

# 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

# JANUARY 2025

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

# New Year, New You!

## Classes at Your Fingertips

Elevate your mind and enrich your life with **Online Learning with GetSetUp**.

If you are looking for a way to stay active, learn a new technology, or how to cook a new dish without leaving home, check out the videos available for viewing on our website:  
<https://casperseniorcenter.com/classes-1>.



Craft Your Calm: Serene Mandala Drawing Made Easy  
By Bindu Kanayalkar



How to Take Your Salad to the Next Level  
By Deb Livingston



iPad Basics  
By Wade Yarbrough



Better Balance in Minutes  
By Twyla Teitzel

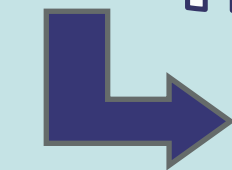
*See our website for these and many more!*

## In-Person Classes at the Center

Maybe you are looking for a way to meet new friends AND interested in learning a new skill? The Senior Center offers a variety of classes that can lighten your step or sharpen your mind. Please refer to page 14 for more details!

## 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  
*Vacant*..... Vice President  
*Kim Latka* .....Treasurer  
*Kate Maxwell*..... Secretary

## Members

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

## City Council Liaison

*Michael Bond*

## Executive Director

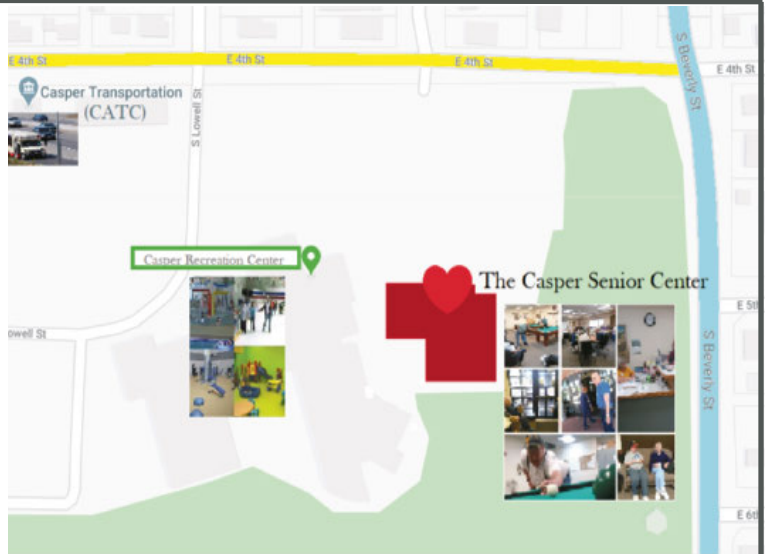
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Dietary Director

*Kimberly Cooper*



## Locations

### CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

### MILLS

401 Wasatch ..... (307) 237-1317

### EVANSVILLE

71 Curtis St ..... (307) 315-6719

## Connect with us:



[www.casperseniorcenter.com](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

The Casper Senior Center staff and Board of Directors would like to thank the Daniel's Fund, Blue Envelope, and the McMurry Foundation for their continued support of our Center. Without their help, our Center would struggle to provide the much-needed services. I would also like to take this opportunity to thank everyone who supported the Center. All your monetary donations help us continue our mission.

We served over 250 meals at our Thanksgiving Dinner. That is up from Thanksgiving 2023. We continue to see new members joining our wonderful Center daily. This past year our activities have grown. Our chair exercise group has nearly doubled since the beginning of the year!

I would like to welcome our new board members: Ron Strang, Zulima Lopez, and Bob Lemmon. They all started their terms on January 1, 2025. I know they all will be a great asset to our board of directors and the Center.

Warm regards,

*Rachel Brown*

CWSS Executive Director

rachelh@casperseniorcenter.com | 307-265-4678

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<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>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><i>St. Anthony Manor</i></p> <p>NOW TAKING APPLICATIONS</p> <p>HOUSING SENIORS 62 &amp; OVER &amp; DISABLED REQUIRING FEATURES OF ADA UNIT</p> <p>RENT IS 30% OF INCOME</p> <p><b>307-237-0843</b></p> <p>211 East 6th St. • Casper WY 82601</p>



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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.

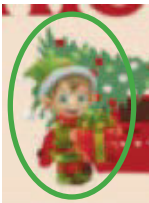
## Last Edition Answers:

Hidden Image:



P. 2

P. 11



## 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

Answer to the December Trivia:  
**364 gifts**



## TRIVIA TIME

What French military order was granted a papal sanction by Pope Honorius II on January 13, 1128?

