

# At The Center of It All

Central Wyoming  
Senior Services, Inc.



# FEBRUARY 2023

"The Heart of Natrona County"

1831 4th Street  
Casper, Wyoming 82601  
307-265-4678

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

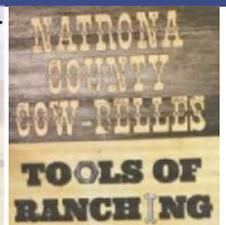
While we have so very many organizations and individuals we love to thank for supporting us, we would like to send a special shout-out here to a couple in particular for recent and upcoming contributions that make such a difference in the lives of our seniors. Thank you for helping the Senior Center in our mission to provide a daily nutritious meal for the aged-60 and over population of Natrona County and surrounding areas through your bountiful benefactions of financial support and helping hands!



*Not only did the Reville Rotary Club pay for lunches, they showed up on the 2nd COLDEST day of December 2022 and served, including meals being picked up curbside. We are so very grateful for your generous spirits and selflessness!*

We are so very fortunate to have the support of the Natrona County Cow-Belles. This fantastic group of gals comes in annually and provides the most awesome Roast Beef for dinner! In 2022, we were

lucky enough to welcome them twice, the 2nd being the final lunch of the year, Dec. 30th. These wonderful ladies will be back on Monday, March 20, 2023 (with "bells" on...)!



## Try to Find This!

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

Hidden 2x in this issue!



## 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

*Linda Blackstone* ..... President  
*Justine Murphey* ..... Vice President  
*Kim Latka*..... Treasurer  
*Kate Maxwell*..... Secretary

## Members

*Gloria Fuhrer*                      *Errol Miller*  
*Miles Hartung*                   *Ray Bila*  
*Debera Siems*                   *Bob Carpenter*  
*Susan Burk*

## City Council Liaison

*Michael Bond*

## Executive Director

*Aimee Ottley*

## Director of Operations

*Tom Lebahn*

## Assistant Director

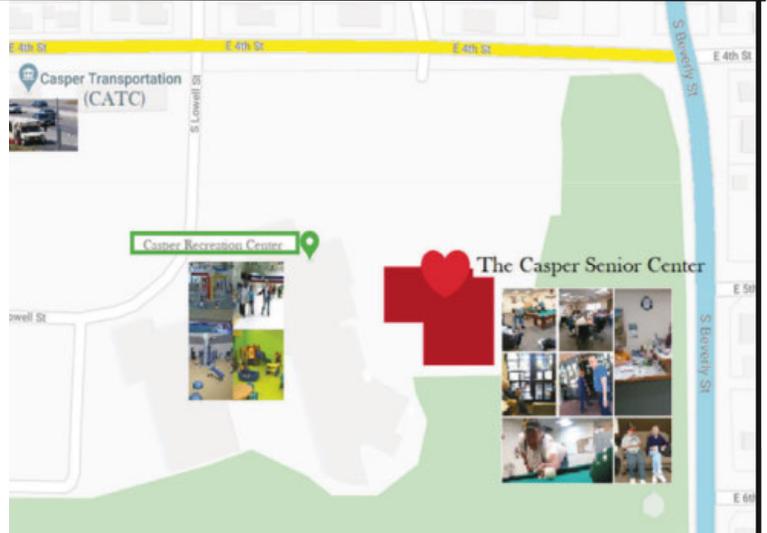
*Rachel Brown*

## 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)

## ALL ABOUT US

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.

# From the Desk of the President:

Cindy Bower has a fantastic display at the Center this month featuring Genealogy. She will be conducting a free 45-minute genealogy workshop, "The Legacy of Stories," in the conference room on February 8, 2023 at 12:30pm. Learn how you can preserve your family's past and inspire future generations.

By request of the Chair Exercise class, Elkhorn Valley Rehabilitation Center will be presenting information on "Fall Prevention." According to the CDC, more than one-third of people 65 and older fall each year. In addition, 20% of falls cause serious injury and 95% of hip fractures are caused by falls. Learn how you can lower your risk for a fall on February 15, 2023 at 11:00pm, immediately after chair exercise class.

If there is a topic which would be of interest to you, please let me or a staff member know. We will find a speaker to present that topic.

We always welcome volunteers, new members and your comments regarding the Center.

Best wishes,

*Linda Blackstone*

Lblackstone7@gmail.com or 307-262-1028



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# 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.

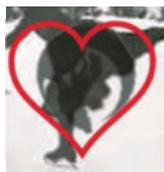
**National Family Caregiver Program** provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

*Any questions? Come see Lacey or Alicia!*

Or give us a call at (307) 265-4678.

