

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

MAY 2023

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Please Note:

The June edition of the newsletter will showcase the results of our 3rd Annual fundraiser,

"A Night at the Races."

Stay tuned for the Derby Details on sponsors, donors, attendees, race fashions, and our many volunteers, all of whom contributed to making a successful event of the evening!



MEMORIAL DAY
REMEMBERING
OUR FALLEN
HEROES



Please Remember:
The Senior Center will be closed
in observation of Memorial Day.

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.

Center Information.....	2
From the President.....	3
Misc. Info.....	4
Around the Center.....	5
Spotlight.....	6
Donations.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thank Yous.....	12,13
Activities.....	14
Finance.....	15

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Justine Murphey Vice President
Kim LatkaTreasurer
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

Director of Operations

Tom Lebahn

Assistant Director

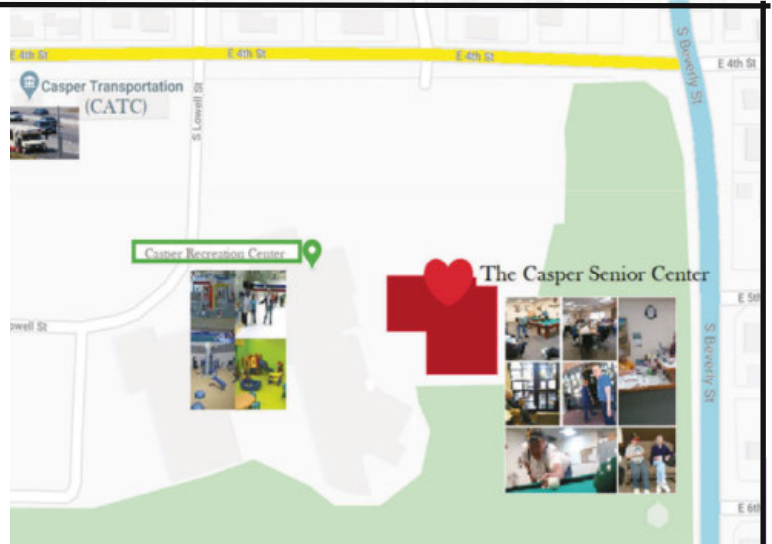
Rachel Brown

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.

A Letter from the Desk of the President:

Aimee Ottley, Executive Director, works tirelessly to obtain Federal and State Grants to help fund the Center. Recently, she has obtained private grants to help fund the rising cost of raw food: Blue Envelope Health Fund - \$30,000, United Way - \$20,000, and the Elks Foundation - \$2,000. Natrona Collective Health Trust has provided \$8,490 to purchase a new server for the computer system at the Center. The existing server is outdated and no longer adequate for the Center. A special thank you goes to parishioners of St. Patrick's Catholic Church for the donation of supplies which were collected during Lent. Thank you to all of these organizations for their generosity.

Our annual fundraiser, Night at the Races, will be held May 6, 2023, 5:00-9:00pm at the Ramkota Hotel and Convention Center. There will be nice prizes, a hat contest and a lot of fun. The Planning Committee, the Board and Staff have been working to make this a successful event. We hope you will support the Center.

A Brass Quartet from the Casper Symphony Orchestra will perform for the Mother's Day lunch on May 12, 2023 at 12:00pm. This will be entertaining for everyone.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028



HOME ACCESS & ACCENTS
"Live in your own home for a lifetime"

- Stairlifts • Ramps
- Grab Bard Installations
- Durable Medical Equipment
- Vehicle Lifts

307-315-6035
2904 S Harvard St, Casper, WY
wyhomeaccess.com



Casper Mountain
REHABILITATION & CARE CENTER

Serving to provide holistic care to our community.

4305 S. Poplar St., Casper, WY 82601
307-237-2561
<https://caspermountainhc.com>



WE'RE HIRING!
AD SALES EXECUTIVES
BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers



St. Anthony Manor

NOW TAKING APPLICATIONS
HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME
📞 **307-237-0843** 🏠
211 East 6th St. • Casper WY 82601



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:

dds as an expression of a l
e, but that is not entirely a
usually some correlation b
dds and its skill relative to
more accurately interpret
entiment.
iel horse racing betting od
ntiment. The more money
e lower that horse's odds f

P. 6

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

P. 15



Answer to the April Riddle:
A Horse!



