

The Center of It All | October 2025



**PLAYS WELL
WITH OTHERS**

*We're all in this world
together!
Help us support
our partner agencies:*



**DOLLHOUSE EXTRAVAGANZA
OPEN HOUSE**
Newly Renovated Homes



**October 4th
10am-12pm**
Meals on Wheels
1760 E. 12th



Not actual photos of dollhouses for sale.



*Come out, enjoy some cookies, meet with a
"realtor" & make an "offer"! You can even make a
"down payment" prior to the event!*

*"Realtors" are our amazing volunteers, "Offers" are
your silent auction bids, "Down Payments" are
sponsorships of the event. All proceeds support
Meals on Wheels.*

*Special thanks to JoAnn True
for the donation of a 4-H swine.*



Help Us Connect Senior Adults with Children and Young People....

Do you know a senior adult who would like to give back
to our community — *but isn't sure how?*



Make a Difference in the Lives of Young People in Our Community.

The Wyoming Senior Citizens, Inc.
**Classroom Grandparent Program is
in immediate need of volunteers!!!**

We are seeking individuals over the age of
55 who would like to work with children in a
school, early childhood, Boys & Girls Club or
other youth-based programs.

Becoming a Foster Grandparent is a great
way to help children in our community. And it's
a wonderful way to connect with those who
are interested in helping others.

**Classroom Grandparents
Receive BENEFITS in
return for their service:**

- Tax-free Stipend.
- Transportation Assistance.
- Nutritious Daily Meal.
- Holidays and Paid Time Off.
- Community Recognition.
- Pre-Service and Monthly Training.



**If you, or anyone you know would like to learn more about this program, please call
Central Wyoming Foster Grandparent Program:**

Scan the QR Code or take our number for
more information:



**For more information call The Foster
Grandparents Program**

**307-856-6880
or 800-856-4398**

Or Email:

fgpmgr@wyoming.com

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OCTOBER 2ND 2025

12PM - 1PM

**CASPER SENIOR CENTER
CONFERENCE ROOM**

EDUCATION SERIES SCAMS PRESENTATION

Join us for a presentation from the Detectives at the Casper Police Department
to learn more about the newest scams impacting seniors and how to keep
yourself safe.



*Central Wyoming
Senior Services, Inc.
"The Heart of Natrona County"*

Programs:

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

Vision:

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

Mission:

To assist individuals aged 60 and older in Natrona County by providing or
accessing community services and resources to maintain their dignity and
independence using qualified and trained staff to help them meet their
nutritional, educational, social, emotional, financial, and recreational needs.

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*"Kindness is the language
which the deaf can hear,
and the blind can see." -
Mark Twain.*

WHO'S WHO AROUND THE CENTER

Executive Director—*Rachel Brown*

Board of Directors

Bob Carpenter President

Gracie Becker Vice President

Kim Latka Treasurer

Kate Maxwell Secretary

Members

Gloria Fuhrer

Debera Siems

Susan Burk

Lori Spearman

Bob Lemmon

Ron Strang

Zulima Lopez

City Council Liaison

Michael Bond

In-Home

Community Programs Director—*Lacey Kidman*

Access Care Coordinator—*Christine Coffey*

Housekeepers:

Sarah George, Jazzmin Kidman, Jessica Massey

Shauna Dellinger, Blaize Favre

CNA—*Caitlan Knotts*

Administration

Human Resources/Bookkeeper—*Rae Appel*

Volunteer/Activities Coordinator—*Kim Perez*

Receptionist/Data Entry—*Virlie Heyer*

Nutrition

Dietary Director—*Kimberly Cooper*

Head Cook—*Johnna Moore*

Kitchen Staff:

Makayla Archambault, Quinton Easley,

Craig Kwedor, Dusty Plummer,

Azarian Tanksley, Zach Focht, CJ Oryall

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 Page:

<https://www.facebook.com/casperseniorcenter>

Déjà Brew Barista Volunteers:

Monday—*Nancy*

Tuesday—*Linda*

Wednesday—*Hannah*

Thursday—*Kathy*

Friday—*Maddy*

Dining Room Volunteers:

Jimmy Ernie

Michelle Jim

Jancy Masayo

Luba Deb

Puzzles:

Ruth

Crafts:

Peggy

Deals on Wheels:

Peggy and Buck

Library:

Jackie Bev

Board of Director meeting Schedule: Fourth Monday of each month at 3:00pm
Meetings are open to the public. All members are encouraged to attend!

