

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

OCTOBER 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

MEDICARE



OPEN ENROLLMENT

Rachel will be taking appointments for enrollment assistance with Part D— Prescription Drugs Plans on Wednesdays starting October 23rd, please call 307-265-4678 to make an appointment.

Open Enrollment



Enrollment Period
October 15th - December 7th

Coverage Begins
January 1st

For assistance with Advantage Plans or other Medicare questions, please contact Peggy Darling at Wyoming Senior Citizens Inc in Casper: 951 Werner Court, Suite 295 Casper, WY 82601 (307) 235-5959



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
Donations.....	6
Kitchen Notes.....	8
Meal Calendar.....	9
Display Case.....	10
Spotlight.....	12
Thank You.....	13
Activities.....	14
Finance.....	15

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Fleming

Director of Operations

Tom Lebahn

Assistant Director

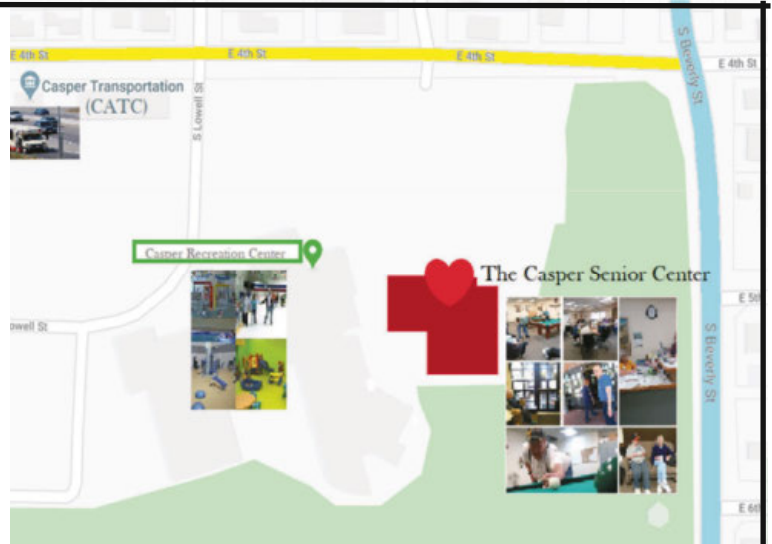
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter.com



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

Central Wyoming Senior Services 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:

In an effort to continually make improvements at the Center, three committees have been empowered to make recommendations. If you are interested in becoming a member of any of the committees, please let us know.

The Future Planning Committee (FPC) is chaired by board member Kate Maxwell. The primary purpose of the FPC is to develop and maintain the Strategic Plan (5-year plan-goals and strategies) and conduct fundraising. The committee also works to increase membership and volunteers.

The Finance Committee is led by Kim Latka, Treasurer. The purpose of the Finance Committee is to maintain accurate and complete financial records and to set long term financial goals. The Committee approves policies to help ensure the assets of the organization are utilized efficiently. The Committee also prepares the budget and monitors it throughout the year.

I am appointing a new Committee—Contributions Committee. This committee will be responsible for obtaining new donors for the Center and increasing the amount of donations. While the Mill Levy will provide opportunity for the Center to apply for a grant, we still need to pursue major funding for the Center.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028

<p>SUPPORT OUR ADVERTISERS!</p>			<p>FREE AD DESIGN with purchase of this space</p> <p>CALL 800-950-9952</p>
<p>NEVER MISS OUR NEWSLETTER!</p> <p>SUBSCRIBE</p> <p>Have our newsletter emailed to you.</p> <p>Visit www.mycommunityonline.com</p>	<p>CENTRAL WYOMING HOSPICE & TRANSITIONS</p> <p><i>With you</i></p> <p>CALL FOR PROGRAM INFORMATION 307-577-4832 CentralWyomingHospice.org</p>		
<p>WE'RE HIRING! AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none">• Paid training • Some travel• Work-life balance• Full-Time with benefits• Serve your community	 <p>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>		<p><i>St. Anthony Manor</i></p> <p>NOW TAKING APPLICATIONS</p> <p>HOUSING SENIORS 62 & OVER & DISABLED REQUIRING FEATURES OF ADA UNIT</p> <p>RENT IS 30% OF INCOME</p> <p>307-237-0843</p> <p>211 East 6th St. • Casper WY 82601</p>



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.