RIDDLE

If you ask me,
yesterday follows today
and tomorrow
falls between.
What am I?

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

Around the Center

CWSS will be closed:
 Sunday, May 14
 Mother's Day
 &
 Sunday/Monday
 May 28 & 29
 Memorial Day

The Symphony is coming to the Senior Center!
 Stop by for Mother's Day Lunch and a Treat from the Brass Quartet.

May 12th @ 12:30 in the Dining Room of the Senior Center.



Contact:
 Ross Schriftman
mymilliondollarmom@gmail.com
 Tel. 307-333-4040



My Million Dollar Mom



The Rotary Clubs of Casper to Sponsor Showing of Film *My Million Dollar Mom*
 Senior Center of Casper to Host
 Discussion about Dementia to follow

Casper, Wyoming – The Rotary Clubs of Casper are proud to announce a special Mother's Day week screening of the short film, *My Million Dollar Mom* on Wednesday, May 17th starting at 5:30 p.m., at the Casper Senior Center, 1831 E. 4th Street. A discussion about the various forms of Dementia and the issues of care giving and long-term care planning will follow the film.

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.

ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Need help looking for information?

Wyoming 211 can help!

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



Call 211

Visit www.wyoming211.org

Text your ZIP code to 898211

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
 Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

NEVER MISS
 OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
 emailed to you.

Visit www.mycommunityonline.com



What happened in 1933?

Major News:

- ✦ January 30—President Paul von Hindenburg appoints Adolf Hitler Reich Chancellor of Germany
- ✦ February 9th—Coldest temperature in Wyoming recorded as -66°F
- ✦ March 12—US President Franklin D. Roosevelt conducts first “Fireside Chat”
- ✦ April 7—First “National Beer Day” celebrates the Cullen-Harrison act legalizing the sale of 3.2% low-alcohol beer
- ✦ May 6—Brokers Tip and jockey Don Meade win the 59th Kentucky Derby
- ✦ May 13—Head Play and jockey Charley Kurtsinger win the 58th Preakness Stakes
- ✦ June 10—Hurryoff and jockey Mack Garner win the 65th Belmont Stakes
- ✦ July 6—1st MLB All Star Game: Babe Ruth hits first All Star home run
- ✦ August 30—Air France forms from five French airlines
- ✦ September 14—2 Billion board-feet of lumber destroyed in a fire in Tillamook, Oregon
- ✦ October 17—Albert Einstein arrives in the US as a refugee from Nazi Germany
- ✦ November 24—Fred Astaire’s 1st film, “Dancing Lady,” released
- ✦ December 5—Prohibition ends in the US with the ratification of the 21st Amendment repealing the 18th Amendment

The Loch Ness Monster Turns 83:

The Story of the Surgeon’s Photograph

Kat Kiernan | April 19, 2017

<https://www.donttakepictures.com/dtp-blog/2017/4/19/the-loch-ness-monster-turns-83-the-story-of-the-surgeons-photograph>

In 1933, George Spicer went for a drive with his wife through the Scottish highlands. The couple saw a large, unfamiliar creature pass in front of their car and disappear into nearby Loch Ness. . A few weeks later, a motorcyclist made similar claims, describing a prehistoric marine creature with four large fins and a long neck. These reported sightings sparked excitement among the general public and drew many more visitors to the lake, hoping to catch a sight of what would soon be dubbed the “Loch Ness Monster.” But was it real? Claiming to see a monster is one thing, but proving its existence is another matter entirely.

In November that same year, Hugh Gray captured the first photo that was thought to depict the Loch Ness Monster, now affectionately known as “Nessie.” Gray claimed to see a large creature rise above the surface of the water and snapped several photographs, but only one contained any information. The picture revealed a shape appearing to have a long neck and thick body. At this time in photo history, many people believed a photograph to be indisputable proof of evidence. Although manipulation techniques were common, the general public was not as familiar with them as they are today. Even so, many critics believed Gray’s photograph to be a dog swimming with a stick in its mouth, instead of the elusive monster.

