

# 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

# JULY 2023

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com



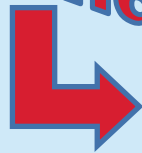
## FUN FACTS ABOUT THE USA....

- CANADIANS OWN THE MALL OF AMERICA
- JIMMY CARTER WAS THE FIRST PRESIDENT, WHO WAS BORN IN A HOSPITAL.
- APPLE HAS MORE CASH THAN THE U.S. TREASURY.
- THE AMERICAN ONE-DOLLAR INVOICE INCLUDES SEVERAL HIDDEN PICTURES, SUCH AS A SPIDER AT THE TOP RIGHT-HAND CORNER.
- THOMAS JEFFERSON AND JOHN ADAMS BOTH DIED ON JULY 4, 1826.

**In 1941, Congress declared July 4th a federal legal holiday. It is one of the few federal holidays that have not been moved to observe on the nearest Monday in the "Uniform Monday Holiday Act."**

## 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!



## 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

*Gloria Fuhrer*                      *Errol Miller*  
*Miles Hartung*                   *Ray Bila*  
*Debera Siems*                   *Bob Carpenter*  
*Susan Burk*

## City Council Liaison

*Michael Bond*

## Executive Director

*Aimee Ottley-Fleming*

## Director of Operations

*Tom Lebahn*

## Assistant Director

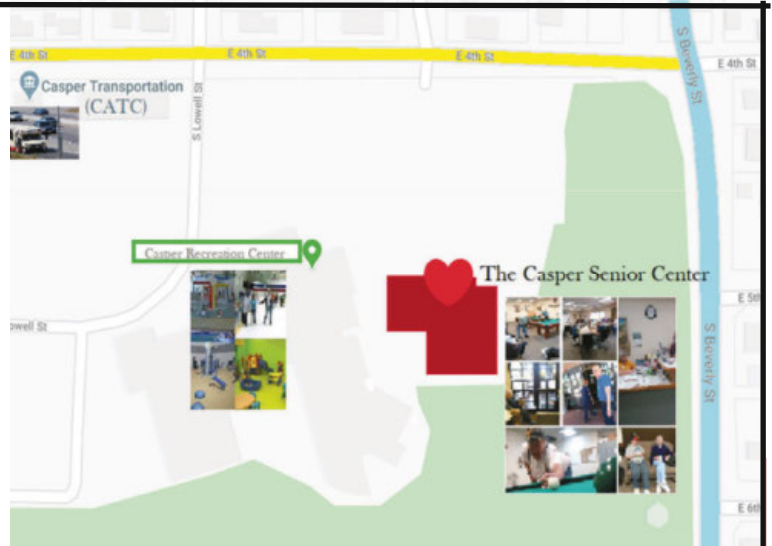
*Rachel Brown*

## 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](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.

## A Letter from the Desk of the President:

Please join us for a barbecue on Saturday, July 8, 2023 from 11:00 am to 1:00 pm on the back lawn of the Center. This will be the big event for July thanks to a generous donor. The staff is planning a delicious meal and a fun time for all.

The speaker for July is Ezra Bovee from Bustard and Jacoby Funeral Home who will speak on a Community Education Program designed to educate people about how they can help their family during a very difficult time in their lives due to the loss of a loved one. Ezra will provide information on how people can document their final wishes in order to make this process easier for their loved ones while they are grieving. This program will be presented on Wednesday, July 26, 2023 at 12:00pm.

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 or 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:



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.



Answer to the June Riddle:  
A Hole!



## RIDDLE

I have an eye but am blind,  
a sea but no water,  
a bee but no honey,  
tea but no coffee,  
and a why but no answer.

What am I?

Let the front office know the correct answer for your chance to win a 5-punch lunch ticket!!

## 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

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE



**Joyce's Easy Clogging**  
by Joyce Sisk

Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center  
10:30 am–10:45 am  
Learn Steps  
10:45 am–11:45 am  
Dance Routines

We DO NOT Jump, Stand on One Foot,  
or Go Around in Circles.

