

NOVEMBER 2025

At the Center Of It All



Central Wyoming Senior Services Inc
1831 East 4th Street | Casper WY
(307) 265-4678

THE SENIOR CENTER
IS PARTNERING WITH
STAGE III COMMUNITY THEATER
TO BRING TO STAGE THE PLAY:



DATE: DECEMBER 4TH
SHOWTIME: 7:30PM



TICKET PRICES:
ADULT \$15
SENIOR/STUDENT \$12



All-You-
Can-Eat
Pancake Breakfast

CASPER SENIOR CENTER
1831 East 4th Street | Casper WY | 82601

\$8 Per Person
\$5 Children under 10

Includes:

- Pancakes
- Sausage Patties
- Coffee
- Juice

PROUD
PARTNER OF:



**FOOD
BANK**
OF WYOMING™



Central Wyoming
Senior Services, Inc.
"The Heart of Natrona County"

Programs:

Title III-C (Congregate Meals)
Title III-B (Activities)
Title III-E (Family Caregiver)
WyHS (Wyoming Home Services)

Vision:

To enrich the lives of individuals aged 60 and older by providing community services and resources to maintain their dignity and independence.

Mission:

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

WHO'S WHO AROUND THE CENTER

Board of Directors

Bob Carpenter	President
Gracie Becker	Vice President
Kim Latka	Treasurer
Kate Maxwell	Secretary
Bob Lemmon	Ron Strang
Debera Siems	Susan Burk
Gloria Fuhrer	Zulima Lopez
Lori Spearman	

Michael Bond City Council Liason

Staff

Rachel Brown Executive Director

Lacey Kidman Community Programs Dir.

Christine Coffey Access Care Coordinator

Aides: Sarah George CNA: Caitlan Knotts

Jazzmin Kidman
Jessica Massey
Shauda Dellinger
Blaize Favre



Kimberly Cooper Dietary Director

Johnna Moore Head Cook

Aides: MaKayla Archambault Dusty Plummer
Quinton Easley Azarian Tanksley
Craig Kwedor Zach Focht
CJ Oryall Angel DeLoria
Andrew Coffey Pearl Weakland (Mills)



Rae Appel HR/Bookkeeping
Virlie Heyer Reception/Data Entry



Facility Upkeep



Adam Flores Maintenance Tech.

Wally Aakre Janitor



Locations

CASPER (MAIN)

1831 East 4th Street | (307) 265-4678

MILLS

401 Wasatch | (307) 237-1317

EVANSVILLE

71 Curtis Street | (307) 315-6719

Connect with us:



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www.casperseniorcenter.com



Volunteers

Dining Room:

Jimmy S. Ernie T. Deb
Michelle H. Jim K. Melva
Jancy Masayo Donna S.

Food Bank:

Jim K.2
Phyllis C.
Jean H.
Mary G.
Donna F.
Bev F.
Jackie H.
Dianne L.
Joe L.
Bernice M.

Deja Brew Baristas:

Mon-Nancy E. Tues-Linda N.
Wed-Patti P. Thurs-Kathy D.
Fri-Maddy Helper-Zack

Activities:

Ruth D. Leona
Peggy E. Buck
Lori S. Ruth Anne
Joyce S. Machelie
Barb P. Ethan

Miscellaneous:

Lori M. Front Desk
Carolyn E. Front Desk
Mike L. Decorations
Sandy L. Decorations
Sally L. Decorations
Kathy P. Greeter

In-Home

Kitchen

Admin

From the Desk of the Director:

🍁 Welcome, Fall—You Beautiful, Leaf-Shedding Rascal! 🍁

Well, fall has officially arrived—bringing with it pumpkin spice, cooler weather, and leaves that seem determined to clog every gutter in Natrona County!

A big thank you to everyone who joined us for Octoberfest on October 3rd! The turnout was fantastic. Now, grab your calendars because November is shaping up to be delicious:

🥞 Rise & Shine Pancake Breakfast fundraiser – Saturday, November 8th, 7am to 12pm

Open to the public, so bring your friends, neighbors, and anyone who loves pancakes (so basically, everyone).

🦃 Thanksgiving Dinner – Wednesday, November 26th

We'll be serving up all the traditional favorites during our regular lunch hours. Come hungry and thankful—we'll take care of the rest.

