

# 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

# MARCH 2025

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

## Ready, Set, Giddy Up!



Yes, it's that  
time of year  
again...



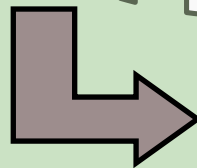
## 5th Annual Night at the Races

Saturday, April 26, 2025  
Doors to open at 5:30 PM  
Ramkota Hotel & Convention Center  
800 N. Poplar St | Casper WY

Must pony up for a potential payout...

## 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 2 Entries in Drawing!



### 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.

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# WHO'S WHO AROUND THE CENTER

## Board of Directors

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

## Members

*Gloria Fuhrer*                      *Debera Siems*  
*Susan Burk*                        *Lori Spearman*  
*Ron Strang*                        *Zulima Lopez*  
*Bob Lemmon*

## City Council Liaison

*Michael Bond*

## Executive Director

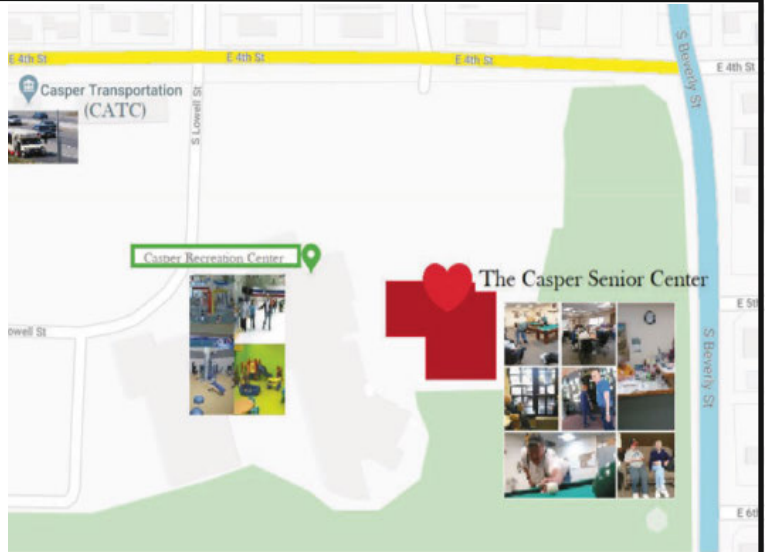
*Rachel Brown*

## 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](http://www.casperseniorcenter.com)



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

## ALL ABOUT US



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

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services to meet their changing

needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.



# A Letter from the Desk of the Executive Director

IT'S MARCH... ALREADY... Our Valentine Day event was a success. I would like to thank the YMCA for bringing the kiddos in. We will be having a St. Patrick's Day event. We are still in the planning stage so keep an eye out for final details.

Thanks to everyone who came and supported the Center at Texas Roadhouse. I am awaiting details of the amount that this fundraiser brought into the Center.

We will be having Artisan Alley back in to do another painting class. This class will be limited to 15 participants. They will be here on April 8th from 1:00pm to 3:00pm. Please stay tuned on when to sign up.

The Natrona County Cow-Belles will be here Thursday, March 20th. Please come and enjoy some wonderful roast beef!!!! We will also be having a Pancake Breakfast on Saturday, March 22nd. The all you can eat pancakes will be served from 7:00am to 11:00am. Adults cost \$8.00 with kids under 10 for \$5.00.

We are full steam ahead for our 5th Annual Night at the Races. We still have some horses for sale. If anyone is interested, please come to the office. The event will be on April 26, 2025, at the Ramkota.

You have been seeing new faces up in the front office. I would like to introduce Kim Perez, our new Admin Assistant. She is a wonderful addition to our team. We have also moved a few employees around. Misty is now our Data Entry/Activities Coordinator, with Rae stepping into the Bookkeeping role. Everyone is still learning their new positions, so please be patient.

Warm regards,

*Rachel Brown*

CWSS Executive Director

rachelh@casperseniorcenter.com | 307-265-4678

|  |   |  |   |
|--|---|--|---|
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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641



# 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.

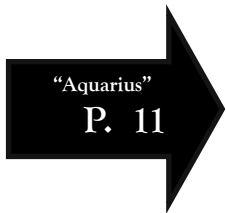
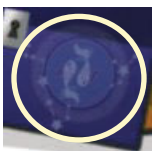
Services include homemaking, personal care, respite, and care coordination.

