

At the Center Of It All

Central Wyoming Senior Services, Inc.
1831 East 4th Street | Casper, WY
(307) 205-4678



Celebrating 50 Years of Service to Casper's Seniors

Established in 1975 and incorporated as a 501(c)(3) in 1976, Central Wyoming Senior Services is proud to celebrate 50 years of serving our community. What began in a church basement has grown into a vital resource for seniors throughout Natrona County.

In the early days, the focus was simple but powerful: serving nutritious meals and offering activities that brought seniors together. Along with the main center, four sites were established: Midwest, North Casper, Mills, and Evansville, ensuring seniors across the county had access to meals and social connection. As the needs of our aging population have changed, so has Central Wyoming Senior Services.

Over the years, we have expanded to include programs such as Wyoming Home Services (WyHS) and the National Family Caregiver Support Program, allowing us to support seniors not only at the Center, but also in their homes and within their families.

While much has evolved over the past five decades, our mission has remained the same; helping seniors live healthier, more independent, and more connected lives. We are honored to have served generations of seniors and look forward to continuing this important work for many years to come.



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

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

Vision:
To assist individuals aged 60 and older in Natrona County by providing or processing 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.

**PROUD
PARTNER OF:**



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

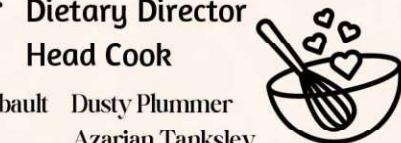
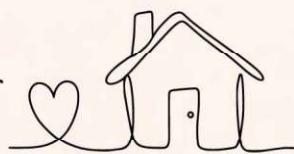
Rachel Brown	Executive Director
Lacey Kidman	Community Programs Dir.
Christine Coffey	Access Care Coordinator
Aides: Sarah George Jazzmin Kidman Jessica Massey Shauda Dellingler Blaize Favre	CNA: Caitlan Knotts

In-Home

Kitchen

Admin

Facility upkeep



Kimberly Cooper	Dietary Director
Johnna Moore	Head Cook
Aides: MaKayla Archambault Angel DeLoria Craig Kwedor CJ Oryall Andrew Coffey Shawn Borne	Dusty Plummer Azarian Tanksley Zach Focht Pearl Weakland (Mills) Charlie Mason (Evansville)

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

Dining Room:

Jimmy S. Ernie T. Deb Food Bank:
Michelle H. Jim K. Reagan Jim K.
Jancy Masayo Donna S. Phyllis C.
Jean H. Mary G.

Deja Brew Baristas:

Mon-Nancy E. Tues-Linda N. Food Bank:
Wed-Patti P. Thurs-Kathy D. Jim K.
Fri-Maddy Helper-Zack Dianne L.
Jackie H. Joe L.
Lisa F.

Activities:

Ruth D. Leona
Peggy E. Buck
Lori S. Ruth Anne
Joyce S. Machelle
Barb R. Ethan
Ethan S. Phyllis C.

Miscellaneous:

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

From the Desk of the Director:

A Busy Start to 2026!

January may be behind us, but it was anything but quiet at Central Wyoming Senior Services. The new year kicked off with lots of planning, energy, and excitement as we began organizing several fun and meaningful events for our members and the community.

We're looking forward to bringing back favorites like the Sock Hop and Pancake Breakfast, both of which promise good food, great music, and even better company. These events are about more than fun, they help keep our Center active, connected, and welcoming for seniors throughout Natrona County.

January also marked the start of our fundraising season, an important time that helps ensure we can continue offering vital programs and services. Our 6th Annual A Night at the Races is already in the works and will take place April 18th. This signature event supports all of our programs and helps us continue serving seniors where they are—at home and in the community.

And this year is especially exciting because the Senior Center turns 50! We are planning a special community celebration to honor five decades of service, friendships, meals, activities, and support.

More details will be coming soon, and we can't wait to celebrate this milestone with all of you.

Thank you for being part of our journey. 2026 is shaping up to be a year full of connection, celebration, and continued commitment to our seniors.

Rachel Brown

rachelh@casperseniorcenter.com or 307-265-4678

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A 4C 05-0641

Helping Hands

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WYOMING HOME SERVICES

&

NATIONAL FAMILY CAREGIVER PROGRAM

are programs that provide assistance to individuals in their home.

SERVICES INCLUDE:



HOUSEKEEPING



PERSONAL CARE



RESPITE



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!