**SAVE THE DATE!**  
**Tuesday, August 22**  
**World Senior Citizen**  
**Day Information Fair**

**SATURDAY DANCES IN JULY**  
( ALL AGES WELCOME! )  
**\$6 COVER CHARGE**

**JULY 8TH**  
&  
**JULY 22ND**  
**5PM–9PM**

*POTLUCK DINNER SERVED AT 6PM*

**The Senior Center**  
**will be CLOSED**  
**in observance of**  
**Independence Day**  
**Tuesday, July 4th**  
**We will re-open as normal**  
**Wednesday, July 5th at 8AM**

**New Member Coffee**

2nd Tuesday  
of Every Month  
10AM in Déjà Brew

**NEXT DATE:**  
**July 11th**

**Independence Day**  
**BBQ**

**Saturday, July 8th**  
**11AM–1PM**  
**Senior Center**  
**Dining Room**  
&  
**Back Lawn**

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- And much more!


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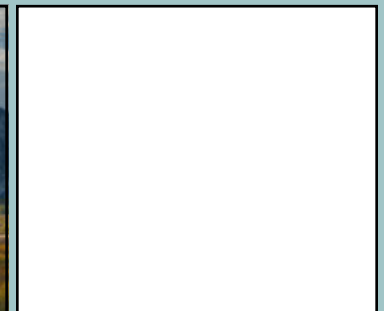
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# SPOTLIGHT

## What happened in 1994?

## Year in Review

### Major News:

- ✦ January 6—US Figure skating champion Nancy Kerrigan is attacked by rival skater Tonya Harding's bodyguard at the US Championships in Detroit
- ✦ January 10—Trial begins of Lorena Bobbitt for assault on her abusive husband ; she was later found to be temporarily insane
- ✦ February 7—Howard Stern stops a would-be jumper on the George Washington Bridge
- ✦ March 21—Wayne Gretzky ties (then surpasses) Gordie Howe's NHL record of 801 goals
- ✦ April 18—Former US President Richard Nixon suffers a stroke; passes away 4 days later
- ✦ May 6—Channel Tunnel linking England & France officially opens
- ✦ June 15—Disney's animated musical film, "The Lion King," opens in theaters
- ✦ June 17—Former NFL player O.J. Simpson leads LA police in a car chase in his white Ford Bronco after failing to turn himself in on murder charges
- ✦ July 5—Amazon.com founded in Bellevue, WA by Jeff Bezos
- ✦ July 17—Hulk Hogan beats Ric Flair to win WCW wrestling championship
- ✦ July 23—Amy Osmond, 17, of Utah crowned America's Junior Miss
- ✦ August 12—Members of Major League Baseball Players Association go on strike over a labor dispute; leads to cancellation of World Series for 2nd time in MLB history (1st in 1904)
- ✦ August 31—Pentium computer beats world chess champ Garry Kasparov
- ✦ September 22—TV sitcom "Friends" debuts on NBC
- ✦ October 31—American tennis star Venus Williams makes her professional debut as a 14 year old. She wins over former NCAA champion and world No. 58 Shaun Stafford in the Bank of the West Classic in Oakland, CA.
- ✦ November 1—Chicago Bulls retire basketball superstar Michael Jordan's jersey number, 23, in a ceremony at the United Center
- ✦ December 6—Iconic lead statuette from 1941 film "The Maltese Falcon" sells at auction for \$398,590.00.

## Do You Remember? by Jeff Sheldon

<https://theretroneetwork.com/do-you-remember-the-george-foreman-grill/>

Do you remember the George Foreman Grill? I had one of these babies in my college dorm room, and even though it was against the rules, this little baby grilled me up a piece of chicken breast or burger on many a night.

Officially called the "George Foreman Lean Mean Fat-Reducing Grilling Machine," or simply referred to as the George Foreman Grill, this cooking device is a portable, double-sided, electrically heated grill. Manufactured by Spectrum Brands, it is promoted by the world-famous, two-time World Heavyweight boxing champion, George Foreman.

The grill was created in 1994 by Michael Boehm of Batavia, Illinois, intended to be an indoor grill that would reduce cooking time by cooking both sides at once. The second benefit was reducing fat content in burgers and other fatty meats by draining the fat into a separate reservoir. Boehm designed his grill with a floating hinge and slanted grilling surface to accommodate foods of different thicknesses and as a way to drain away grease and fat.