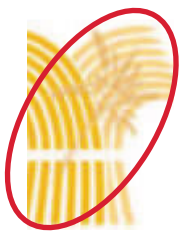
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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

Any questions? *Come see Lacey or Christine!*

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

Last Edition Answers:



Sept.
hidden
image:



P. 8



P. 12



Answer to the
September Trivia Question:



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

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

TRIVIA:

What iconic structure, designed by French sculptor Frédéric Auguste Bartholdi, was unveiled on October 28, 1886 in a ceremony attended by around 1 million New Yorkers?

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

Around the Center

Photo by Uday Mittal on Unsplash

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.

New Member Coffee

2nd Tuesday
of Every Month
10AM in Déjà Brew

NEXT DATE:
October 8th

 Oriental Melaka Straits
Medical Centre



Why do I need the flu vaccination every year?

1. The FLU VIRUS changes frequently.
2. Immune protection from the FLU VACCINE declines over time.

Wholeheartedly, We CARE. & Love

FLU & COVID VACCINATION CLINIC

**October 21st
11am–2PM**

by Sam's Club Pharmacy

Bring your:

- Identification
- Insurance Card(s)



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT
Authorized
Provider

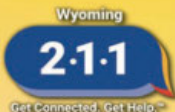
SafeStreets

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

Place Your Ad Here
and Support Our Parish!

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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between
June 21st, 2024—July 21st, 2024.*

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

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.

Gifts

Dave Gossin
Frank C Stofflet
John Savage
Kimberly Cooper
Beverly Farrow
Rhoda Smith
Kirk & Kay Talbot
Kenneth & Margaret Carpenter

Memorials

Jan Christensen
Mary C Moler
Lillian Wright

Doris Gish
Mary C Moler
Joyce Coleman



“A grandmother pretends she doesn’t know who you are on Halloween...”

- Erma Bombeck



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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Fabien.TWB on Unsplash

No act of kindness,
no matter how
small, is ever
wasted.

Aesop

BrainyQuote

Was it an Annual Wellness Visit or a Physical?

The difference could cost you!

	Annual Wellness Visit	Physical
Covered 100% by Medicare	✓	✗
Checked height, weight, and blood pressure	✓	✓
Personalized prevention plan for future medical issues	✓	✗
Full head-to-toe hands-on exam	✗	✓
Bloodwork	✗	✓



SUPPORTED BY GRANT # 9049C0002 FROM ACL
https://www.originsmedicare.com/covers-wellness-visit-not-annual-physical

As a Medicare beneficiary, you get an Annual Wellness Visit (AWV) as a benefit, every 12 months, 100% paid by Medicare.

Note that an AWV is different from a physical. If you haven't scheduled yours yet, now would be a great time to do so!

AND be sure to say you want an "Annual Wellness Visit."

Questions?

Call the WY Senior Medicare Patrol at 1-800-856-4398



A Private Nonprofit Agency



SUPPORT OUR ADVERTISERS!

Comparing Medicare options? I can help.



Sandra Skinner
Licensed Sales Agent
307-262-1498, TTY 711



The Medicare Annual Enrollment Period is October 15 - December 7, so this is the perfect time to explore your plan options. Call me to learn what's new and get clear answers to your questions. 307-262-1498, TTY 711

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 • PORCELEIN PHOTOS
HEADSTONE CLEANING - CEMETERY LETTERING

307.577.6314

1205 South Melrose | Casper
www.hoffmanmonuments.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

C 4C 05-0641



9 Reasons to add pumpkin to your diet

Pumpkin spice everything has dominated our recent autumn seasons, but there's much more than lattes to this fruit—and yes, pumpkins are a fruit. Maybe your life just changed with that tidbit.

1) Better eyes and better immunity

Do you ever wonder how pumpkin is so vibrantly orange? Its color is due to beta-carotene, which our bodies convert into vitamin A, which is helpful to our eyes and immune system. A one-cup serving of canned pumpkin has 250% of our recommended daily amount!

