

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

FEBRUARY 2025

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Coming Soon to the Center:

SAVE THE DATE

5TH ANNUAL NIGHT AT THE RACES
SATURDAY, APRIL 26TH | 5:30PM
RAMKOTA HOTEL

GREEN VALLEY

JOIN OUR TOURNAMENT!

Calling all cue enthusiasts! It's time to showcase your skills...
Blind Draw for 2-Man teams
50/50 Prize Pool (Shared with CWSS)
Sign Up by February 19th

FEBRUARY 27, 2025



How To Fall Workshop

Wednesday, February 19th
10:15 AM—11 AM

**Learn how to get up safely
from the floor!**

Courtesy of Wind City Physical Therapy

Pancake Breakfast

Saturday, March 22nd | 7am—11am

All you can eat pancakes!

Déjà Brew will be open!

\$8 per person/\$5 for 10 and under

CELEBRATE VALENTINE'S DAY WITH US!

FEBRUARY 14TH—FESTIVITIES START AT NOON

WEAR RED OR PINK | GOODY GRAB-BAGS | YOUTH VISITORS

Try to Find These!

Let the front office know the answer for entry into the drawing for a free week of lunches!!



Find Both for Two Entries!

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 Desk of.....	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

INSIDE THIS ISSUE

WHO'S WHO AROUND THE CENTER

Board of Directors

Bob Carpenter.....President
Grace Becker.....Vice President
Kim Latka.....Treasurer
Kate Maxwell.....Secretary

Members

<i>Gloria Fuhrer</i>	<i>Debera Siems</i>
<i>Susan Burk</i>	<i>Lori Spearman</i>
<i>Ron Strang</i>	<i>Bob Lemmon</i>
<i>Zulima Lopez</i>	

City Council Liaison

Michael Bond

Executive Director

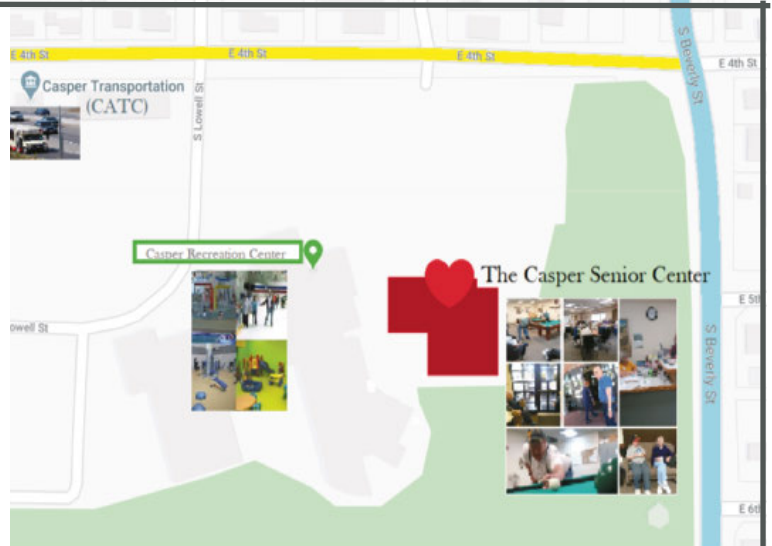
Rachel Brown

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



*"Alone we can do
 so little. together we
 can do so much."
 ~Helen Keller*

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 Note from the Executive Director:

The Casper Senior Center is off to a bang this new year! We are starting new lunchtime activities. As many of you have seen, we have celebrated hat day and popcorn day. For February, we will be having a Valentine's Day activity. We are asking everyone to wear red or pink on February 14th and we will be handing out goodie bags. Our plan is to have some kind of lunch time activity at least once a month, but my hope is to have so many more.

The Casper Senior Center will be a part of the Texas Roadhouse Dine to Donate fundraising night. (See p. 15 for a copy of the flyer to credit our organization.) This will be on Monday, February 10th. Please help us raise some money! When you come that evening, please let your server know you are there to support Central Wyoming Senior Services.

We are gearing up for our 5th Annual Night at the Races. Please save the date, April 26, 2025. More information will be coming.

