

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

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

MARCH 2023



Photo by JAKE WHEATON on Unsplash

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

SAVE THE DATE!



Post Time:

Saturday, May 6, 2023 at 5:00PM

Ramkota Hotel and Conference Center

Tickets cost \$50.00 and include dinner. Betting Bucks cost \$1 each and are required to place wagers on races. Purchase can be made in advance or at the door.

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

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<i>Miles Hartung</i>	<i>Ray Bila</i>
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<i>Susan Burk</i>	

City Council Liaison

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Assistant Director

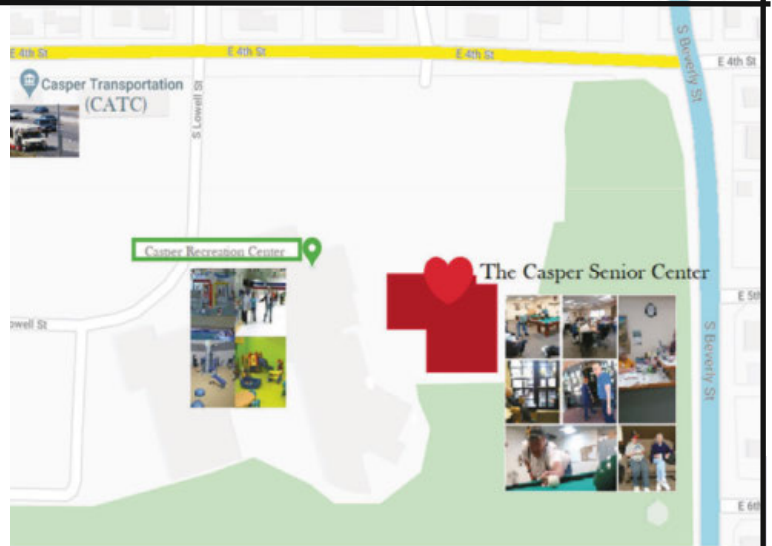
Rachel Brown

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)



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:

March is National Nutrition Month. National Nutrition Month was created 50 years ago. Your kitchen staff provides one-third the daily dietary requirement in the lunch meals. Everyone is invited to learn about making informed food choices and developing healthful eating habits. Watch for details as we plan to have a dietician present an informative program for you in March.

Staff also has a St. Patrick's Day celebration planned with a traditional St. Patrick's Day menu. We hope to see you on March 17, 2023.

If there is a topic which would be of interest to you, please let me or a staff member know. We will find a speaker to present that topic. We always welcome your feedback.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028



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MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

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

Services include homemaking, personal care, respite, and care coordination.

Any questions? Come see Lacey or Alicia!

Or give us a call at (307) 265-4678.

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Crocheting

Knitting

Zentangle

Cribbage

or have a suggestion for another activity, please come to the office to discuss with staff!

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 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

I welcome the day with
a show of light,
I stealthily move in
during the night.
I bathe the earthy stuff
at dawn, but by noon,
alas! I'm gone.
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

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



SAVE THE DATE
 Saturday, May 6th
 5:00 PM
 Ramkota Hotel

NIGHT AT THE RACES

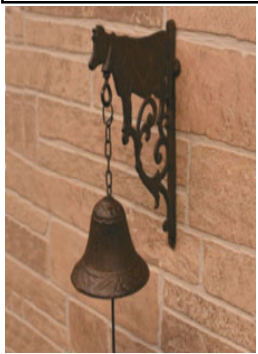
Joyce's Easy Clogging by Joyce Sisk
 Call (307) 237-4908 for more information.

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.

DINNERTIME!

We gladly welcome the Natrona County Cow-Belles back to the Senior Center for a delicious meal on Monday, March 20th!



More Ways to Support:

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



Do you shop Amazon Prime?

Use smile.amazon.com and select us, Central Wyoming Senior Services as your charity.



