

# SPECIAL DERBY ADDITION



*YOU ARE INVITED !! to an evening of fun, food, and friendly wagers!*

**ADMIT ONE**



**5TH ANNUAL**  
**"A NIGHT AT THE RACES"**  
*THE MOST ENTERTAINING HORSE RACES IN CASPER!*

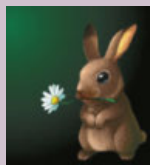
<b>SATURDAY</b> <b>APRIL 26TH,</b> <b>2025</b>	<b>RAMKOTA HOTEL</b> <b>800 N. POPLAR ST</b> <b>CASPER, WY 82601</b>	<b>GATES OPEN:</b> <b>5:30 PM</b>
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*Tickets available at CWSS or online, \$50 each.  
Betting Bucks required to place wagers.  
Minimum bet of \$5 per horse, per race.*

**Tickets are available at the Casper Senior Center**  
**All proceeds go to fund the operations of the Senior Center.**

**Try to Find This!**

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



*Hidden Twice,  
Find Both for Two Entries!*

**INSIDE THIS ISSUE**



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

# WHO'S WHO AROUND THE CENTER

## 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

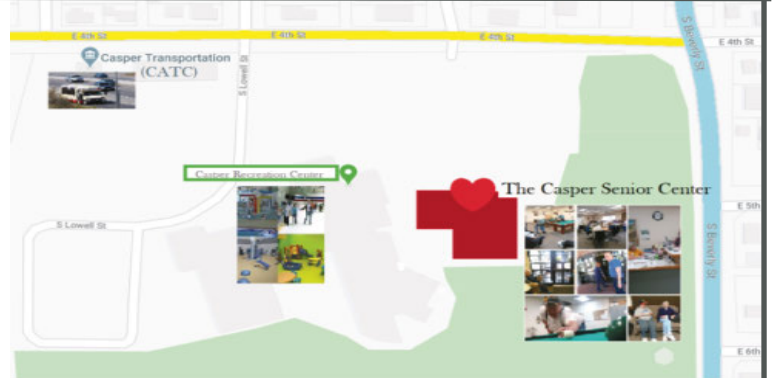
*Michael Bond*

*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://www.facebook.com/pages/Casper-Senior-Center)

We are mid-way through our fiscal year here at the Center. Going through the numbers I thought it would be informative for our members, since this is your home away from home, to know how inflation has effected our budget. The cost for each meal per person, just for the food purchased, average cost per meal offered is \$6.54. That number does not include wages, equipment, rent, or utilities. Crazy! We have to give our Dietary manager, Kim Cooper, a whole lot of credit for her budgeting skills to be able to serve such quality, delicious food, that meets most nutritional requirements for our members. Rachel and Kim are working hard to keep the cost of the daily meals affordable while maintaining the same amount and quality. When you go through the line for your lunch and see Kim, give her a big thank you for her 30 years of dedication and of course, for the delicious food.

## There's more fun to come!!

You may have noticed the box on the desk in the dining room asking for your preferences for future events. The new event coordinator thinks we should have something scheduled ALL the time!! Please fill out one of the little questionnaire cards and let us know if you all would prefer to have a senior prom, sock hop, or ?? Kind of dance. We have a beautiful facility with a nice dance floor, lets use it! Get out your dancing shoes and *trip the light fantastic!* She also has some great ideas for the summer, all suggestions for events are greatly appreciated! We have had some suggestions and thoughts for an old fashioned ice cream making event, a senior Olympics, a family bar-b-que. Let Kim Perez know your thoughts and ideas to have some fun in the sun.



## From the Desk of the Director:

I would like to congratulate the winners of our St. Patrick's Day event. Best dressed leprechaun, congrats Dave Bryson. Best dressed leprechaun-ette, congrats Tess Robinson. Wackiest leprechaun, congrats Herni Manning. We had a great time and will definitely have this event next year.