*Any questions? Come see Lacey or Christine!*

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

## Last Edition Answers:

Hidden Image:



**Answer to the February Trivia:**  
*Lovebirds!*



## 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 TIME

What was the boxing match between undefeated heavyweights Joe Frazier and Muhammad Ali, on March 8, 1971 in New York at Madison Square Garden, billed as?

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



# Happening Around the Center

*Coffee with  
the Board*  
2nd Tuesday  
of Every Month  
10AM in Déjà Brew

NEXT DATE:  
March 11th

## Joyce's Easy Clogging

Call (307) 237-4908  
for more information.

FREE, Every Monday  
at the Senior Center  
10:30 am

*We DO NOT Jump, Stand on One Foot,  
or Go Around in Circles.*

Daniel Morgareidge from  
**Blue Cross/Blue Shield Presents:**

## Medicare Education

3rd Thursday each month  
Conference Room at 2PM

Popcorn & couch provided

**Afternoon  
Feature  
at the  
Senior  
Center**

Film to be determined...

Friday, March 7th | 2:00 PM  
in the Library

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Central Wyoming Senior Services, Casper, WY

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# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between January 22nd—February 20th, 2025.*

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

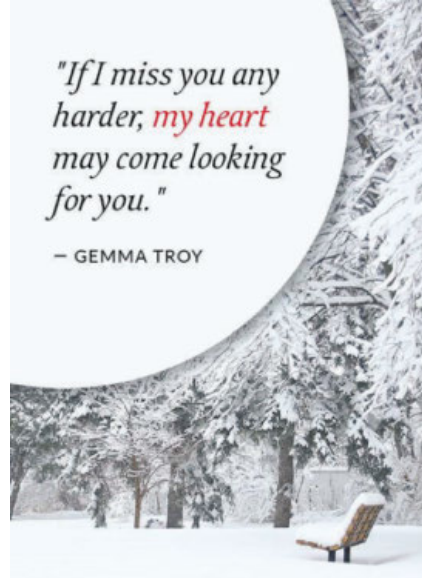
## What Your Memorial Does

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.

## Memorials

**Zentura**  
Helen Hoff

**Betty Cresswell**  
Tom Cresswell



## Gifts

**Jane Ifland**  
**Lenhart, Mason, & Associates LLC**  
**Frank Stofflet**  
**Janet Hilde**  
**Frank/Judy Cross**  
**Bonnie Jolovich**  
**Lynn Lockhart**  
**Wayne Clements**  
**Anonymous Donor(s)**

## 1st Annual Pancake Breakfast!

**Saturday, March 22nd**  
**7AM-11AM**

**All-You-Can-Eat!**  
**\$8 OR \$5 (age 10 & under)**

**PLUS**

**Déjà Brew is open for business...**



Coffee Boutique  
at  
Casper Senior Center



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

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

*Courtesy of C.W.S.S.*

## from What is Luck?

by Marlin Nightingale | <https://www.poemhunter.com/poem/what-is-luck/>

What law doth govern luck?  
Which rules does free choice bend?  
Are there clear answers in this muck?  
Or does it all depend—

On what the will of fate decides?  
And what is fate? Pray tell!  
It's just a rollercoaster rider,  
Where chance and luck have fell!

The chance to make a simple choice,  
The luck to choose it right,  
Then fate to show its forceful voice,  
And crown with fortune bright!

MUGGS



Patrick McDonnell





# MY HEALTH CARE TRACKER



PROVIDED BY THE SENIOR MEDICARE PATROL

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

My Health Care Trackers are fraud-fighting tools that are complimentary to beneficiaries through the SMP program.

The trackers help beneficiaries prevent, detect, and report suspected Medicare fraud, errors, or abuse.

If you would like a tracker, contact your Senior Medicare Patrol at 800-856-4398. Call us or stop by the local office to pick one (or a couple) up.



Fridays, April 25th—May 30th, 2025



An evidence-based self-management program consisting of a six week workshop series for adults or care providers for adults with a chronic health condition.