On April 21, 1934, the Daily Mail

published what is arguably the most famous picture of the monster. Known as the “Surgeon’s Photograph,” the photo was reportedly made by a doctor named Robert Kenneth Wilson. It depicts the trademark long neck of “Nessie” emerging from rippling water. For decades, believers and critics debated the authenticity of the photograph.

Since the publication of the “Surgeon’s Photograph” inspired hundreds of people to flock to Loch Ness in 1934, we have come to mistrust photographs more frequently than we view them as evidence. In 2016, our default response to a photograph claiming proof is to casually suggest that it has been photoshopped. In his 1984 article in the British Journal of Photography, Stewart Campbell analyzed the famed photo. The original version of the Surgeon’s Photograph shows a dark band along the top of the image and provides a sense of scale between the monster and the Loch. In the version published by the Daily Mail, the image is substantially cropped, blurring the subject’s shape and skewing its scale to suggest that is substantially larger. After comparing the two versions, Campbell concluded that the object in the water could only have been a few feet long at most. He speculated that it might be a seabird or otter.

Continued, p. 7...

Cont. from p. 6

Is the Surgeon's Photograph a hoax? Unfortunately, yes. In 1994, 60 years after it graced the pages of the Daily Mail, Christopher Spurling verified the photograph as a hoax by admitting his involvement in its production. Spurling was the stepson of Marmaduke Wetherell, a famed big-game hunter who had been hired by the Daily Mail to find the Loch Ness Monster. He returned from his expedition with evidence of enormous footprints leading from the lake's shore into the water. However, Natural History Museum researchers concluded the tracks had been made with a dried hippo's foot, which were popular umbrella stands at

the time. Humiliated, Wetherell retreated from public view. After Spurling revealed the photograph as a hoax, he explained that Wetherell had enlisted his help to create a model of the monster's neck and place it on a toy submarine. Robert Kenneth Wilson was chosen to give the photograph to the media because of his trusted reputation as a doctor.

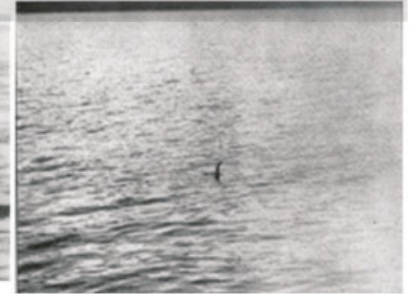
While it may not be proof of the Loch Ness monster's existence, the Surgeon's Photograph had a tremendous impact on the thoughts, ideas, and beliefs of many people around the world. It remains an important part of photo history and serves as a reminder of photography's fickle relationship with truth.



Hugh Gray's photograph in 1933



Left: The Surgeon's Photograph as published in the Daily Mail
Right: The Surgeon's Photograph un-cropped original



<p>SUPPORT OUR ADVERTISERS!</p>			<p>FREE AD DESIGN with purchase of this space</p> <p>CALL 800-950-9952</p>
---------------------------------	--	--	--

HILLTOP BANK

WEALTH MANAGEMENT

- TRUST & ESTATE ADMINISTRATION
- CUSTOMIZED INVESTMENT MANAGEMENT
- CONSERVATORSHIPS
- RETIREMENT PLANS

(307) 577-3470 or (800) 473-0615 • www.hilltop.bank

Wealth management products are not FDIC insured, may lose value, and have no bank guarantee.

Hoffman Monuments and Stoneworks, LLC

Specializing in Monument and Natural Stone Designs and Engraving

MONUMENTS • NATURAL STONE
VASES • VAULTS • PORCELAIN PHOTOS
HEADSTONE CLEANING - CEMETERY LETTERING

307.577.6314
1205 South Melrose | Casper
www.hoffmanmonuments.com

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between March 23rd—April 21st, 2023.
If donations were made between those dates and you were not recognized,
please see the office.

Memorials

Norma Fletcher
Inge Kutchins

Carol Hendrickson
Jamie Brondum

Carol Kendrick
Marie Savage
Holly Young
William Hendrickson

Ione Braun
Lou Taubert Ranch Outfitters

Gifts

Frank C Stofflet
Thrivent

Mary Anderson (from February)

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.