2) Fruit for thought

Like all fruits, pumpkin is a good source of fiber. Canned pumpkin contains 7 grams per one-cup serving. Fiber is beneficial for removing cholesterol from the body, keeping blood sugars from spiking, and helping regulate bowel habits, in addition to helping us feel fuller longer which can decrease overeating.

3) Heart Healthy

Heart-healthy eating consists of choosing foods that are low in fat, salt, and sugar, but high in fiber. Per 1/2-cup serving, canned pumpkin has almost no fat, practically no salt, and no added sugar. You can check off the box on all those and say goodbye to guilt and hello to flavorful nutrition!

4) P is for potassium

Almost 1/3 of Americans have high blood pressure. Potassium helps to control blood pressure, helps with bone health, and decreases risk of diabetes. Just a 1/2-cup serving of canned pumpkin has around 10% of your recommended daily value.

5) Low in calories

Many dishes containing pumpkin are desserts, which are loaded with calories. However, most of the calories are coming from the fat and sugar used to make the dessert taste so good. Therefore, we may have a mental bias that pumpkin is high in calories while frankly, it's quite the opposite. Pumpkin is 90% water and contains only 83 calories in one cup (canned).

6) Nutrient-dense food

Since pumpkin is low in calories, you may be wondering how it can have much nutritional benefit. Like many of our fruits and vegetables, called nutrient-dense foods, pumpkin is low in calories but packed with a ton of vitamins and minerals to keep us healthy. (Think of it as getting the most bang for your buck; when eating pumpkin, you don't have to spend many calories to get a wide variety of health benefits!)

7) Hidden treasure inside

Pumpkin seeds may be small, but they are mighty! Packed with magnesium, zinc, and fiber, the seeds add more great nutrients. Magnesium also helps lower blood pressure and maintain good bone health. Unfortunately, about 50% of Americans do not get enough magnesium in their diets, but according to the American Heart Association, 1/4-cup of pumpkin seeds has almost half the daily recommended amount of magnesium.

8) Cooking substitute

If you are wondering how to get more pumpkin in your diet, try using it as a substitute in baking. A simple substitute is to use pumpkin puree for oil; the substitute is one-to-one, so if the recipe calls for one cup of oil, use one cup of pumpkin puree. You can also substitute pumpkin puree for butter by multiplying the amount by 3/4 to tell you how much to use; for example, if the recipe calls for one cup, you would use 3/4 cup.

You can even replace eggs by using 1/4 cup of pumpkin puree for each egg. *Substitutions may change the texture of the product, so start with one substitute at a time.

9) Ease of use

Although we often use pumpkin in sweet foods, it works well in savory foods too. Try roasting pumpkin in the oven and pureeing it to make soup, or using its creaminess to make pumpkin alfredo. Or add some additional nutrients by topping whatever you make with some roasted pumpkin seeds.

Pumpkin may be a fall flavor, but the health benefits of pumpkin are good all year round.

By Kaela Ketcham, RD/LDN | Last updated: Sept. 18, 2023
<https://www.osfhealthcare.org/blog/9-reasons-to-add-pumpkin/>

Pumpkin Soup

You have to try this smooth and creamy soup...



Ingredients

- 2 whole pie pumpkins
- 1 qt. vegetable or chicken stock
- 1/2 c. heavy cream
- 1/3 c. maple syrup
- dash of nutmeg
- salt to taste
- Extra cream and toasted pumpkin seeds, for serving

[See Nutritional Information](#)

Directions

- 1 | Preheat oven to 300 degrees. Place pumpkins on a cookie sheet and roast them until slightly shriveled and soft. Allow to cool slightly, then slice in half and carefully scoop out seeds and pulp. Scoop yummy flesh into a bowl. Set aside.
- 2 | In a pot, heat up the pumpkin flesh with the stock and maple syrup until simmering. Mash out the big chunks, then transfer the mixture to a blender or food processor (or use an immersion blender) and puree until velvety smooth. Add cream and nutmeg, then blend again. Season with salt to taste.
- 3 | Reheat if you need to, or just go ahead and serve!