Our 5<sup>th</sup> Annual Night at the Races will be held on April 26<sup>th</sup> at the Ramkota with doors opening at 5:30pm. Get your tickets NOW, on sale for \$50 per person!! We will have great raffle items, place your bets for chances to win, along with the Derby Hat contest. All proceeds will be used to help further our mission.

We will be having Artisan Alley back to do another painting class on April 8<sup>th</sup> starting at 1:00pm. This class will be limited to 15 participants. \$5 suggested donation to attend. Please see the office to sign up. We will be having an Easter Egg Hunt on April 17<sup>th</sup> with chances to win prizes and pictures with the Easter Bunny..... Stay Tuned! We will be having our annual Volunteer Appreciation Luncheon on April 23<sup>rd</sup> at 11:30am. Volunteers should RSVP by April 16<sup>th</sup> so we can prepare for the event. All volunteers will receive invitations.

Kim Perez will be continuing the "new" memory game. If anyone has any questions about this game come to the office and see Kim.

Keep an eye out for information about our Cinco De Mayo party and activities on May 5<sup>th</sup>!! As always, keep an eye out for frequent pop-up activities!

Happy Spring!

*Rachel Brown*

CWSS Executive Director

rachelh@casperseniorcenter.com | 307-265-4678

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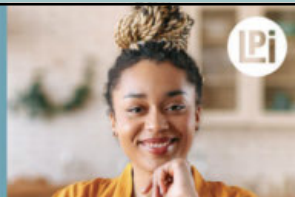
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Central Wyoming Senior Services, Casper, WY

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.

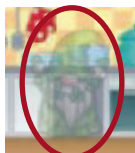
## Last Edition Answers:



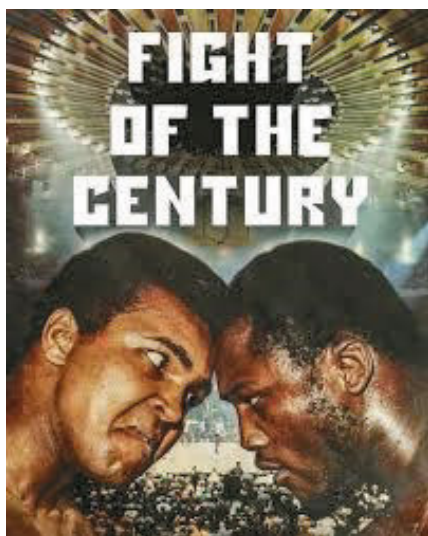
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P. 4



Answer to the  
March Trivia Question:



### Board Meeting Schedule:

(All meetings are public)

Fourth Monday of each  
month at 3:00 pm in the  
Conference Room.

This is the perfect time for  
the public to attend and find  
out about what is happening  
within the Agency.

### TRIVIA:

What color horse has  
won the most Kentucky  
Derbies?

How many red roses are  
used for the garland  
placed over the winning  
horse in the Kentucky  
Derby??

FYI- the inaugural Kentucky  
Derby was ran in 1875.

### 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



# Around the Center

Photo by Uday Mittal on Unsplash

## Joyce's Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center  
10:30 am–11:45 am

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

## New Member Coffee

2nd Tuesday  
each Month  
10AM in Déjà Brew

NEXT DATE:

April 15th

Tech Assist  
With Cell phone,  
etc

Thursday, April 3<sup>rd</sup>  
1PM–3PM  
in Déjà Brew

Small-Screen  
Fridays!

April 11<sup>th</sup>

&

2PM April 25<sup>th</sup>

Movies to be announced  
\*CWSS Library\*



6-Week Workshop Series

Fridays starting

April 25th

1PM–3PM

Call (307) 766-2765  
to register!