Please note, we'll be closed November 27th through November 30th to allow staff time to recover from turkey overload and shopping chaos. We'll reopen bright and early on Monday, December 1st.

And yes... the mystery of the barrels out front continues! But good news—there's finally light at the end of the tunnel. The City will soon be running a new fire line for our building. As soon as we get the official start date, we'll let everyone know how it will affect center access.

Until then, bundle up, sip something warm, and enjoy this cozy season. 🍁 Warm Regards,

Rachel Brown

rachelh@casperseniorcenter.com or 307-265-4678

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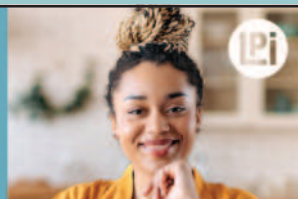
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WYOMING HOME SERVICES

&

NATIONAL FAMILY CAREGIVER PROGRAM

are programs that provide assistance to individuals in their home.

SERVICES INCLUDE:



HOUSEKEEPING



PERSONAL CARE



RESPIRE



CASE MANAGEMENT

**Any questions? Come see Lacey or Christine!
Or give us a call at (307) 265-4678**

Central Wyoming Senior Services Mission Statement

Our mission

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

Our Vision

To enrich the lives of individuals age 60 and older by providing community services and resources to maintain their

DIGNITY and **INDEPENDENCE.**

The personal mission of our Center's Director and Staff is to make every member feel welcome, wanted, included, and loved every time they come through our doors.

Meal Prices:

The suggested donation for a single senior (60+) meal is \$6.00. We offer 10 and 20 count punch tickets including 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 Front Office for \$9.00. (When you invite a non-senior guest, please stop and purchase a lunch ticket for their meal at the office.)

Thank you for your support of our meal program!

Meal Times:

Casper - 11AM to 1PM

Evansville/Mills - Noon to 1PM

Reservations required for sites!

Last Edition Answers:



September was known on the Old English calendar as either:

Hāligmōnāþ (Holy Month)

or

Hærfestmōnāþ (Harvest Month)

NOVEMBER

HIDDEN IMAGE: Hidden Twice
Find Both for 2 entries!



NOVEMBER TRIVIA:

In what year was the first NFL game played on Thanksgiving Day?

If you are 60 or older with a birthday in the month of November, please submit this to the Front Office for a lunch ticket.

Name: _____

Birthdate: _____

Casper, Wyoming

Coffee with the Board

2nd Tuesday each month

10AM in Deja Brew

NEXT DATE:

November 11th

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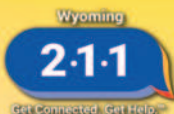
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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between September 24th - October 23rd 2025. If donations were made between those dates and you were not recognized, please see the Front Office.

What your Memorial Does:

The Board of Directors has directed Memorial Gifts 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 county money. Just note on your check that the gift is a memorial and the name of the person you wish to be remembered.



Gifts



Amy Gossin
Frank Stofflet
Thrivent
Mary Moler
Daniel & Lenna Holwegner
Anonymous Donor(s)

Memorials



Dave Gossin

Mike Price

Cindy Sponsler
Ann Roberts

Joy Dickinson

Thank you



A Special Thanks to Dedicated Volunteers

Dear Volunteers,

As we reflect on the upcoming changes at the Senior Center, we want to extend our deepest gratitude to each of you for your continued dedication, patience, and compassion. "New" can be challenging, but your steady support and positive spirit are helping make this transition smooth and successful. Your commitment to serving our members—with kindness, respect, and joy—continues to make a meaningful difference every day.

Because of you, our Center remains a place where friendship, care, and community thrive.

We are excited about the process and look forward to even greater things ahead as we grow and improve together. Thank you for being the heart of what we do and for making the Senior Center such a welcoming home for all.

With heartfelt appreciation,

CWSS Management & Staff

THANK YOU
Volunteers



Please note the new
dish routine:

Please place trays on
the counter, staff will
clear their contents.

MANDATORY

November

Volunteer

Meeting:

Tuesday

the 18th

at 1PM

WEEKLY

JACKPOT

ON
Wednesday

BINGO

AT
1:30PM

NOVEMBER 5, 12, 19



\$0.25 per card/per game
Up to 30 Games per Session
Must be 18 or older to play
Minimum Progressive Jackpot of \$50
Every Game can be won in 5 #s or less



PLEASE NOTE:
NO BINGO ON
NOVEMBER 26TH



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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Central Wyoming Senior Services



Yum



Fresh Facts from the Kitchen

Our dietary department is overseen by the
Casper-Natrona County Health Department



and our kitchen is inspected
at least every 6 months.