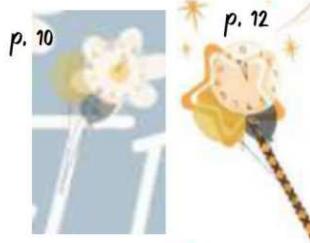
Meal Times:

Casper - 11AM to 1PM

Evansville/Mills - Noon to 1PM

Reservations required for sites!

Last Edition Answers:



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

Name: _____

Birthdate: _____

FEBRUARY

HIDDEN IMAGE:



Hidden Twice
Find Both for
2 entries!

FEBRUARY TRIVIA:

Second only to Thanksgiving, what holiday event in February has the next highest level of food consumption?

Coffee With the Board

2nd Tuesday each month
10AM in Deja Brew

NEXT DATE:
February 10th

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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between December 20th 2025 - January 23rd 2026.
If donations were made between those dates and you were not recognized, please see the Front Office.

Gifts

John Savage
Franck Stofflet
Jane Niemitalo
Hubert Townsend
Natrona County Cow-Belles

Betty Pater
Mary Moler
Charlene Aakre
Mary Moler

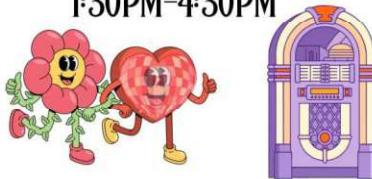
Memorials

Ralph Burger
Mary Moler

SODA FOUNTAIN &

SATURDAY, FEBRUARY 21ST

1:30PM-4:30PM



SOCK HOP



A Special Thank you from the Casper Senior Center!

Kathy Dilgarde, our wonderful Thursday barista, has again shared her time, creativity, and effort! We have enjoyed her skill in decorating the display case with a beautiful winter and Christmas theme. It made the months of December '25 and January '26 extra special! We truly appreciate the care and joy you bring to our Center—your hard work and artistic vision does not go unnoticed! ❄️🎄

We ❤️ our
Volunteers



What your Memorial Does:

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

?????
WEEKLY

JACKPOT

BINGO

ON
Wednesday
AT
1:30PM

FEBRUARY 4, 11, 18, 25



\$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



Additionally, we now sell 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



Tasty Food



Fresh Facts about the Kitchen



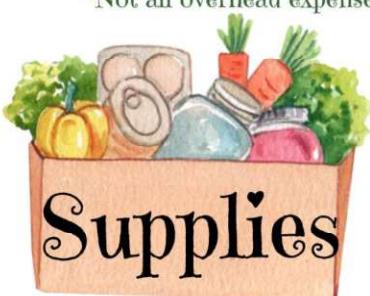
Utilities*
COST: \$34,563
INCLUDING PHONES



**Total Expenses:
\$519,695.00**

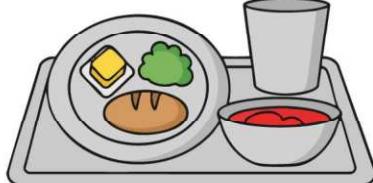
Congregate Meal Program Expenses for Fiscal Year 2025

*Not all overhead expenses are included, examples on this sheet may not add up to Total Expenses.