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

# Saturday Dances

## January

### 11th & 25th

Starting at 6PM

Potluck Dinner

\$6.00 Cover

# Happening Around the Center

## New Member Coffee

2nd Tuesday  
of Every Month  
10AM in Déjà Brew

NEXT DATE:  
January 14th

## All New Senior Center Jam Sessions

If you play the guitar, banjo, violin,  
mandolin, or other acoustic instrument:

Join us Fridays at 7PM

Chords and lyrics will be provided

## Joyce's Easy Clogging

Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center

10:30 am—10:45 am Learn Steps

10:45 am—11:45 am Dance Routines

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

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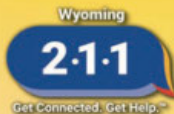
SafeStreets

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Need help looking for information?

Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



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# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between November 21st—December 19th, 2024.*

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

## What Your Memorial Does

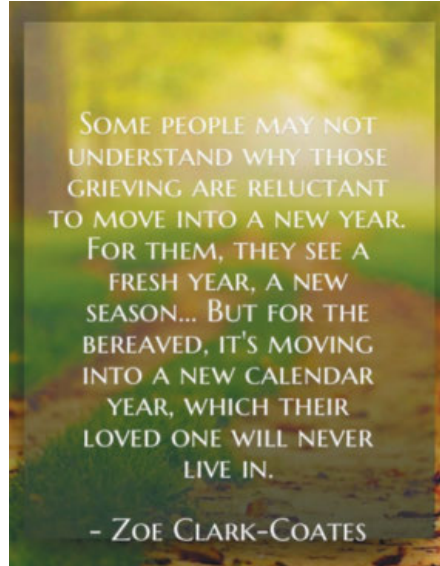
The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be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

## Memorials

**Norma Patton**  
Joyce Waddell  
Joel/Gail Schenfisch  
Anonymous Donor

**Bob Tanner**  
Louise Stockhouse

**Betty Cresswell**  
Louise Stockhouse



## Gifts

**Mary Lynn Corbett**  
**Helen Hoff**  
**Frank C Stofflet**  
**Natrona County Homemakers**  
**Mary Ellen Schneider**  
**Sandra Leotta**  
**Frank/Judy Cross**  
**Beverly Loftin**  
**Bud/Kathy Pagel**  
**Casper Needle Guild**  
**John Savage**

## WORLD of COW

By Stik



## MY NEW YEAR'S RESOLUTIONS:

1. GAIN WEIGHT.
2. SAVE LESS MONEY.
3. SET REALISTIC GOALS.



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

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

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

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

## The Year

by Ella Wheeler Wilcox

What can be said in New Year rhymes,  
That's not been said a thousand times?

The new years come, the old years go,  
We know we dream, we dream we know.

We rise up laughing with the light,  
We lie down weeping with the night.

We hug the world until it stings,  
We curse it then and sigh for wings.

We live, we love, we woo, we wed,  
We wreath our prides, we sheet our dead.

We laugh, we weep, we hope, we fear,  
And that's the burden of a year.

<https://poets.org/poem/year>

# New Year, New Resolution

- Create an account on Medicare.gov.
- Get a My Health Care Tracker from the SMP to track what happens at appointments.
- Review Medicare statements when I get them and compare against my notes.
- Follow the SMP on Facebook to learn about the latest Medicare scams.

[www.smpresource.org](http://www.smpresource.org)
 877.808.2468
 

**New year, new resolutions!**

**Protecting yourself from Medicare fraud should be at the top of the list.**

**← Here are a few ways to keep yourself safe in 2024!**



**Call the WY SMP at 1-800-856-4398**

**COMING IN FEBRUARY:**



Healthy U is 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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**Comparing Medicare options? I can help.**



**Sandra Skinner**  
Licensed Sales Agent  
307-262-1498, TTY 711



The Medicare Annual Enrollment Period is October 15 - December 7, so this is the perfect time to explore your plan options. Call me to learn what's new and get clear answers to your questions. 307-262-1498, TTY 711



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## 4 Nutritionist Tips for Making a New Year's Resolution that Sticks

<https://bcbstnews.com/bluehealthsolutions/4-nutritionist-tips-for-making-a-new-years-resolution-that-sticks/>

“Be realistic.”

The simplest advice is often the best when it comes to making positive changes to your diet, yet it's a piece few of us follow.