From the Desk of the Director:

HELLO FALL!

We had a fabulous September! A big thank you to everyone who joined us for the outreach BBQs in Mills and Evansville. Both events had great attendance, and it was wonderful to see so many community members coming together.

We are also seeing more and more seniors utilizing our food pantry—held Tuesdays from 10:00a.m. to 1:00p.m. at the Main Center in Casper and Thursdays 11:00a.m. to 1:00p.m. at the Mills Center. A heartfelt thank you to the Food Bank of Wyoming for making this possible! Looking ahead, October is shaping up to be just as exciting:

Oktoberfest – Thursday, October 3rd from 11:00 a.m. to 1:00 p.m. Enjoy music, food, and plenty of fun!

Nutrition Education Series – Monday, October 6th at Noon. Join us to learn more about healthy eating and wellness.

Single Senior Social – Friday, October 25th from 3:00 p.m. to 6:00 p.m. A wonderful chance to meet new friends and enjoy time together.

We can't wait to see you at these events and share another great month together!

Please remember when inclement weather starts here in Wyoming, which could be any time, the Senior Center follows Natrona County School District. When the schools are closed due to bad weather, then the Senior Centers are closed as well.

Warm Regards,

Rachel Brown

rachelh@casperseniorcenter.com or 307-265-4678

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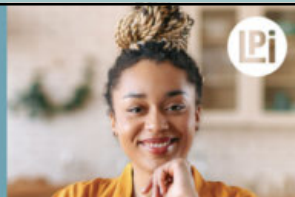
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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

Central Wyoming Senior Services

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WYOMING HOME SERVICES & NATIONAL FAMILY CAREGIVER PROGRAM**
are programs that provide assistance to individuals in their home.

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🔑 **Housekeeping**

🔑 **Personal care**

🔑 **Respite and care coordination**

Any questions? Come see Lacey or Christine!
Or give us a call at (307) 265-4678

Central Wyoming Senior Services

Mission Statement

Our mission is 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.

New Member Coffee

2nd Tuesday each Month
10AM in Déjà Brew
NEXT DATE:
October 14th

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 reception desk for \$9.00. (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 & Mills Noon—1:00PM
Reservations Required at the Mills and Evansville Sites

Answer to Sept. Trivia—

Q: What is September known as in the Old English calendar?

Q: What does the word "September" originate from?

September (from Latin septem, "seven") or mensis September was originally the seventh of ten months on the ancient Roman calendar that began with March (mensis Martius, "Mars' month"). It had 29 days. After the reforms that resulted in a 12-month year, September became the ninth month, but retained its name.

Try to find this image:

Hidden Twice



Don't Forget to look for Kim's famous typo(s)

Please turn this into the front office if you are 60 or older with an Oct. birthday to receive a lunch ticket.

Name _____

Birthdate: _____

Casper, Wyoming

If you would like to have your b'day or anniversary published in the newsletter for the month of either, sign up with the office!

Last Edition Answers:

Sept. Hidden images



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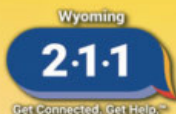
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Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between August 22nd—September 23rd, 2025
If donations were made between those dates and you were not recognized, please see the front office.*



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.

Gifts

Sandy Koenig
Reveille Rotary Club
Ila Johnstone
Steven Monteleone
Janet Hilde
Robert/Mary Tobin
Frank Stofflet
Ronald/Evelyn Gernaat
Gloria Herzog
Anonymous Donor(s)

