork Cottage Pie Roasted Cauliflower Cole Slaw Wheat Bread Fruit Mix	2 Hearty Bean Soup Ham Salad Sandwich Pickle Spear Celery w/ Peanut Butter Berry Blend Chocolate Pudding	3 Pork Medallions Brown Rice California Vegetables Garden Veggies Salad Black Bread Fresh Apple	4 Breaded Cod Creamy Risotto Corn Cobbette Carrot Raisin Salad Sliced Peaches	5
6 Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	7 Teriyaki Ch'kn Breast Garden Rice Asian Green Beans Sunflower Bread Pineapple Tidbits	10 Philly Cheese Pasta Country Mix Zucchini Salad Diced Peas	9 Taco Salad Lettuce Tomatoes Cheese Onions Rice Black Beans Pepper Slaw Red Grapes	10 Broccoli Cheese Soup Turkey Salad on Rye Sliced Tomatoes Lettuce & Pickles Cranberry Sauce Citrus Jell-O Salad	11 Tuna & Noodles Peas and Pearl Onions Carrot Raisin Salad Wheat Roll Black Cherries	12
13 Chicken Kiev Butternut Squash Green Beans Wheat Roll Peach Waldorf Salad	14 Swedish Meatballs Brown Rice Steamed Cabbage Cucumbers and Onions Melon Cup	15 Chicken Alfredo California Vegetables Tossed Salad Cherry Cobbler	16 Salisbury Steak Mashed Potatoes Sliced Carrots Summer Squash Salad Peanut Butter Cookie	17 Beef Chow Mein Fried Rice Oriental Vegetables Asian Broccoli Slaw Berry Blend	18 Salmon Loaf Potatoes Au Gratin Spinach Mandarin Salad Cheddar Biscuit Tropical Fruit	19 MEALS COME WITH MILK & BREAD
20 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Honey Wheat Roll Blueberry Pie	21 Cabbage Roll Casserole Country Mix Tossed Vegetable Salad Wheat Roll Jell-O Whip	22 Chicken Fajitas Rice & Beans Or Philly Cheese Sandwich & Pasta Salad Ice Cream Sundae	23 Potato Soup Grilled Ham and Cheese Celery, Carrot, Pickles Mandarin Oranges Pineapple Upside Down Cake	24 Goulash Italian Vegetables 3-Bean Salad Apricots	25 Happy Birthday Meal! Cheeseburger Deluxe Potato Salad Fresh Vegetables Watermelon Toffee Cake	26
19 Pork Wellington Catalina Vegetables Pea Salad Ginger Peas	28 Ch'kn Salad Cold Plate Berry Muffin Pasta Slaw Fresh Vegetables Orange Wedge Oatmeal Raisin Cookie	29 Glazed Ham Sweet Potatoes Fresh Beets Black Cherries Chocolate Cake	30 Meatloaf Oven Baked Potatoes Roasted Zucchini Carrot Slaw Wheat Roll Baked Apples	31 Baked Chicken Breast Sweet Potatoes Catalina Blend Caesar Salad Glazed Strawberries & Bananas	MENU SUBJECT TO CHANGE	

Gifts & Memorials

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

Memorials

Janet Field
Janice Bloomenrader
Jerry & Elizabeth Galles

Elane Burkhalter
Joe & Dianne Luck
Mary C Moler

Patricia Bauerlein
Dorothy Sharp

Cora Innes
Mary C Moler

Carol Hendrickson
Marcia Elliot

Gifts

John Savage
Dave Gossin
Frank C Stofflet
Donnells Chocolates
Elane Burkhalter
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 name of the person you wish to be remembered.

from Summer Images

BY JOHN CLARE

<https://www.poetryfoundation.org/poems/43952/summer-images>

Now swarthy Summer, by
rude health embrowned,
Precedence takes of rosy
fingered Spring;
And laughing Joy, with
wild flowers prank'd,
and crown'd,
A wild and giddy thing,
And Health robust, from
every care unbound,
Come on the zephyr's wing,
And cheer the toiling clown.

Rich music breathes in
Summer's every sound;
And in her harmony of
varied greens,
Woods, meadows, hedge-rows,
corn-fields, all around
Much beauty intervenes,
Filling with harmony
the ear and eye;
While o'er the mingling scenes
Far spreads the laughing sky.

But now the evening curdles
dank and grey,
Changing her watchet hue
for sombre weed;
And moping owls, to close
the lids of day,
On drowsy wing proceed;
While chickering crickets,
tremulous and long,
Light's farewell inly heed,
And give it parting song.



If you turn 60 or older on your birthday in August, bring this coupon to the office for your meal ticket.

Name _____

Birthdate _____

HEAT IS THE #1 KILLER

BASED ON THE 30 YEAR AVERAGE (1998-2017)

Cold	30	Winter	40	Lightning	44	Hurricane	47	Tornado	69	Flood	85	Heat	134
------	----	--------	----	-----------	----	-----------	----	---------	----	-------	----	------	-----

STAY SAFE THIS SUMMER SEASON!

