

JANUARY 2026

At the Center Of It All

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

A Note of Gratitude

As 2025 comes to a close, we want to thank you for your continued support of the Casper Senior Center. We appreciate your ideas, smiles, laughter, participation, and contributions! Did you know that every person attending an event here counts towards funding? It is extremely crucial for us to make sure that everyone is counted. Our doors are open because of grants from state and federal funds. The money we receive each year is based on participation numbers from 2 years ago. Aren't you grateful that our friends that attended back THEN, made sure their number counted for us TODAY? It's just a little something we hope you keep in mind when we are encouraging you to check in (for any and all activities/services you are able to benefit from and enjoy).
That is a lasting legacy we can all be proud of!!!

Special Events (you don't want to miss)

Lunchtime 50/50 Raffle - The last Monday-Friday of every month. Winning ticket will be pulled that Friday. (need not be present to win). \$1 each or \$5 for 6.

Monthly Single Seniors Social - To be announced

Volunteer Meeting - January 16 @ 1:00

Sock Hop - February 21st 1:30-4:30

PROUD
PARTNER OF:



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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
Bob Robinson	Treasurer
Kate Maxwell	Secretary
Bob Lemmon	Ron Strang
Debera Siems	Susan Burk
Lori Spearman	Zulima Lopez
Barb Ralph	
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)
 Charlie Mason (Evansville)



Rae Appel HR/Bookkeeping
Virlie Heyer Reception/Data Entry
Rachel Mundy Activity/Volunteer Director

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. Reagan
 Jancy Masayo Donna S.

Food Bank:

Jim K2
 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
 Ethan S. Phyllis C.

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

Facility Upkeep

From the Desk of the Director:

Happy New Year! 🎉

Looking back on 2025, it's incredible to see all that we accomplished together. We won Grand Prize at the Fair and Rodeo Parade, launched senior food pantries at all three senior centers, and kicked off outreach BBQs in Mills and Evansville that brought us closer to the communities we serve. Throughout the year, we also strengthened our presence in the community, building awareness and meaningful connections that continue to support our mission.

With the start of the new year, we also begin our fundraising season. Our 6th Annual Night at the Races will be held on April 18th at the Ramkota Hotel, and we are excited to once again bring the community together for an evening of fun in support of our seniors. You'll see us out in the community in the coming months seeking sponsorships and donations to help make this event a wonderful and successful night.

As we look ahead to 2026, we have even more to celebrate. The Center turns 50 years old! This milestone is a testament to decades of dedication, service, and community support. With strong momentum behind us, we look forward to honoring our history while continuing to grow, innovate, and serve seniors throughout Natrona County for many years to come.

Rachel Brown rachelh@casperseniorcenter.com or 307-265-4678

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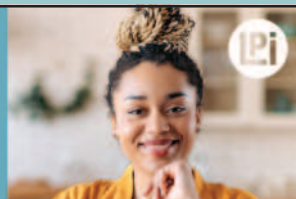
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&

NATIONAL FAMILY CAREGIVER PROGRAM
are programs that provide assistance to individuals in their home.

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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:



On December 14, 1807, the Weston Meteorite Fall in Connecticut was the first documented meteorite event in the U.S.

JANUARY

HIDDEN IMAGE:

Hidden Twice
Find Both for
2 entries!



JANUARY TRIVIA:

The Emancipation Proclamation, made January 1, 1863, freed approximately how many slaves immediately?

If you are 60 or older with a birthday in the month of January, 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:

January 13th

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Central Wyoming Senior Services, Casper, WY

B 4C 05-06415

Gifts & Memorials

What your Memorial Does:

Note: This is a list for Gifts or Memorials given between November 20th 2025 - December 19th 2025. If donations were made between those dates and you were not recognized, please see the Front Office.