The grill was initially presented as "The Fajita Express" but saw little market traction. After a year of several trade shows, the grill was pitched to Salton, Inc, a manufacturer of all things kitchen-gadget related. Salton sent samples of the grill to several celebrities, one of them famously being pro-wrestler Hulk Hogan. Hogan turned down the concept in favor of the Hulk Hogan Meatball Maker.

*Yeah, I never heard of that one, either.*

When George Foreman saw the grill, he leaped at the chance to endorse it. Since 1994, he's promoted the grill on countless infomercials and 30-second ad spots. His likable personality and the unique features of the grill made it a smashing success. The infomercials were so popular in the 90s that George's tagline "It's so good, I put my name on it!" became an oft-repeated part of popular culture for a time.

The grill is still being sold worldwide today, having gone through a few new "generations." In 2006, the "Next Grill-eration" was launched, featuring detachable grill plates for easier cleaning. In 2014, it was updated again to the "Evolve Grill," where the machine features different interchangeable cooking plates.

In all, the George Foreman Grill has resulted in sales of over 150 million units. Foreman has never confirmed exactly how much he has earned from the endorsement.

Did you own one of these?  
Do you remember  
the infomercials?

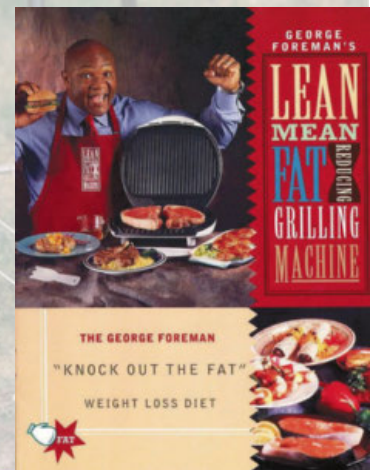


Image by Jon Pauling from Pixabay

# BACK IN 1994

## AVERAGE COST

A first class stamp \$0.29  
 A gallon of gas \$1.09  
 A gallon of milk \$2.88  
 A movie ticket \$4.18  
 A new house \$119,050.00

AVERAGE INCOME  
 PER YEAR  
**\$37,070**

## '90s SLANG

Allright - Alright, okay  
 Da bomb! - Really cool  
 As if! - Lack of interest  
 Word - In agreement  
 Boo ya! - In your face  
 Dope - Something cool  
 Talk to the hand -  
 I don't want to hear it

## IN Style...

Denim overalls  
 Ripped jeans  
 Plaid flannel shirts  
 Guess jeans  
 Reebok Pumps  
 Doc Martens  
 Scrunchies  
 Bucket hats  
 Fanny packs  
 Rollerblades

## U.S. PRESIDENT

★ *Bill Clinton* ★



World  
 POPULATION  
 5.670 BILLION

## TECHNOLOGY

Netscape Navigator released and quickly became the market leader for browsing the web.

The world's first satellite digital television service is launched.

Amazon.com is founded in Bellevue, Washington by Jeff Bezos.

## IN THE NEWS...

After many years, the English Channel is opened, joining England to France for the first time.

Tonya Harding wins the national Figure Skating championship title but is stripped of her title following an attack on her rival Nancy Kerrigan.

O.J. Simpson flees from the police in his white Ford Bronco.

Major League Baseball Players Association begin a 232 day strike causing 1994 season to be cancelled.

Lisa Marie Presley marries Michael Jackson.

## IN THEATERS...

The Shawshank Redemption  
 Pulp Fiction  
 Forrest Gump  
 Lion King  
 True Lies

## ON Television...

Friends  
 ER  
 Seinfeld  
 Frasier  
 The Simpsons

## ON THE RADIO...

The Sign - Ace Of Base  
 I Swear - All-4-One  
 Regulate - Warren G  
 Baby I Love Your Way - Big Mountain  
 On Bended Knee - Boyz II Men

# Sudoku 42

7			6	4			5
						4	2
3				2			6
5	8			3			
		4		1			
	2			8	5		6 4
2							
						7	8
	6	9		3			

Answers on page 10...