“Tribute to Mother”

by John Greenleaf Whittier

A picture memory brings to me;
I look across the years and see
Myself beside my mother’s knee.
I feel her gentle hand restrain
My selfish moods, and know again
A child’s blind sense
of wrong and pain.
But wiser now,
a man gray grown,
My childhood’s needs
are better known.
My mother’s chastening love I own.

Historical Moments in MAY!

- 🌸 The Empire State Building opened on May 1, 1931.
- 🌸 San Francisco’s Golden Gate Bridge opened May 27, 1937.
- 🌸 The first solo flight by a woman was by Amelia Earhart, who flew across the Atlantic Ocean on May 20, 1932.
- 🌸 On May 14, 1804, Lewis & Clark began their trip up the Missouri River.
- 🌸 4 states were admitted to the union in May: South Carolina (8th state) on May 23, 1788 Rhode Island (13th state) on May 29, 1790 Wisconsin (30th state) on May 29, 1848 Minnesota (32nd state) on May 11, 1858
- 🌸 Levi Strauss & Jacob Davis obtained a patent for blue jeans on May 20, 1873.



STAR WARS DAY

Image by Iona Hyes from Pixabay

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Observed annually on May 4, this holiday is an informal commemorative day derived from a pun of the movie line, “May the Force be with you,” the catchphrase from Episode IV: A New Hope, that characters say to wish each other good luck. The first recorded reference of the punny twist was on May 4, 1979 (two years after the movie’s release) when the British Conservative party placed an ad in the *London Evening News* saying “May the Fourth Be with You, Maggie. Congratulations.” to celebrate Margaret Thatcher’s election as Prime Minister of the United Kingdom.



Meals can be a **challenging time** for people with Alzheimer's and their caregivers.

Maintaining **familiar routines** and serving **favorite foods** can help the person know what to expect and feel more relaxed.



We would like to thank all of our members for your patience and understanding during all the upheaval in the years since the Covid pandemic. We are so grateful for the support we received when we were required to close our doors, beginning the curbside pickup program. We are grateful for the continuing support as we end the Take Out Meals program.



We are so very excited to welcome many of you back into the Center to see your smiles and continue meeting nutritional needs of Natrona County seniors. We are making some changes to our current process of selling Frozen Meals.

Starting on June 1st, we will only be offering frozen diners for sale on ***Mondays, Thursdays, and Fridays*** from ***10AM—1PM***.

We will be stacking a selection on a cart and you will be able to choose your preferred meals and pay at the office. The price will remain the same, \$1 each or 6 meals/\$5.

HERE ARE SOME TIPS TO HELP MEALTIME GO SMOOTHLY:

Make the eating area quiet. Turn off the TV and radio.



Offer just one food at a time instead of filling the plate or table with too many options.



Don't rush. Be patient and give the person enough time to finish the meal.



Cut food into small pieces and make it soft enough to eat, which will help with chewing and swallowing.



A meal is a good opportunity for social interaction. You can set the mood with a warm and happy tone of voice.

Visit <https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease> for more information about healthy eating for a person with Alzheimer's disease.





Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Peach Pie	1 Beef Pot Pie Broccoli & Cauliflower Coleslaw Sliced Peaches	2 Old Fashioned Goulash Italian Vegetables Brown Bean Salad Apricots	3 Hearty Bean Soup Ham Salad Sandwich Pickle Spear Celery w/ Peanut Butter Berry Blend Chocolate Pudding	4 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Cinnamon Apples	5 Honey Glazed Salmon Creamy Risotto Sweet Corn Carrot Raisin Salad Diced Peaches	6
14 CLOSED HAPPY MOTHER'S DAY!	8 Philly Cheese Pasta Country Mix Pineapple Raisin Slaw Diced Peas	9 Taco Salad Lettuce Tomatoes, Cheese Onions Rice Black Beans Pepper Slaw Red Grapes	10 Lamb Stew Braised Cabbage Tomato Basil Salad Black Cherries	11 Split Pea Soup Egg Salad Sandwich Celery & Carrot Sticks Blueberries Butterscotch Pudding	12 Mother's Day Dinner Chicken Kiev Rice Pilaf Roasted Asparagus Tossed Spring Salad Cream Pie	13
21 Glazed Ham Sweet Potatoes Fresh Beets Cottage Cheese Salad Chocolate Cherry Cake	15 Turkey & Noodles Spinach Tomatoes & Cucumbers Peach Jell-O	16 Sloppy Joe Sweet Potato Tots Fresh Vegetables Melon Chunks Strawberry Jell-O	17 Salisbury Steak Mashed Potatoes Sliced Carrots Summer Squash Salad Peanut Butter Cookie	18 Pork Wellington Brussels Sprouts Pea Salad Ginger Pears	19 Lemon Pepper Tilapia Garlic Pasta Peas Broccoli Slaw Orange Wedge	20 MEALS COME WITH MILK & BREAD
28 CLOSED in observance of MEMORIAL DAY	22 Stuffed Pepper Roasted Zucchini Vinegar Cucumbers Coconut Pudding	23 Creamy Tomato Soup Grilled Cheese Sandwich Celery, Carrot, Pickles Tossed Vegetable Salad Mandarin Oranges	24 Sweet & Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Strawberry & Banana	25 Pork Tenderloin Mashed Potatoes Parmesan Zucchini Applesauce Jell-O Brownie	26 MEMORIAL DAY BBQ Hamburger or Hot Dog Potato Salad Baked Beans Corn On the Cob Salad Bar Cupcake	27
29 CLOSED	30 Chicken Fried Steak Mashed Potatoes Chateau Vegetables Fresh Peaches Sugar Cookie	31 Reuben Sandwich Potato Salad Celery & Carrot Sticks Tossed Salad Mixed Fruit Cup				MENU SUBJECT TO CHANGE

Ahead of the Kentucky Derby, 5 Absurd Rules for Naming Racehorses

May 1, 2015 | By Julie Alderman | <https://www.npr.org/sections/thetwo-way/2015/05/01/403585608/ahead-of-the-kentucky-derby-5-absurd-rules-for-naming-racehorses>

Itsaknockout, Ocho Ocho Ocho, Keen Ice, and American Pharoah.

These are just a few of the oddly named thoroughbreds that [raced] at Churchill Downs in the 141st Kentucky Derby—the first leg of the Triple Crown series.

The names for these prize-winning racehorses might be whimsical, but the name-approval process is fairly dull and bureaucratic.

A racehorse owner must first submit the preferred name to The Jockey Club, the body that governs horse racing, says Clair Novak, online features editor for *The Blood Horse* magazine.

And The Jockey Club has its fair share of odd rules. For example, if you wanted to name your horse after a living person, you would have to get written permission from that individual and submit it to the organization.

Here are some of the best and weirdest rules in the name game:

- Names may not exceed 18 characters, including spaces. So that rules out “Supercalifragilisticexpialidocious.”

- Names may not end in any horse-related term, such as “filly,” “stallion,” or “mare.” “Black Stallion” would be too easy.
- A horse may not have a name made entirely out of numbers, and any numbers over 30 have to be completely spelled out. So, nerds, you can’t name your horse using binary code.
- Finally, you can’t use a racetrack or one of the top-tier races as an inspiration for your horse’s name, so forget about “Preakness Princess.”

Still, owners manage to get creative. Racehorses have been dubbed all manner of names, including 50 Shades of Hay, Effinex (say that one out loud), My Wife Knows Everything, and The Wife Doesn’t know. Those last two ended up racing against each other in 2010.

The most important rule? You can’t submit a racehorse name that already exists. So before you get too attached, make sure to enter your favorite name to see if it’s one of the 450,000 names already taken.



Stay curious in the new year.

The love of learning doesn't end at 50.

OLLI at Casper College is the place where you can **Stay Curious.**

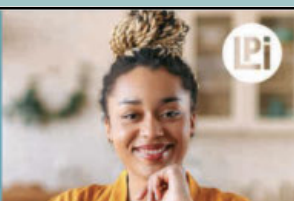
Casper College  **Join today!**
307-268-3401



WE'RE HIRING!
AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4ipi.com or www.4ipi.com/careers

SUPPORT OUR ADVERTISERS!

CWSS runs on Volunteer Power!

In honor of Volunteer Appreciation Week (April 16th–22nd), we would like to give a huge shout-out to all of the wonderful individuals who keep the Center running the way it's intended to. Without all of you, we would not be able to keep our doors open and continue providing all of the life-changing services for seniors in our community.