If interested, call (307) 766-2765

or Scan Below:



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## Local help with your Medicare questions.



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## SURPRISING USES FOR THE HUMBLE POTATO

Our modern potato came from southern Peru, domesticated there 7,000 to 10,000 years ago. Humble, homely, and earthy, the potato has traveled around the world, exerting extraordinary influence on global civilizations for centuries.

Potatoes are productive and easy to grow. They keep for a long time without processing and fit into any meal plan. Serve them for breakfast (hashbrowns), scalloped, mashed with roasted garlic, in a shepherd's pie or even a pie crust. Cook up a potato dessert to rival anything the zucchini can serve up.

Despite their bad rep for fueling the obesity epidemic (French fries comprise one-quarter of the "vegetables" Americans eat each day), potatoes are nutritious, too, especially served skin and all without gravy or other fatty toppings.

They offer a good source of potassium, vitamin C, some B vitamins, and antioxidants. And though they don't contain much of it, potatoes contain very high-quality (complete) protein.

*Image: Matt Damon from 2015 film The Martian*

## POTATOES: MORE THAN GOOD NUTRITION AND TASTE

- **Remove a broken light bulb from its socket safely.**  
Make sure the power is off to the light fixture. Cut a thick slice from one end of a large, raw potato and press the cut surface of the remaining potato into the jagged glass. Twist to unscrew and toss into the trash, potato and all.
- **Remove excess salt from a soup or stew.**  
Just cut up a raw potato or two and add to the broth, then remove the potato before serving.
- **Reduce puffy under-eyes.**  
Lay a slice of raw potato over each eye and lie back for a few minutes.
- **Remove stains on clothing, carpets, & upholstery.**  
Grate a couple of raw potatoes into a cup or two of water and allow to soak. Squeeze out the potato shreds and dab the water on the stain. Alternatively, try rubbing the stain with the cut edge of a raw potato.
- **Remove stains on hands.**  
Just rub hands with the cut surface of a raw potato to remove the staining from working with berries, beets, and other plant materials.
- **Hold decorative arrangements in place.**  
Poke holes in a large potato set at the bottom of a bowl and arrange your flowers, herbs, or branches in the holes to keep them in place. Add water as needed.
- **Remove tarnish from silverware and other items.**  
Soak tarnished items in potato water (left over from boiling potatoes).  
*\* Or use the potato water for soup stock.  
\* Or use the potato water to soak your feet. Many swear by this fold remedy for tired, aching feet.*
- **Make potato prints.**  
Potato printing is an old art that is fun for children and adults. Use simple stamps cut from raw potatoes for homemade note cards, wrapping paper, T-shirts, and other fabrics, even door frames, mantels, and floors, depending on which paint you choose.
- **Folk medicine.**  
Most parts of the world that grow and eat potatoes also use potatoes for a wide variety of traditional medical applications. Raw, juiced, cooked, applied externally, or taken internally, potatoes have been used to treat conditions as diverse as burns, infections, various cancers, constipation, and acne, as well as to soothe pain, treat migraines, and ease mild to moderate depression.