I would like to thank everyone for the kind comments as I move through this transition to Executive Director. While parts have been easy, others have been more challenging. As always, my hope is to see the Center thrive.

Warm Regards,

Rachel Brown

CWSS Executive Director

rachelh@casperseniorcenter.com | 307-265-4678

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<p>WE'RE HIRING!</p> <p>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.

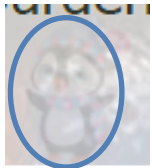
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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:

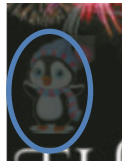


January hidden image:



P. 6

P. 13



Answer to the January Trivia Question:
The Knights Templar



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.

TRIVIA:

Evocative of a February holiday, animals of the genus *Agapornis*, native to mainland Africa and the island of Madagascar, are more commonly known as what?

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

Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus meal with every 20 punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$9.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!.

Meal Times:

Casper: 11:00 AM to 1:00 PM

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE



New Member Coffee
 2nd Tuesday
 of Every Month
 10AM in Déjà Brew
NEXT DATE:
February 11th



Caregiver Bootcamp!

Series will run
 February 4th—March 4th
 Tuesdays from
 5:30pm—7pm

2435 King Blvd | Casper
 Impact 307
 Conference Room

Please Register Online:
 Use QR code at no cost.



This is Free Community Education Series.

Joyce's Easy Clogging
 by Joyce Sisk
 Call (307) 237-4908 for more information.
FREE, Every Monday
 10:30am—10:45am Learn Steps
 10:45am—11:45am Routines
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- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!

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 Visit www.wyoming211.org
 Text your ZIP code to 898211

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between December 20th, 2024—January 21st, 2025.

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

What Your Memorial Does

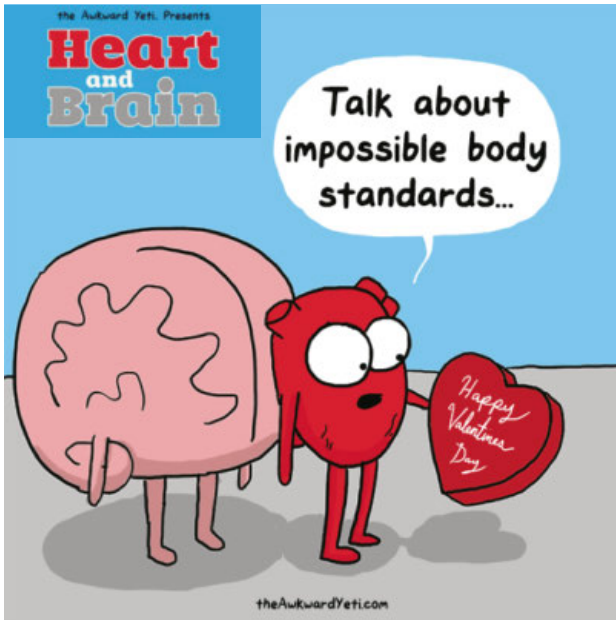
The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Gifts

Les & Michelle Holladay
 Frank C Stofflet
 John Savage
 Ann Roberts
 Donna Klinker
 Casper Cut-Ups
 Wyoming First Foundation
 Reveille Rotary of Casper
 Natrona County Cow-Belles

Memorials

Mary Hales
 Mary Mayberry
 Betty Cresswell
 Lucy Schoenewald
 Norma Patton
 Lucy Schoenewald
 Jan Christensen
 Mark & Denise Christensen



Farewell to Our Illustrious "Oldest" Member

Betty Rahn Cresswell, born June 14th 1919, left this earth from her home on December 6th 2024. Betty was an active member of the Casper Senior Center, teaching Chair Exercise three days a week from 2005 (at the age of 86) until the Center closed in 2020 for COVID (just before Betty turned 101). She also played cards with the Big Bridge group on Fridays for many years, continuing even after reaching the age of 105. We will never forget her beautiful smile and aspire to exhibit her inspirational energy levels!