In the words of Oscar Wilde,

"The smallest act of kindness is worth more than the grandest intention."

Display Case/ Puzzles

Ruth Doyle



Ray Bila
Linda Blackstone
Susan Burk
Bob Carpenter
Gloria Fuhrer
Miles Hartung
Kim Latka
Errol Miller
Kate Maxwell
Justine Murphey
Debera Siems



Judy Gillum
Judy Griffin
Zibby Kelley
Dianne Luck
Joe Luck



DINING ROOM

Leona Coronado
Peggy Elston
Lori Spearman
Joyce Sisk
Sharon Robidoux
Virginia Olson
Ruth Anne Atnip
Rosalie Hardy
Edna Geise
Machelle Holloway

Jim L Salazar
Jim Kirchen
Masayo Uresk
Margaret Tageant
Jancy Bentz
Natalie Jacobs
Mary Lynn Corbett
David Fleming
Ernie Trujillo
Luba Looper
Emma Crawford
Loralyn Costigan
Donna Sechrist
Gladys Hunhoff
Linda Cantrell
Calla Hayden



Decorations

Sally Lindahl
Mike Lindahl
Sandy Lindahl

Wellness Clinic

Christopher Arthur
Michael Bond
Michelle Gibbs
Russell Stewart

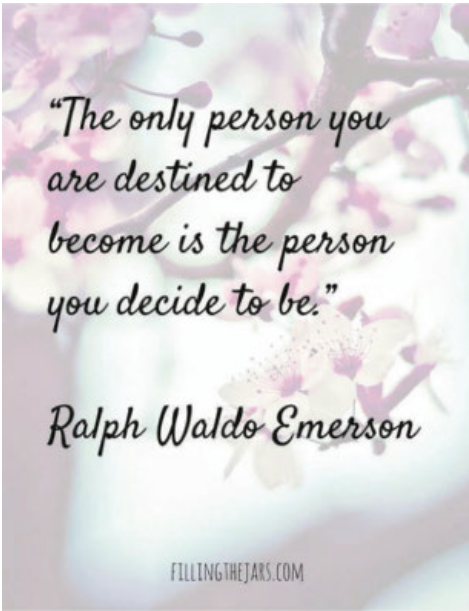
Library

Marjorie Thorvaldson
Janis Schaffner
Kathryn Haden



And anybody else I may have forgotten...

XOXO ~Rae



United Way
of Natrona County



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

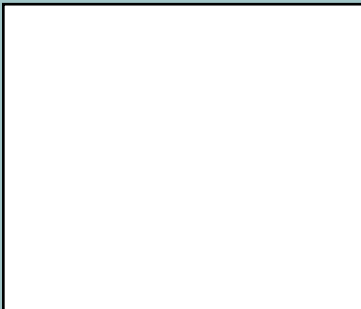
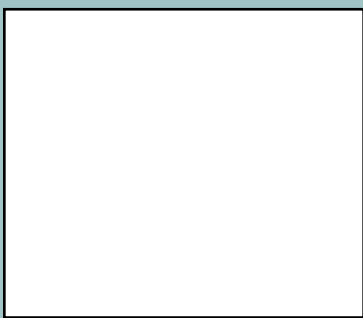


LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Bill Clough



wclough@lpicommunities.com
(800) 950-9952 x2635

SUPPORT OUR
ADVERTISERS!



Wyoming's Local Choice for Seniors!

Smartt Medicare
Insurance made simple. Supplements
& Annuities
[844] 989-5263
www.smarttins.com
Wyoming Owned for more than 15 years
with 4 Locations Across OUR great state

ERIC SMARTT  CASEY GRISHAM 

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)

Financial Opportunities

Another Way to Support:

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



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

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:
DAWN MARIE THACKER, SCSEP Case Manager
307.840.0209
dawnmarie.thacker@goodwillwy.org

GW MECHANICAL INC
 YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

CALL US FOR YOUR PLUMBING NEEDS!
307-472-2081 • GWMechanical.com

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.

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.

You may also visit www.curebarretts.com to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator





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



Photo by Tricia Gray on StockSnap

PARTING THOUGHTS

"I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well."
~ American Poet/Author Diane Ackerman ~

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.