## Double-Elimination <SINGLES> Pool Tournament

Thursday, April 24th  
\$10 Entry Fee

Cash Prizes for  
1st & 2nd Places

Register by April 17th  
w/ Ron Strang

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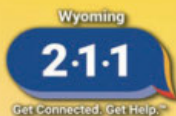
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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between February 21st—March 21st, 2025.*

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



## Gifts

Amy & Dave Gossin  
Frank C Stofflet  
Daniel Grace  
Mary Ellen Schneider  
Texas Roadhouse  
Natrona County Cow-Belles

## Anonymous Donor(s) *Thrivent Donor* Memorials

*Jerry Recker*  
Marvin/Ann Robinson  
Harvey/Karen Hart  
Susan Reed

James Cashero

*Mary Hale*  
Mary Lynn Corbett

## Memorials

*Betty Cresswell*  
Mary Lynn Corbett

**The History of April Fools' Day**  
The history of April Fools' Day goes back to 1582, when France switched from Julian Calendar to the Gregorian Calendar (the one that is still in use today). The reason that this change caused April fools' was when using the Julian Calendar the new year started on the spring equinox around April 1st, but in the Gregorian Calendar the new year starts on January 1st. The news of this change was slow getting around and many people continued to celebrate the holiday at the end of March through April 1st. This lead to April Fools' Day coming about as a result of the people who celebrated the New Year on January 1st poking fun at the people that still celebrated the holiday in March up to April 1st.

## Hilaria in Ancient Rome

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for *joyful*), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpre-

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

\_\_\_\_\_  
Name

\_\_\_\_\_  
Birthdate

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

Photo by Biegun Wschodni on Unsplash





## SMP SCAM WATCH:

### DOCTOR IMPERSONATION



Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries pretending to be from the office to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to the SMP!



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Be on the lookout for a call spoofing scam from your "doctor!" Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to your local SMP at (800) 856-4398.



# SMP

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DID YOU KNOW:...

## Cool Cucumber facts



Cucumbers offer numerous health benefits, including:

- ▣ **Hydration:** Cucumbers are 96% water, making them excellent for helping you stay hydrated!
- ▣ **Nutrient-Rich:** Cucumbers contain essential vitamins and minerals, including vitamin C, magnesium, and potassium.
- ▣ **Bone Health Benefits:** Cucumbers contain vitamin K, which helps with blood clotting and bone health.
- ▣ **Antioxidant Power:** Cucumbers contain antioxidants such as lignans and beta-carotene, which protect against cell damage and inflammation.
- ▣ **Digestive Health:** Cucumbers contain fiber, which can promote regular bowel movements (preventing constipation). Pectin, the soluble fiber found in cucumbers, can help increase frequency.
- ▣ **Weight Management:** Cucumbers are low in calories and fat, making them a filling and healthy snack.
- ▣ **Heart Health:** Potassium in cucumbers helps regulate blood pressure, while Antioxidants may reduce the risk of heart disease.
- ▣ **Skin Health:** vitamin C and antioxidants in cucumbers nourish and protect the skin, reducing inflammation and wrinkles
- ▣ **Blood Sugar Control:** Cucumbers contain soluble fiber, which helps regulate blood sugar levels.
- ▣ **Immune System Support:** Vitamin C and antioxidants in cucumbers boost immune system.

**Other Benefits-Cucumbers may have anti-cancer properties, improve mood, and promote healthy aging.**

- ▣ **It's important to note that the health benefits of cucumbers may vary depending on the variety, preparation, and individual health conditions. Consult a healthcare professional for personalized advice**

## Gardening in Wyoming - What to Plant in Spring & Fall

Understanding Wyoming Hardiness Zones Hardiness zones, sometimes referred to as “growing zones” or “planting zones”, were created by the USDA to help gardeners determine which plants are best suited for a particular location. Wyoming encompasses 4 hardiness zones. They are zones 3, 4, 5 and 6. Zone 6 During the spring in Wyoming zone 6, try planting short season produce in March that prefer cold weather, such as kale, broccolini, and beets. These crops will feel much more comfortable in the moderate temperatures of spring, as opposed to the intensity of a Wyoming summer. And their short growing period means once temperatures begin to rise, they'll be ready to harvest and replaced with plants more adapt to the Wyoming heat. In Wyoming growing zones 3, 4 and 5, spring is considerably cold compared to most other areas. As a result, the viable growing season in these locations is fairly short. Wyoming rule of thumb... Never put any-