A large portion of the beef, pork, and lamb
that is served is donated from animals



purchased at the annual

Natrona County

4-H/FFA Junior Livestock Sale.



(The Senior Center pays for
all processing costs.)

Our Dietary Director (Kim Cooper)
researches recipes, plans the menus,
orders supplies, manages kitchen
employee schedules, AND does the
majority of the baking of breads,
desserts, and more!



*In fact, certain
grants require
products to be
Made in the USA!*



We can purchase food from
Food Bank of Wyoming, but available
products vary and our menu is created
a month or more in advance!



Coffee & tea

are served as a
COURTESY!

Grants DO NOT
pay for these supplies!



Government grants pay
for some of our food costs,
but most do not cover
labor, utilities, rent,
or other overhead costs.

In order to receive
funding, we must:

Follow MyPlate guidelines
Serve Heart-Healthy diet

* nothing fried in oil | low sodium *

Menus must be approved by
the State of Wyoming and
a Registered Dietician
(whose services are retained
at cost to the Center).

November 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Daylight Savings Time Ends (Set back 1 hour) Meatloaf Mashed Potatoes Roasted Zucchini Russian Salad Wheat Biscuit Cherry Pie	3 Ranch Chk'n Pasta Braised Cabbage Cucumber & Tomatoes Wheat Roll Mixed Berries	4 King Tut Day Pork Medallions Pasta California Vegetables Garden Veggie Salad Black Bread Citrus Salad	5 Lasagna Italian Vegetables Caesar Salad Garlic Onion Stick Peach Cobbler	6 Chicken Enchiladas Spanish Rice Cool Corn Salad Lettuce & Tomatoes Churro	7 Fish Florentine Continental Rice Glazed Carrots Tossed Vegetable Salad Gingered Pears	8
9 Pork Wellington Catalina Vegetables Pea Salad Raisin Bread Apple Pie	10 Spanish Meatballs Rice Pilaf Roasted Asparagus Cucumbers and Onions Melon Cup	11 Veterans Day Chicken Veggie Stir Fry Sesame Green Beans Ramen Asian Salad Wheat Bread Ginger Cookie	12 Minestrone Soup Ham Salad Sandwich Carrot and Celery Stix Strawberries and Bananas	13 Caregiver Appreciation Day Cottage Pie Winter Mix Chickpea Salad Blueberries	14 SeaFood Alfredo Roasted Zucchini Mixed Green Salad Tropical Fruit French Bread Coconut Cream Tart	15 Clean Your Refrigerator Day 
16 California Chk'n Breast Roasted Yams Asparagus Tossed Vegetable Salad WW Roll Bread Pudding	17 Take a Hike Day Glazed Ham Scalloped Potatoes Fresh Beets Diced Pears WW Roll Chocolate Pudding	18 Deli Dog Potato Salad Stuffed Celery Baked Apples	19 Beef & Noodles Sweet Corn Spinach Mandarin Salad Wheat Bread Sugar Cookie	20 Lamb Stew Baby Carrots Raisin Slaw Cornbread Sliced Peaches	21 French Dip Baked Potato Peas & Carrots Summer Squash Salad Whole Wheat Roll Peanut Butter Cake	22 November Birthday Luncheon MEALS INCLUDE MILK & BREAD 
23 Hot Beef Sandwich Mashed Potatoes California Mix Tomato Basil Salad Peach Pie	24 Chicken Pot Pie Roasted Cauliflower Cottage Cheese Salad Tropical Fruit	25 Meatball Hoagie Pasta Salad Fresh Vegetables Apricots White Cake	26 THANKSGIVING DINNER WITH ALL THE TRIMMINGS 	27 CLOSED Happy Thanksgiving!	28 CLOSED It's Black Friday!	29
30 CLOSED for Thanksgiving weekend! 	Please note the new dish routine: Please place trays on the counter, staff will clear their contents.	MENU SUBJECT TO CHANGE				