[love is more thicker than forget]

by e. e. cummings

<https://www.poetryfoundation.org/>

love is more thicker than
 forget
 more thinner than recall
 more seldom than a wave
 is wet
 more frequent than to fail
 it is most mad and moonly
 and less it shall unbecome
 than all the sea which only
 is deeper than the sea

love is less always than to
 win
 less never than alive
 less bigger than the least
 begin
 less littler than forgive
 it is most sane and sunly
 and more it cannot die
 than all the sky which only
 is higher than the sky

Photo by Paul Cusick on Unsplash

If you are 60 or older with a birthday in February, use this coupon as a meal ticket.

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Eli Pluma on Unsplash

UNKNOWN NUMBERS



**IF YOU DON'T KNOW IT,
DON'T ANSWER IT**



Supported by a \$100,000 award from ACP/ASIS. Contents do not necessarily represent the official views of the U.S. Government.

Don't answer the phone if you don't know the number, even if it appears to be local. Scammers call pretending to be from places like Medicare. You can protect yourself by not picking up the phone.

Friends, legitimate businesses, and family members will leave voice messages. Bad actors will not.

For assistance with Medicare fraud, abuse, or error, call the Wyoming SMP at 800 856-4398



"Passwords are like underwear: don't let people see it, change it very often, and you shouldn't share it with strangers."

~ American Tech Entrepreneur Chris Pirillo



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Local help with your Medicare questions.



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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641



Winter Nutrition Tips For Better Health & Wellbeing

<https://meetcaregivers.com/winter-nutrition-tips-for-senior-wellbeing/>

During the winter months, our energy levels decline. However, a healthy lifestyle can change that. Here are a few general winter nutrition tips to keep in mind:

- **Follow the 4 x 3 rule.** That means eating from the four food groups (fruits and vegetables, grains, meat, and dairy) three times a day.
- **Healthy snacking.** In between meals, seniors should snack on high-fiber foods. Besides supporting a healthy digestive system, fiber also helps promote feelings of fullness. Rye, apples, nuts, bananas, and prunes are just a few fiber-full foods that can help you or your loved one feel your best all winter.
- **Stay active, even when it's cold.** Physical activity helps lower inflammation, blood flow, energy, balance, mood, and more.
- **Drink plenty of water!** It's easy to forget to stay hydrated when it isn't hot outside, but that doesn't mean it's any less important to drink at least 64 ounces of water a day.



Being cooped up inside during the winter gives you time to learn new recipes that support health and longevity.

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Contact: Debra Antista-Bianchi, Wyoming Executive Director

| (307) 459-1675 ordebianchi@alz.org

Baby it's cold—and dangerous—outside for loved ones with Alzheimer's

Winter weather conditions—colder temperatures, snow, ice, and early darkness—are potentially dangerous and even life-threatening for the 10,300 Wyomingites with Alzheimer's or other dementia. For their 16,000 unpaid family caregivers, the stress and challenges of keeping loved ones safe during this time can be overwhelming. By preparing in advance, caregivers can anticipate and avoid the risks posed by winter weather.

"People living with Alzheimer's and other dementia can be vulnerable during winter weather because their judgment may be impaired and they may be unable to communicate discomfort," said Debra Antista-Bianchi, Executive Director for the Alzheimer's Association of Wyoming. "It's really important to take extra precautions with these individuals when there is severe winter weather, snow, or ice present, particularly if they are at risk for wandering or falls."

To help anticipate the challenges posed by winter weather, the Alzheimer's Association offers these tips:

- ❄️ **Take advantage of the daylight.** Winter months bring decreased sunlight and shorter days. Visual perception can be a challenge for those living with Alzheimer's or other dementias and can cause increased confusion or disorientation in dark or shadowy environments both inside and out.
- ❄️ **Prevent wandering.** Wandering is one of the most frequent and challenging problems that caregivers

face and can be extremely dangerous in colder conditions. Shorter days during winter months can also increase the risk of "sundowning." Monitor closely for agitation or restlessness as day transition into night.