Memorials

Susan Tupper
Joyce Coleman
Mike Price
Sally Lindahl
Wayne Clements

Dave Gossin
Mary Moler
Beverly Loftin
Sandra Leotta
Sally Lindahl
Wayne Clements

A Special Thanks to Dedicated Volunteers

This month I would like to celebrate and thank the many hands that go into making our new food distribution possible. We have to give Cody Foster the first big Thank You!!! He spent several hours and used his own tools and years of experience to replace the deck of the flatbed trailer we use to pick up and transport the food from the Food Bank of Wyoming. Please tell Cody thank you! His hard work has made it possible to get 3 full pallets of food on the trailer. Next a huge shout out to Home Depot for donating plywood !! Ron Strang used his magic to make that donation possible. Next, the volunteers that come to help unload the trailer, Alex from Hilltop Bank, Jimmy, Gary, Jim K, and Clint. Thank you strong men for lifting and loading! Jacque, Jean, Grace, Jim, Jackie, Bev, Michelle, and Pernishia (plus anyone I may have forgotten) for sorting, setting up and distributing the food! Ensuring that produce is fresh and ready for use is very time consuming. We truly appreciate the hard work these Volunteers put in. I would also like to Thank Jim Kofakis for the daily help with many of our functions and events! Jim recently moved back to Casper and hit the ground running! Jim is always willing to help. Thank you, Jim, for all you do. We would also like to take this time to thank all of our sponsors that made the Mills and Evansville Outreach/Open House events: Shepherd of the Valley provided the hamburgers and hot dogs, Meals On Wheels provided the buns, Edgewood brought the delicious watermelon slices, Sandra Skinner for the desserts and cookies, and last but definitely not least, FOOD BANK OF WYOMING for the generous pantry food that we were able to distribute at both events.

We desperately need volunteers to help us with the senior food pantry. If you are available Mondays from 2pm til 3pm or Tuesdays 8:30 til? Please come in and let Kim know when you are able to help us out !

Volunteer Meeting

October 13th at 10am
in the
Conference Room

We cannot stress enough how much we depend on volunteers. YOU keep the Senior Center running and allow us to continue providing vital services to members and our community!

Volunteer opportunities
Food pantries in Mills,
Evansville, and Casper.
Please see Kim Perez in
the office or call 307-265-4678

New, Fun, Upcoming Events:

SINGLE SENIORS SOCIAL!!! This all started from a crazy idea I had to have sort of an organized "meet and greet". My thoughts are to help other single senior members to come together and (hopefully) find other single seniors with similar interests and hobbies to do things together. I know I don't like to go to a restaurant alone and I'm sure there are others that would like to have somebody to have a weekly dinner "date" or go to the movies with. There is also a more serious side to my idea... as winter approaches, we tend to isolate and stay indoors where it's warm. That is just not the best thing for our social lives or mental health and wellbeing. Having a reason to get up and get dressed and ready for the day is great! But I also hope that with our singles coming together, we will develop a sort of "buddy system" where we check on each other. Sometimes a simple phone call or text message can make all the difference in the world—to brighten someone's day, remind them of upcoming events, or possibly to help out in a medical Emergency; in any case, remind them they are NOT alone. Our first Single Senior Social is scheduled for Oct. 25th with potluck meal beginning at 3pm—there is a dance that starts at 5pm with the option to stay in the activity room and play charades or just visit with new friends!



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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Central Wyoming Senior Services

OCTOBER ACTIVITIES

1st—Jackpot Bingo—Dining Room—1:30pm-4:00pm

1st—Cribbage—Déjà Brew—11:00am

**3rd—OKTOBERFEST CELEBRATION—Dining Room—11am-1:00pm
COSTUME CONTEST**

3rd—Friday Feature—Library—1:30pm

2nd, 3rd, & 4th—Deals on Wheels—Déjà Brew—10:30am-1:30pm

7th—Wellness Clinic—Dining Room—10:00am

7th—Senior Food Distribution—Dining Room (Main) 10a-12:30pm

8th—Jackpot Bingo—Dining Room—1:30pm-4:00pm

8th—Cribbage—Déjà Brew—11:00am

8th—BUNCO—Déjà Brew—9:00am

9th—Casper College Tech Assist—Déjà Brew—1:00pm-3:00pm

10th—Friday Feature—Library—1:30pm

11th—Saturday Dance—Dining Room/Dance Floor—6:00pm

14th—Wellness Clinic—Dining Room—10:00am

14th—Senior Food Distribution—Dining Room (Main) 10a-12:30pm

15th—Jackpot Bingo—Dining Room—1:30pm-4:00pm

15th—Cribbage—Déjà Brew—11:00am

17th—Friday Feature—Library—1:30pm

21st—Wellness Clinic—Dining Room—10:00am

21st—Senior Food Distribution—Dining Room (Main) 10a-12:30pm

22nd—Jackpot Bingo—Dining Room—1:30pm-4:00pm

22nd—Cribbage—Déjà Brew—11:00am

23rd—Steve Wagner Spooktacular Pool Tournament—9:00am

24th—Friday Feature—Library—1:30pm

28th—Wellness Clinic—Dining Room—10:00am

28th—Senior Food Distribution—Dining Room (Main) 10a-12:30pm

29th—Jackpot Bingo—Dining Room—1:30pm-4:00pm

29th—Cribbage—Déjà Brew—11:00am

31st—Halloween Costume Party—Dining Room—11:00am-1:00pm

31st—Friday Feature—Library—1:30pm

All activities are subject to change

Best Dressed Hunter Costume Contest

Judged by an actual Game Warden

1st Prize is Dinner for 2!