Nutritional Information:

Calories	149
Fat	9 g
Saturated fat	5 g
Trans fat	0 g
Cholesterol	26 mg
Sodium	392 mg
Carbohydrates	15 g
Fiber	0 g
Sugar	11 g
Protein	4 g
Vitamin D	0 mcg
Calcium	33 mg
Iron	0 mg
Potassium	225 mg



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

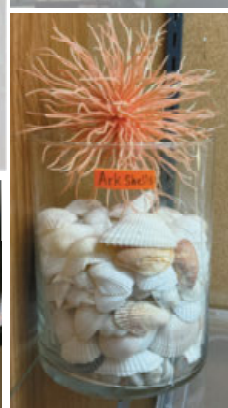
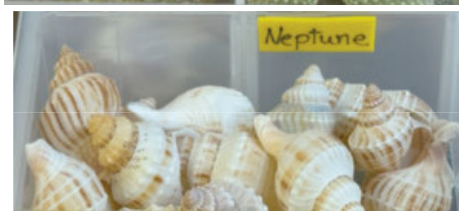
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 International Coffee Day Chicken Cacciatore Spaghetti Pasta Italian Vegetables Tossed Vegetable Salad Garlic Bread Pumpkin Oatmeal Cookie	2 BBQ Pork Sandwich Lettuce & Sliced Tomato Sweet Potato Tots Creamy Coleslaw Orange Jello Whip	3 Beef Chow Mein Brown Rice Wheat Biscuit Oriental Vegetables Kimchi Cucumbers Raspberry Jello	4 Bratwurst with Kraut Or Runza German Potato Salad Beans & Cabbage Apple Cake	5 MENU SUBJECT TO CHANGE
6 Change a Light Day Breaded Ch'kn Breast Rice Pilaf Glazed Carrots Russian Salad Wheat Roll Cherry Pie	7 Roast Pork Mashed Potatoes Green Beans Dill Cucumbers Rye Roll Peach Snack Cake	8 Tator Tot Casserole Broccoli Tomato Basil Salad Honey Wheat Roll Fresh Grapes	9 Fire Prevention Day Chicken & Dumplings Brussels Sprouts Carrot Raisin Salad Wheat Bread Tropical Fruit	10 Creamy Tomato Soup Grilled Cheese Sandwich Fresh Vegetables Cole Slaw Cherry Jello	11 Breaded Cod Scalloped Potatoes Roasted Cauliflower Pea Cheese Salad Wheat Roll Berry Blend	12 MEALS COME WITH MILK & BREAD
13 Roast Beef Mashed Potatoes Sweet Corn WW Roll Creamy California Salad Toffee Cake	14 Oven Fried Chicken Potato Medley Tossed Salad Brown Bread Tropical Fruit	15 Stuffed Peppers Baked Yams Green Beans Tossed Salad Sunflower Bread Butterscotch Pudding	16 World Food Day Taco Salad Lettuce Tomatoes, Cheese Onions Rice Black Beans Pepper Slaw Baked Apples Churro	17 Hearty Veg Soup Turkey Salad Sandwich On Wheat Fresh Veggies Sliced Peaches Pumpkin Crunch	18 Salmon Fillet Continental Rice Roasted Asparagus Tomato Basil Salad Whole Wheat Roll Mandarin Oranges	19
20 Glazed Ham Scalloped Potatoes Cauliflower with Peas Cottage Cheese Salad Wheat Biscuit Apple Pie	21 Swiss Steak Brown Rice WW Roll California Vegetables Tossed Salad Diced Peaches	22 Smart is Cool Day BLT Wrap Pasta Vegetable Salad Stuffed Celery Mandarin Oranges Blueberry Dump Cake	23 Teriyaki Chicken White Rice Sesame Green Beans Asian Slaw Almond Cookie	24 Beef Stew Steamed Cabbage Cornbread Green Salad Peanut Butter Cookie	25 Happy October Birthdays! Pork Wing Garlic Potatoes Roasted Squash Potato Roll Apple Cake	26
27 Turkey & Gravy Mashed Potatoes Country Blend Tossed Salad Pumpkin Pie	28 Pork Chop Oven Brown Potatoes Roasted Broccoli Tomato Cucumber Salad Corn Muffin Coconut Pudding	29 Goulash Sweet Corn Mixed Green Salad Garlic Onion Roll Chocolate Cake	30 Beef Pot Pie Creamed Cabbage Vegetable Salad Raisin Wheat Bread Citrus Fruit	31 Happy Halloween! Pork Stroganoff California Vegetables Black Cherries Halloween Cupcakes	31	31