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

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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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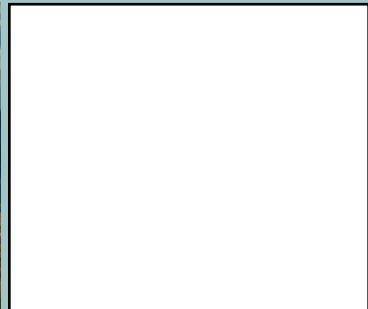
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SPOTLIGHT

What happened in 1912? Year in Review

Major News:

- ✦ January 1—Sun Yat-sen, the Father of Modern China, forms the Republic of China
- ✦ February 14—Arizona is admitted to the Union as the 48th state
- ✦ March 12—Girl Guides (now Girl Scouts of USA) founded by Juliette Gordon Low of Savannah, GA.
- ✦ March 27—First Japanese cherry blossom trees planted in Washington D.C.
- ✦ April 14/15—RMS Titanic, the world's largest ocean liner, hits an iceberg on the 14th at 11:40PM off Newfoundland and sinks early on the 15th
- ✦ April 16—Harriet Quimby becomes the 1st female pilot to fly across the English Channel
- ✦ May 7—Columbia University approves plans to award the Pulitzer Prize in several categories after it becomes established by newspaper publisher Joseph Pulitzer
- ✦ June 4—State of Massachusetts passes the first US minimum wage law
- ✦ July 19—A meteorite, estimated at 190kg mass (weight of around 419lbs), explodes over Holbrook in Navajo County AZ, raining approximately 16,000 pieces of debris on the town
- ✦ August 7—The Progressive (Bull Moose) Party nominates Theodore Roosevelt for US President
- ✦ September 27—W. C. Handy, *Father of the Blues*, publishes "Memphis Blues," considered to be the first blues song
- ✦ October 18—Black World Heavyweight Boxing Champion Jack Johnson is arrested for violating the Mann Act for "transporting women across state lines for immoral purposes" due to his relationship with white woman Lucille Cameron, allegedly a prostitute. He was later convicted by an all-white jury and sentenced to a year in prison.
- ✦ November 5—Democratic candidate Woodrow Wilson is elected 28th President of the United States, defeating Republican incumbent William Howard Taft and Progressive candidate Theodore Roosevelt
- ✦ December 16—First US postage stamp picturing an airplane is issued for 20¢ parcel post



Pitdown Man: Infamous Fake Fossil

By Jessie Szalay, published Sept. 29, 2016

In 1912, a British amateur archeologist named Charles Dawson wrote to London's Natural History Museum claiming to have discovered the missing evolutionary link between apes and humans in a fossil he had dug up in Pitdown, Sussex. This was the beginning of the Pitdown Man hoax, one of the most successful and consequential hoaxes in scientific history. Dawson's Pitdown Man was conclusively established as a hoax in 1953, after decades of leading scientists down the wrong path of evolutionary study.

The Pitdown Man was a collection of "fossils" assumed to be from the same Pleistocene- or Pliocene-era early human, according to Isabelle De Groote, a professor at the Research Centre in Evolutionary Anthropology and Palaeoecology at Liverpool John Moores University.

The Pitdown Man fossils were found over several years and included a mandible and set of teeth, parts of a human-like skull and a canine tooth. There were also rudimentary stone tools, a carved slab of bone and fragments of fossils from Pleistocene- or Pliocene-era mammals.

The fossils had the same dark reddish-brown color as the surrounding Pleistocene or Pliocene gravel pits in which they were uncovered. The mandible resembled an ape's, while the skull appeared human, and the canine tooth could have belonged to either species. Taken together, the fossils seemed to suggest that their owner exhibited characteristics of both apes and humans and was, therefore, the missing link.

In reality, the jawbones and tooth came from an orangutan and the skulls from medieval human bones, De Groote said.

For more than a century, the identity of the creator of the fake fossils was unknown, but De Groote's study, published in August 2016 by Royal Society Open Science, determined that Dawson was the most likely sole forger.

<https://www.livescience.com/56327-pitdown-man-hoax.html>





2023

January 31– April 8

WHAT TO BRING

- ⇒ Government issued photo ID
- ⇒ Social security cards or ITIN letters for taxpayers & dependents
- ⇒ All W-2 & 1099 forms for the tax year
- ⇒ Bank account numbers for direct deposit
- ⇒ Evidence for deductions, such as mortgage interest, property taxes, charitable contributions, & medical expenses
- ⇒ Receipts for child care expenses & the provider's tax ID number
- ⇒ Prior year tax return

HOURS OF OPERATION

Tuesday-Friday | 10 am – 3 pm
 Saturday | 9 am – 1 pm
 Closed Sunday & Monday

LOCATION

1230 E Yellowstone Highway
 Old Salvation Army Thrift Store
 Casper Area LINK: Blue Route

CONTACT 307.333.5095

FILE YOUR TAXES AT HOME
MyFreeTaxes.com



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

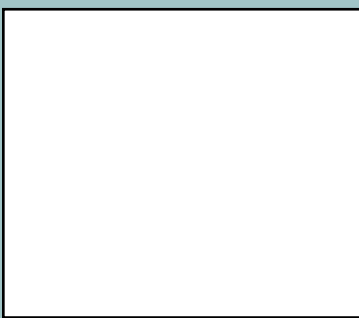
- ✓ At least 55 years or older
- ✓ Unemployed
- ✓ Family income of no more than 125% of the federal poverty level

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

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 find out more!**

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Central Wyoming Senior Services, Casper, WY

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between January 21—February 20, 2023.