When: October 15th at the Main Center in the Dining Room

October 2025 Meal Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MENU SUBJECT TO CHANGE			1 BBQ Pork Sandwich Lettuce & Sliced Tomato Sweet Potato Tots Creamy Coleslaw Orange Jello Whip	2 Beef Chow Mein Brown Rice Wheat Biscuit Oriental Vegetables Kimchi Cucumbers	3  Oktoberfest Bratwurst with Kraut OR Runza German Potato Salad Beans & Cabbage Apple Cake	4
5 Breaded Chick'n Breast Rice Pilaf Glazed Carrots Russian Salad Wheat Roll Cherry Pie	6 Pork Stroganoff Green Beans Dill Cucumbers Rye Roll Peach Snack Cake	7 Tator Tot Casserole Broccoli Tomato Basil Salad Honey Wheat Roll Fresh Grapes	8 <i>National Pierogi Day</i> Taco Salad Lettuce, Tomatoes, Cheese, & Onions Rice & Black Beans Pepper Slaw Baked Apples Mexican Brownie	9 Creamy Tomato Soup Grilled Cheese Sandwich Fresh Vegetables Cole Slaw Cherry Jello	10 Breaded Cod Scalloped Potatoes Roasted Cauliflower Pea Cheese Salad Wheat Roll Berry Blend	11
12 <i>Old Farmers Day</i> Roast Beef Mashed Potatoes Sweet Corn WW Roll Creamy California Salad Toffee Cake	13 Oven Fried Chicken Potato Medley Tossed Salad Boston Brown Bread Tropical Fruit	14 Ham & Beans Sliced Carrots Creamy Veggie Slaw Corn Bread Peach Crisp	15 Hearty Veg Soup Turkey Salad Sandwich On Wheat Fresh Veggies Sliced Peaches Pumpkin Bar	16 <i>World Food Day</i> Stuffed Peppers Baked Yams Green Beans Tossed Salad Sunflower Bread Butterscotch Pudding	17 Salmon Loaf Continental Rice Roasted Asparagus Tomato Basil Salad Whole Wheat Roll Mandarin Oranges	18
19 Roast Pork Oven Brown Potatoes Cauliflower with Peas Cottage Cheese Salad Wheat Biscuit Apple Pie	20 Swiss Steak Brown Rice WW Roll California Vegetables Tossed Salad Diced Peaches	21 <i>Hindu Diwali Festival of Lights</i> BLT Wrap Pasta Vegetable Salad Stuffed Celery Mandarin Oranges Blueberry Dump Cake	22 Teriyaki Chicken White Rice Sesame Green Beans Asian Slaw Almond Cookie	23 Beef Stew Steamed Cabbage Cornbread Green Salad Peanut Butter Cookie	24 <i>October Birthday Lunch</i> Pork Wing Garlic Potatoes Roasted Squash Potato Roll Pineapple Upside-Down Cake 	25
26 Turkey & Gravy Mashed Potatoes Country Blend Tossed Salad Pumpkin Pie	27 Pork Chop Oven Brown Potatoes Roasted Broccoli Tomato Cucumber Salad Corn Muffin Coconut Pudding	28 Cheeseburger Soup Egg Salad Sandwich Celery & Carrot Stix Carrot Raisin Salad Cherry Jello w/ Diced Peaches	29 <i>National Cat Day</i> Beef Pot Pie Creamed Cabbage Vegetable Salad Citrus Fruit Raisin Wheat Bread	30 Chicken & Dumplings Brussels Sprouts Carrot Raisin Salad Tropical Fruit Wheat Bread	31 <i>Happy Halloween!</i> Spaghetti with Meat Sauce Sweet Corn Apple Slices w/ Caramel Garlic Onion Roll Halloween Cup Cakes 	MEALS COME WITH MILK & BREAD

Not Sure Which Vaccines You Need This Fall?

We've got dirty details for you...