NOVEMBER

ACTIVITIES

4TH - Senior Food Distribution (Main) - Dining Room - 10am - 1pm

4TH - Wellness Clinic (Main) - Dining Room - 10am

5TH - **Deals on Wheels Christmas Sale - Deja Brew 10am - 1pm**

5TH - Jackpot Bingo - Dining Room - 1:30pm - 4pm

5TH - BUNCO - Deja Brew - 11am

6TH - **Deals on Wheels Christmas Sale - Deja Brew - 10am - 1pm**

6TH - **NO CRAFT CLASS TODAY AT MAIN CENTER**

6TH - Senior Food Distribution - Mills - 10am - 1pm

7TH - **Deals on Wheels Christmas Sale - Deja Brew - 10am - 1pm**

7TH - Friday Feature - Library - 1:30pm

8TH - **Pancake Breakfast - Dining Room - 7:00am - 12:00pm**

10TH - Coffee & Conversation - Activity Room - 5pm - 7pm

11TH - Senior Food Distribution (Main) - Dining Room - 10am - 1pm

11TH - Wellness Clinic (Main) - Dining Room - 10am

11TH - Coffee with the Board - Deja Brew - 10am

12TH - Jackpot Bingo - Dining Room - 1:30pm - 4pm

13TH - Casper College Tech Assist - Deja Brew - 1pm - 3pm

13TH - Senior Food Distribution - Mills - 10am - 1pm

14TH - Friday Feature - Library - 1:30pm

17TH - Mexican Train Dominoes - Dining Room - 1pm

18TH - Senior Food Distribution (Main) - Dining Room - 10am - 1pm

18TH - Wellness Clinic (Main) - Dining Room - 10am

18TH - Eyeglass Repair - Dining Room - 11am

19TH - Jackpot Bingo - Dining Room - 1:30pm - 4pm

20TH - Senior Food Distribution - Mills - 10am - 1pm

21ST - FRIDAY FEATURE - LIBRARY - 1:30PM

24TH - Coffee & Conversation - Activity Room - 5pm - 7pm

25TH - Senior Food Distribution (Main) - Dining Room - 10am - 1pm

25TH - Wellness Clinic (Main) - Dining Room - 10am

26TH - **NO JACKPOT BINGO TODAY - CWSS closing at 2PM**

26TH - Thanksgiving Dinner - Dining Room - 11am - 1pm

27TH - 30TH - Closed for Thanksgiving



*All activities are
subject to change!*



United Way
of Natrona County



Rotary

District 5440

Reveille Rotary meets Wednesdays at 7AM

Thank
YOU!



DANIELS FUND

FOOD BANK
OF WYOMING



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doesn't end at 50.**

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the place where
you can **Stay Curious.**



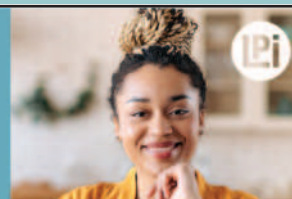
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Senior Center Wish List

1 Popcorn & Salted Butter
to use for #FridayFeature movies

2 \$10 Gift Cards
from local businesses
to be used as prizes for activities

3 Deals on Wheels
to sell jewelry, purses, wallets,
and small household items

4 70" TV Wall Mount
for donated television

5 Yarn
several activities use yarn (if you
want your donation to go to a
specific group, please inform staff)

6 Volunteers
we are always in need of people
with time to share!



By now you've surely noticed the Christmas Tree in the lobby. While we are getting closer to the season for it, we are using this particular tree for a giving mission! Many of us are blessed and privileged, but that's not the case for all of our members. Some of our less fortunate members may be struggling to pay an unexpected expense, like replacing an appliance, making a home repair, or just in need of a new coat or pair of shoes to make it through the winter.

Thanks to members of the Mills Center, specifically Bea, we now have beautiful crocheted angels on the tree!

Our members (and community) are invited to extend a helping hand, as you are able. There is a list in the office with suggestions for gift card donations to help an anonymous member with a desperate need.

At this time, we are only accepting gift cards!

SENIOR SAFETY TIPS FROM OUR PARTNER:

IT'S OKAY TO LET IT RING.



