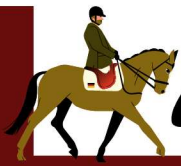


MARCH 2026



At the Center of It All



Central Wyoming Senior Services Inc
1831 East 4th Street | Casper, WY
(307) 265-4678



A Night at the Races



Ticket Sales are live for our 6th annual *A Night at the Races* fundraiser for \$50 per person.

All proceeds from this event will benefit the Casper Senior Center, the Mills Senior Center, and the Evansville Senior Center. We are all experiencing rising costs of goods and services. The Casper Senior Center is no exception, we have seen significant increases in raw food, labor, and fixed expenses such as utilities and supplies. Funds raised in our 2026 "A Night at the Races" fundraiser will help offset these increasing expenses so that we can continue to provide the best possible nutritional, social, and health needs within the senior population of Natrona County.

A Night at the Races will be take place April 18th, 2026, at the Ramkota Hotel & Conference Center, doors open at 5:30 p.m. with dinner served at 6:00 p.m. We will be providing dinner and a cash bar. There will be live "horse" races and bid winners will have chances to win fantastic prizes!

50th

PROUD
PARTNER OF:



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.



Celebrating 50 years of friendship!



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

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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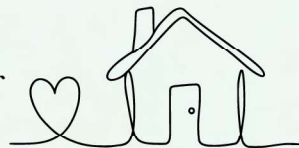
www.casperseniorcenter.com

Staff

Rachel Brown	Executive Director
Lacey Kidman	Community Programs Dir.
Christine Coffey	Access Care Coordinator

In-Home

Aides: Sarah George	CNA: Caitlan Knotts
Jazzmin Kidman	
Jessica Massey	
Shauna Dellinger	
Blaize Favre	



Kitchen

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



Admin

Rae Appel	HR/Bookkeeping
Virlie Heyer	Reception/Data Entry
Rachel Mundy	Activity/Volunteer Director
Quinton Easley	Newsletter Editor
Wally Aakre	Maintenance Tech.
	Janitor



Volunteers

Dining Room:

Jimmy S. Ernie T. Deb
Michelle H. Jim K. Reagan
Jancy Masayo Donna S.

Food Bank:

Jim K2
Phyllis C.
Jean H.
Mary G.
Donna F.
Jackie H.
Dianne L.
Joe L.
Lisa F.

Deja Brew Baristas:

Mon-Nancy E. Tues-Linda N.
Wed-Patti P. Thurs-Kathy D.
Fri-Maddy Helper-Zack

Activities:

Ruth D. Leona
Peggy E. Buck
Lori S. Ruth Anne
Joyce S. Machelie
Barb P. Ethan
Ethan 5 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:



Welcome Spring, or Not!!!!

I would say "Welcome, Spring!" but here in Wyoming, we all know that might be a little wishful thinking. One day it's sunshine, the next day we're digging out our winter coats again! No matter what the weather decides to do, things are heating up here at Central Wyoming Senior Services.

We hope everyone enjoyed our very first Sock Hop! What a fantastic afternoon of music, dancing, food, and fun. Congratulations to our King and Queen Brian and Grace, you both rocked the dance floor! A huge thank you goes out to all of our incredible volunteers and the roller derby gals who helped make the night such a success. We couldn't do it without the amazing support of our community.

We are right in the middle of fundraising for our 6th Annual A Night at the Races, and the excitement is building! Tickets are officially on sale, and we still have a few horses available for purchase. If you've never "owned" a racehorse before, now's your chance! It's all part of a fun-filled evening that supports the programs and services we provide to seniors right here in Natrona County. We are also still seeking event sponsorships and donations for raffle prizes. This event plays a vital role in helping us continue to serve meals, provide activities, and offer in-home support to the seniors who rely on us. If you or your business would like to be involved, we would love to hear from you.

But before the races begin, join us for one of our favorite new traditions our Pancake Breakfast on March 7th from 7:00 a.m. to 12:00 p.m. We'll be flipping pancakes and serving up sausage and juice. It's a great way to gather with friends, enjoy a hearty breakfast, and support your senior center.

As we head into (hopefully!) warmer days, thank you for continuing to stand with us and support Central Wyoming Senior Services. Whether you attend an event, volunteer your time, sponsor a race, or simply spread the word you make a difference in the lives of our seniors every single day.

