

WHAT'S MY NAME?

MARCH 2020

CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4th STREET • CASPER, WYOMING 82601 • 307-265-4678 • raea@casperseniorcenter.com

Board of Directors

On behalf of the Board of Directors, we would like to take this time to thank retiring Board member **Richard T. Shamley** for serving as our Treasurer for the past three years. We made many improvements to our accounting system with his assistance. *Thanks, Dick!*

The following actions were taken at the recent election of the Board of Directors:

President: Errol L. Miller
 Vice President: Barbara Flinn
 Secretary: Linda Blackstone
 Treasurer: Kim Latka

Clyde Cain Gloria Fuhrer
 Miles Hartung Linda Loranger
 Frances Lujan Crystal Morse
 Jennifer Rohrer

Ray Pacheco – City Council Liaison

Building Committee Chair: Errol L. Miller
 Finance Committee Chair: Kim Latka
 Future Planning Committee Chair: Jennifer Rohrer

Now let us introduce you to our newest Board Member: *Kim Latka*

Kim moved to Casper in 1975 and attended high school here. She is a graduate of the University of Wyoming. She raised her two children in Casper and takes great pride in our community. After her children were older, Kim returned to the college world and obtained a Bachelor of Science degree in accounting. She has been in the public accounting field since 1998. Kim has been affiliated with Killmer & Associates, PC since 2008.

Kim has served on the Board of Directors for the Child Development Center of Natrona County and the Child Development Center of Natrona County Foundation for over eight years. During that time, she served as Board Treasurer overseeing a large capital campaign to build the present facility on 12th Street. She has also served on the Wyoming Housing Network Finance Committee for three years and as the Casper Boat Club Treasurer from 2016 through 2018.

Kim brings with her a wealth of board experience and, most specifically, experience in the role of Treasurer.

Welcome, Kim, we are happy to have you!

Try to Find This!

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

2 Chances in this issue!



INSIDE THIS ISSUE

You may have noticed some of the changes, both around the center and in the Newsletter. We are nearing the end of this remodel and hope we are still adequately meeting all of our clients' needs.

We are changing the name of the Newsletter and offering more diverse content and more helpful information. We are also going to try out a new MONTHLY newsletter!

Thanks for the support!!

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WHO'S WHO AROUND THE CENTER

Board of Directors

Errol Miller President
Barbara Flinn Vice President
Kim Latka Treasurer
Linda Blackstone Secretary

Members

Clyde Cain *Frances Lujan*
Gloria Fuhrer *Miles Hartung*
Crystal Morse *Jennifer Rohrer*
Linda Loranger

City Council Liason

Ray Pacheco

Executive Director Assistant Director

Rita Wagner

Rachel Brown

Data Entry

Rae Appel

Administrative Assistant

Frankee Foley

In-Home Services

Lacey Kidman

Alicia Roldan

Kristi Arellano

Kim Evans

Karen Bays

Sarah George

Trudi Renner

Diane Miller

Kacie Faunce

Kitchen Manager

Kimberly Cooper

Kitchen Staff

Johanna Moore

Terri Gibson

Alex Cooper

Hope Gallagher

Audrianna Fernandez

Tess Robinson

Jevon Bynum

Brandy Lopez

Pam Gallagher (Mills)

Marcie Alcala (Evansville)



Locations

CASPER

1831 East 4th St (307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719



Facebook.com/pages/Casper-Senior-Center



www.casperseniorcenter.com

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 50,000 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.

Happenings Around The Center

March S.A.I.L. Schedule:

March 4th—Bustard & Jacoby Funerals, Cremations, Monuments, & Receptions
 March 11th—Jennifer Sesley (WY Endocrine & Diabetes Clinic)
 March 18th—Epsilon
 March 25th—Karla Case (Dietician)

The Edgewood Facilities,
 Park Place or Meadow Wind,
 will provide (and serve)
 cake for our diners on the
 second Friday of each month.
 Join us and let them know
 that we appreciate them!



