

At The Center of It All

Central Wyoming
Senior Services, Inc.



JANUARY 2023

"The Heart of Natrona County"

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

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Please let us take a moment in this beginning of the New Year to thank all of the wonderful presenters and entertainers that we have had the pleasure of hosting throughout 2022, we hope to bring more in 2023:

Dr. Ashley Alden, Frontier Eye Care

Casper Mayor Ray Pacheco

**Crystal Morse,
Mountain Pacific Quality Health**

Casper Police Department

Vaughn Cronin & Gloria Bitzan

**Kate Maxwell & Erin McNicoll,
Hilltop Bank**

**John Woodward,
Wyoming Veterans Museum**

**Lance Neiberger,
Natrona County Suicide Prevention
Task Force**

Casper Fire Department

Summit Elementary 3rd Graders

**Dr. Andrew Young, Casper College
re: Artemis**

Wyoming Symphony Orchestra

Evansville Mayor Chad Edwards

And so many more!

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.

Center Information.....	2
From the President.....	3
Misc. Info.....	4
Happenings.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thank Yous.....	11
2022 at the Center.....	12
Activity Calendar.....	14

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda Blackstone President
Justine Murphey Vice President
Kim Latka Treasurer
Kate Maxwell Secretary

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Miles Hartung *Ray Bila*
Debera Siems *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.

From the Desk of the President:

Thank you goes to the Daniels Fund for a \$50,000 grant to Central Wyoming Senior Services for the In-Home Service program. We would like to expand the In-Home Service and the Caregiver programs which the Center offers to clients. The programs provide services for those who need help with homemaking, personal care, and respite care for loved ones. Please come to our presentation on January 25, 2023 at 12:00pm to learn more about these two programs. Rachel Brown and Lacey Kidman will explain the benefits of the programs.

Also planned for January is a musical performance by the Meadowlarks on January 12, 2023 at 12:00pm. They have been working on several songs for your entertainment.

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

Best wishes and Happy New Year from the Board of Directors.

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.

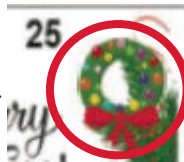
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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.

Last Edition Answers:



Answer to the Dec. Riddle:
Yarn!



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 \$6.00. 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 \$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 1:00 PM

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

After you go through a fall,
I will take over.
All life will stall,
or at least grow slower.
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!

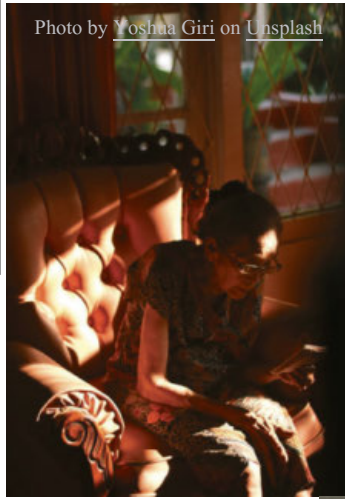
Around the Center

NATIONAL PARK SERVICE

New Member Welcome! in Déjà Brew

Second Tuesday
of every month,
10AM—11AM

Photo by [Yoshua Giri](#) on [Unsplash](#)



**Wednesday,
January 25th**
Presentation about
In-Home Programs
by
Rachel & Lacey
12:00PM
Dining Room

**Thursday,
January 12th**
Meadowlarks
performance
Dining Room
12PM



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Need Help? Looking for information?
Don't know where to turn?

WYOMING 2-1-1 CAN HELP!

Wyoming residents who need help finding affordable housing, food, utility assistance, and other basic needs, can reach out to Wyoming 2-1-1. Wyoming 2-1-1 is a free and confidential service that provides information and referrals to local community services that can help you with your most critical and urgent needs.

Dial 2-1-1 or 888-425-7138
Visit www.wyoming211.org
Text your zip code to 898211



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SPOTLIGHT

YEAR IN REVIEW

1924
Nineteen Twenty Four



French figure skater Andrée Joly and American figure skater Beatrix Loughran during a practice session at the Stade Olympique de Chamonix



1924
Budweiser
Land
Cruiser:
Budmobile



THE FIRST MACY'S
THANKSGIVING DAY PARADE IN 1924



What happened in 1924?