# April 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>6</b> Beef Pepper Steak Rice Pilaf Sweet Corn WW Roll Tossed Veg Salad Apple Pie Cake</p>	<p><b>7</b> BBQ Pork Sandwich Oven Fried Potatoes Fresh Veggies Dill Cucumber Salad Citrus Fruit</p>	 <p><b>1</b> Beef Stew Carrots Raisin Slaw Cornbread Sliced Peaches</p> <p><b>8</b> Shepherd's Pie w/ Lamb Harvard Beets Pea Salad Honey Wheat Biscuit Peaches</p>	<p><b>2</b> Vegetable Soup Deli Hoagie Baby Carrots Cole Slaw Oatmeal Raisin Cookie</p> <p><b>9</b> Pork Chow Mein Fried Rice Oriental Vegetables Asian Slaw Lemon Bar</p>	<p><b>3</b> Cabbage Roll Sweet Potatoes Almond Green Beans WW Roll Cottage Cheese w/ Fruit</p> <p><b>10</b> Spaghetti Italian Veggies Mixed Green Salad Garlic Breadstick Frosted Chocolate Cake</p>	<p><b>4</b> Lemon Pepper Tilapia Mac &amp; Cheese Spinach Sunflower Bread Gingered Pears</p> <p><b>11</b> Fish Florentine Continental Rice Peas with Onions Tomato Basil Salad Mandarin Oranges</p>	<p><b>5</b></p> <p><b>MENU SUBJECT TO CHANGE</b></p> <p><b>12</b></p>
<p><b>13</b> Roasted Chicken Potatoes &amp; Carrots Tossed Salad Honey Wheat Roll Peach Pie</p>	<p><b>14</b> Beef Pot Pie Roasted Cauliflower Green Salad Raisin Wheat Bread Sliced Peaches</p>	<p><b>15</b> Hearty Veg Soup Turkey Salad Sandwich On Wheat Fresh Veggies Citrus Fruit Pumpkin Crunch</p>	<p><b>16</b> Taco Salad Refried Beans Rice Lettuce &amp; Tomatoes Pepper Slaw Apple Dumpling</p>	<p><b>17</b> ROAST LAMB OR GLAZED HAM Potato Bake Green Bean Casserole Veggie Salad Carrot Cake</p>	 <p><b>18</b></p> <p><b>MEALS COME WITH MILK &amp; BREAD</b></p> <p><b>19</b></p>	<p><b>20</b></p> <p><b>HAPPY EASTER</b></p> <p><b>Sorry, CWSS is Closed Today!</b></p> <p><b>27</b> Turkey &amp; Noodles California Vegetables Vinegar Cucumber Salad Cheddar Biscuit Pumpkin Pie</p>
<p><b>21</b> Pork Medallions Rice Pilaf Sweet Corn Calico Slaw Wheat Biscuit Diced Pears</p>	<p><b>28</b> Swiss Steak Oven Brown Potatoes Roasted Broccoli Garden Salad Corn Muffin Coconut Pudding</p>	<p><b>22</b> Cheeseburger Deluxe Lettuce &amp; Tomatoes Potato Salad Sliced Peaches Pumpkin Bar</p>	<p><b>23</b> Breaded Chicken Breast Oven Brown Potatoes Roasted Asparagus Russian Salad Tropical Fruit</p>	<p><b>24</b> Tator Tot Casserole Broccoli Fresh Grapes Wheat Roll Sugar Cookie</p>	<p><b>25</b> April Birthday Lunch! Pork Wing Butternut Squash Dill Green Beans Potato Roll Chocolate Cherry Cake</p> 	<p><b>26</b></p>
<p><b>29</b> Turkey &amp; Noodles California Vegetables Vinegar Cucumber Salad Cheddar Biscuit Pumpkin Pie</p>	<p><b>30</b> Meatballs with Mushroom Gravy Brown Rice Winter Blend Carrot Raisin Salad WW Roll Cherry Crisp</p>	<p><b>29</b> Western Egg Bake Breakfast Sausage Potato Medley Tossed Salad Brown Bread Tropical Fruit</p>	<p><b>30</b> Meatballs with Mushroom Gravy Brown Rice Winter Blend Carrot Raisin Salad WW Roll Cherry Crisp</p>			