Special Menu for
 St. Patrick's Day

Corned Beef
 & Cabbage

Tuesday from
 11AM–1PM

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!*

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MISCELLANEOUS INFORMATION

CRAFT CLASSES

Craft classes are Tuesdays at 10AM. They usually last an hour, but if more time is required, we will accommodate. Classes are free as long as we have the supplies needed. If not, there may be a small fee that will be announced prior to class. If you have an idea for a project you would like to do, please let us know; we are open to try anything.

We look forward to sharing time with these ladies each week!

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Zentangle

Cribbage

or have a suggestion for another activity, please come to the office to discuss with staff!



Copies of The Casper Senior Cookbook Are Still Available! \$10.00 each Buy yours while supplies last!



WAYS TO GET HELP

Wyoming Home Services is a program that provides assistance to an individual in their home. Services provided 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.

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 2:00 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 \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free meal with every 20 punch ticket donation.

Remember that anybody under the age of 60 is required to purchase a single meal ticket at the reception desk for \$8.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk and purchase a meal ticket for them.

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

RIDDLE

The more you take, the more you leave behind.
What am I?

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

Grasshopper Bars

by Woman's Day Kitchen



Ingredients:

Filling:

- 1/2 c. milk
- 3 c. mini marshmallows
- 2 TBSP unsalted butter, cut into small pieces
- 2 TBSP + 1 c. heavy cream
- 2 tsp pure peppermint extract
- 1 tsp pure vanilla extract
- 6—8 drops liquid green food coloring

Crust:

- 34 chocolate wafer cookies
- 6 TBSP unsalted butter, melted

Topping:

- 3/4 c. heavy cream
- 6 oz. Bittersweet chocolate, finely chopped

1. In a medium saucepan, heat milk on medium until hot. Add marshmallows and butter and stir to melt. Remove from heat; stir in 2 tablespoons heavy cream, extracts, and food coloring (if using); then let cool to room temperature, about 1 hour.
2. Meanwhile, line a 9-inch square baking pan with parchment paper, leaving a 2-inch overhang on 2 sides. In a food processor, pulse cookies to form fine crumbs. Add butter and pulse to combine. Press evenly into bottom of the prepared pan and refrigerate.
3. Once marshmallow mixture is cool, using an electric mixer, beat remaining 1 cup cream until stiff peaks form. Fold a spoonful of cream into marshmallow mixture to loosen, then fold in remaining cream and spread on top of chilled crust. Refrigerate until set, at least 30 minutes.
4. Make topping: In small pot, heat cream on medium until hot but not boiling. Remove from heat and add chocolate; let sit 1 minute, then stir until melted and smooth. Spread evenly over filling and refrigerate until set, at least 30 minutes or up to a day. When ready to serve, use overhangs to transfer to a cutting board and cut into pieces.

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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

SPOTLIGHT



National Pi Day

Pi Day is celebrated on March 14th (3/14) around the world. Pi (Greek letter “ π ”) is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — which is approximately 3.14159. Pi Day is an annual opportunity for math enthusiasts to recite the infinite digits of Pi, talk to their friends about math, and to eat Pie.

Pi has been calculated to over one trillion digits beyond its decimal point. As an irrational and transcendental number, it will continue infinitely without repetition or pattern. While only a handful of digits are needed for typical calculations, Pi's infinite nature makes it a fun challenge to memorize, and to computationally calculate more and more digits.

While most of us only have the first few digits committed to memory, love for the classic number knows (almost) no bounds: Pi actually goes on for at least 2.7 trillion digits, and only 477 people around the world have managed to recite 100 or more of those numbers, as of publication. (By Talia Jane, Mar 14, 2017, <https://www.mic.com/articles/171103/pi-day-2017-meet-the-record-holders-for-memorizing-digits-of-pi>)

Current Record Holders,

corrected 7/16/2018

π **South Africa**—On March 14, 2016, Dayna McClean recited 661 digits of pi in 30 minutes.