As flu season approaches, many adults find themselves asking the same question: *Which vaccines do I actually need?* If you're feeling unsure, you're not alone. In fact, only about 15% of people over 50 are up to date on recommended vaccines. One major reason: Confusion about what vaccines are needed – and when. Skipping recommended vaccinations can make you vulnerable to serious illness, especially as respiratory viruses like flu, respiratory syncytial virus (RSV), and COVID-19 begin to circulate more widely. The good news is you don't have to figure it out alone. Your local pharmacist is a trusted, accessible resource who can help you understand your options and create a personalized plan to protect your health.

What you need to know about respiratory viruses

As temperatures drop, circulation of respiratory illnesses like the flu, RSV, and pneumonia (pneumococcal) tend to rise. These viruses aren't just seasonal nuisances; they can be serious for older adults, especially those living with chronic conditions. According to the CDC, during the 2023-24 flu season there were more than 330,000 adults aged 50 and older who were hospitalized, and nearly 25,000 lost their lives due to flu-related complications. RSV also remains a major concern, sending an estimated 110,000 to 180,000 older adults ages 50 and older to the hospital each year. And while COVID-19 circulates year-round, its impact intensifies for those with underlying health issues

Which vaccines should be considered this season?

Vaccines are one of the most effective ways to protect yourself from serious respiratory illnesses. To stay protected, several vaccines may be recommended to reduce your risk:

Flu: Recommended annually for everyone six months and older, ideally by the end of October.

RSV: Advised for adults 75+, and for those 50-74 with certain chronic conditions.

COVID-19: Updated vaccines are approved for adults 65+, and certain individuals at higher risk.

Pneumococcal: Recommended for adults 50+, and others with specific health risks.

It's also important to stay current on routine vaccines. For adults over 50, that includes the shingles vaccine, which requires two doses spaced a few months apart. Shingles can strike without warning and lead to serious complications, but the vaccine offers strong protection. If you haven't gotten yours yet, now is a great time to talk to your pharmacist. The CDC notes that it's safe to receive more than one vaccination at the same time. That means you can save time while staying up to date with your recommended vaccines.

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If you are looking for an item to purchase, or sell, place your ad here. If you are looking for some help with a project or yard work, maintenance and repairs, look here first! Contact Kim P. in the office to place an ad. All ads must be submitted before the 20th of each month to be in the next newsletter.

WINTERIZATION, Home Maintenance and Handyman Services, Drain clean outs, repairs, etc: Call Will 307-267-7634

Yard work and painting— call Jim 307-377-3725

Rides, Food pick-up, errands, Call or text David 307-267-4445

3 Wheel bicycle with basket for sale, \$200.00 Kim P in the office for info



Stay curious in the new year.

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doesn't end at 50.**

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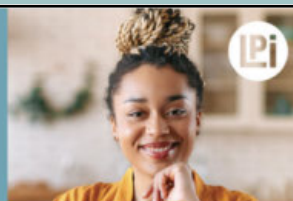
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Central Wyoming Senior Services, Casper, WY

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Central Wyoming Senior Services

FRIDAY FEATURE MOVIE SCHEDULE

October 3rd—MULTIPLY

Burdened with too much to do and too little time, Doug Kinney resorts to cloning himself to meet both his career and family obligations.

October 10th—FRANKENSTEIN

The Original—in black in white!!!!

October 17th—THE ADDAMS FAMILY

Come join The Addams Family for the most hilarious scarefest of this season or any other! When long-lost Uncle Fester (Christopher Lloyd) reappears after twenty-five years in the Bermuda Triangle, Gomez (Raul Julia) and Morticia (Anjelica Huston) plan a celebration to wake the dead. But Wednesday (Christina Ricci) barely has time to warm up her electric chair before Thing points out Fester's uncommonly "normal" behavior. Could this Fester be a fake, part of an evil scheme to raid the Addams fortune?

October 24th—BEETLEJUICE

This 1988 campy, surreal, horror-comedy tells the story of a couple who turn to a spirit to drive away new owners.

October 31st—HOCUS POCUS

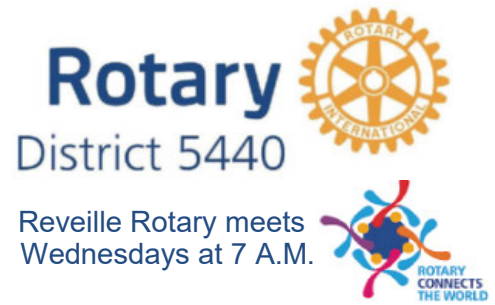
Conjured up by some unsuspecting pranksters, a tricky trio of 300-year-old witches set out to cast a spell on the town to reclaim their youth. But first, they must get their act together and outwit three kids and a talking cat.