“With New Year's resolutions, people tend to fixate on unrealistic goals, and that sets them up for failure,” says Reena Panjwani, registered dietician-nutritionist at BlueCross BlueShield of Tennessee. “They say, ‘I'm going to lose 50 pounds,’ or they get caught up in a cleanse or jump into the Whole30. More often than not, that leads to a cycle of fad diets, not a healthy, long term change.”

Instead of thinking of them as resolutions, Panjwani says, think of them as new traditions—things you're going to start now and maintain over time.

Here are 4 key steps for getting it right:

### Avoid the pitfalls

- \* Don't make weight-related resolutions
- \* Focus on behavioral changes
- \* Avoid fad diets
- \* Set realistic goals

“Realistic goals are measurable, and a timeline helps,” says Panjwani. “For example, if I don't go to the gym at all now, I'd say, ‘For the next month, I'll go to the gym twice a week.’ At the end of the month, I can easily evaluate my progress. If I met my goal, I can set a new one. If not, I can consider what I can do to make it happen the next month.”

### Take it one meal at a time

“Look at every meal or snack as an opportunity to make healthy choices,” says Panjwani. “Make that *choice* the goal—not what you think that choice will ultimately do for you.”

### Maximize your efforts with sleep and exercise

Sleep, activity, and nutrition are connected.

“Inadequate sleep can lead to increased stress, and that can lead to strange eating patterns, late-night snacking, skipping breakfast, and unhealthy



<http://isfunny.net>

nutritional cycles in general,” says Panjwani. “Of course, we all aim for 8 hours of sleep per night, but if you're only sleeping 6 now, try to get 7. Small, incremental changes make a big difference.”

The same is true for physical activity. If you're already doing a lot of cardio, add strength training 1 or 2 days a week. If you're not exercising at all, start with 10 minutes a day and work your way up to 30.

### Set the right goals

Here are 5 realistic nutrition-based goals Panjwani recommends:

#### 1. Increase your vegetable intake

Most of us don't eat enough vegetables, so start small. If you're not eating many vegetables, focus on adding 1 or 3 more servings a day. Throw a handful of spinach into pasta, or add peppers and onions to your scrambled eggs. You don't have to start eating salad for every meal to get a big nutritional benefit.

#### 2. Switch from refined, white grains to whole grain

Choosing whole grain pasta, bread, or crackers can increase fiber, which is important for digestive health.

#### 3. Cook at home 1 more night a week

We all get in the habit of relying on processed or packaged foods because they're easier to throw together at the end of a long day. Try to cook just one more night a week with fresh ingredients. It's a great way to cut down on hidden sodium and extra calories.

#### 4. Cut down on sugary drinks

More than 40% of us drink non-diet soda daily. Cutting down on that is an easy way to remove empty calories, and the same is true of juice, which many people forget about. Start by trying to cut out 3 sugary drinks per week, or drink one extra glass of water per day. Most of us don't drink enough water, and hydration is key for metabolism to function properly.

#### 5. Go meatless 1 day a week

Swap the meat in one or two meals for beans, lentils, or tofu, for example, which are great, affordable sources of protein.