Under the Sea Seashells & Fossils

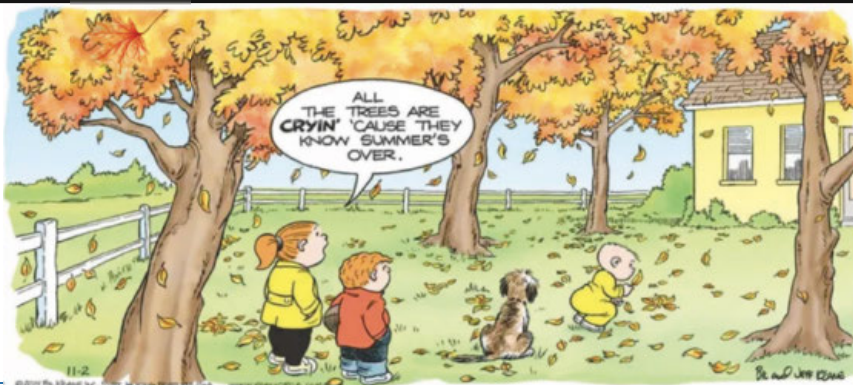
by Bonnie Jean Nielsen

<https://www.vecteezy.com/free-photos/underwater-world> - Underwater World Stock photos by Vecteezy



The trees are in their
autumn beauty,
The woodland paths are dry,
Under the October twilight
the water
Mirrors a still sky.

-William Butler Yeats



Low Vision Support Group

Returning to the Center
October 14th at 10AM
 and every **Second Monday each month**

Courtesy of:



Wyoming Dementia Care will offer free, confidential memory screenings to the public on November 18th at the Casper Senior Center from 9am-noon.

This is a part of the Alzheimer's Foundation of America's (AFA) National Memory Screening Program. The following is some background on the program:

- AFA's National Memory Screening Program in partnership with Wyoming Dementia Care provides free, confidential memory screenings administered by qualified health care professionals.
- Memory screenings consist of a series of questions and tasks designed to gauge memory, language skills and other intellectual functions. They take approximately 10 minutes, making it easy and convenient for individuals to be screened.
- A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician; however, it is an important first step toward finding out if an individual may have a memory problem. Individuals who score below the normal threshold, or who still have concerns

about their memory, are advised to follow up with their physician for a thorough evaluation.

- Early diagnosis of Alzheimer's disease or other conditions which can cause memory loss enable individuals to obtain treatment and services and make legal and financial decisions that can improve quality of life. • The program is open to anyone, whether there is a memory concern, risk for dementia, or he/she just wants to see how their memory is now as a baseline for future comparisons. There are no age or insurance requirements to get screened. Together, we can raise awareness of Alzheimer's disease and related illnesses and change the face of care.

For more information about our event, please call us at (307) 232-3385. If you would like to learn more about the Alzheimer's Foundation of America's National Memory Screening Program, please visit www.alzfdn.org. Memory screenings are first come, first serve—no reservation required.



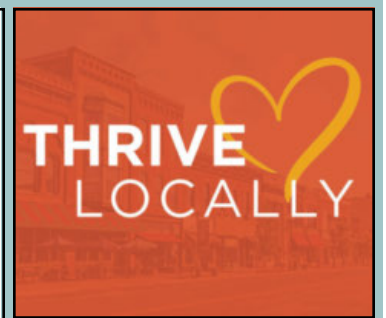
Stay curious in the new year.

The love of learning doesn't end at 50.

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



Join today!
 307-268-3401

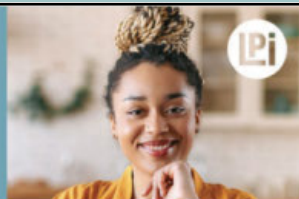


WE'RE HIRING!