Seniors Giving to Seniors

You may have noticed the Christmas Tree that magically appeared in the lobby this August. Well, we aren't trying to hurry the season, we are just starting our giving mission a little early. Many of us are very privileged and blessed. That is not the case for some of our less fortunate members who may be struggling to pay unexpected expenses. Some need an appliance replacement, or require some type of repair, or just need a new coat or pair of shoes to make it through the winter. The angels are on the tree! Thank you to the Mills Senior Center members (Bea) who crocheted the angels for the Angel Giving Tree. We have set the tree up for our members (and community) to extend a helping hand, as you are able. Cards on the tree will contain a suggestion for a gift card that can help an anonymous member with a desperate need.

We are currently only accepting gift cards for distribution to applicants

THANK YOU, DONORS & SUPPORTERS!



New news for Seniors

Recent Medicare news highlights a new CMS demonstration model to be tested in six states starting in 2026, a new Medicare Part D base beneficiary premium of \$38.99 for 2026, continued growth in Medicare Advantage enrollment (over half of beneficiaries in 2025), and new quality ratings for hospitals like [Mayo Clinic](#). Also in the news are legal penalties, such as a \$290 million fine for [CVS Caremark](#) in a Medicare fraud case, and recent announcements from the Centers for Medicare & Medicaid Services (CMS) and the [Department of Justice](#) (DOJ).



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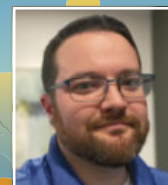
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ACTIVITIES FOR SENIORS 60 AND OLDER*

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

Activity	Day(s)	Time(s)
Senior Food Distribution	Tuesday	10:00AM—1:00PM (DR)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bingo! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Mills Senior Food Distribution	Thursday	11-12:30 Mills Center
Bridge	Wednesday/Friday	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Chair Exercise	Mon/Wed/Fri	9:45AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
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)
Featured Movie Matinee	Friday	1:30PM (Library)
Good Book Study	Monday	1PM—3PM (AR)
JACKPOT BINGO! Open to the public. \$0.25/card/game	Wednesday	1:30PM—4:00PM (DR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Low Vision Support Group	2nd Monday	10:00AM—12:00PM (CNF)
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)

Casper Senior Center Wish list

We would like to enhance our current programs and have more events... However we need a little help to make that happen. If you have any of the items on our wish list, please let Kim P or Rachel know. Thank you for your help!

1. Wheelchair accessible van or bus for senior adventures.
2. Cargo/box truck to transport food for senior food distribution.
3. Storage unit or shed to store senior food distribution supplies
4. TV wall mount for 70" TV
5. Book cases for Evansville Senior Center
6. Adult size inflatable costumes for a future (surprise) event.
7. Popcorn and salted butter for Friday Features
8. \$10.00 gift cards to local businesses for prizes
9. Strong volunteers to help load and unload food for senior food distributions