## Last Edition Answers:



Answer to the January Riddle:  
Winter!



Copies of the Senior Center Cookbook still available! Marked down by 40%, NOW \$6.00 each! Get yours today! Let's make way for another edition!

**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.

## RIDDLE

It can be said about me:  
Gold means good;  
Stone means nothing;  
Glass means fragile;  
Cold means cruel.  
**What am I?**

Let the front office know the correct answer for your chance to win a free week of lunches!!

## 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

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

**Reservations Required at the Mills and Evansville Sites**

**MENU IS SUBJECT TO CHANGE**

# Around the Center

## “Legacy of Stories”

a **FREE**  
genealogy workshop

February 8th  
12:30PM  
in the Conference Room



## “Fall Prevention”

presented by  
Elkhorn Valley  
Rehab Hospital

February 15th  
11AM  
Dining Room

Easy Clogging by Joyce Sisk  
Call (307) 237-4908  
for more information.

**FREE, Every Monday**  
at the Senior Center

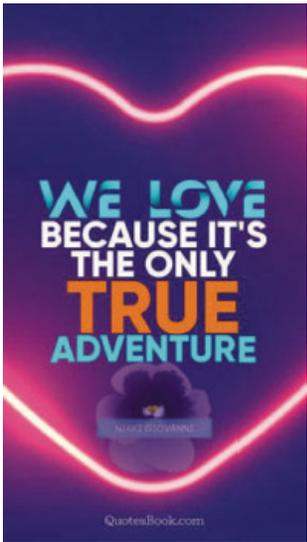
10:30am–10:45am    10:45am–11:45am  
Learn Steps            Dance Routines

“We **DO NOT** Jump,  
Stand on One Foot, or  
Go Around in Circles.  
I Keep it Balanced.”

# New Member Welcome!

## in Déjà Brew

Second Tuesday of  
every month, 10AM—11AM



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**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)  
(800) 950-9952 x2635

Need Help? Looking for information?  
Don't know where to turn?

**WYOMING 2-1-1 CAN HELP!**

Wyoming residents who need help finding affordable housing, food, utility assistance, and other basic needs, can reach out to Wyoming 2-1-1. Wyoming 2-1-1 is a free and confidential service that provides information and referrals to local community services that can help you with your most critical and urgent needs.

**Dial 2-1-1** or 888-425-7138  
Visit [www.wyoming211.org](http://www.wyoming211.org)  
Text your zip code to 898211

Wyoming 2-1-1  
Get Connected. Get Help.™

# STIFEL

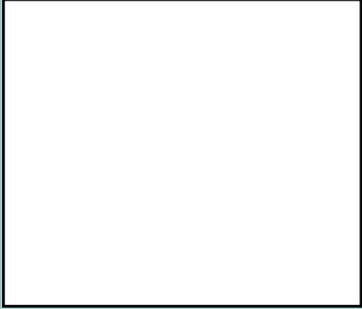
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# SPOTLIGHT

## 10 Things You Didn't Know Happened on Valentine's Day

Valentine's Day is filled not only with cards, roses, and chocolates, but plenty of history as well.

Christopher Klein UPDATED: 8/31/18 ORIGINAL: 2/14/14  
<https://www.history.com/news/10-things-you-didnt-know-happened-on-valentines-day>

### 1. **Captain James Cook is killed: 1779.**

Among Britain's most accomplished explorers, Cook charted lands from Newfoundland to New Zealand to Alaska. In 1778, on his third voyage to the Pacific Ocean, he became the first European on record to visit the Hawaiian Islands and was received with honors. He encountered a much different reception, however, when he returned the following year. After one of the crew's small boats was stolen, the captain decided to retaliate, not by seizing a boat of his own, but by holding Hawaiian King Kalaniopuu hostage instead. A hostile mob surrounded Cook and his men as they reached Kealakekua Bay with the king. When news arrived that the foreigners had shot a local chieftain across the bay, the crowd attacked. Cook shot one man dead but before he could reload, the captain was clubbed on the head and stabbed repeatedly before dying in the knee-deep waters.

### 2. **Battle of Kettle Creek: 1779**

In one of the most consequential battles in Georgia during the American Revolution, 400 patriots launched a surprise attack on a band of nearly 800 Loyalists from North and South Carolina that was camped along the flooded Kettle Creek in the woodlands of Wilkes County. Although outnumbered, the patriot militia scored a decisive victory and helped to quash the British strategy to cut off the southern colonies from the mid-Atlantic and New England.