Major News:

- ⊗ January 24—Russian city of St. Petersburg renamed Leningrad (and was changed back in 1991)
- ⊗ January 25—1st Winter Olympic Games open in Charmonix, France
- ⊗ February 14—Thomas J. Watson renames the Computing-Tabulating-Recording Company (CTR) as International Business Machines (IBM)
- ⊗ March 18—Silent film classic, “The Thief of Bagdad,” based on *One Thousand and One Nights*, starring Douglas Fairbanks and directed by Raoul Walsh, is released
- ⊗ April 15—Rand McNally publishes its first road atlas
- ⊗ May 10—J. Edgar Hoover appointed head of Federal Bureau of Investigation
- ⊗ June 15—Ford Motor Company manufactures its 10 MILLIONTH automobile
- ⊗ July 20—Tehran, Persia comes under martial law after American vice consul, Robert Imbrie, is killed by a religious mob enraged by rumors that he had poisoned a fountain and killed several people
- ⊗ August 5—”Little Orphan Annie” comic strip by Harold Gray is first published in the New York Daily News
- ⊗ August 11—First newsreel pictures of United States presidential candidates were taken
- ⊗ September 24—Boston, MA opens its airport
- ⊗ October 15—US President Calvin Coolidge declares Statue of Liberty a national monument
- ⊗ November 4—Nellie Tayloe Ross (Wyoming) is elected US governor, one of first two women (the other being Miriam Ferguson of Texas)
- ⊗ November 27—First Macy’s Thanksgiving Day Parade held in New York City
- ⊗ December 19—The last Rolls-Royce Silver Ghost is sold in London, England
- ⊗ December 26—Frances “Baby Frances” Gumm (later to become Judy Garland), age 2 ½, makes her show business debut

BATHROOM SAFETY

SLIPS AND FALLS



80% of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures, according to the National Institute of Aging.

Two-thirds of all injuries occurred in the tub or shower.

According to the CDC, every year about **235,000** people over 15 years old visit ERs due to injuries suffered in the bathroom - of those 14% are hospitalized.

Follow these tips to fall-proof your bathroom

- Place a non-slip mat both inside and outside of the tub
- Install grab bars by the toilet
- Use nightlights in and around the bathroom
- Install a bath step or walk in tub to make it easier to get in and out of the shower or bathtub.



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Gifts & Memorials

Note: This is a list for Gifts & Memorials given between November 29th—December 23rd, 2022. If donations were made between those dates and you were not recognized, please see the office.

Gifts

John Savage
 Frank C Stofflet
 Ila Johnstone
 The Crawford Family
 NC School District
 Kelly Wilson
 Goodstein Foundation
 Highland Park Church
 Lunch Bunch

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.

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?
 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!

Spellbound

by Emily Brontë

The night is darkening round me,
 The wild winds coldly blow;
 But a tyrant spell has bound me
 And I cannot, cannot go.

The giant trees are bending
 Their bare boughs weighed with snow.
 And the storm is fast descending,
 And yet I cannot go.

Clouds beyond clouds above me,
 Wastes beyond wastes below;
 But nothing drear can move me;

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

Name _____

Birthdate _____

Courtesy of C.W.S.S.

JANUARY Holidays

National Blood Donor Month
 National Oatmeal Month

- 2—World Introvert Day
- 10—Houseplant Appreciation Day
- 12—National Pharmacist Day
- 20—National Cheese Lover Day
- 28—Data Privacy Day
- 30—National Inane Answering Message Day

Fun JANUARY Facts!

- ❄ The lowest temperature ever recorded in the US (-80° Fahrenheit) was on January 23, 1971 at Prospect Creek Camp in Alaska.
- ❄ The hottest temperature ever recorded in the southern hemisphere was 123° Fahrenheit on Jan. 2nd, 1960 in Oodnadatta, Australia.
- ❄ Seven states obtained their statehood in the month of January:
 Georgia (4th) and Connecticut (5th) - 1788
 Michigan (26th) - 1837
 Kansas (34th) - 1861
 Utah (45th) - 1896
 New Mexico (47th) - 1912
 Alaska (49th) - 1959
- ❄ Earth will reach perihelion (the point in orbit where it's closest to the Sun) on Jan. 4, 2023.



8 Healthy New Year's Resolutions for older adults



<https://chartwell.com/en/blog/2019/01/8-healthy-new-year%E2%80%99s-resolutions-for-older-adults>

Notes from the Kitchen
What's Cooking?

Do you make New Year's resolutions? If you're looking to make this one of your healthiest and happiest years yet, consider focusing on doable goals to boost your health and quality of life. It turns out even small daily adjustments can have a surprisingly big impact on your health!