# March 2025 Menu

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|---|---|--|---|
| <b>2</b> Salisbury Steak<br>Oven Brown Potatoes<br>Sliced Carrots<br>Apricots<br>Wheat Roll<br>Cherry Pie                          | <b>3</b> Ham & Beans<br>Baby Carrots<br>Green Salad<br>Banana Bar<br>Corn Bread   | <b>4</b> Happy <i>Mardi Gras</i><br>Chicken & Sausage<br>Jambalaya<br>Or<br>Beef Po Boy<br>Mardi Gras Salad<br>King Cake | <b>5</b> Baked Chicken<br>Or<br>Breaded Catfish<br>Scalloped Potatoes<br>Green Beans with Onions<br>Creamy Pepper Slaw<br>Berry Mix | <b>6</b> BLT Wrap<br>Broccoli Pasta Salad<br>Fresh Vegetables<br>Spiced Peach Parfait   | <b>7</b> Baked Tilapia<br>Sweet Potatoes<br>California Mix<br>Chopped Vegetable Salad<br>Cherries<br>Honey Wheat Biscuit   | 1/8   |
| <b>9</b> National <i>Meatball Day!</i><br>Swedish Meatballs<br>Garlic Pasta<br>Broccoli<br>WW Roll<br>Calico Salad<br>Apple Pie    | <b>10</b> Ham & Scalloped<br>Potatoes<br>Peas & Onions<br>Dill Cucumbers<br>Apricots<br>WW Biscuit  | <b>11</b> Beef Cottage Pie<br>Steamed Cabbage<br>Mandarin Oranges<br>Tossed Vegetable Salad<br>Apple Walnut Muffin       | <b>12</b> Minestrone Soup<br>Turkey Salad Sandwich<br>On Wheat Bread<br>Stuffed Celery Stix<br>Spring Salad<br>Chocolate Cake       | <b>13</b> Sweet & Sour Chicken<br>Fried Rice<br>Oriental Vegetables<br>Ramen Asian Slaw<br>Gingered Pears<br>Sunflower Bread  | <b>14</b> <i>Happy Pi Day!</i><br>Glazed Salmon<br>Creamy Risotto<br>Winter Mix<br>Corn Muffin<br>Garden Bounty Salad<br>Fruit Pie   | 15<br><b>MENU<br/>SUBJECT TO<br/>CHANGE</b>   |
| <b>16</b> Tuscan Chicken<br>Fettuccine<br>Italian Vegetables<br>Caesar Salad<br>Toffee Cake<br>Garlic Onion Roll                   | <b>17</b> Corn Beef & Cabbage<br>Potatoes   Carrots<br>Fruit Salad<br>Poke& Pour Cake<br> | <b>18</b> Chicken Fajitas<br>Beans & Rice<br>Lettuce & Tomatoes<br>Baked Apples<br>Chewy Coconut Bar                     | <b>19</b> BQ Pork Meatballs<br>Rice Pilaf<br>California Vegetables<br>Carrot Raisin Salad<br>Mixed Berries                          | <b>20</b> Happy <i>Earth Day!</i><br>Roast Beef<br>Mashed Potatoes<br>Roasted Cauliflower<br>Cottage Cheese Salad<br>Wheat Roll<br>Lemon Pudding<br>BY NATRONA COUNTY<br>COW-BELLES | <b>21</b> Clam Chowder<br>Egg Salad on Croissant<br>Fresh Vegetables<br>Diced Pears<br>White Choc Chip Cookie  | <b>22</b> <i>All-You-Can-Eat</i><br> |
| <b>23</b> Beef & Noodles<br>Golden Corn<br>Russian Garden Salad<br>Whole Wheat Roll<br>Pecan Bread Pudding                         | <b>24</b> Chicken Pot Pie<br>Roasted Broccoli<br>Tomato Basil Salad<br>Grapes<br>Brown Bread  | <b>25</b> Biscuits & Gravy<br>Scrambled Eggs<br>Potato Hash Browns<br>Sliced peaches                                     | <b>26</b> Live Long & Prosper Day<br>Goulash<br>Catalina Mix<br>Tossed Salad<br>Orange Whip<br>French Bread                         | <b>27</b> Pepper Cheese Soup<br>Ham Salad Sandwich<br>Celery & Carrots<br>Marinated Cauliflower<br>Salad<br>Deluxe Mixed Fruit  | <b>28</b> Happy <i>Birthdays Lunch!</i><br>Oven Fried Chicken<br>Mashed Potatoes<br>Roasted Zucchini<br>Whole Wheat Roll<br>Fruit Cocktail Cake<br> | 29  |
| <b>30</b> National <i>Doctors Day</i><br>Hot Turkey Sandwich<br>Mashed Potatoes<br>Asparagus<br>Carrot Raisin Salad<br>Pumpkin Pie | <b>31</b> Roast Pork<br>Mashed Potatoes<br>Roasted Broccoli<br>Tossed Salad<br>WW Roll<br>Cherry Jello with Pears   |  |   |   |  | <b>MEALS<br/>INCLUDE MILK &amp;<br/>BREAD</b>   |

# If you got the money, honey...



The first event, pictured, was held in 1996 at Nad al Sheba Racecourse.



A view of Meydan Racecourse during the Dubai World Cup in 2023.