Rachel Brown

rachelh@casperseniorcenter.com or 307-265-4678

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Central Wyoming Senior Services, Casper, WY

05-0641

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&

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RESPIRE



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:

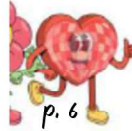
Casper - 11AM to 1PM

Evansville/Mills - Noon to 1PM

Reservations required for sites!

Last Edition Answers:

p. 4
To enrich the lives



p. 6



MARCH

HIDDEN IMAGE:

Hidden Twice,
Find Both for 2 entries!



MARCH TRIVIA:

This movie, released in March 1992, generated controversy when a surprise Best Supporting Actress win at the Academy Awards launched a rumor that the presenter had mistakenly announced the wrong winner and the Academy had no choice but to give the award to the announced winner.

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

Name: _____

Birthdate: _____



Coffee with the Board

2nd Tuesday each month

10AM in Deja Brew

NEXT DATE:

March 10th

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Central Wyoming Senior Services, Casper, WY

05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given from January 23rd - February 20th, 2026. 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

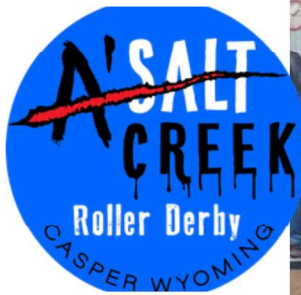
Frank C Stofflet
Ardell Breed
Wayne Clements
Frannie Casias
Steven Kurtz
Reveille Rotary of Casper
Anonymous Donor(s)

Memorials

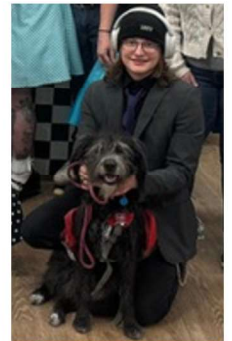
Brenden Day
Sherry Nelson
Teresa Rude
Harold & Debe Siems
Mark Kivedor
Kimberly Cooper

BIG THANKS

To our Sponsor, Donors, and Volunteers who helped make our first Soda Shop & Sock Hop such a success!



Ethan 5 & Maggie



Volunteers (Most) Pictured on Back Page

Phyllis Kathy
Lisa Shauna
Linda Jackie
Whitney Lori
plus many more!!

WEEKLY

JACKPOT

ON
Wednesday

BINGO

AT
1:30PM

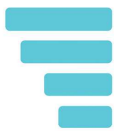
MARCH 4, 11, 18, 25



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WEALTH
MANAGEMENT

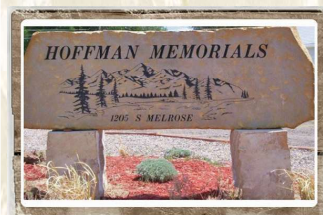
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Central Wyoming Senior Services, Casper, WY

05-0641



Yum



Fresh Facts From the Kitchen

Soap Up

Wash your hands with soap and water.

Handwashing is an easy and effective way to prevent the spread of germs. Wash your hands with soap and clean water for at least 20 seconds before handling, preparing or eating food, including when feeding others.

Keep kitchen surfaces and utensils clean.

Countertops, cutting boards, utensils, sinks and appliances, like your fridge and microwave, are some of the items in your kitchen that need to be cleaned regularly. Make a habit of wiping these areas down with hot, soapy water after preparing food or when it spills.

Replace sponges every one to two weeks.

Damp sponges can be microwaved daily for one minute to help reduce the bacteria content. However, they should be replaced regularly, too.

Get a Temperature Check



Invest in a food thermometer.

Food thermometers are the only way to ensure food is cooked to a safe minimum internal temperature. The recommended temperature varies depending on the food.

- Fish: 145°F
- Whole cuts of meat: 145°F, then rest for 3 minutes before carving or eating
- Ground meats: 160°F
- Egg dishes: 160°F
- Poultry: 165°F
- Casseroles, mixed dishes and leftovers: 165°F

Watch the Clock

Don't let food sit out for more than one to two hours.

Bacteria grow quickly when perishable foods are left in the temperature danger zone (40°F and

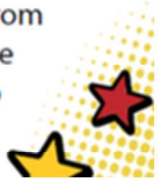
Prevent Cross-Contamination

Use separate tools for raw and ready-to-eat foods.