Here are eight ways you can help yourself feel good and age well:

1. **Eat more nutrient-dense foods.** You need fewer calories with aging, but just as many nutrients. Eat more nutrient-rich fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds. Also consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains, advises the National Institutes of Health (NIH).
2. **Do a variety of physical activities.** Older adults can benefit from doing four types of activity regularly. These include *aerobic* exercise, such as walking or swimming, for endurance; and activities to *strengthen* muscles, improve *balance* and increase *flexibility*, says NIH. Doing yoga, for example, combines balance, flexibility, and strengthening.
3. **Think positively.** Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties, according to Dalhousie University.
4. **Stimulate your mind.** Challenging your brain to learn something new through a university or community class, book or movie club, or photography group, helps keep your brain healthy, says Dalhousie University. Lifelong learning helps build cognitive reserve, the brain's resilience, and ability to cope with stress and challenges.
5. **Help other people.** Research reveals volunteering improves health by reducing stress and depression risk, and keeping you physically, mentally, and socially active. It also may help you live longer, reports Mayo Clinic.
6. **Stay connected and make new friends.** Social engagement and participation are especially important for older adults. These are linked to better cognition and overall health, and lower risk of depression and disability, reports Statistics Canada.
7. **Engage in the arts.** Participating in the arts through music, painting, writing, dance, or theater can stimulate people in unique ways that bring cognitive and mood benefits, according to McMaster University.
8. **Share a good laugh.** Humor, or a smile, can make you feel good, even in difficult times. Laughter also strengthens your immune system, lifts mood, eases pain, and lowers stress, says Harvard Health.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

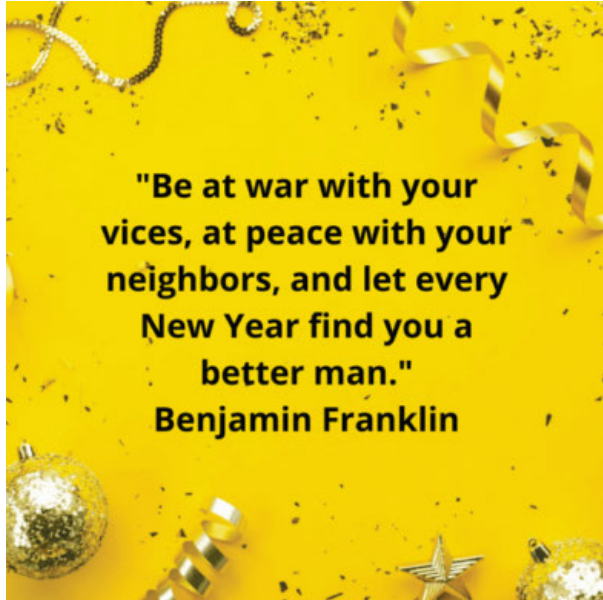
January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED Happy New Year	2  CLOSED	3BBQ Meatballs Rice Pilaf Corn O'Brien Chunky Vegetable Salad Gingered Peas	4Beef & Noodles Glazed Carrots Chopped Lettuce Salad Banana Cake	5Honey Garlic Chicken Fried Rice Brussels Sprouts Carrot Raisin Salad Blueberry Melon Salad	6Vegetable Beef Soup Tuna Salad Sandwich Broccoli Slaw Plums	7
8Hot Beef Sandwich Mashed Potatoes Harvard Beets Jell-O Fruit Salad Cherry Pie	9Baked Chicken Butternut Squash Broccoli Strawberries White Cake	10Taco Casserole Lettuce & Tomatoes Spanish Rice Santa Fe Corn Salad Oatmeal Raisin Cookie	11Cream of Celery Soup Turkey Salad Sandwich Pea Salad Tropical Fruit	12Beef Pot Pie Winter Mix Dill Cucumbers Sliced Peaches Chocolate Pudding	13Breaded Cod Macaroni & Cheese Stewed Tomatoes Apricots	14
15Breaded Ch'kn Breast Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Peach Berry Mix	16Biscuits with Sausage Gravy Scrambled Eggs Sliced Tomatoes Fresh Peaches	17Chicken & Noodles Green Beans Almandine Dill Cucumber Salad Coconut Cream Pudding	18Lamb Stew Fresh Beets Hearty Salad Citrus Fruit	19Spanish Steak Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	20Baked Tilapia Tomato Pasta Roasted Broccoli Cottage Cheese Sliced Peas	21 MEALS COME WITH MILK & BREAD
22Pork Roast Mashed Potatoes Country Blend Tossed Salad Peach Pie	23Deli Dog with Peppers & Onions Sauerkraut Sweet Potato Tots Baked Beans Oatmeal Cake	24Chicken Fried Steak Mashed Potatoes Roasted Asparagus Pepper Slaw Fluffy Fruit Cup	25Ham & Scalloped Potato Casserole Garden Mix Veggies Tossed Vegetable Salad Rosy Applesauce	26BBQ Chicken Pasta Broccoli Salad Chopped Spinach Orange Wedge Cherry Crisp	27Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit White Chocolate Cookie Orange Juice	28
29 Turkey & Dressing Sweet Potatoes Citrus Fruit Pumpkin Pie	30Chicken Tacos Lettuce & Tomatoes Refried Beans Spanish Rice Diced Peas	31Stuffed Pepper Roasted Zucchini Creamed Corn Tomato Basil Salad Strawberry Parfait				MENU SUBJECT TO CHANGE



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of Natrona County



"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man."
Benjamin Franklin

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Wednesday mornings
at 7 A.M.