# January 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5</b> Smothered Chicken Mashed Potatoes Glazed Carrots Russian Salad WW Roll Cherry Pie</p>	<p><b>6</b> <i>Cuddle Up Day</i> Tator Tot Casserole Peas &amp; Carrots Chopped Melon French Bread Sugar Cookie</p> <p><small>Photo by Krista Mangione on Unsplash</small></p>	<p><b>7</b> Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Citrus Fruit Apple Walnut Muffin</p>	<p><b>8</b> Taco Salad Lettuce, Tomatoes, Cheese, Onions Rice   Black Beans Cool Corn Salad Mexican Brownie</p>	<p><b>9</b> Sweet &amp; Sour Chicken Oriental Vegetables Asian Slaw Corn Muffin Apricots</p>	<p><b>10</b> Tuna &amp; Noodles Peas with Pearl Onions Cucumber &amp; Tomato Salad Honey Wheat Roll Pineapple Cake</p>	<p><b>11</b></p> <p><b>MENU SUBJECT TO CHANGE</b></p>
<p><b>12</b> Hot Pork Sandwich Mashed Potatoes Country Blend Tossed Salad Apple Pie</p>	<p><b>13</b> Cheesy Chicken &amp; Broccoli Asparagus Chopped Veggie Salad WW Roll Cherry Cobbler</p>	<p><b>14</b> Beef Pot Pie Winter Blend Dill Cucumbers Raisin Wheat Bread Lemon Cake</p>	<p><b>15</b> Pork Chop With Mushroom Gravy Rice Garden Mix Veggies Cabbage Slaw Onion Roll Baked Apples</p>	<p><b>16</b> <i>Appreciate a Dragon Day</i> French Dip Baked Potato Creamed Corn Hearty Tossed Salad Mixed Berries</p>	<p><b>17</b> Salmon Loaf Tomato Pasta Bean Medley Pea Salad Rice Pudding with Raisins</p>	<p><b>18</b></p>
<p><b>19</b></p> <p><b>"I Have a Dream"</b> <small>The ultimate measure of a man is not where he stands in times of comfort and ease, but where he stands at times of challenge and controversy. Martin Luther King Jr.</small></p>	<p><b>20</b></p> <p><b>CLOSED</b></p>	<p><b>21</b> Swiss Steak Brown Rice California Vegetables Tossed Salad WW Roll Fruit Bar</p>	<p><b>22</b> Breaded Chicken Breast Mashed Potatoes Roasted Cauliflower Pea Salad WW Roll Sliced Peaches</p>	<p><b>23</b> Lamb Stew Braised Cabbage Carrot Raisin Salad Cornbread Sliced Peaches</p>	<p><b>24</b> Breaded Cod Greek Lemon Potatoes Roasted Asparagus Tomato Basil Salad WW Roll Mandarin Oranges</p>	<p><b>25</b></p> <p><b>MEALS COME WITH MILK &amp; BREAD</b></p>
<p><b>26</b> Glazed Ham Oven Brown Potatoes Catalina Veggies Applesauce French Bread Brownie</p>	<p><b>27</b> Chicken Cacciatore With Pasta Italian Veggies Mixed Green Salad Garlic Roll Raspberry Jello</p>	<p><b>28</b> Western Egg Bake Breakfast Sausage Potato Medley Tossed Salad Brown Bread Tropical Fruit</p>	<p><b>29</b> Chinese New Year Creamy Tomato Soup Grilled Cheese Pasta Salad Jello Salad Mandarin Oranges</p>	<p><b>30</b> Stuffed Pepper Sweet Potatoes Almond Green Beans Lemon Pudding Cottage Cheese w/ Fruit Oatmeal Raisin Cookie</p>	<p><b>31</b> Happy Birthday Lunch! Pork Wing Butternut Squash Corn Radish Slaw Potato Roll Pistachio Cake</p> <p><small>Photo by shraga kopstein on Unsplash</small></p>	<p><b>4</b></p> <p><b>National Spaghetti Day</b></p> <p><small>Photo by Elena Leya on Unsplash</small></p>
<p><b>1</b> Happy New Year! <b>2025</b> <b>SORRY WE ARE CLOSED</b></p>						



# The Truth About Legacy Gifts

By Tammi Hanshaw

As you progress into your senior years, have you asked yourself, “How do I want to be remembered?” Do you have a cause or organization that you feel passionate about, and you want to make an impact? Perhaps a Legacy Gift is the right choice for you.

## What is a Legacy Gift?

A Legacy Gift, also known as a Charitable Bequest, is a gift left to a charity or organization that you specify in a will. The gift could be in the form of property, cash, or a portion of an estate. According to the Association for Advancement of Retired Persons (AARP), Legacy Gifts are a noble way to make an impact, and you don’t need to be a millionaire to do it.

Attorney Sheila Samuels notes, “It’s not about the dollar amount; it’s about leaving a legacy for a charity or organization that may be of significance to you.” ([www.aarp.org](http://www.aarp.org))

## Why should I leave a Legacy Gift?

A Legacy Gift can be a powerful tool that “everyday people” can use to make an impact on charities. By waiting to bequeath the Gift in your will, you may alleviate concerns about donating too much too early and possibly overextending yourself if you need your nest egg for long-term care or other expenses. You may also be concerned about your family’s well-being. A Legacy Gift does not take away from your loved one’s inheritance;

in fact, it may offset some of the estate taxes so that a greater portion of the estate is inherited by family rather than the government.

## How do I leave a Legacy Gift?

There are multiple ways to leave a Legacy Gift:

“Charitable Bequest” can be a lump sum of cash, or a percentage of your total estate called a residual gift, to a charity of your choice. When deciding the type of Charitable Bequest to bestow, remember that a cash gift remains the same over time, while a residual gift grows as your estate grows. In addition, AARP recommends that when you bequeath cash, an investment, house, or personal property in your will, be sure to specify the charity using their taxpayer ID number to prevent errors in distribution.