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



Marie Savage	Mark & Wendy Westby
Phyllis Colpitts	Evelyn Pierce
Frank Stofflet	Alan & Sabrina Hamner
Rae Appel	Donna Klinker
Brenda Evans	Anonymous Donor(s)
Frances Schroeder	
Kenyne Brown	
Nova Simons	
Mountain Plaza Assisted Living	

Memorials



<u>Dave Gossin</u>	<u>Ted Tanaka</u>
Mary Lynn Corbett	Kathy Dilgarde

Ken D & Norma Patton

Joel & Gail Schenfisch

Ralph Edward McKnire

Helen Hoff



Thank you

Upcoming Activities & Schedule Updates

We're excited to announce continuing monthly Pool Tournaments in 2026! 🏆

For dates, sign-ups, and additional details, please see the office.

Here are a few important updates to our regular activities:

- Bunco will be played on the 2nd & 4th Wednesday of each month at 11:00AM 🎲
- Play Hand and Foot every Tuesday and Thursday at 1:00PM 🎴
- Ballroom Dance Class will be cancelled for the month of JANUARY 🕺
 - New dates and times will be announced soon

We hope you'll join us for these fun activities, and please stop by the office if you have any questions. We look forward to seeing you there!



WEEKLY

JACKPOT

ON
Wednesday

BINGO

AT

1:30PM

JANUARY 7, 14, 21, 28



\$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



Beginning January 7th, we will be selling 50/50 Raffle Tickets for \$1 each or \$5 for 6, during

Jackpot Bingo sessions! Winner will be drawn the last session of each month. Need not be present to win.



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Central Wyoming Senior Services, Casper, WY

C 4C 05-06417



Yum



Fresh Facts from the Kitchen



Food and Nutrition for older people living with diabetes

Foods to Emphasize

- Non-Starchy Vegetables: Spinach, kale, broccoli, peppers, zucchini, carrots.
- Lean Proteins: Skinless poultry, fish (salmon, tuna), eggs, beans, lentils, low-fat dairy.
- Whole Grains & Fiber: Oats, quinoa, brown rice, whole-wheat bread, legumes.
- Healthy Fats: Avocados, nuts, seeds, olive oil, fatty fish.
- Fruits: Whole fruits like berries, apples, oranges (limit dried fruit).

Foods to Limit

- Sugary drinks, candy, pastries, and processed snacks.
- Refined carbohydrates (white bread, white rice).
- Fried foods and high-sodium items.

Meal Planning Tips

- Diabetes Plate Method: Fill half your plate with non-starchy veggies, a quarter with lean protein, and a quarter with quality carbs.
- Hydration: Drink water, not sugary beverages.
- Snacks: Combine protein, fiber, and healthy fats (e.g., apple slices with nut butter).
- Portion Control: Be mindful of serving sizes, even for healthy carbs.

Why It Works for Seniors

- **Supports Muscle & Heart**: Lean protein and healthy fats help maintain muscle mass and cardiovascular health, which are vital for older adults.
- **Blood Sugar Stability**: Fiber slows sugar absorption, preventing spikes and crashes.
- **Nutrient-Rich**: Focuses on nutrient-dense foods to combat potential deficiencies.