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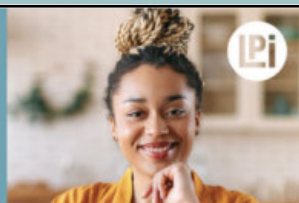


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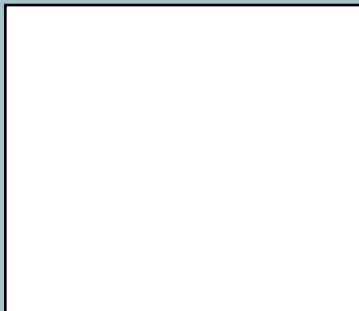


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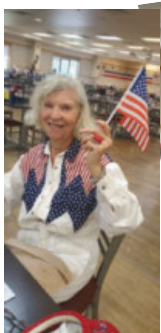
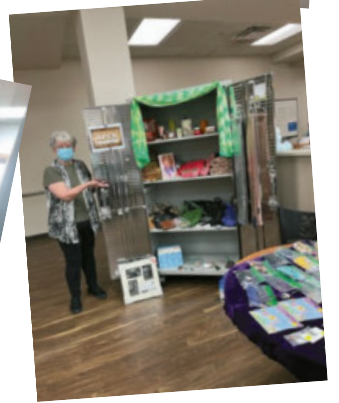
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2022 at the Center in Photos!



Thanks to the efforts of dedicated members who meet monthly at the Senior Center, the group Caps 4 Kids was able to provide 1080 hand knit or crocheted hats to local children in 2022.



Their enclosed note states the following:



With Love from... **Caps 4 Kids**

The hat(s) that you are receiving have been knit and crocheted by a small group of community volunteers. "May they keep you warm."

If you are in need of additional hats or for more information about Caps 4 Kids, please contact us:

Sharon 307-277-6430

Diana 307-259-2783

or call the Casper Senior Center.

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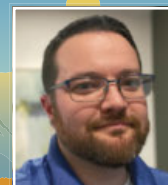
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Central Wyoming Senior Services, Casper, WY

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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 (DF)
Bible Study	Monday Wednesday	3:30PM—4:30PM (CNF) 7:30PM—8:30PM (AR)
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)
Garden Club	3rd Saturday	10:00AM—12:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Ladies Bible Study	Tuesday	10:00AM—11:00AM (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)

Winter Fruit Salad

★★★★★

This winter fruit salad is a colorful variety of fresh fruit tossed in a light honey poppy seed dressing.

Course	Salad
Cuisine	American
Prep Time	10 minutes
Cook Time	1 minute
Total Time	10 minutes
Servings	3 servings
Calories	183kcal
Author	Sara Welch

Ingredients

- 1.5 cups of cubed pineapple
- 0.5 cup of peeled, quartered and sliced kiwis
- 1 cups of mandarin orange or clementine segments
- 0.25 cup pomegranate arils
- 1.5 tablespoons lemon or lime juice
- 1.5 tablespoons honey
- 0.5 tablespoon poppy seeds
- Optional garnish: fresh mint leaves



Instructions

1. Place the pineapple, kiwi, mandarin oranges and pomegranate arils in a large bowl.
2. In a small bowl whisk together the lemon juice, honey and poppy seeds.
3. Pour the poppy seed dressing over the fruit and toss gently to coat.
4. Garnish with mint leaves if desired.

Nutrition

Calories: 183kcal | Carbohydrates: 42g | Protein: 3g | Fat: 2g | Sodium: 5mg | Fiber: 6g | Sugar: 34g

<https://www.dinneratthezoo.com/winter-fruit-salad/#recipe>

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Are you ignoring the signs?

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

GA GASTROENTEROLOGY ASSOCIATES, P.C.

To learn more call Gastroenterology Associates (307) 233-2700 or Toll free (800)380-1820 to speak to
**Dr. Krmpotich, Dr. Katz, Dr. Joubran
Dr. Parrack, Dr. Cooper, Dr. Fahed**
The doctors have treated the most Barrett's Esophagus patients in Wyoming.

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Central Wyoming Senior Services, Casper, WY

F 4C 05-0641



**Central Wyoming
Senior Services, Inc.**
1831 East 4th St, Casper, WY 82601
(307) 265-4678
"The Heart of Natrona County"

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Images are of Frozen Soap Bubbles



Image by Hans from Pixabay



PARTING THOUGHTS

"Each year's regrets are envelopes in which messages of hope are found for the new year." ~ American entrepreneur John R. Dallas Jr. ~

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!
The Board of Directors and staff appreciate you!

Help Wanted!

We are so thankful to our volunteer force, especially during the lunch hour:
11:00 AM–1:00 PM.

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.