Supplies

COST: \$190,000
37% OF ANNUAL EXPENSES



24,139
Meals Reported

EXCLUDING GUESTS & UNDER 60 MEMBERS

\$**6**

Suggested
Member
Donation
Price

COVERS 28% OF THE EXPENSE


Building &
Equipment*
COST: \$28,670
INCLUDING MAINTENANCE



Staff
COST: \$185,000
36% OF ANNUAL EXPENSES



Per
Plate
COST:
\$21.53

February 2026 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey Mashed Potatoes Sweet Corn WW Roll Tossed Salad Pumpkin Pie	1 Lasagna Italian Vegetables Tomatoes & Cucumbers Garlic Breadstick Cherry Jello	2 Baked Ham Scalloped Potatoes Broccoli Tossed Salad WW Roll Apple Crisp	3 Pork Chow Mein Brown Rice Sesame Green Beans Asian cucumbers WW Roll Almond Cookie	4 Smothered Burrito Black Beans Spanish Rice Mexican Slaw Churro	5 Clam Chowder Egg Salad Croissant Stuffed Celery Baked Apples Bread Pudding
Pork Wellington Catalina Vegetables Pea Salad Honey Wheat Biscuit Apple Pie	8	9 Chicken & Noodles Roasted Asparagus Tomato Feta Salad WW Roll Citrus Fruit	10 Chili Cinnamon Roll Carrot Raisin Slaw Sliced Peaches	11 Porcupine Meatballs Sweet Yams Garden Mix Broccoli Slaw Corn Muffin Peach Trifle	12 Chicken Sandwich Lettuce & Tomatoes Potato Salad Berry Blend Sugar Cookie
Beef Pot Roast Peas & Carrots Tomato Basil Salad Blueberry Pie	15	16 Philly Cheese Pasta Roasted Cauliflower Cucumber & Onions WW Roll Apricots	17 FAT TUESDAY Seafood Jambalaya OR Deli Po' Boy	18 Ham & Macaroni w/ Cheese Casserole Peas & Onions Blueberries Peanut Butter Cookie	19 Chicken Pot Pie Braised Cabbage Tomatoes & Cucumbers Raisin Bread Gingered Pears
Chicken Alfredo Roasted Zucchini Italian Tossed Salad Garlic Onion Roll Toffee Cake	22	23 Lamb Stew Baby Carrots Raisin Slaw Cornbread Sliced Peaches	24 Spanish Steak Garlic Pasta Country Mix Berry Almond Salad Wheat Roll Coconut Pineapple Fluff	25 Minestrone Soup Turkey Salad Sandwich Fresh Vegetables Russian Salad Cranberry Dessert Bar	26 Beef Tips Mashed Potatoes Peas & Onions Spinach Mandarin Salad Cherry Peach Jello
REMINDERS: All Meals include Milk & Bread!					
Menu Subject to Change!					



February Activities

- 2nd - Nutrition and Fall Prevention Class 11:15am
- 3rd - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
- 3rd - Wellness Clinic (Main) - Dining Room - 10am
- 3rd - Hand & Foot (Main) - 1pm
- 4th - Senior Food Distribution - Evansville - 10am - 1pm
- 5th - Senior Food Distribution - Mills - 10am - 1pm
- 5th - Hand & Foot (Main) - 1pm
- 9th - Coffee & Conversation - Activity Room - 5pm - 7pm
- 10th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
- 10th - Wellness Clinic (Main) - Dining Room - 10am
- 10th - Coffee with the Board - Deja Brew - 10am
- 10th - Hand & Foot (Main) - 1pm
- 11th - Senior Food Distribution - Evansville - 10am - 1pm
- 11th - Bunco - Deja Brew - 11:00am
- 12th - Senior Food Distribution - Mills - 10am - 1pm
- 12th - Mexican Train Dominoes - Dining Room - 1pm
- 12th - Hand & Foot (Main) - 1pm
- 16th - Mexican Train Dominoes - Dining Room - 1pm
- 17th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
- 17th - Wellness Clinic (Main) - Dining Room - 10am
- 17th - Hand & Foot (Main) - 1pm
- 17th - Eyeglass Repair - Dining Room - 11am
- 18th - Senior Food Distribution - Evansville - 10am - 1pm
- 19th - Senior Food Distribution - Mills - 10am - 1pm
- 19th - Hand & Foot (Main) - 1pm
- 19th - Mexican Train Dominoes - Dining Room - 1pm
- 23rd - Coffee & Conversation - Activity Room - 5pm - 7pm
- 24th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
- 24th - Wellness Clinic (Main) - Dining Room - 10am
- 24th - Hand & Foot (Main) - 1pm
- 25th - Senior Food Distribution - Evansville - 10am - 1pm
- 25th - Bunco - Deja Brew - 11:00am
- 26th - Mexican Train Dominoes - Dining Room - 1pm
- 26th - Senior Food Distribution - Mills - 10am - 1pm
- 26th - Mexican Train Dominoes - Dining Room - 1pm
- 26th - Hand & Foot (Main) - 1pm



Happy Valentine's Day



All activities are
subject to change!



THANK
YOU



Rotary

District 5440



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of Natrona County

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THANK YOU
THANK YOU
THANK YOU



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you!

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Central Wyoming Senior Services, Casper, WY

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Senior Center Wish List

1

Sock Hop February 21st

Gift cards from Sam's Club, grocery stores, etc. to purchase **Soda Shop** items for the **Sock Hop**.

2

Gift Cards

from local businesses to be used as prizes for activities

3

Popcorn and Salted Butter

for #FridayFeature movies
Yellow kernels ONLY please, the white one burn in our machine.