Designate certain accounts, such as your 401k or IRA, to the nonprofit of your choice. You can minimize the bite of taxes by gifting your retirement account to charity and your insurance policies to your heirs.

In the past, Legacy Gifts were perceived as a donation from the wealthy: a new hospital wing; a university library; or a city park. Today, you can choose to help an organization or a cause about which you are passionate. The size of the gift isn’t important. Local food pantries can purchase 1,000 meals with \$50. Choose to leave a lasting legacy, because your gift matters.

# Chicken Pot Pie Casserole

Courtesy of Delish



## Ingredients

- **4 Tbsp.** butter
- **3** medium carrots, diced (about 1½ cups)
- **3** stalks celery, diced (about 1½ cups)
- **1** large yellow onion, diced (about 1½ cups)
- **1 tsp.** chopped fresh thyme
- **1 tsp.** kosher salt, divided
- **½ tsp.** freshly ground black pepper
- **4 Tbsp.** all-purpose flour
- **2 c.** whole milk
- **1 c.** low-sodium chicken broth
- **1 Tbsp.** Dijon mustard
- **½ tsp.** garlic powder
- **4 c.** cooked shredded chicken
- **1 c.** frozen peas
- **1** (16.3-ounce tube) biscuit dough

## Directions

1. Preheat oven to 375° with rack in the center. In a large skillet, melt butter over medium-high heat. Add carrots, celery, onion, thyme, and ½ teaspoon salt, and cook, stirring often, until softened, 5 to 7 minutes. Add flour, and stir to coat vegetables. Cook for 2 minutes more, then add milk, broth, mustard, garlic powder, and remaining ½ tsp salt, whisking to combine. Increase heat to high and bring to a boil. Immediately reduce heat to medium and simmer, stirring often, until thickened, 3 to 5 minutes. Fold in chicken and peas. Taste and add more salt as needed.
2. Transfer mixture to a 13"-x-9" baking dish. Arrange biscuits on top of filling. Sprinkle all over with salt and pepper.
3. Bake until filling is bubbling and biscuits are golden and risen, 22 to 25 minutes. Let cool 5 minutes.



Stay curious in the new year.

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# SPOTLIGHT

## What happened in 1959?

## Year in Review

### Major News:

- ✦ January 3—Alaska officially admitted to the union, becoming the 49th state
- ✦ January 29—Walt Disney Productions film, *Sleeping Beauty*, is released in theaters
- ✦ February 12—The Lincoln Memorial, which replaces the “sheaves of wheat” design on the US penny, goes into circulation
- ✦ March 9—Barbie® makes her debut at the American Toy Fair in New York
- ✦ April 21—Alfred Dean sets world record, bringing in a 2,664-pound, 16’ 10” great white shark off the coast of Ceduna, Australia using a rod & reel
- ✦ May 8—Little Caesars Pizza is founded in Garden City, Michigan by Mike and Marian Illitch
- ✦ June 15—Galapagos Islands are made Ecuador’s first national park, banning the capture of species
- ✦ July 17—British paleoanthropologist Mary Leakey discovers skull of an early hominin ancestor at Olduvai Gorge, Tanzania
- ✦ August 21—Hawaii officially becomes America’s 50th state, 18 years after the attack on Pearl Harbor
- ✦ September 13—14-year-old Priscilla Beaulieu meets 24-year-old Elvis Presley at a party at his house in Germany
- ✦ October 21—Guggenheim Museum, designed by architect Frank Lloyd Wright, opens to the public in New York
- ✦ November 15—Richard ‘Dick’ Hickock and Perry Smith murder four members of the Clutter family at their farm outside Holcomb, KS (subject of Truman Capote book *In Cold Blood*)
- ✦ December 21—Tom Landry accepts coaching job for the newly-formed American Football League team, the Dallas Cowboys (where he would remain until 1988)

## US Steel Strike of 1959

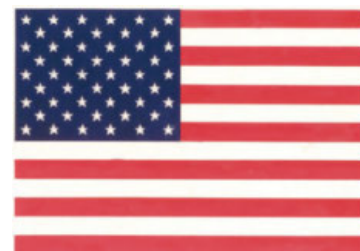
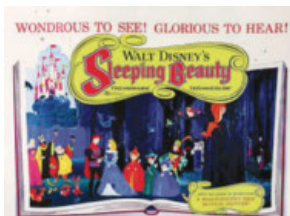
The steel strike of 1959 was a significant labor union strike by the United Steelworkers of America (USWA) that lasted 116 days, from July 15 to November 7, 1959.