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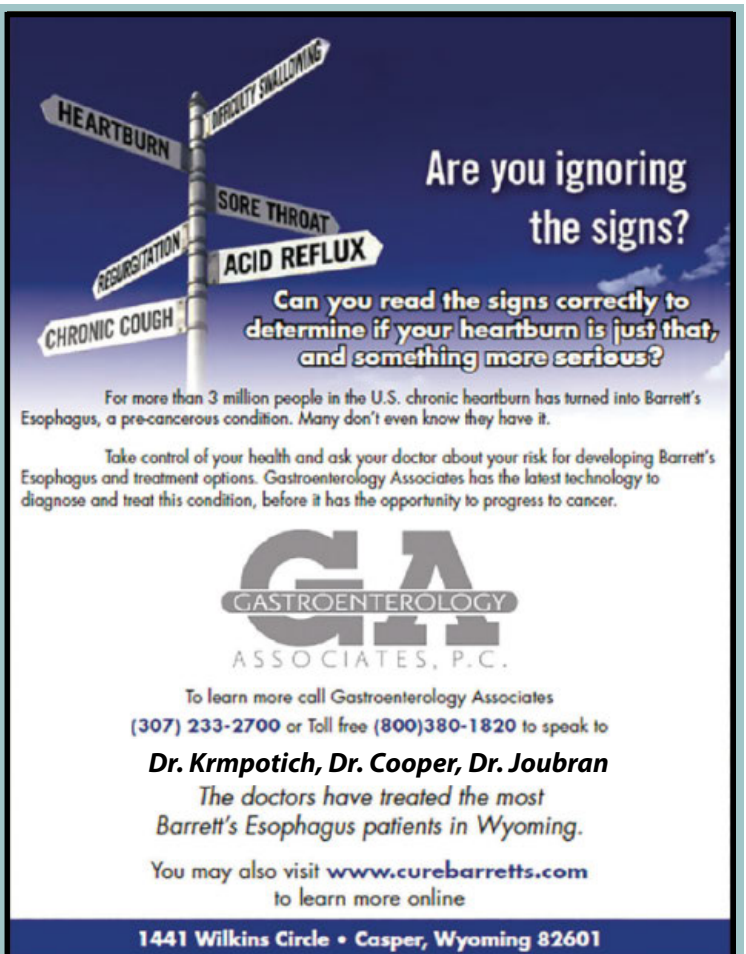
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You Can't Dance with a Smart Phone

By Dave Barry

Gen Z doesn't dance. This isn't just my opinion. This is a scientific fact based on a rigorous study I have conducted between visits to the bar at a wide variety of wedding receptions. Here's what I've observed: Once the traditional first dance has been dispensed with, the band or DJ starts playing music intended to lure people onto the dance floor, usually an up-tempo rocker. For a few moments, the floor is empty. Then one brave pioneer couple will make their way out there. It's almost always an older couple. In fact, often it consists of me and my wife. Soon we're joined on the floor by other older couples. Before long the dance floor is full, and almost everyone on it is either receiving, or will soon be receiving, Social Security benefits. Meanwhile at the young-person tables, Gen Zers will occasionally glance up from their phones and look at us dancers with an expression of wonderment. But it's not an admiring wonderment. It's more like, "I wonder what in the world those old people think they're doing." I'll tell you what we think we're doing: the twist. Or maybe the mashed potato. Or the slop, the Watusi, the frug, the pony, the swim, the hully gully, even possibly the jitterbug. Or, most likely, we're doing some random, mutant, freeform mixture of all these and other dances from the distant past. Call it the Boomer Gyration. We're not all graceful; we don't always look pretty out there. Some of us look ridiculous. But we don't care what we look like: We're having fun. We're having way more fun than the phone brigade. We like to dance because we always danced, as did the generations before us. We grew up going to school dances, sometimes even actual sock hops. Every party we went to was a dance party, usually in somebody's basement or rec room, the music supplied by a low-fi record player, its fat spindle stacked with scratched-up 45-rpm records plopping down one on top of the other. Dancing was the social activity for us. It was the main way girls and boys interacted. You either danced or you stood on the sideline wishing you were dancing. Every guy my age can remember the mixture of hope and terror you felt when you finally worked up the courage to leave the sideline and cross the gym floor—a distance that felt like several miles—and walk up to a group of giggling girls, and ask one of them to dance, knowing that if she said no, he would have no option but to immediately leave the gym and hurl himself in front of a moving bus. But if the girl said yes—she usually said yes, thank God—the two of you would move out onto the floor. And even if you were doing some truly ridiculous dance—even if you were doing the monkey—there was still something romantic about it because it was just you and her. And then maybe, if you were lucky, a slow-dance record would plop down on the spindle, and the two of you would move closer and embrace, maybe a little awkwardly, but still...Was there anything better than that? No, there was not. Which is why my generation still loves to dance. Somehow we failed to pass this love along to succeeding generations. I asked my daughter about this, and she confirmed that Gen Zers don't really dance, at least not as couples. Sometimes, when they hear a song they like, they'll all jump up and down as a big, bouncy, group-dancing mass. Which is fun, I'm sure, but it's not the same as dancing as a couple, which can be fun and intimate and goofy and romantic all at the same time. So here's my message to Gen Z: Next time you're at a wedding reception, pick a partner and join us gyrating boomers on the dance floor. Don't worry about your dancing prowess: You can't possibly look any sillier than we do. And you just might discover that it's actually fun.

It may be so much fun that you'll want to make a video of yourself, for TikTok. Don't, OK? Just dance.