[https://en.wikipedia.org/wiki/Dubai\\_World\\_Cup](https://en.wikipedia.org/wiki/Dubai_World_Cup)  
  
<https://www.cnn.com/2024/04/02/sport/gallery/photos-dubai-world-cup-spc/index.html>

The Dubai World Cup is among the world's biggest horse racing events!

Created in 1996 by Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the United Arab Emirates and Ruler of Dubai who owns Darley Stud & Godolphin Racing, one of the world's leading Thoroughbred breeding and racing operations, the race is held on the last Saturday in March as the final race of the Dubai World Cup Night. It is a Group 1 flat race on dirt over a distance of 2,000 meters (about 10 furlongs).

It is open to Northern Hemisphere Thoroughbred four-year olds & up and to Southern Hemisphere Thoroughbred three-year-olds & up. Since its 2019 running, the race has carried a purse of \$12 million! The Nad al Sheba Racecourse was demolished in 2009 after the race and replaced by the \$1-billion Meydan Racecourse. Meydan boasted the world's largest grandstand, stretching some 1.6 km. The Meydan had the world's first five-star trackside hotel, cementing the event's association with glamour.



Pictured, 2024 winner Laurel River, with jockey Tadhg O'Shea, leads horses into the first turn at the main race.

The event has always been synonymous with style and glamour. Pictured, spectators show off their outfits at the 1998 event.



## 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

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

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 NCSO 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](http://www.natronaseniordistrict.com)

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





**March 17, 2025**

## St. Patrick's Day Fashion Show

*Wear your best Leprechaun Couture for a chance to win prizes!*



Stay curious in the new year.

The love of learning doesn't end at 50.

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

Casper College



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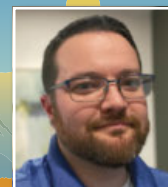
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# ACTIVITIES FOR EVERYONE

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)                           |
| Bible Study                         | Monday                             | 1PM—3PM (AR)<br>3:30 PM—4:40 PM (AR)         |
| Binding Friends                     | Monday                             | 6:00PM—8:00PM (CNF)                          |
| BINGO! (\$0.50/card)                | Thursday                           | 12:30PM—2:00PM (AR)                          |
| Bridge                              | Wednesday/Friday                   | 12/12:30PM—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                          | Tuesday/Thursday                   | 9:15AM—9:45AM (AR)                           |
| Chess Club                          | Tuesday                            | 7:00PM—10:00PM                               |
| Clogging                            | Monday (Joyce)<br>Thursday (Lori)  | 10:30AM—11:45AM (AR)<br>10:30AM—11:30AM (DF) |
| Craft Class                         | Thursday                           | 10:00AM—12:00PM (AR)                         |
| Cribbage                            | Tuesday                            | 10:00AM—11:30AM (AR)                         |
| Dance Club                          | Monday                             | 6:00PM—8:00PM (DF)                           |
| Doll Club                           | 2nd Saturday                       | 2:00PM—4:00PM (CNF)                          |
| Grief Support Group                 | 2nd/4th Monday                     | 5:00PM—7:00PM (AR)                           |
| Jam Session                         | Friday                             | 7:00 PM—8:00PM (CNF)                         |
| Line Dancing                        | Tuesday                            | 10:00AM—11:00AM (DF)                         |
| Mexican Train Dominoes              | Sun/Mon/Thurs                      | 1:00PM—?4PM? (DR)                            |
| Pinochle                            | Thursday/Friday                    | 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                     | Tuesday (Main)<br>Thursday (Sites) | 10:00AM—2:00PM(DR)<br>12P—1P (Sites)         |
| WY Dementia Support Group           | 1st/3rd Thursday                   | 10:00AM—11:00AM (CNF)                        |





**THANK YOU!**

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## PARTING THOUGHTS

"I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living."

~ American Author/ Cartoonist Theodor 'Dr. Seuss' Geisel ~

off the mark .com by Mark Parisi



We still have opportunities to donate to the 5th Annual Night at the Races!

Sponsor a horse, volunteer your time, or contribute to a prize package!

Questions? Come see the Front Office today!

Volunteer Opportunities:  
If you are interested in giving your time,



We would like to extend a huge **THANK YOU** for the support from our amazing community and members!