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@4lpi.com or www.4lpi.com/careers

SUPPORT OUR ADVERTISERS!



Houdini's Final Act

Harry Houdini walked briskly to the footlights of Detroit's Garrick Theater on October 24, 1926, as "Pomp and Circumstance" played in the background. Smiling, he ripped off his sleeves to show there was nothing hidden and began his performance.

Beginning with a variety of vanishing acts, the famed magician made silver coins and alarm clocks disappear. Then, he made an attractive woman vanish on stage and a flower bush appear in her place. Moments later, she shouted, "Here I am," from the back of the theater and came running down the aisle.

As Houdini attempted his next trick, pain from his midsection made him turn aside. With the help of assistants, he struggled through the rest of the first act. As the curtain fell, he collapsed and was taken to the dressing room. Despite a 104-degree temperature, he returned to the stage and completed his two-and-a-half hour show. Then, he collapsed again.

At Grace Hospital in Detroit, doctors discovered the performer had a gangrenous appendix and peritonitis, an inflammation of the abdominal cavity wall. They removed the appendix, but the poison had already flowed through his bloodstream.

Escape Artist

Born Erich Weiss on March 24, 1874 in Budapest, Hungary, Harry Houdini moved with his family to Appleton, Wisconsin at age four. There, his father became the first rabbi in town. At thirteen, he and his family moved to New York City, where his interest in magic grew. Houdini's early shows consisted of card tricks and simple

magic, such as producing a handkerchief from the flame of a candle and making a flower appear from the buttonhole of his jacket. He soon began performing a new form of entertainment called "challenge escape."

Although Houdini wasn't the first challenge-escape artist, he was the first to add suspense and anticipation to the act. Houdini prolonged his simple escapes by playing up the drama to the point where the crowd thought his death was imminent. In 1899, he headlined the largest chain of vaudeville theaters in the country and over the next few years toured overseas. Amazing escapes from straitjackets, handcuffs, leg irons, and jail cells made him famous worldwide.

As thrilling as his escapes were, Houdini enhanced his legend by exaggerating stories of his feats. One of the best examples occurred in Detroit. The magician arrived in late November 1906 to perform for two weeks at the Temple Theater. Often performing public feats that drew attention to his show, he decided to jump from the Belle Isle Bridge, bound with restraints, to promote his Detroit shows. According to Houdini, he leaped—handcuffed, chained, and leg-ironed—into a small hold cut in the frozen river. Houdini claimed he was swept away by the current and stayed alive by breathing the air bubbles between the ice and water until he found the hole. (The 1953 movie *Houdini* made the embellished version even more popular, depicting actor Tony Curtis swimming under the ice for eight suspense-filled minutes.) The jump from Belle Isle Bridge

became Houdini's most famous exploit.

The front page of the Detroit News on November 27, 1906 tells a different story. It reported that, "tied by a lifeline a hundred and thirteen feet long, handcuffed... Houdini... leapt from the draw span of the Belle Isle Bridge at one o'clock this afternoon, freed himself while under water, then swam to a waiting lifeboat, passed over the unlocked and open cuffs and clambered aboard." Though the river wasn't frozen, the escape was still a remarkable feat in the cold November waters of the Detroit River.

Final Days

On Friday, October 22, 1926, a McGill University student approached Houdini before a show and challenged the magician's boasts of being able to sustain punches in the stomach. Houdini accepted the challenge but was struck before he could tighten his muscles. In pain, Houdini performed his last four Montreal shows before traveling by train to Detroit and collapsing after his first show.

After a week in Grace Hospital, Houdini whispered to his brother, Theo, "I'm tired of fighting... guess this is going to get me." Taking one last glance at his wife, Bess, he closed his eyes and died at 1:26 p.m. on Sunday, October 31, 1926.

Houdini's career in magic and illusion is enough in itself to make him a legend. He also wrote, directed, or acted in five movies, performed on Broadway, owned a movie-production company, and was given one of the first stars on the Hollywood walk of Fame. [So many] years after his death, Houdini's name is still synonymous with magic.

"Magic is the sole science not accepted by scientists because they can't understand it."