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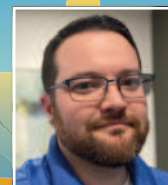
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Central Wyoming Senior Services, Casper, WY

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Activities for Seniors 60 and Older

Activity	Day(s)	Time(s)	Room
Afternoon Tai Chi	Tuesday/Thursday	3:00PM-4:00PM	Activity
Bingo! (\$0.50/card)	Thursday	12:30PM-2:00PM	Activity
Bridge	Wednesday	12:30PM-4:00PM	Dining
Bridge	Friday	12:00PM-4:00PM	Conference
Canasta	Friday	12:00PM-4:00PM	Dining
Chair Exercise	Mon/Wed/Fri	9:45AM-10:45AM	Dining
Chair Yoga	Tuesday/Thursday	9:15AM-9:45AM	Activity
Clogging (Joyce)	Monday	10:30AM-11:45AM	Activity
Clogging (Lori)	Thursday	10:30AM-11:30AM	Dance Floor
Craft Class	Thursday	10:15AM-12:00PM	Activity
Cribbage	Tuesday	10:00AM-12:00PM	Activity
Feature Film	Friday	1:30PM	Library
Food Distribution	Tuesday	10:00AM-1:00PM	Main-Dining
Food Distribution	Thursday	10:00AM-1:00PM	Mills Site
Line Dance-Beginner	Tuesday	9:00AM-10:00AM	Dance Floor
Line Dance-Improver	Tuesday	10:00AM-11:00AM	Dance Floor
Low Vision Support	2nd Monday	10:00AM-12:00PM	Conference
Mexican Train	Sun/Mon/Thurs	1:00PM	Dining
Pinochle	Thurs/Fri	12:30PM-4:00PM	Dining
Poker	Mon/Wed/Fri	1:00PM	Dining/CNF
Sew Crazy Sewing Club	3rd Tuesday	1:00PM-2:30PM	Activity
VA Caregiver Support	2nd Tuesday	11:00AM-12:00PM	Conference
Wellness Clinic	Tuesday	10:00AM-2:00PM	Dining
Wellness Clinic	Thursday	12:00PM-1:00PM	Evansville/Mills
Wyo. Dementia Care Support Group	1st/3rd Thurs	10:00AM-11:00AM	Conference

FRIDAY FEATURES

WEEKLY AT 1:30 PM

SENIOR CENTER LIBRARY

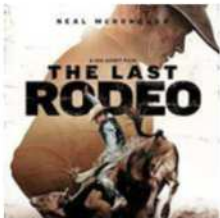


November 7th



A lifelong feud between two neighbors only gets worse when a new female neighbor moves in across the street.
Jack Lemmon
Walter Matthau
Ann-Margaret

November 14th



To save his grandson, a retired rodeo star (Neal McDonough) enters a high-stakes bull-riding competition. Along the way, he confronts his past, discovers faith, and proves that true courage lies in family.

November 21st

Marketing executive Neal Page (Steve Martin) is just trying to make it home for Thanksgiving. When his flight gets cancelled, he seeks alternate transportation, finding it, along with a travel companion, a blabbermouth named Del Griffith (John Candy).

PLANES, TRAINS AND AUTOMOBILES



November 28th

HAPPY Thanksgiving

CLOSED

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(307) 233-2700 or Toll free (800) 380-1820 to speak to
Dr. Krmpotich, Dr. Cooper, Dr. Joubran
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

To Our Donors:

On behalf of the Casper Senior Center, we would like to extend our heartfelt thanks to all our generous benefactors who joined us for our Donors' Appreciation Dinner.

Your presence made the evening truly special, and your continued support plays a vital role in helping us serve our members with care, dignity, and joy.

We are deeply grateful for your generosity and commitment to our mission. Your contributions allow us to continue providing meaningful programs, activities, and services that enrich the lives of older adults in our community.

We would also like to express our sincere appreciation to everyone who worked tirelessly behind the scenes to make the evening a success. That hard work, creativity, and teamwork brought everything together beautifully and made the night one to remember.

Thank you once again for your kindness, your presence, and your unwavering support. Together, we'll continue to build a stronger, more connected community for the aged 60 and older population.

With gratitude,

Casper Senior Center



Central Wyoming
Senior Services, Inc.

1831 E 4th Street
Casper, WY 82601
(307) 265-4678

*"The Heart of
Natrona County"*



Gratitude
can transform common days
into thanksgivings,
turn routine jobs into joy,
and change ordinary
opportunities into
blessings.
-Wm Arthur Ward-



Thank you