### 3. **Oregon becomes a state: 1859**

With the stroke of President James Buchanan's pen, Oregon was admitted as the 33rd state in the Union just two years before it would be torn apart by the Civil War. Oregon had spent 11 years as a U.S. territory, and it would take more than a month for news of its admission to cross the country from Washington, D.C. by a combination of telegraph, stagecoach and steamship.

### 4. **Alexander Graham Bell applies for telephone patent: 1876**

In the year of America's centennial, a lawyer representing Bell filed his telephone patent application at the U.S. Patent Office in Washington, D.C., just hours before the attorney for Elisha Gray filed a caveat announcing his intention to file a claim for a patent for his version of a telephone. Presented with both applications, the Patent Office ultimately decided on March 7, 1876, to issue the first patent for a telephone, U.S. Patent No. 174,465, to Bell. Three days later in Boston, Bell successfully transmitted speech over telephone wires when he said these words to his assistant, "Mr. Watson—Come here—I want to see you." The legal wrangling between Bell and Gray lasted for years.

### 5. **General William Tecumseh Sherman dies: 1891**

Inside his residence on the Upper West Side of New York City, the old warrior succumbed to pneumonia at the age of 71. President Benjamin Harrison, who had served under the general in the Civil War, ordered all national flags to be flown at half-mast to honor the Union general whose ruthless 1864 "March to the Sea" left a path of destruction across Georgia and proved to be one of the war's

decisive moments. Three former presidents and all the generals who had served under him attended the funeral before his body, dressed in full military uniform, was transported to St. Louis for burial.

### 6. **Arizona becomes a state: 1912**

More than a half-century after Oregon joined the Union, Arizona did the same. President William Howard Taft initially vetoed the request for statehood in 1911 because its constitution permitted judicial recall. After Arizona revoked the offending clause, Taft signed the proclamation to make it the 48th state. Arizona voters extracted payback on Election Day in 1912, however, when they approved a constitutional amendment reinstating judicial recall and gave Taft only 13% of their votes, placing him behind Woodrow Wilson, Theodore Roosevelt, and Eugene V. Debs.

### 7. **Jimmy Hoffa is born: 1913**

While the labor union leader's ultimate fate remains unknown, there is no mystery surrounding the start of his life. Hoffa was born on Valentine's Day in Brazil, Indiana. After becoming president of the Teamsters in 1957 and serving time in prison for bribery, Hoffa disappeared from the parking lot of a Detroit restaurant on July 31, 1975, and has never been seen since.

### 8. **The bombing of Dresden: 1945**

In the final months of World War II, British and American bombers unleashed a devastating aerial attack on the historic capital of the eastern German state of Saxony. The firestorm that ignited from the first round of high-explosive bombs and incendiary devices dropped just minutes after midnight was so intense that bomber pilots in the second wave could see the glow from 500 miles away. The massive two-day air raid decimated 90 percent of the city center, destroyed cultural treasures and killed between 35,000 and 135,000, a wide-ranging estimate because it was unknown how many refugees were in the city at the time. The bombing was controversial because Dresden was neither important to German wartime production nor a major industrial center.

### 9. **First Knesset meeting: 1949**

Months after achieving independence, Israel's first parliament, the Constituent Assembly, convened inside temporary quarters in Jerusalem's Jewish Agency building. Israel's first president, Chaim Weizmann, delivered a solemn address offering "friendship to all peace-loving people" and extending a "hand of peace" to the country's Arab neighbors before swearing in the 120 legislators. Two days later, the parliament renamed itself the Knesset.

### 10. **Jacqueline Kennedy shows off the White House: 1962**

Wearing a triple strand of pearls and a red wool dress, the 32-year-old First Lady led a huge nationwide TV audience on a virtual tour of the White House, which she had recently refurbished. Mrs. Kennedy displayed her knowledge of fine arts as she described the mansion's historic portraits, antiques, and furnishings. President Kennedy appeared for the final 5 minutes of the broadcast, but his wife was the star, earning critical plaudits and an honorary Emmy Award.

# Financial Opportunities

## Ways to Show Support:

**Do you shop at Smith's?**

Sign up for Kroger Community Rewards and select CWSS!

Org.#WT634



**Do you shop Amazon Prime?**

Use [smile.amazon.com](http://smile.amazon.com) and select us, Central Wyoming Senior Services as your charity.



You can also donate on our website via PayPal or mail/drop off your chosen donation!