Cross-contamination occurs when harmful bacteria are spread from one surface to another. One way this occurs is by using the same cutting board or utensils to prepare raw meat, fish or poultry and then reusing the same board or utensils for ready-to-eat foods, like fruits and vegetables. Avoid this by cleaning utensils thoroughly between use, or better yet, using separate tools.

Refrigerate raw meat, fish and poultry on the bottom shelf.

Keeping these foods on the bottom shelf in your refrigerator helps to prevent their juices from dripping on other foods. You can also store these items in a bowl or on a plate to help catch any liquids.



140°F). Make sure these foods are refrigerated right away or not left out more than two hours. If the temperature is above 90°F, limit this to one hour, as bacteria multiply even faster.

Stay on top of what's in your refrigerator.

If you tend to forget about leftovers, labeling when they were made can help. Plan to eat leftovers within three to four days or freeze for later use.

Proceed with Caution

Certain groups of people are at a higher risk of serious side effects from foodborne illness. This includes individuals with a compromised immune system, children, older adults and individuals who are pregnant. These groups should avoid high-risk foods such as raw or unpasteurized dairy products, raw or undercooked eggs, raw sprouts and undercooked or raw meat, poultry and seafood.



March 2026 Menu

FRIDAY



THURSDAY

WEDNESDAY

TUESDAY

MONDAY

SUNDAY

1 Glazed Ham Mac & Cheese Catalina Blend Hearty Tossed Salad	2 Beef Pot Pie Roasted Asparagus Carrot Pineapple Slaw Sunflower Bread Strawberry Fruit Jello	3 Sloppy Joe Pasta Salad Fresh Veggies Diced Pears Butterscotch Pudding	4 Sweet & Sour Pork Fried Rice Oriental Vegetables Ramen Slaw Corn Muffin Almond Cookie	5 Cream of Celery Soup Chicken Salad Sandwich Apricot Halves Banana Bar	6 Breaded Tilapia Butternut Squash Almond Green Beans Mandarin Spinach Salad Honey Wheat Biscuit Pistachio Pudding
8 Roast Turkey Mashed Potatoes Sliced Carrots WW Roll Pumpkin Pie  <small>Daylight Savings Time Begins</small>	9 Spaghetti w/ Meatballs Italian Vegetables Caesar Salad Garlic Toast Peach Crisp	10 Pork Medallions Garlic Pasta Roasted Cauliflower Green Salad Biscuit Strawberries/Bananas	11 Liver & Onions Roasted Potatoes Sweet Corn Carrot Raisin Salad Lemon Jello Cake	12 Chicken Enchiladas Lettuce Tomatoes Spanish Rice Mexican Cucumber Salad Cinnamon Ice Cream	13 Broccoli Cheese Soup w/ Tuna Salad Sandwich Vegetable Slaw Apricot Halves Oatmeal Cake
15 Salisbury Steak Mashed Potatoes Winter Blend Tomato Basil Salad WW Roll Peach Pie	16 Oven Fried Chicken Roasted Potatoes Stewed Tomatoes Cottage Cheese Salad Wheat Bread Fruit Cocktail Bar	17  ST. PATRICK'S DAY Corned Beef & Cabbage Potatoes Carrots Lime Jello Irish Soda Bread Brownie Mint Truffle	18 Hearty Vegetable Soup w/ BLT Wrap Stuffed Celery Stix Berry Blend Oatmeal Raisin Cookie	19 Chef's Salad w/: Meat Cheese Eggs Gingered Pears Orange Juice Apple Walnut Muffin	20 Seafood Alfredo Roasted Broccoli Caesar Salad French Bread Orange Sherbet
22 Hot Pork Sandwich Mashed Potatoes Brussels Sprouts Spring Salad Cherry Pie	23 Taco Salad Lettuce & Tomatoes Refried Beans Rice Mexican Slaw Coconut Bar	24 Roast Beef Mashed Potatoes Bean Medley Dill Cucumbers WW Roll Berry Crisp	25 Turkey & Noodles Sweet Corn Cranberry Sauce Tossed Salad WW Biscuit Pumpkin Crunch	26 Western Egg Bake Breakfast Sausage Hashbrown Potatoes Black Bread Fresh Fruit	27 Philly Cheese Sandwich Onion Rings Fresh Vegetables Almond Joy Cake 
29 Bread'd Chicken Breast Baby Potatoes California Vegetables Tossed Veggie Salad WW Roll Bread Pudding	30 Swedish Meatballs Brown Rice Steamed Cabbage Cucumbers & Onions Honey Wheat Biscuit Melon Cup	31 Chili Dog Potato Salad Sliced Peaches Lemon Pudding			

REMEMINDERS:

All Meals
include

Milk & Bread!