WEATHER.GOV/HEAT

Heat Safety Tips

<p>DO</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Hydrate Drink plenty of water or sports drink <input checked="" type="checkbox"/> Protect Wear light clothing, use sunscreen, wear sunglasses <input checked="" type="checkbox"/> Plan Schedule your activities in cooler parts of the day <input checked="" type="checkbox"/> Monitor Check on pets and the elderly 	<p>DON'T</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Big Meals Large meals and high protein foods raise body heat <input checked="" type="checkbox"/> Caffeine Alcohol and caffeine speed up dehydration <input checked="" type="checkbox"/> Over-do Take frequent breaks if spending time outdoors <input checked="" type="checkbox"/> Forget NEVER leave children or pets in a vehicle
--	--

"Aging is not 'lost youth' but a new stage of opportunity and strength."
~ American Feminist & Writer Betty Friedan ~



CASPER AREA
CHAMBER OF COMMERCE

United
Way



United Way
of Natrona County

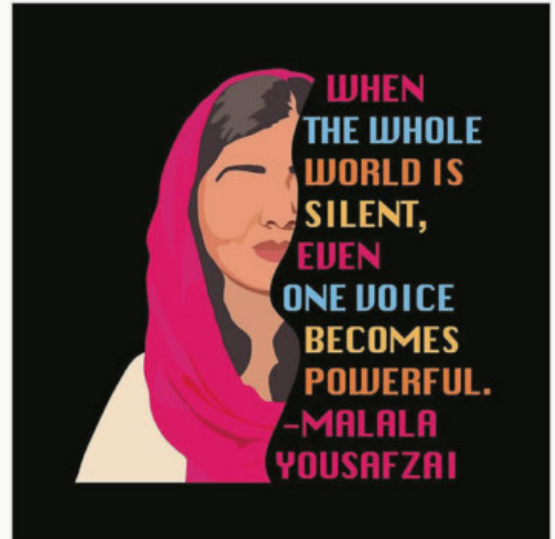


Reville Rotary meets on
Wednesday mornings at 7 A.M.

Rotary
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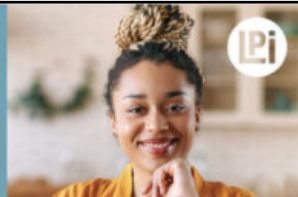


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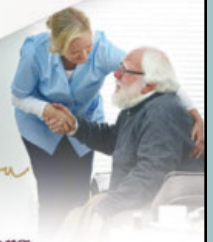
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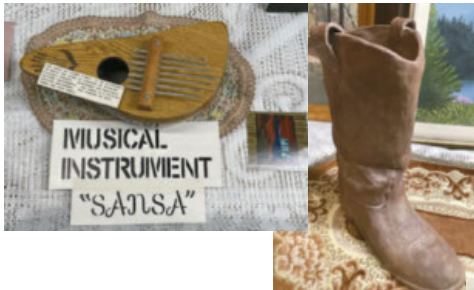
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Central Wyoming Senior Services, Casper, WY

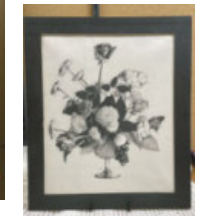
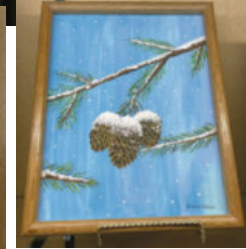
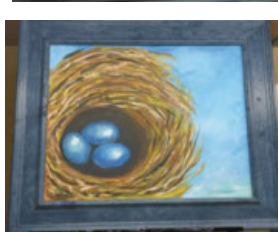
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DISPLAY BY
BONNIE JEAN
NIELSEN



So...



How well did you look at the display: *Which piece is missing?*



Can you find it in the pages of this newsletter?



Heat Stress

PREVENTION



NO ALCOHOL



DON'T WEAR THE THICK CLOTHES



LIMIT OUTDOOR TIME



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- Medicare Advantage Plans
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Central Wyoming Senior Services, Casper, WY

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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	1PM—3PM (AR)
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/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/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 (Beginner) Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Coffee with the Board	2nd Tuesday	10:00AM (Déjà Brew)
Craft Class	Tuesday (Mills) Thursday (Main)	10:30AM—12:00PM <i>Mills</i> 10:00AM—12:00PM (AR)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	2nd Saturday	2:00PM—4:00PM (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—?4PM? (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)

A
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 services

Check your Medicare statements for:

1. Total you may be billed
2. Facilities or providers with claims
3. Dates of claims
4. Services provided & billing codes
5. Any notes





SMP
Senior Medicare Patrol
Preventing Medicare Fraud

The best defense against Medicare fraud, errors, and abuse is you. Checking your Medicare Summary Notices (MSNs) or Explanations of Benefits (EOBs) when they come in the mail is an important habit to start. Here are a few things you can look for when reviewing your MSNs and EOBs to spot potential fraud. If you have questions, contact the Wyoming Senior Medicare Patrol (SMP) at 800 856 4398.



SMP

Senior Medicare Patrol

Preventing Medicare Fraud



Wyoming

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"The Heart of Natrona County"



Photo by Claud Richmond on Unsplash

PARTING THOUGHTS

"The Summer night is like a perfection of thought."

~ 20th Century American Poet Wallace Stevens ~

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**

Volunteer Opportunities:
If you are interested, please see the office.

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

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!