# Derby Fashion Guide

Denim is a big NO-NO for this event. Derby day is a day for spring dresses (both long and short), suits, leather shoes, and heels. If a lady insists on wearing pants at all, they should be loose, fancy, and paired with eye-catching accessories.

## DO embrace a spring color palette.

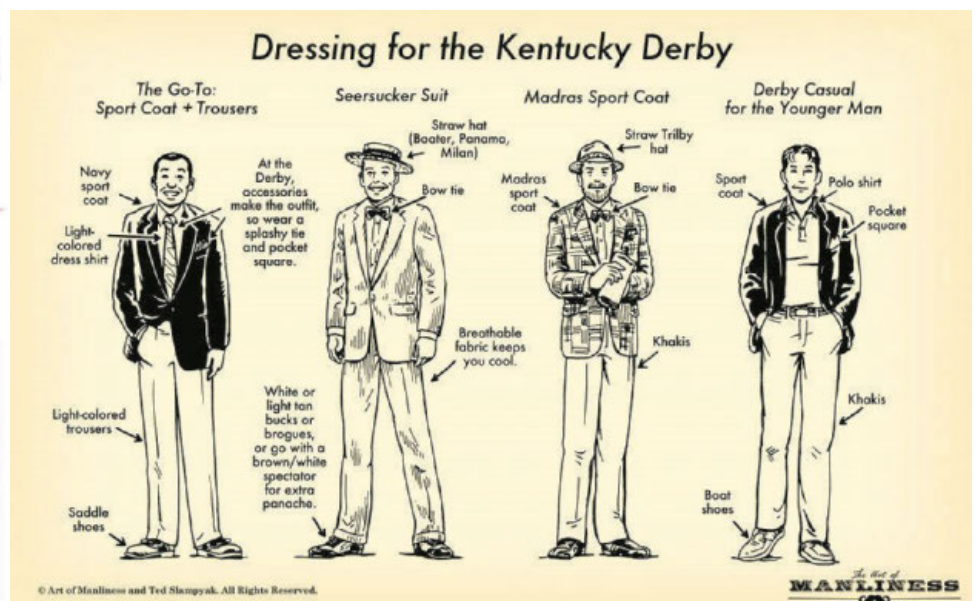
Don't be shy with your colors, the brighter the better. Pastel pinks, yellows, baby blues, and whites are all acceptable—Spring is your inspiration! Look to spring flowers and shades to help find your favorites. Avoid wearing black or dark colors more suited for fall/winter. Leave the neutral colors in your closet on this bright fashion showcase! And don't forget about bold patterns and fabrics when making your final fashion decisions.

## DO wear high heels.

Simply because no other shoe style is acceptable when ladies have picked the most extravagant dress and hat to wear to the Derby. All must be fashionable and elegantly dressed from head to toe, and footwear is just as important to outfit choice as the hat! Flats may reduce the "wow-factor," and wearing sneakers would be a total setback!

## DO NOT play it safe.

The Kentucky Derby is an opportunity to take spring fashion to the next level! Don't spare any accessories or opportunities to push the envelope. Men will want to choose a flamboyant patterned or bow tie and pocket square and wear any or all those colors and suit patterns they wouldn't wear elsewhere. Plus—don't forget loud and fun socks, snazzy hats, and definitely the very best cufflinks!