If donations were made between those dates and you were not recognized, please see the office.

Memorials

Darlene Eddy
Herbert Eddy

Gifts

Frank C Stofflet
Dan & Jane Jones
Stephen Sprecher
Natrona County Cow-Belles

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.

Famous MARCH Birthdates

- 2, 1904—Theodore Seuss Geisel, “Dr. Seuss”
- 3, 1962—Jackie Joiner-Kersee, Olympic gold medalist
- 8, 1959—Lester Holt, news anchor *NBC Nightly News*
- 13, 1911—L. Ron Hubbard, science fiction writer
- 18, 1939—Charley Pride, American country music singer
- 19, 1955—Bruce Willis, American actor
- 26, 1911—Tennessee Williams, American playwright
- 26, 1950—Martin Short, American actor/comedian
- 29, 1918—Sam Walton, founder of Wal-Mart
- 31, 1928—Gordie Howe, American hockey player

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Fun MARCH Fact!

- ♣ March 29—31 are know as the “Borrowing Days;” according to lore, these last 3 days of the month have a reputation for being stormy.
- ♣ Scottish folklore proposes that these three days were borrowed from April so that March might extend his power.
- ♣ The Spanish story about the borrowing days is that a shepherd promised March a lamb if he would temper the winds to suit the shepherd’s flocks. But after his request was granted, the shepherd refused to deliver the payment. In revenge, March borrowed three days from April, in which fiercer winds than ever blew to punish the deceiver.

Ma rch

by Mary Mapes Dodge
<https://discoverpoetry.com/poems/march-poems/>

In the snowing and the blowing,
In the cruel sleet,
Little flowers begin their growing
Far beneath our feet.

Softly taps the Spring, and cheerly,
“Darlings, are you here?”
Till they answer, “We are nearly,
Nearly ready, dear.”

“Where is Winter, with his snowing?
Tell us, Spring,” they say.
Then she answers, “He is going,
Going on his way.

“Poor old Winter does not love you;
But his time is past;
Soon my birds shall sing above you;
Set you free at last.”

Photo by Roman Datsiuk on Unsplash



National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, "**Fuel for the Future**," highlights the importance of fueling our bodies at every age and eating with the environment in mind. Practice gratitude for your body by giving it the fuel it needs with sustainable foods! A Registered Dietitian Nutritionist and Nutrition and Dietetics Technician, Registered can teach you how nutrient needs may change with age, and give you personalized nutrition information to meet your health goals.

Week 1: Eat with the environment in mind.

- 🌍 Enjoy more plant-based meals and snacks.
- 🌍 Purchase foods with minimal packaging.
- 🌍 Buy foods in season and shop locally when possible.
- 🌍 Start a container or backyard garden to grow food at home.

Week 2: See a

Registered Dietician Nutritionist.

- 🌍 Ask your doctor for a referral to an RDN.
- 🌍 Find an RDN who specializes in your unique needs.
- 🌍 Learn how nutrient needs may change with age.
- 🌍 Receive personalized information to meet your health goals.

Week 3: Stay nourished and save money.

- 🌍 Plan your meals and snacks.
- 🌍 See what food you have at home before purchasing more.
- 🌍 Use a grocery list and shop sales when purchasing food.
- 🌍 Learn about community resources such as SNAP, WIC, and local food banks.

Week 4: Eat a variety of food from all food groups.