- ❄️ **Bundle up.** Help the person living with Alzheimer's dress warmly for winter weather conditions by wearing dry, loose-fitting layers and covering exposed skin.
- ❄️ **Buddy up.** In an Alzheimer's Association survey, a whopping **84%** of caregivers said they would like more support in providing care for someone with Alzheimer's or another form of dementia, especially from their family. It can be hard for caregivers to find time to complete simple tasks outside of the home. Don't hesitate to ask other for help with errands, grocery shopping, or snow/ice removal.
- ❄️ **Prevent slips.** Balance and mobility can be a challenge for a person living with Alzheimer's or dementia. Assume all surfaces are slick. Assist the person by taking smaller steps and slowing down so they can match gait and speed to a safer level. Traumatic brain injury risk is heightened for older adults who fall.
- ❄️ **Be prepared.** Winter storms can be dangerous. Check weather conditions regularly and have emergency plans in place.

More safety tips can be found at www.alz.org.

The Alzheimer's Association 24/7 Helpline also provides reliable information and support 24 hours a day, call toll free: 800-272-3900.

Photo by Daniel Brubaker on Unsplash

February 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Groundhog DAY Meatloaf Baked Potato Seasoned Zucchini Carrot Raisin Salad WW Roll Cherry Pie	3 Turkey Tetrazzini Roasted Asparagus Tossed Vegetable Salad Garlic Onion Roll Sliced Peaches	4 Pork Chow Mein Brown Rice Sesame Green Beans Asian Slaw Corn Muffin Almond Cookie	5 Smothered Beef Burrito Cheese, Lettuce, Tomatoes Rice Black Beans Mexican Cucumber Salad Churro	6 International Frozen Yogurt Day! Ranch Chicken Bake Braised Cabbage Mixed Berries Wheat Roll Frosted White Cake	7 Fettuccine Alfredo Day! Seafood Alfredo Garden Mix Veggies Mixed Green Salad Tropical Fruit French Bread Coconut Pudding	MENU SUBJECT TO CHANGE
9 Pork Wellington Catalina Vegetables Pea Salad Black Bread Apple Pie	10 Philly Cheese Pasta Country Mix Zucchini Tossed Salad WW Roll Cherries	11 Baked Chicken Sweet Potatoes Harvest Blend Veggies Apricots WW Biscuit Gingerbread Cake	12 Lost Penny Day! Pork Roast & Gravy Mashed Potatoes Green Beans Creamy Cole Slaw Honey Wheat Roll	13 Turkey Noodle Soup Egg Salad On Croissant Celery, Carrot, Pickles Cottage Cheese Salad Cranberry Dessert Bar	14 Happy Valentine's Day! Breaded Cod Garlic Pasta Corn Cobbette Sunflower Bread Sliced Peaches	15
16 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Blueberry Pie Honey Wheat Roll	17 Happy Presidents Day! Chicken & Dumplings Roasted Cauliflower Tossed Spring Salad Raisin Bread Gingered Pears	18 Vegetable Soup Ham Salad Sandwich Potato Chips Fresh Veggies Sugar Cookie	19 Lasagna Italian Vegetables Caesar Salad Garlic Breadstick Citrus Fruit	20 Lamb Tips Rice Pilaf Brussels Sprouts Carrot Raisin Salad Wheat Biscuit Strawberry Jello	21 Salmon Fillet Mac & Cheese Roasted Broccoli Cole Slaw Corn Muffin Diced Pears	22 MEALS COME WITH MILK & BREAD
23 Roast Turkey Mashed Potatoes Sweet Corn Cranberry Orange Sauce Pumpkin Pie	24 Spanish Meatballs Brown Rice Braised Asparagus Cucumbers & Onions WW Roll Melon Cup	25 Chicken Sandwich Lettuce & Tomato Tater Tots Berry Blend Sugar Cookie	26 Carpe Diem Day Porcupine Meatballs Sweet Yams Country Mix Tossed Vegetable Salad Wheat Roll Jello Whip	27 Chili Cinnamon Roll Green Salad Fruit Mix	28 Happy Birthday Lunch! Chicken Fried Steak Mashed Potatoes Green Beans Almondine Honey Wheat Biscuit Pineapple Upside Cake	

Photo by Meli Baldestain on Unplash

Thanks to Ruth Doyle for her "Happy Christmas Display"



What is the Natrona County Senior Citizen Service District (NCSCSD)?

This District provides financial viability of programs & services for Seniors in Natrona County.