January 2026 Menu

Sunday		Smothered Chicken Garlic Pasta Glazed Carrots Russian Salad WW Roll Cherry Pie	Swiss Steak Oven Fried Potatoes California Veggies Tossed Salad WW Roll Peach Pie	18 CLOSED 	Hot Pork Sandwich Mashed Potatoes Peas & Pearl Onions Tossed Salad Apple Pie
Monday		Goulash Golden Corn Tropical Fruit French Bread Sugar Cookie	Marinated Pork Chop Rice & Gravy Cabbage Slaw Onion Roll Apple Cake	19 CLOSED 	Cabbage Roll Sweet Potatoes Cottage Cheese w/ Fruit Corn Muffin Lemon Pudding
Tuesday		Ham & Potato Soup Egg Salad on Croissant Fresh Veggies Peaches Coconut Pudding	Baked Chicken Garlic Pasta Brussels Sprouts Green Salad Diced Pears	Turkey & Noodles Roasted Cauliflower Strawberry Spinach Salad Oatmeal Raisin Cookie	Later Tot Casserole Broccoli Dill Cucumbers WW Biscuit Fresh Grapes
Wednesday		Cheesy Chicken Broccoli Rice Asparagus Cherries Wheat Bread Banana Bar	Beef Fajitas Cheese & Onions Lettuce & Tomatoes Beans - Rice Cool Corn Salad Mexican Brownie	Sesame Chicken Fried Rice Oriental Vegetables Asian Slaw Apricots	Glazed Pork Patty Tomato Pasta Parsley Carrots WW Roll Rhubarb Custard Cake
Thursday	CLOSED 	Western Egg Bake Breakfast Sausage Potato Medley Chopped Melon Apple Walnut Muffin	Chicken & Dumplings Chateau Vegetables Tomato Basil Salad Raisin Bread Fruit Jello Whip	Creamy Tomato Soup w/ Grilled Ham & Cheese Sandwich Stuffed Celery Mandarin Oranges	Lamb Shepherd's Pie Braised Cabbage Chopp'd Green Salad Peach Jello
Friday	Tuna & Noodles Roasted Broccoli Pea Salad Honey Wheat Biscuit Baked Apples	Lemon Baked Fish Creamy Risotto Stewed Tomatoes Plums Honey Wheat Biscuit Chocolate Pudding	Salmon Loaf Mac & Cheese Spinach Carrot Raisin Salad Gingered Pears	Beer Battered Tilapia Butternut Squash Winter Mix Orange Whip	 Pork Wings Oven Brown Potatoes Creamed Corn Pistachio Cake 

REMINDERS:

Menu Subject to Change!

All Meals
include
Milk & Bread!₹

January *ACTIVITIES*

5th - Mexican Train Dominoes - Dining Room - 1pm
 6th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
 6th - Wellness Clinic (Main) - Dining Room - 10am
 6th - Hand & Foot (Main) - 1pm
 7th - Deals on Wheels - Deja Brew 10am - 1pm
 7th - Jackpot Bingo - Dining Room - 1:30pm - 4pm
 7th - Senior Food Distribution - Evansville - 10am - 1pm
 8th - NO CRAFT CLASS TODAY AT MAIN CENTER
 8th - Senior Food Distribution - Mills - 10am - 1pm
 8th - Hand & Foot (Main) - 1pm
 8th - Deals on Wheels - Deja Brew - 10am - 1pm
 8th - Mexican Train Dominoes - Dining Room - 1pm
 9th - Deals on Wheels - Deja Brew - 10am - 1pm
 12th - Mexican Train Dominoes - Dining Room - 1pm
 12th - Coffee & Conversation - Activity Room - 5pm - 7pm
 13th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
 13th - Wellness Clinic (Main) - Dining Room - 10am
 13th - Coffee with the Board - Deja Brew - 10am
 13th - Hand & Foot (Main) - 1pm
 14th - Senior Food Distribution - Evansville - 10am - 1pm
 14th - Jackpot Bingo - Dining Room - 1:30pm - 4pm
 14th - Bunco - Deja Brew - 11:00am
 15th - Senior Food Distribution - Mills - 10am - 1pm
 15th - Mexican Train Dominoes - Dining Room - 1pm
 15th - Hand & Foot (Main) - 1pm
 19th - Mexican Train Dominoes - Dining Room - 1pm
 20th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
 20th - Wellness Clinic (Main) - Dining Room - 10am
 20th - Hand & Foot (Main) - 1pm
 20th - Eyeglass Repair - Dining Room - 11am
 21st - Jackpot Bingo - Dining Room - 1:30pm - 4pm
 21st - Senior Food Distribution - Evansville - 10am - 1pm
 22nd - Senior Food Distribution - Mills - 10am - 1pm
 22nd - Hand & Foot (Main) - 1pm
 22nd - Mexican Train Dominoes - Dining Room - 1pm
 26th - Coffee & Conversation - Activity Room - 5pm - 7pm
 27th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
 27th - Wellness Clinic (Main) - Dining Room - 10am
 27th - Hand & Foot (Main) - 1pm
 28th - Jackpot Bingo - Dining Room - 1:30pm - 4pm
 28th - Senior Food Distribution - Evansville - 10am - 1pm
 28th - Bunco - Deja Brew - 11:00am
 29th - Mexican Train Dominoes - Dining Room - 1pm
 29th - Senior Food Distribution - Mills - 10am - 1pm
 29th - Mexican Train Dominoes - Dining Room - 1pm
 29th - Hand & Foot (Main) - 1pm