# SCSEP PROGRAM

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for older Americans. This program provides an average of **20 hours a week** of subsidized training in community service assignments, **job training** and related **educational opportunities** and **certifications**, case management **support** to identify and address personal needs and opportunities for **placement** into suitable unsubsidized jobs.

## Eligibility

- ✓ At least 55 years or older
- ✓ Unemployed
- ✓ Family income of no more than 125% of the federal poverty level

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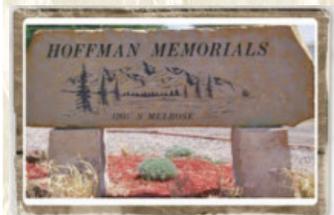
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Central Wyoming Senior Services, Casper, WY

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# Gifts & Memorials

Note: This is a list for Gifts & Memorials given between December 24th, 2022—January 20th, 2023. If donations were made between those dates and you were not recognized, please see the office.

## Gifts

John Savage  
 Frank C Stofflet  
 Donna Klinker  
 Elizabeth Hobbs  
 Kimberly Cooper  
 Georgene Thompson  
 Anonymous Donor(s)

## 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

Roger Ziehl  
 Ruby Ziehl  
 Corine Mah  
 Lucy Schoenewald



## from “A Winter Piece”

by William Cullen Bryant

But Winter has yet brighter scenes—he boasts  
 Splendors beyond what gorgeous Summer knows;  
 Or Autumn with his many fruits, and woods  
 All flushed with many hues. Come when the rains  
 Have glazed the snow and clothed the trees with ice,  
 While the slant of sun of February pours  
 Into the bowers a flood of light. Approach!

The incrusted surface shall upbear thy steps,  
 And the broad arching portals of the grove  
 Welcome thy entering. Look! the massy trunks  
 Are eased in pure crystal; each light spray,  
 Nodding and tinkling in the breath of heaven,  
 Is studded with its trembling water-drops,  
 That glimmer with an amethystine light.

<https://www.poetryfoundation.org/poems/55338/a-winter-piece>

**FEBRUARY**  
*Holidays*

Canned Food Month  
 National Bird Feeding Month  
 National Cherry Month

- 4—Thank a Mailman Day
- 11—Don’t Cry over Spilled Milk Day
- 12—National Lost Penny Day
- 19—National Chocolate Mint Day
- 27—No Brainer Day

## Fun FEBRUARY Facts!

- ♥ Over time, the length of February changed. At one point, it had 23 days! The length was finalized in 713BC when Julius Caesar remade the Roman calendar and assigned the newly added month 28 (and 29) days.
- ♥ February in the Southern Hemisphere is the approximate equivalent of August in the Northern Hemisphere.
- ♥ February is the only month where it’s possible to not have a full moon.
- ♥ The odds of being born on February 29th are about 1 in 1,461. Those lucky born are called a “leaper” or “leapling.”
- ♥ On February 2, 1848, the US and Mexico signed the Treaty of Guadalupe Hidalgo, ending the war, and the US paying \$15 million to Mexico for California, Utah, Nevada, Arizona, Texas, Colorado, New Mexico, and Wyoming.

*If you are 60 or older with a birthday in February, bring this coupon to the office for your meal ticket.*

Name \_\_\_\_\_

Birthdate \_\_\_\_\_

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



## Steer Clear of Dental Hazards

Avoid oral health risks as you age

Stay on top of your dental health with proper hygiene and regular visits to the dentist.



### Gum Disease

*Likelihood increases after age 30*

- Infection of the gum tissue
- Can lead to tooth loss



### Oral Cancer

*Likelihood increases after age 40.*

- Linked to tobacco use
- Can be fatal if not caught in time



### Dry Mouth

*Likelihood increases dramatically by age 50*

- Increases risk of cavities and bad breath
- Caused by many medications



### Limited Dentist Access

*Frequency of dental visits drops after age 64*

- Regular cleanings and exams can help catch problems before they get worse



### Poor Oral Hygiene

*Difficulty brushing and flossing is linked to arthritis, which affects half of all Americans by age 65.*