- **Background:** The USWA was a militant organization advocating for workers' rights.
- **Causes:** The strike was driven by long-standing distress within the American steel industry and the USWA.
- **Strike:** President Eisenhower intervened, asking both sides to extend the agreement and resume bargaining.
- **Settlement:** The Taft-Hartley Act was invoked, requiring management to submit their final offer by the sixtieth day of the 80-day cooling-off period.
- **Impact:** The strike had a devastating effect on the American steel industry, shutting down more than 85% of U.S. steel production for almost four months.



Little Caesars  
PIZZA TREAT





United Way of Natrona County

Reveille Rotary meets on Wednesday mornings at 7 A.M.

The **Friends of the Library** are having a **ONE-DAY "MUSIC SALE"** **Saturday, February 22nd** in the Crawford Room of the Library!

*Sheet music, instructional books, recorded music, and small instruments available.*

If you have items to donate, please call:  
Larry: 307-277-6122 OR Sherry: 307-259-8918

“

For last year's words belong to last year's language

And next year's words await another voice.

T.S. ELIOT

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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) 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) 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)
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) Thursday (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

“A New Year has tiptoed in.  
Let’s go forward to meet it.  
Let’s welcome the 365 days  
it brings.”

~Sri Lankan-born author Anusha Atukorala

Photo by Keenan Barber on Unsplash



Do you have a hobby or skill  
that you would be interested  
in sharing with Seniors?  
Are you willing to teach?  
Come see Rae about adding  
an activity at the Center!



## Déjà Brew is looking for volunteers!

At this time we need a barista for  
Tuesdays and Wednesdays through  
at least February.

If you are interested in supporting  
the Senior Center through service,  
come see Rae about shifts available.

If you’ve got some time, we  
could use some extra help in the  
Dining Room during lunch  
through January & February,  
especially on Thursdays, Fridays,  
and Sundays.

Come See Rae!



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Can you read the signs correctly to  
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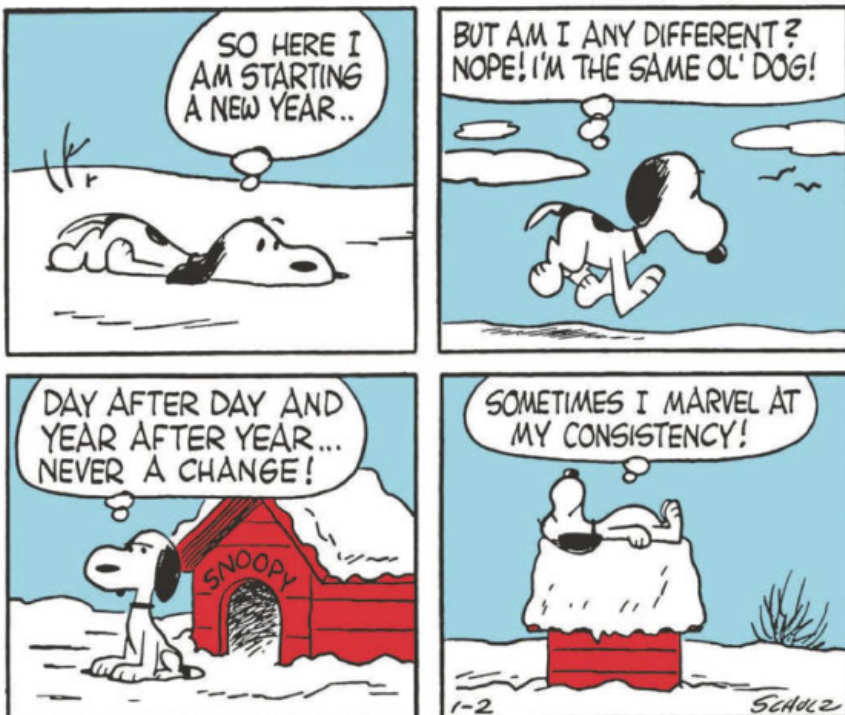


Photo by Yassine Khalfalli on Unsplash

## PARTING THOUGHTS

"Year's end is neither an end nor a beginning but a going on,  
with all the wisdom that experience can instill in us."

~ American novelist/journalist Hal Borland ~



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



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