☆ Happy
 New Year
 * 2026

*All activities are
subject to change!*



Thank you

United Way
of Natrona County



Rotary

District 5440

Reveille Rotary meets Wednesdays at 7AM



FOOD BANK
OF WYOMING



THANK YOU



Thank you

Thank you

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Thank you!



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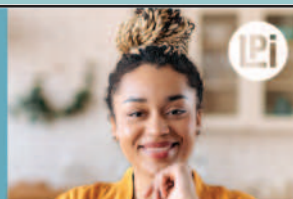
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Senior Center Wish List

1

Popcorn & Salted Butter

to use for #FridayFeature movies

2

Gift Cards

from local businesses
to be used as prizes for activities

3

Soda Fountain

Gift cards from Sam's Club, local grocery stores, etc. to purchase items needed for a Soda Fountain at the Sock Hop scheduled on February 21st.

4

Deals on Wheels

Jewelry, purses, wallets, and small household decor to sell.

5

Food Bank Storage and Organization

Purchase power at Home Depot, Menards, Ace Hardware, etc. to procure shelving and storage items for our weekly food bank.

6

Volunteers

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



SENIOR SAFETY TIPS FROM OUR PARTNER:

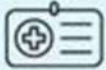
AN UNEXPECTED CALL FROM MEDICARE?



Do not give out personal information to someone who calls you claiming they are from Medicare or other government agencies.

If you're unsure if it's *really* them, call them back and ask. Here are their numbers to verify:

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SOCIAL SECURITY ADMINISTRATION
1-800-772-1213



IRS
(INTERNAL REVENUE SERVICE)
1-800-829-1040



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877.808.2468

If you get an unexpected call and they say they are from Medicare, Social Security, or the IRS, hang up. Do not give out personal information to someone who calls you claiming they are from Medicare or other government agencies. These places won't call you. If you're unsure if it's really them, call them back and ask if anyone was trying to reach you.



NATRONA CNTY SC

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Incoming call, 0 mins 50 sec
12:46 PM



In fact, some calls may appear to be from a **LOCAL NUMBER!** A member in Casper received a call requesting 'verification' of their Medicare number. Don't be fooled, scammers use internet methods to spoof or mimic local numbers to appear legitimate.

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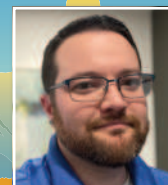
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Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

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



January 16th 2:00

In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the Black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, will talk at first. But as the pair continue the collaboration, more women decide to come forward, and as it turns out, they have quite a lot to say.



January 23rd

Andy Dufresne (Tim Robbins) is sentenced to two consecutive life terms in prison for the murders of his wife and her lover and is sentenced to a tough prison. However, only Andy knows he didn't commit the crimes. While there, he forms a friendship with Red (Morgan Freeman), experiences brutality of prison life, adapts, helps the warden, etc., all in 19 years.



January 30th

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine), and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.



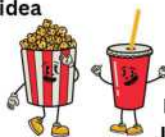
January 2nd

After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper (Helen Mirren) hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound Woman's Institute association, Chris encourages Annie (Julie Walters) and their friends to create a calendar -- with the novel detail of using the middle-aged women of their village as nude models. The idea stuns the husbands and a wary young photographer (Philip Glenister).



January 9th

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.




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January 7 - Ten Signs

**January 14 - Building
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**January 21 - Communicating
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**January 28 - Caregiver's
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