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## Is It Safe to Eat Berries if Some Are Moldy? Here's What the Experts Say

By Megan O. Steintrager | Published April 12, 2023 | <https://www.simplyrecipes.com/is-it-safe-to-eat-moldy-berries-7374051>

*You notice a moldy berry in the bunch. Can you pick it out and eat the rest, or should you throw them all out?*

Fresh berries are rarely cheap, so if you've discovered a moldy berry or two in the basket you brought home from the farmers' market or grocery store, you're probably wondering if you have to toss them all. It'd be such a bummer!

Fortunately, the answer is that one bad berry doesn't necessarily spoil the whole bunch. Here's what the experts say about when you can salvage your berries, when you're better off trashing (or composting) them, and how to reduce the risk of ending up with moldy berries.

### Is It Ok to Eat Moldy Berries?

You discover a moldy strawberry, blueberry, or raspberry lurking in your pint of berries—what do you do? "If you open the container and find that a few of your berries look a bit fuzzy, you can pick out the ones that are moldy and the rest should be fine to eat," says Bonnie Taub-Dix, Registered Dietician Nutritionist and author of *Read It Before You Eat It*. "If the moldy berry was clinging tightly to the berry next to it, you may want to ditch that one, too."

And in case it's not obvious, toss any berries that actually have mold on them. "When it comes to the moldy berries themselves, you should throw them out," says Janice Revell, cofounder of StillTasty.com, a website that helps readers avoid food waste. "It's not safe to eat soft fruits—like berries—that have mold on the surface because the mold could have penetrated into the flesh of the fruit where it's not visible to the naked eye," Revell adds, echoing advice from the U.S. Department of Agriculture (USDA).

After you discard any moldy berries and any berries that were touching the bad ones, the USDA says to examine the remaining berries to be sure they aren't overly mushy and don't show signs of mold. Then thoroughly wash the rest of the berries before eating them.

### What Happens if You Eat a Moldy Berry?

"If you ate a berry that was moldy, it's not likely that it will make you ill. But when in doubt, it's best to throw them out," says Taub-Dix. "The money you'll waste by throwing them away is not as costly as wasting a day by not feeling well." Both

Revell and the USDA note that eating moldy fruit can cause allergic reactions and respiratory problems. So in the unlikely event that you do experience symptoms such as shortness of breath, give your doctor a call.



### Tips for Avoiding Moldy Berries

Of course, the best way to avoid eating moldy berries is to avoid having moldy berries in your fridge

in the first place. Here are some tips on buying the best berries and keeping them in good shape.

- 🕒 **Inspect the package:** Taub-Dix recommends buying berries in clear containers so you can check them well for any visible mold. If you buy berries in a cardboard package, make sure the outside of the carton, including the bottom, is completely dry.
- 🕒 **Keep them cool and dry:** Once you get your berries home, put them in the fridge and wait to wash them until just before you are planning to eat them or cook with them. Warm and/or damp berries are much more prone to mold, so keeping them dry in the fridge should make them last longer.
- 🕒 **Use them quickly:** Fresh, unwashed berries can last up to a week in the fridge, but the best bet is to use them within two or three days, especially if you're dealing with really delicate berries such as raspberries. If the clock is ticking on your berries, you can always turn them into a quick microwave jam or freeze them. To freeze, rinse the berries and pat them dry, slice if desired, place in a single layer on a parchment- or Silpat-lined sheet pan, then freeze until solid and transfer to an airtight bag or container.
- 🕒 **Consider buying frozen berries:** Speaking of frozen berries, if berries are out of season or you are cooking with them or making smoothies, consider buying frozen berries. "Nutritionally, frozen foods are just as valuable as fresh counterparts, plus they're easier to store, they'll last longer, and they will probably cost less as well," says Taub-Dix.







Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Swiss Steak Mashed Potatoes Roasted Asparagus Pepper Slaw Peach Pie Corn Muffin	<b>3</b> Deli Dog Potato Salad Celery & Carrot Stix Fruit Cocktail Frosted White Cake	<b>4</b>  <b>11</b> Western Egg Bake Breakfast Sausage Potato Medley Tossed Green Salad Boston Brown Bread Tropical Fruit	<b>5</b> Ham & Scalloped Potato Casserole Garden Mix Veggies Onion Roll Fresh Apple	<b>6</b> Chicken Enchiladas Lettuce & Tomatoes Refried Beans Spanish Rice Diced Peaches	<b>7</b> Clam Chowder Egg Salad Sandwich on Rye Bread Broccoli Almond Slaw Apricot Halves	<b>1/8</b> <b>MENU SUBJECT TO CHANGE</b>
<b>9</b> Chicken & Noodles Creamed Corn Vinegar Cucumbers Cheddar Biscuit Mixed Berries	<b>10</b> Stuffed Pepper Sweet Potatoes Almond Green Beans Wheat Roll Banana Bar	<b>11</b> Western Egg Bake Breakfast Sausage Potato Medley Tossed Green Salad Boston Brown Bread Tropical Fruit	<b>12</b> Pork Chow Mein Fried Rice Brussels Sprouts Carrot Raisin Salad Wheat Roll Melon Chunks	<b>13</b> French Dip Baked Potato Creamed Corn Hearty Tossed Salad Butterscotch Pudding	<b>14</b> Fish Florentine Continental Rice Peas & Carrots Tomato Basil Salad Mandarin Oranges	<b>15</b>
<b>16</b> Glazed Ham Oven Brown Potatoes California Veggies Applesauce French Bread Brownie	<b>17</b> Beef Stroganoff Sliced Carrots Grappoccoli Salad Wheat Roll Sugar Cookie	<b>18</b> Vegetable Soup Deluxe Chicken Sandwich Pea Salad Pear Crisp	<b>19</b> Beef Pot Pie Braised Cabbage Dill Cucumbers Raisin Wheat Bread Sliced Peaches	<b>20</b> Breaded Ch'kn Breast Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Mixed Summer Fruit	<b>21</b> Lemon Tilapia Tomato Pasta Spinach Cottage Cheese Gingered Pears Sunflower Bread	<b>22</b> <b>MEALS COME WITH MILK &amp; BREAD</b>
<b>23</b> Roasted Chicken & Potatoes Baby Carrots Russian Salad Mandarin Orange Cake	<b>24</b> Chicken Fried Steak Mashed Potatoes Zucchini Squash Tomatoes Basil Salad Diced Peaches	<b>25</b> Split Pea Soup Ham Salad on Wheat Celery & Carrots Strawberry Fruit Parfait	<b>26</b> Porcupine Meatballs Brown Rice Key West Vegetables Tossed Salad Honey Wheat Roll Blueberries Biscuit	<b>27</b> Turkey & Noodles California Vegetables Citrus Fruit Pumpkin Crunch	<b>28</b> Happy Birthday Meal! BBQ Pork Wings Butternut Squash Corn Radish Slaw Potato Roll Fruit Cocktail Cake	<b>29</b> 
<b>30</b> Pork Roast Brown Rice Country Blend Tossed Salad Apple Pie	<b>31</b> Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Raspberry Jell-O					

# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between May 20th—June 20th, 2023.  
If donations were made between those dates and you were not recognized,  
please see the office.

## Memorials

**Carol Weixel**

Mary C Moler  
Kimberly Cooper

**Morris Massey**

Judy Barbe

**Janet Field**

Kathy Dilgarde  
Marvin & Ann Robinson  
Casper Doll Collectors

**Richard Kwedor**

Kimberly Cooper  
Mary C Moler

## Gifts

**Frank C Stofflet**

Dave C Gossin  
Karon Windle  
Sally Lindahl  
John Savage

### 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.

# Of Old Sat Freedom on the Heights

By Alfred, Lord Tennyson

<https://www.poetryfoundation.org/poems/45374/of-old-sat-freedom-on-the-heights>

Of old sat Freedom on the heights,  
The thunders breaking at her feet:  
Above her shook the starry lights:  
She heard the torrents meet.

There in her place she did rejoice,  
Self-gather'd in her prophet-mind,  
But fragments of her mighty voice  
Came rolling on the wind.