- Consider toothbrushes with modified handles and easy-to-use floss holders





Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

307.265.4678-1831 East 4th St. Casper, WY 82601

# MEAL CALENDAR

## February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5</b> California Chicken Breast Oven Brown Potatoes Roasted Zucchini &amp; Tomato Cherry Pie</p>	<p><b>6</b> Swedish Meatballs Brown Rice Braised Cabbage Cucumber &amp; Onions Melon Cup</p>	<p><b>7</b> Roast Pork Mashed Potatoes Parmesan Zucchini Baked Apples Brownie</p>	<p><b>1</b> Spaghetti &amp; Meat Sauce Italian Vegetables Marinated Bean Salad Apricots</p>	<p><b>2</b> Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Rosy Applesauce</p>	<p><b>3</b> Honey Glazed Salmon Creamy Risotto Corn Cobbette Carrot Raisin Salad Fresh Peaches</p>	<p><b>4</b></p>
<p><b>12</b> Beef Pot Roast Potatoes &amp; Carrots Tomato Basil Salad Spice Cake</p>	<p><b>13</b> Turkey Tetrazzini California Vegetables Tossed Veg Salad Cherry Cobbler</p>	<p><b>14</b> <b>Happy Valentine's Day!</b> Smothered Beef Burrito Beans &amp; Rice Lettuce &amp; Tomatoes Churro Bar</p>	<p><b>8</b> Sweet &amp; Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Fresh Berries</p>	<p><b>9</b> Potato Soup Egg Salad Sandwich Celery &amp; Carrot Sticks Cottage Cheese with Pineapple Blueberry Buckle</p>	<p><b>10</b> Lemon Pepper Tilapia Garlic Pasta Roasted Broccoli Carrot Raisin Salad Mandarin Oranges</p>	<p><b>11</b></p>
<p><b>19</b> Lamb Tips Rice Pilaf Brussels Sprouts Fresh Pineapple Pecan Bread Pudding</p>	<p><b>20</b> Glazed Ham Sweet Potatoes Green Beans Black Cherries Chocolate Cake</p>	<p><b>21</b> <b>FAT TUESDAY</b> Chicken &amp; Sausage Jambalaya with Rice Mustard Greens King Cake</p>	<p><b>15</b> Hearty Bean Soup Ham Salad Sandwich Pickle Spear Berry Blend Chocolate Pudding Cake</p>	<p><b>16</b> Pork Wellington Catalina Vegetables Pea Salad Ginger Pears</p>	<p><b>17</b> Seafood Alfredo Stewed Tomatoes Cauliflower-Broccoli Salad Fresh Blueberries</p>	<p><b>18</b> <b>MEALS COME WITH MILK &amp; BREAD</b></p>
<p><b>26</b> Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake</p>	<p><b>27</b> Chicken Wrap Pasta Slaw Fresh Vegetables Chopped Green Slaw Orange Wedge</p>	<p><b>28</b> Philly Cheese Pasta Country Mix Diced Pears Zucchini Bar</p>	<p><b>22</b> Baked Chicken Breast Or Breaded Catfish Sweet Potatoes Catalina Blend Caesar Salad Citrus Fruit</p>	<p><b>23</b> Creamy Tomato Soup Grilled Cheese Sandwich Celery, Carrot, Pickles Tossed Vegetable Salad Baked Pineapple</p>	<p><b>24</b> <b>BIRTHDAY DAY</b> Meatloaf Or Baked Fish Baked Potato Glazed Carrots <b>SALAD BAR</b></p>	<p><b>25</b></p>
						<p><b>MENU SUBJECT TO CHANGE</b></p>

A Big  
**THANK YOU!**

**Rotary**  
District 5440



Reveille  
Rotary  
meets  
Wednesday  
mornings  
at 7 A.M.



**United Way**



**United Way  
of Natrona County**

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books. We were able to  
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“  
To love and be loved  
is to feel the sun  
from both sides.”  
DAVID VISCOTT

woman's day



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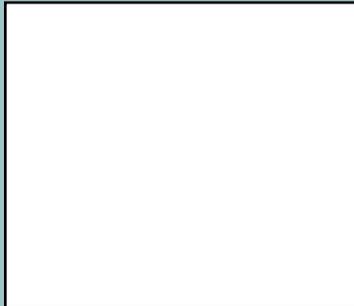
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# Thank You!

**Beautiful blue porcelain plate series, each plate an intricate art piece depicting the wonders of Christmas, from the Royal Copenhagen Bing & Grondahl collection and marked with the three towers, shared with us by David Bentzin with many pieces from his late mother, Joy's, extensive collection.**



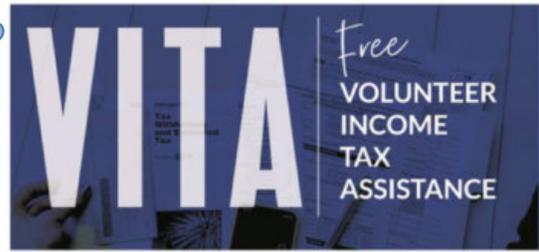
# Save The Date



3RD ANNUAL  
FUNDRAISER  
"A NIGHT AT THE RACES"  
SATURDAY, MAY 6TH  
RAMKOTA HOTEL  
FUN, FOOD, & FRIENDLY WAGERS!