- 🌍 Include your favorite cultural foods and traditions.
- 🌍 Eat foods in various forms, including fresh, frozen, canned, and dried.
- 🌍 Avoid fad diets that promote unnecessary restrictions.
- 🌍 Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- 🌍 Learn cooking and meal preparation skills.
- 🌍 Try new flavors and foods from around the world.
- 🌍 Find creative ways to use leftovers rather than tossing them.
- 🌍 Create happy memories by eating with friends and family when possible.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Pork Meatloaf Oven Brown Potatoes Peas & Carrots Tossed Salad Berry Mix	6 Chicken Enchiladas Beans & Rice Lettuce & Tomatoes Pepper Slaw Baked Apples	7 French Dip Cauliflower Cheese Bake Green Beans Butterscotch Pudding Hearty Green Salad	1 Salisbury Steak Mushroom Gravy Rice Pilaf Spinach Apricot Halves Coconut Pudding	2 Turkey Pot Pie Bean Medley Tomato Basil Salad Red Grapes	3 Beer Battered Tilapia Butternut Squash Herb Roasted Tomatoes Pistachio Cake Mandarin Spinach Salad	4
12 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Fresh Peaches Pumpkin Pie	13 BLT Wrap Pasta Slaw Fresh Vegetables Berry Blend Chocolate Pudding	14 Lasagna Green Beans & Onions Caesar Salad Fruit Whip	15 Sloppy Joe Roasted Zucchini Fresh Vegetables Mixed Fruit	16 Ham & Beans California vegetables Vegetable Slaw Plums	17 St. Patrick's Day Corn Beef & Cabbage Potatoes Carrots Pistachio Fruit Salad Poke & Pour Cake	18 MEALS COME WITH MILK & BREAD
19 Breaded Ch'kn Breast Baby Potatoes California Vegetables Cool Corn Salad Apple Pie	20 COW-BELLE DAY Roast Beef Mashed Potatoes Bean Medley Dill Cucumbers Fresh Peaches	21 Baked Ham Scalloped Potato Corn Carrot Cake	22 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	23 Sweet & Sour Pork Fried Rice Peas & Carrots Almond Cookie Mandarin Oranges	24 Tuna & Noodle Bake Green Peas Cottage Cheese Cherries	25
26 Chicken Fried Steak Mashed Potatoes Summer Squash Caesar Salad Pineapple Upside Down Cake	27 Liver & Onion Potato Wedge Winter Mix Tomato Basil Salad Fresh Blueberries	28 Pork Cottage Pie Buttered Beets Pea Salad Apple Pear Crisp	29 Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Carrot Raisin Salad Apricots	30 Beef Fajitas Black Beans Spanish Rice Southwest Corn Salad Brownie	31 BIRTHDAY DAY! Salmon Loaf Brown Rice Roasted Broccoli Cole Slaw Orange Sherbet	MENU SUBJECT TO CHANGE

Irish Beef Stew

Tips:

1. Try serving stew with Irish Soda Bread.
2. Guinness Stout is the secret weapon: you can't taste it in the finished dish, but it adds a deeper, more complex flavor.

<https://www.almanac.com/recipe/irish-beef-stew>



Instructions

Season beef with salt and pepper, then toss beef chunks in flour until well coated.

In a Dutch oven over medium-high heat, warm drippings then brown beef in two batches. When all pieces are browned, remove beef from pan and set aside.


Add onions and garlic to the Dutch oven and turn heat down to medium. Cook until onions are translucent.

Return beef to Dutch oven and add carrots, potatoes, turnips, stout, and broth. Bring to a boil, then reduce heat to a simmer. Cover and cook for 2 hours, or until beef is tender.



Ingredients


- 2 pounds lean beef stew or chuck, in 2-inch chunks
- 1 teaspoon salt
- 1/2 teaspoon pepper
- flour for dredging
- 2 tablespoons bacon drippings or vegetable oil
- 2 large yellow onions, chopped
- 1 garlic clove, finely minced (optional)
- 6 to 8 medium carrots, scraped and sliced
- 2 to 3 large potatoes, peeled and cut into cubes
- 2 to 3 turnips, peeled and cut into cubes (optional)
- 1 cup Guinness stout
- 1 cup beef broth




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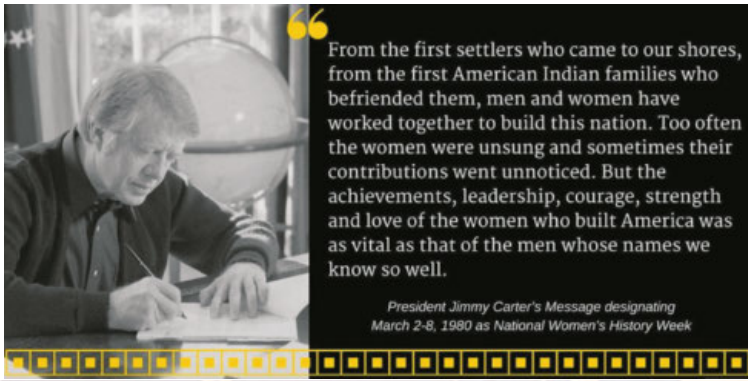
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Women's History Month