- By 2030, one in *five* people in Wyoming will be over the age of 65
- One in *four* older residents in Wyoming currently live alone
- The goal of NCSCSD is to keep Seniors in their homes to age in place by supporting services to help alleviate problems associated with:

- ✧ Physical & Mental Health
- ✧ Malnutrition
- ✧ Isolation
- ✧ Depression

Special District PAC donations must come from individuals, not businesses/organizations. You may contribute on the website or by sending donations to:

www.natronaseniordistrict.com

Donations are needed to support the following:

- 💰 Maintain the website & Facebook page
- 💰 Educate the Community regarding progress of the District
- 💰 Promote Senior Programs & Services in Natrona County
- 💰 Prepare for Community Education for District re-approval
- 💰 Interim funding until mill levy funding is available after November 2025

NCSCSD PAC

c/o Bob Thunselle
PO Box 50981
Casper, WY 82605

Need a Hand?

Are you looking for someone to help around the house? Maybe you need to find support with weekly tasks: taking out the garbage; maintaining your yard or removing snow; cleaning house. Or your faucet broke and you need assistance with the repair... Finding a responsible, dependable handyman you can trust can be stressful, especially if you don't know



where to start. Here are some tips for finding that “Handyman” helper to make your life a little easier:

- * **Ask a friend for a recommendation**—Sometimes the best finds are those that are referred;
- * **Research Reviews**—The Internet can be your friend, especially if you get to know review sites like Google Reviews, Yelp, and Facebook Community Pages;
- * **Check Out a Referral App**—These sites allow you to search for local contractors to help with tasks. Many of these apps are free to use, and offer certifications of contractor pricing. Check out Angi @ www.angi.com.



Stay curious in the new year.

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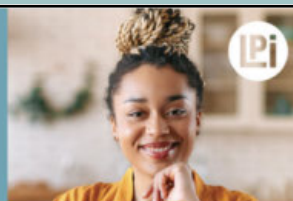
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SPOTLIGHT

James Earl Carter, Jr.

1924-2024

39th President of the United States



"We are, of course, a nation of differences. Those differences don't make us weak. They're the source of our strength."

-Al Smith Dinner, New York, October 21, 1976

After graduating from the Naval Academy in 1943, Carter served as a Nuclear Submariner.



When Carter's father passed away in 1953, the submariner returned to Georgia to run the family's peanut farm.



Carter served as U.S. President from 1976-1980. After his term, he founded The Carter Center, and led humanitarian efforts across the globe – including using his woodworking talent to build homes with Habitat for Humanity.



Low Vision Support Group

1st Monday of the month at 10AM.

Times for future meetings will be decided.

Courtesy of:



United Way of Natrona County



Rotary
District 5440



Reville Rotary meets Wednesdays at 7 A.M.



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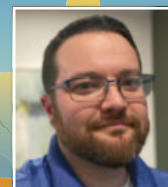
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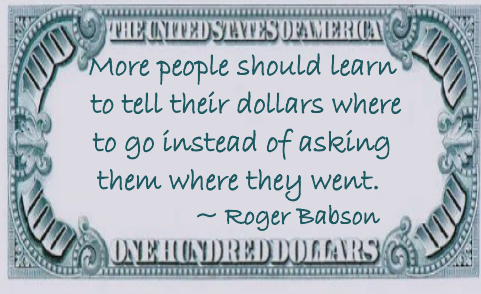


ACTIVITIES FOR EVERYONE*

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)
Coffee & Conversation	2nd/4th Monday	5:00PM—7:00PM (AR)
Craft Class	Thursday	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
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)

Financial 411



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!

Texas Roadhouse in Evansville partners with the Senior Center to raise money to support our programs by contributing a portion of all food purchased on February 10th by anyone who brings in this flyer or mentions the Senior Center.

DINE TO DONATE! FUNDRAISING NIGHT

Support
CASPER SENIOR CENTER
MON., FEBRUARY 10
3 - 10PM

**10%
DONATION NIGHT**

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



Photo by Harli Marten on Unsplash

PARTING THOUGHTS

"A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved."

~ American Author Kurt Vonnegut ~



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

The Search is Still On:

Would you like to learn how to make espresso?
How about learning the difference between a latte and a macchiato?

**Come volunteer as a barista on
Tuesdays or Wednesdays in Déjà Brew!**

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

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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!