# Volunteer Appreciation Week

Last year our amazing volunteers worked 6015.68 hours providing services to the members of our senior center! The center was able to utilize the \$ 60,156.80 for other expenses associated with the daily operations of the center. As a THANK YOU to our dedicated volunteers, the center is holding a special Volunteer luncheon in the conference room April 23rd at 11:30 am . Volunteers that would like to attend the luncheon must RSVP to the office by April 18th. Thank you for your service!

The New Memory Game - played daily in the dining room. The way it works. Kim P. will give you a red card to fill out with your emergency contact's name and number. You take the card home and put it someplace that you will see it often, the visor of your car, bathroom mirror, etc.. Then do your best to memorize the phone number Kim P. will randomly ask people in the dining room if they can tell her the information., If they can, they will be put in for a monthly gift card drawing (Provided by the Perez family) March winner- Donna Klinker

 <p>Stay curious in the new year.</p> <p>The love of learning doesn't end at 50.</p> <p>OLLI at Casper College is the place where you can <b>Stay Curious.</b></p> <p><b>Casper College</b>  <b>Join today!</b> 307-268-3401</p>		
	<p><b>WE'RE HIRING!</b></p> <p><b>AD SALES EXECUTIVES</b></p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"><li>• Paid training • Some travel</li><li>• Work-life balance</li><li>• Full-Time with benefits</li><li>• Serve your community</li></ul>  <p></p> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> or <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>	<p><b>SUPPORT OUR ADVERTISERS!</b></p>



# *Here Comes Peter Cotton Tail...*



*Easter events at the Center.....*

*Monday April 17th events:*

- 1. visit from the Easter Bunny- He will be in the dining room for a picture opportunity.*
- 2. Easter egg hunt*
- 3. plastic egg decorating contest.*

## *OTHER FUN EVENTS IN APRIL*

*April 1st— April Fools day Fun .....watch for the pranksters!!!*

*April 3rd—Tech Class in the Deja Brew area 1pm –3pm*

*April 11th - Happy Hoppy Hat day- prize given for the best hat.*

*And Movie Matinee at 2pm in the Library area. Free Popcorn and fun  
Featured movie- **First Wives Club***

*April 17th—Easter Bunny comes to the senior center*

*Also on April 17th last day to buy your Day at the Races Tickets.*

*April 24th—Pool Tournament, Green Valley Double elimination—9:am start time. \$10.00 entry fee. Talk to Ron Strang for more information.*

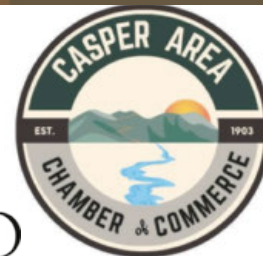
*April 25th—Birthday lunch 11-1 Pork Wing, butternut squash, salad bar  
Also on April 25th— Movie Matinee at 2pm in the library area— Free popcorn and fun. Featured movie- **Bruce Almighty***

*April 26th—Senior Center Fundraiser— A Night at the Races. Tickets are available in the Senior Center office. \$50.00 per person —which includes :  
Dinner, entry into the races. All Proceeds go to the Casper Senior Center.*





United Way  
of Natrona County



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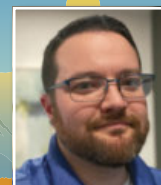
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Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

# ACTIVITIES FOR EVERYONE\*

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

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (AR)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Bridge	Wednesday/Friday	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
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)



# 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. Poster frames or display cases for the puzzles—we would like to hang the frames on the walls and display the hard work put into select puzzles.
2. Inflatable ottomans and inflatable furniture for the movie matinees,
3. Popcorn and salted butter for the movie matinees
4. \$10.00 gift cards for prizes
5. Kleenex, paper towels, paper plates, Styrofoam and plastic cups,
6. Cleaners for the carpet and furniture.
7. Bissel Crosswave for the quick little spill cleanups
8. Small trash cans and liners
9. Office supplies
10. Gift basket & items for the fundraiser,
11. Wicker baskets
12. Wii for bowling and other sporting games