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

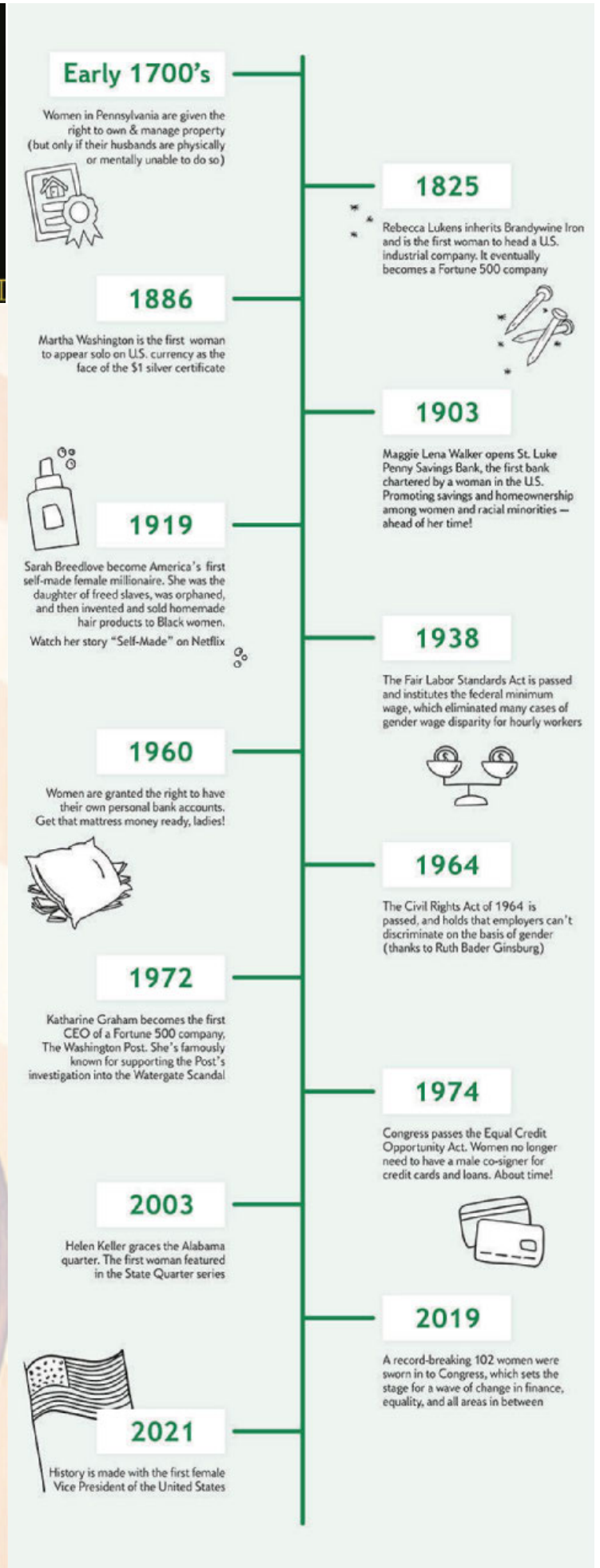
Did You Know? Women's History Month started as Women's History Week...

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each President has issued an annual proclamation designating the month of March as "Women's History Month."

<https://www.womenshistory.org/womens-history/womens-history-month>





United Way
of Natrona County



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CHAMBER OF COMMERCE



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

Old Irish blessing 

May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

A Heartfelt Thank You
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Bill Clough


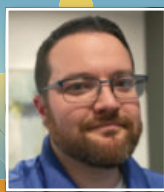
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ERIC SMARTT  Casey Grisham 

**THRIVE
LOCALLY** 



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—?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)

March Garden Chores



- Plan out when to start seeds
- Begin early spring seeds that aren't direct sow
- Ramp up compost pile
- Remove any winter garden plants no longer producing
- Clear beds of any leaf litter or debris
- Refresh beds with soil and compost as needed
- Prune back any winter blooming plants
- Check for local plant sales
- Plan out a fertilizing schedule for early spring
- Add fresh mulch to garden and beds.



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Photo by Liam Read on Unsplash

PARTING THOUGHTS

"Luck is what you have left over after you give 100 percent."

~ American Football Player Langston "Trey" Coleman ~

NOTICE: The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

Thank you!

We would like to extend
a huge **THANK YOU** for the
support *and* patience
from our amazing members!

Help NEEDED!

We love our volunteer force,
especially during our lunch hour:
11:00 AM–1:00 PM.

If you are interested in
giving your time,
please see the office.