Then step she down thro' town and  
field

To mingle with the human race,  
And part by part to men reveal'd  
The fulness of her face—

Grave mother of majestic works,  
From her isle-altar gazing down,  
Who, God-like, grasps the triple forks,  
And, King-like, wears the crown:

Her open eyes desire the truth.  
The wisdom of a thousand years  
Is in them. May perpetual youth  
Keep dry their light from tears;

That her fair form may stand and  
shine,  
Make bright our days and light our  
dreams,

Turning to scorn with lips divine  
The falsehood of extremes!

# Air Quality and Health

Exposure to air pollutants such as particulate matter and ground-level ozone can cause:



Headaches



Difficulty breathing



Irritated eyes,  
sinuses



Chest pains,  
asthma attacks



Fatigue



Irritated throat,  
increased coughing

Poor air quality can be hazardous to anyone, and it can aggravate health problems such as asthma, heart disease, and lung disease.

Seniors, children and those with compromised immune systems are especially at risk.

weather.gov



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

*Long fairy tales have a tendency to drag...*

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

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

8	6	9	7	3	2	4	5	1
4	5	3	1	9	6	7	2	8
2	7	1	5	4	8	6	9	3
1	2	7	9	8	5	3	6	4
9	3	4	2	6	1	5	8	7
5	8	6	4	7	3	2	1	9
3	4	5	8	2	9	1	7	6
6	1	8	3	5	7	9	4	2
7	9	2	6	1	4	8	3	5

Sudoku 42 Solution

# Browned Butter Grilled Peaches with Cinnamon "Toast" Crumbs

Author: Tieghan Gerard

## Ingredients

### Cinnamon Toast Brioche Crumbs

- 4 slices brioche bread, torn or pulsed into fine crumbs (about 2 cups of crumbs)
- 4 tablespoons salted butter, melted
- 2-5 tablespoons cinnamon sugar, to your taste, plus more for serving

### Browned Butter Grilled Peaches

- 4 tablespoons salted butter
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 4 ripe, but firm peaches or nectarines, halved + pit removed
- vanilla ice cream, for serving



<https://www.halfbakedharvest.com/browned-butter-grilled-peaches/>

## Notes

\*To make breadcrumbs, pulse the bread slices in a food processor until you have fine crumbs. Alternately you can tear the bread into fine crumbs with your hands.

## Instructions

1. To make the cinnamon toast crumbs. Preheat the oven to 350 degrees F. Line a baking sheet with parchment. To the baking sheet, add the breadcrumbs, butter, and cinnamon sugar, toss to coat the crumbs. Transfer to the oven and bake 10-15 minutes, until toasted. Watch closely to ensure they are not burning.
2. To make the browned butter. Add the butter to a skillet set over medium heat. Allow the butter to brown until it smells toasted and is a deep golden brown, about 3-4 minutes. Stir often. Remove from the heat and transfer the butter to a heat-proof bowl. Stir in the honey, vanilla, and cinnamon. The butter can be used immediately or cooled completely and stored for up to 1 week. Serve at room temperature.
3. To grill the peaches. Preheat your grill or grill pan to medium-high heat and brush the grates with oil. Grill the fruit for 2-3 minutes or until light char marks appear, flip and grill another 2-3 minutes. Remove from the grill and immediately drizzle/spread each peach half with browned butter. Serve topped with vanilla ice cream and a generous sprinkle of cinnamon toast crumbs. ENJOY!



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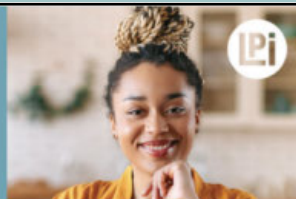


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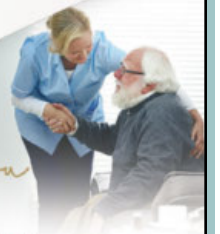
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## WHAT IS UV LIGHT?

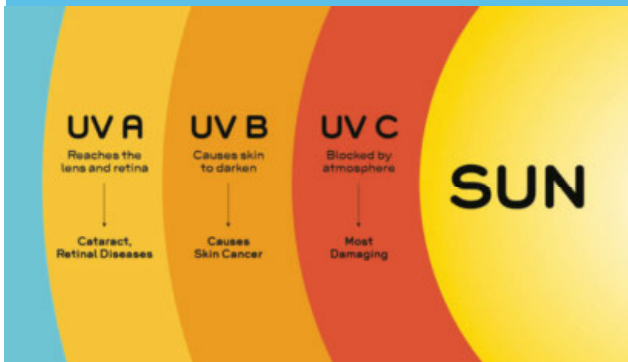
UV stands for ultraviolet. Ultraviolet light is one of the many kinds of light that shines down on us from the sun.