~ Harry Houdini





Rotary
District 5440

Reveille Rotary meets
Wednesdays
at 7 A.M.





United Way
of Natrona County



Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO




lpicommunities.com/adcreator



ODD JOB SQUAD
HARD WORK, LOW PRICE

Kimberly Weikum
Repairs & Maintenance
Installation • Assembly
Upgrades • Build

"We take care of "the little things"
oddjobsquad@qualityservices.com



ODDJOBSSQUAD.NET **307-433-7854**

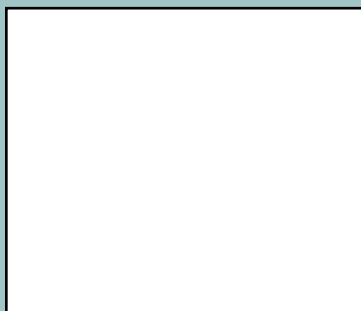
Wyoming's Local Choice for Seniors!

Smartt Medicare Supplements & Annuities
Insurance made simple.

[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*

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (AR)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Bridge	Wednesday/Friday	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/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 (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Sew Crazy Sewing Club	3rd Tuesday	1:00PM—2:30PM (AR)
VA Caregiver (<i>Please call</i>)	2nd Tuesday	11:00AM—12:00PM (CNF)
Wellness Clinic	Tues (Main) Thurs (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

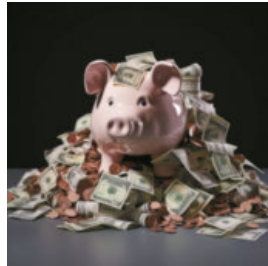
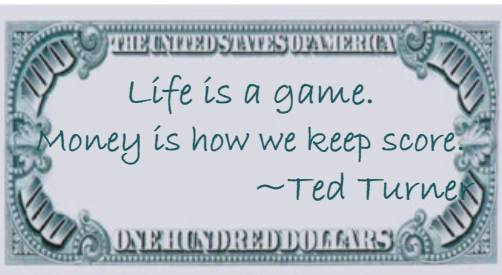
On The Money

Why don't skunks have to pay taxes?
Because they only have one scent.



Support the Senior Center and get the delicious drink you didn't know you could have!
5-drink punch cards cost \$15
AND save you \$1/drink!

Time is more valuable than money. You can get more money, but you cannot get more time.
Jim Rohn



October's "Don't Miss This" Events Around Casper:

Brunch & Breast Health

Saturday, October 19th
8am - noon
Casper Medical Imaging & Outpatient Radiology
419 S Washington St, Ste. 101

If you need a screening mammogram you do not want to miss this event!

We will have onsite personnel from Wyoming Cancer Resource Services to assist with programs that can help cover the cost of a mammogram for uninsured & underinsured patients.

Mammograms
Giveaways
Breakfast
Coffee



Second Saturday
Coffee Café & Art Walk
October 12th, 2024
10am-2pm
Visit Downtown Casper Coffee Cafés to see talented local Artists as they work on their artwork and answer questions!

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

Annual Enrollment Period October 15-December 7

Call for your complimentary Medicare benefits review appointment!

Licensed Insurance Consultants
307-333-4324

Are you going to be NEW to Medicare, retiring, or have questions on your current Medicare coverage?
Let us be your Medicare Advocates. We are working for YOU, not the insurance companies.

- Prescription Drug Coverage (Part D)
- Medicare Advantage Plans
- Medicare Supplement Plans

Are you ignoring the signs?

HEARTBURN, SORE THROAT, ACID REFLUX, CHRONIC COUGH, REGURGITATION, DIFFICULTY SWALLOWING

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.

GA

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



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



Photo by Aaron Burden on Unsplash

PARTING THOUGHTS

"There is a harmony in autumn, and a lustre in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been!"

~ British Poet Percy Bysshe Shelley ~

MUTTS



Volunteer

Opportunities:

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



We cannot stress enough how much we depend on our volunteers.

YOU keep the Senior Center running and allow us to continue providing vital services to members and our community!

Thank You Always!

We would like to
once again thank all of our
members and supporters!
We are especially grateful to our
volunteers and donors.

Photo by Deactivated Account on Unsplash