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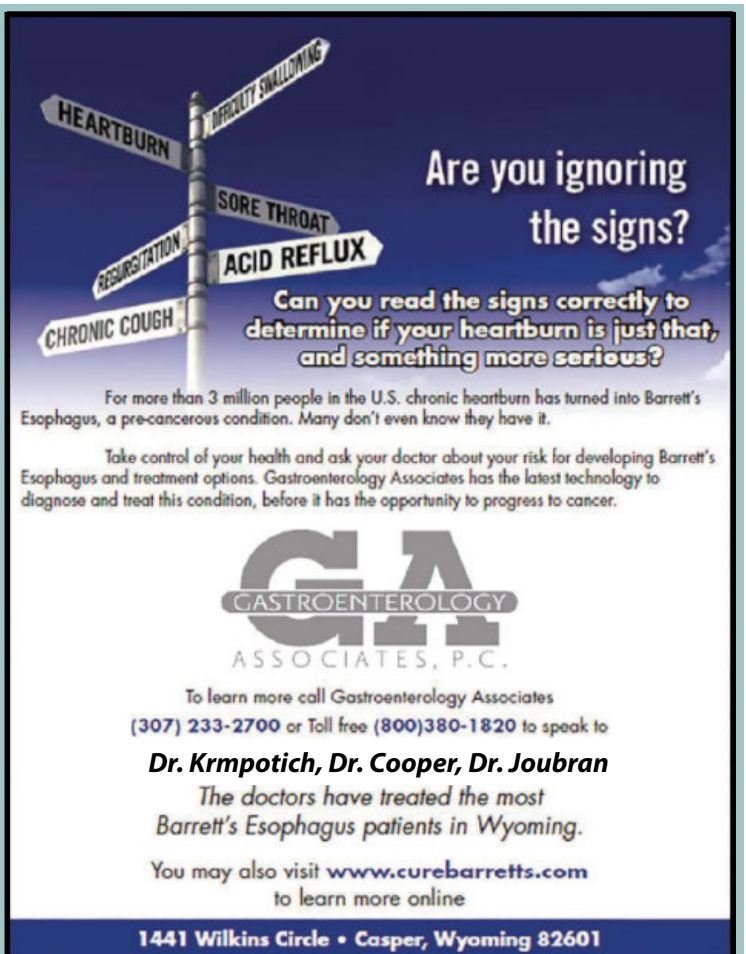
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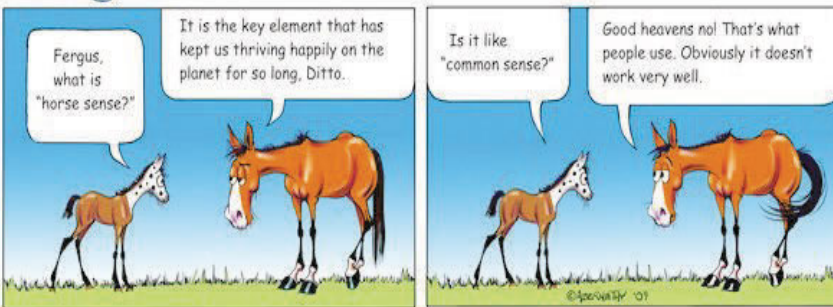


## Who would like to sing and dance??

The Center was donated a Karaoke Machine. The event coordinator is looking for help and suggestions to make use of it!!! How about an evening of singing, laughs and a whole lot of fun? Another suggestion was brought up during Mardi Gra. ZYDECO dancing. Zydeco dancing is a specific dance that is hugely popular in Louisiana. Sort of like a Jitter bug, sort of like a line dance. The Zydeco music is upbeat with an accordion, a washboard, drums, spoons and guitars. If you have never been to Louisiana, and would enjoy learning about the culture and get a little exercise while doing it, please let the office know that you are interested.



### Fergus BY JEAN ABERNETHY



### Volunteer

#### Opportunities:

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



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

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

**Thank You Always!**



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