4

Deals on Wheels

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

5

Food Bank Organization

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

6

Volunteers

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

Special Events (you won't want to miss)

2/2 Nutrition &
Fall Prevention Class
2/18 Pool Tournament
\$10 entry
Green Valley Style
Double Elimination
2/21 Sock Hop
\$10 single/\$15 couples



Looking for Bridge Players

The Friday afternoon Big Bridge group is looking for new players to be subs or permanent players. They meet every Friday at 12:30pm and end around 3:30. Need not be an expert, but must know how to play. It is party bridge, so it's fun and not stressful. Please call either

Dee (307) 315-8408 or
Mary (307) 337-7352
if you are interested.

SENIOR SAFETY TIPS FROM OUR PARTNER:



SMP IMPOSTER SCAM WARNING!

SMPs will never offer free equipment or ask for payment. Be on the lookout for scammers claiming to be from the SMP. Call your state SMP to confirm any communication, especially if you get a call you weren't expecting.

SMP Senior Medicare Patrol
Preventing Medicare Fraud
Find your SMP!
877.808.2468

More 2026 Alerts:

- Fake AARP Email:** A fraudulent email with the subject "Membership Expiry Countdown" was reported in Jan 2026, targeting seniors with fake, low-cost renewal fees to steal credentials.
- Medicaid Fraud:** Wyoming Department of Health (WDH) reminds residents that they do not call to sell services or ask for immediate payment.
- AI Voice Cloning:** Scammers are using AI to mimic the voices of grandchildren to create fake, urgent pleas for money.

Attention: There are reports of SMPs calling Medicare beneficiaries, offering free equipment or asking for financial information. This is not the SMP. SMPs will never offer products or ask for money. **If you get a call like this, report it to the Wyoming SMP at 1-800-856-4398.**



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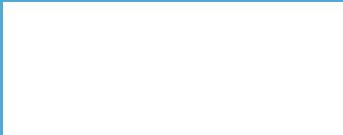
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Activities for Seniors 60 and Older

Activity	Day(s)	Time(s)	Room
Afternoon Tai Chi	Tuesday/Thursday	3:00PM-4:00PM	Activity
Bingo! (\$0.50/card)	Thursday	12:30PM-2:00PM	Activity
Bridge	Wednesday	12:30PM-4:00PM	Dining
Bridge	Friday	12:00PM-4:00PM	Conference
Canasta	Friday	12:00PM-4:00PM	Dining
Chair Exercise	Mon/Wed/Fri	9:45AM-10:45AM	Dining
Chair Yoga	Tuesday/Thursday	9:15AM-9:45AM	Activity
Clogging (Joyce)	Monday	10:30AM-11:45AM	Activity
Clogging (Lori)	Thursday	10:30AM-11:30AM	Dance Floor
Craft Class	Thursday	10:15AM-12:00PM	Activity
Cribbage	Tuesday	10:00AM-12:00PM	Activity
Feature Film	Friday	1:30PM	Library
Food Distribution	Tuesday	10:00AM-1:00PM	Main-Dining
Food Distribution	Wednesday	10:00AM-1:00PM	Evansville Site
Food Distribution	Thursday	9:00AM-10:00AM	Mills Site
Line Dance	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
		Central Wyoming	Senior Services



WEEKLY AT 1:30 PM *FRIDAY FEATURES* SENIOR CENTER LIBRARY



February 6th



80 for Brady is a comedy about 4 lifelong best friends who are huge New England Patriots fans, especially of quarterback Tom Brady, and embark on a chaotic, life-changing journey to attend Super Bowl LI in Houston to meet their hero, inspired by a real-life group of women known as the "Over 80 for Brady Club". The film follows their misadventures, including winning tickets, and navigating the huge sporting event, all while celebrating their deep friendship and fandom.



February 13th



When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.

February 20th

Aging pals Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman) and Sam (Kevin Kline) have been best friends since childhood. When Billy finally proposes to his much-younger girlfriend, all four friends go to Las Vegas to celebrate the end of Billy's longtime bachelorhood and relive their glory days. However, the four quickly realize that the intervening decades have changed Sin City and tested their friendship in ways they had not imagined..



February 27th

Up is a Pixar animated film about 78-year-old widower Carl, who ties thousands of balloons to his house to fly to South America, fulfilling a lifelong dream with his late wife, Ellie, but an enthusiastic young Wilderness Explorer named Russell accidentally stows away, leading the unlikely duo on an unexpected adventure with talking dogs and a rare bird in the jungle. The story explores adventure, loss, moving on, and finding new purpose.



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Ugly Sweater Contest

December 19th, 2025



December 23rd, 2025

Reindeer Games



Oh
DEER!



(A special thank you to Ron Strang for conceptualizing the contests and gathering donated prizes and judges!!!)



**Sherriff
Under Sheriff
1st Lieutenant**