Menu Subject to Change!

March Activities

All activities are subject to change!

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





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District 5440

Reveille Rotary meets Wednesdays at 7AM

United Way of Natrona County



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Natrona County Senior Citizen Service District

Thank you, You're the best!



thank you



Big thanks!

THANK YOU FOR EVERYTHING

DANIELS FUND



Grateful!



Stay curious in the new year.

The love of learning doesn't end at 50.

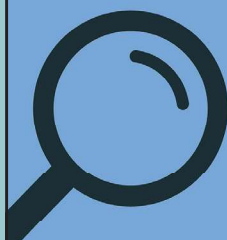
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Senior Center Wish List

1

Movie Purchases

Gift cards from Amazon or Fandango to rent or purchase requested movies for the #FridayFeatures.

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 kernels burn in our machine.

4

Deals on Wheels

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

5

Food Bank Organization

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

6

Volunteers

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

March Special Events *(you won't want to miss)*

3/11, 3/18, 3/25, & 4/1
Alzheimer's Education
Presentations @ 5:30

3/5 & 3/6 Deals on Wheels

3/12 Bunco @ 5:00 \$10
Open to the public. More
info. avail. at the volunteer
desk

Springtime is
the land
awakening.
The
March winds
are the
morning yawn.

-American Author
Lewis Grizzard



Comic by Tom Wilson



Comic by Scott Nickel

SENIOR SAFETY TIPS FROM OUR PARTNER:



Have you heard of an MSN, also known as a Medicare Summary Notice?

This is an important document that is sent to Medicare beneficiaries every 4 months with claims or services your Medicare number was billed for. Make sure you review them and that you were billed for what you were supposed to be.

If you see something concerning, report it to the WY SMP at (800) 856-4398.



The Senior Center will be hosting an educational seminar by BMO (formerly known as Bank of the West) called "Bank at Work." March 18th @ 11 a.m. in the Activity Room.



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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 \$3	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



WEEKLY AT 1:30 PM

FRIDAY FEATURES

SENIOR CENTER LIBRARY



MARCH 6th



In this classic version of Theodore Dreiser's novel "An A Place in the Sun (1951) is a romantic drama directed by George Stevens, based on Theodore Dreiser's An American Tragedy. It stars Montgomery Clift as George Eastman, a working-class man who falls in love with a wealthy socialite (Elizabeth Taylor) while his pregnant, working-class girlfriend (Shelley Winters) demands marriage, leading to a tragic, fatal, and criminal outcome.

MARCH 20th

The Sandlot (1993) is a coming-of-age sports comedy about a lonely new kid, Scotty Smalls, who moves to a new neighborhood in 1962. He is taken in by a group of local boys who play baseball daily at a local sandlot, led by Benny "The Jet" Rodriguez. The plot follows their summer adventures, including trying to retrieve a priceless Babe Ruth-signed baseball from a terrifying, legendary dog named "The Beast".



MARCH 13th



Adam Webber (Brendan Fraser) has lived his entire life in confinement in a fallout shelter in Pasadena, CA. When the Webber family's rations of food & supplies grow thin, Adam's eccentric father, Calvin (Christopher Walken), sends him on a dangerous restocking mission. When Adam emerges from the Webber family's subterranean refuge for the first time, he finds that rumors of a nuclear apocalypse were totally false.



MARCH 27th

Johnny Dangerously (1984) is a comedic parody of 1930s gangster films starring Michael Keaton as Johnny Kelly, a good-hearted man forced into a life of crime to pay for his mother's expensive medical bills. As "Johnny Dangerously," he becomes a successful, witty mobster battling rival Danny Vermin (Joe Piscopo) and corrupt officials.




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