It's that time of year again!



## 2023

### January 31– April 8

#### WHAT TO BRING

- Government issued photo ID
- Social security cards or ITIN letters for taxpayers & dependents
- All W-2 & 1099 forms for the tax year
- Bank account numbers for direct deposit
- Evidence for deductions, such as mortgage interest, property taxes, charitable contributions, & medical expenses
- Receipts for child care expenses & the provider's tax ID number
- Prior year tax return

#### HOURS OF OPERATION

Tuesday-Friday | 10 am – 3 pm  
Saturday | 9 am – 1 pm  
Closed Sunday & Monday

#### LOCATION

1230 E Yellowstone Highway  
Old Salvation Army Thrift Store  
Casper Area LINK: Blue Route

**CONTACT** 307.333.5095

FILE YOUR TAXES AT HOME  
[MyFreeTaxes.com](http://MyFreeTaxes.com)



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of Natrona County  
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Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

# ACTIVITIES FOR EVERYONE\*

\*If you don't see your activity, please call for details!

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Bible Study	Monday	3:30PM—4:30PM (CNF)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO!	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4:00PM (DR/AR)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	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 Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Tuesday (Mills) Thursday (Main)	10:30AM—12:00PM <i>Mills</i> 10:00AM—12:00PM (AR)
Cribbage	Wednesday	1:00PM—3:00PM (Déjà Brew)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Garden Club	3rd Saturday	10:00AM—12:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
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)
VA Caregiver <i>(Please call)</i>	2nd Tuesday	11:00AM—12:00PM (CNF)
Weight Watchers	Saturday	8:30AM—10:00AM (DR)
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)

# Super Bowl 57

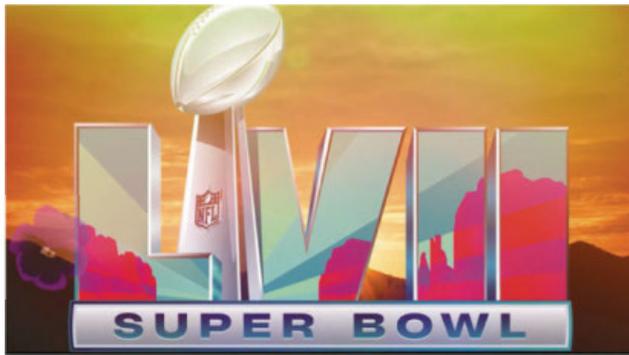
SUNDAY, FEB 12, 2023 • 6:30PM ET  
State Farm Stadium • Glendale

# SNACKS



## Ingredients

- 4 slices bacon
- 1 c. finely shredded Parmesan
- 1/2 c. shredded cheddar (preferably aged)
- 1 jalapeño, sliced thinly
- Freshly ground black pepper



## Directions

### Step 1

Preheat oven to 375°. In a large nonstick skillet over medium heat, cook bacon until crispy, 8 minutes. Drain on a paper towel-lined plate, then chop.

### Step 2

Spoon about 1 tablespoon of Parmesan into a small mound on a large baking sheet and top with about tablespoon of cheddar cheese. Carefully pat down cheeses and top with a jalapeño slice. Sprinkle with bacon and season with pepper. Repeat with remaining ingredients.

### Step 3

Bake until crispy and golden, about 12 minutes.

### Step 4

Let cool slightly on pan before serving.

# Jalapeño Popper Crisps

by LAUREN MIYASHIRO PUBLISHED: FEB 24, 2017

## How can I watch this year's Super Bowl?

Super Bowl LVII airs at 6:30 p.m. ET on Fox.




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(307) 265-4678

*"The Heart of Natrona County"*



*Photo by Chandan Chaurasia on Unsplash*

## **PARTING THOUGHTS**

*"Have enough courage to trust love one more time and always one more time."*

*~ American Poet & Author Maya Angelou ~*

**NOTICE:** The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

*Thank you!*

**HELP  
WANTED**

### **Volunteer**

#### **Opportunities:**

If you are interested, please see the office.

**THANK YOU** for the continuing support!  
Our members are the reason for our jobs,  
we wouldn't be here without you!!

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

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

**Thank You Always!**