While we can't see it, we can certainly feel it!

Too much UV light can cause your skin to tan and burn!

## HOW CAN I ENJOY TIME IN THE SUN?

The CDC and American Cancer Society agree that the best way to enjoy time in the sun is to protect your skin! You can do this by wearing sunscreen, hats, sunglasses, and light-weight clothes that cover your arms and legs.



### Don't Forget- UV Strength Varies According To:

- Time of Day:** UV rays are strongest between 10am-4pm, when the sun is highest in the sky
- Season:** UV rays are strongest in the summer, when the earth is tilted towards the sun
- Altitude:** UV exposure is greater at higher altitudes
- Location:** UV rays are strongest at the equator and decrease as you move north or south toward the poles
- Exposure Time:** The longer you're exposed to the sun, the more UV rays your skin absorbs

## UV Safety Month The Basics

### UVA Rays (Aging Rays):

Most sun exposure from these. Pass easily through the ozone layer and cause:

- Skin aging
  - Wrinkles
  - Contribute to skin cancer
- Tanning beds use these rays!

### UVB Rays (Burning Rays):

Dangerous and cause:

- Sunburns
- Cataracts
- Effects on immune system
- Contribute to tan/red skin
- Damage skin year-round
- Cause skin cancer, particularly melanoma.

### UVC Rays (Most dangerous):

- They are blocked by the ozone layer
- Lucky us!

### Protect Yourself!

- "Broad-spectrum" sunscreen (blocks both UVA and UVB)
- SPF of 15 or higher
- Stay in the shade, especially between 10am and 4pm
- Broad brimmed hats and UV protective sunglasses
- Apply sunblock 30 minutes before going outside; reapply it every two hours.

## WHAT'S THE BEST SUNSCREEN TO USE?

The CDC states the best sunscreen to use is broad spectrum sunscreen with an SPF (sun protection factor) of 15 or higher. The higher the SPF number, the more protection your skin has!

## DOES SUNSCREEN WEAR OFF?

Yes, sunscreen wears off! No matter the SPF number, the CDC recommends reapplying sunscreen after two (2) hours and/or after swimming, sweating, or drying off with a towel.

WHY STOP AT JUST ONE?



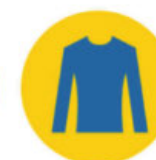
ADD THEM UP FOR THE BEST SUN PROTECTION.



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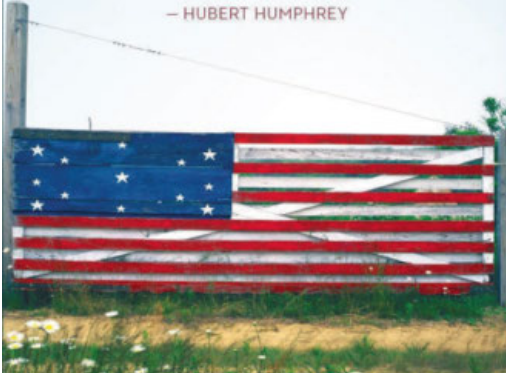


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– HUBERT HUMPHREY



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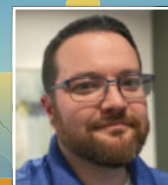
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# ACTIVITIES FOR EVERYONE\*

\*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	1PM—3PM (AR) 3:30PM—4:30PM (Déjà Brew)
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)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	1st 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)
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)

# Financial Opportunities

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## Déjà Brew



Volunteers Baristas available:  
Monday—Friday, from 9:00 AM—1:00 PM

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## SCSEP PROGRAM

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

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Photo by Ian MacDonald on Unsplash

## PARTING THOUGHTS

"They were singing in French, but the melody was freedom and any American could understand that."

~ American Soldier/Author/Actor Audie Murphy ~

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