π **India**—Rajveer Meena set the Guinness record of most pi digits memorized when he recited 70,000 digits in 9 hours, 7 minutes, while blindfolded, on March 21, 2015. A few months after Meena's stunning feat, Suresh Kumar Sharma, also of India, recited 70,030 digits — but it took him 17 hours, 14 minutes to do so.

π **Japan**—In 2006, Haraguchi reportedly recited 111,700 digits in 16 hours, 30 minutes, but his public recitation hasn't been formally recognized by Guinness World Records.

π **Australia**—In October 2016, Loomba recited 10,533 digits of pi in 4 hours, 4 minutes.

π **Europe**—In 2004, Daniel Tammet of France held the European record for reciting 22,514 digits of pi in 5 hours and 9 minutes, according to CNN. Tammet's record was broken more than a decade later by Rick de Jong of the Netherlands, who recited 22,612 digits of pi in 5 hours, 34 minutes.

π **North America**—Marc Umile of the United States holds North America's record, clocking in 15,314 digits in July 2007 in 3 hours, 14 minutes, beating out 15-year old Gaurav Raja of Salem, Virginia, who had recited 10,980.

π **South America**—On May 17, 2015, Juan Pablo Duque captured both Colombia and South America's record by reciting 857 digits in 23 minutes.



**Celebrate Pi Day on Friday
at the Senior Center
Friday, March 13
Pie for Dessert!
Be there or be π ²!**

Draft of release to Senior Center—January 30, 2020

The persons in yellow vests that you might see around the Senior Center every Tuesday morning are members of the Golden K club (established February 6, 1989 at the Elks Lodge). It is a part of Kiwanis International which is a service organization focused on support of children's programs. Golden K club members are mostly retired.

The Golden K club meets every Tuesday at 10:00 A.M. at the Casper Senior Center, 1831 E. 4th Street, for coffee and cookies. They have short programs with speakers selected to present topics of local and statewide interest.

Lady and gentleman members give back to the community by providing services such to:

Meals on Wheels
Sidewalkers
Special Olympics



The club supports the Wyoming community with contributions to:

Casper Recreation Center
Fittji Fishing Derby
Interfaith of Natrona County
Joshua's Storehouse
NCSD Homeless

Seton House
St. Joseph's Children's Home
The Casper Senior Center
Wyoming Rescue Mission

To learn more, please call President Finn McCarthy 307-264-7487 or visit one of our meetings.

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Central Wyoming Senior Services, Casper, WY

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Gifts & Memorials

Note: This is a list for Gifts or Memorials, given between November 19, 2019—January 21, 2020.
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

John Moler
Mary Lynn Corbett

Betty Hazen
Casper Antiques & Collectors Club

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.

Gifts

Anonymous Donor(s)
Frank C Stofflet
Casper Doll Collectors Club
Barbara Yonts
Daniel Grace

Buffalo Vegetable Soup

By DIABETIC LIVING MAGAZINE
as posted on eatingwell.com

Active: 25 Min. Total: 50 Min.

Ingredients: Servings: 6

- 1 tsp. olive oil
- 1 LB ground bison (buffalo) or 90% lean ground beef
- 1 large onion and 1 fresh poblano pepper, chopped
- 4 c. reduced-sodium chicken broth
- 2 medium potatoes, scrubbed and chopped
- 1 c. frozen whole kernel corn
- 1 medium red bell pepper, seeded and chopped
- 1 TBSP chopped fresh sage or 1 tsp. dried leaf sage, crushed
- 2 tsp. chopped fresh rosemary or 1/2 tsp. dried rosemary, crushed
- 2 medium zucchini, chopped
- 1/2 tsp. ground pepper
- (optional) chopped fresh roesmary



Instructions:

1. Heat olive oil over medium heat in large saucepan. Add the buffalo (or beef), onion, and poblano pepper. Cook until meat is brown and onion is tender, stirring frequently to break up meat as it cooks. Drain off any fat, if necessary.
2. Add chicken broth, potatoes, corn, bell pepper, and dried herbs (if using). Bring just to boiling. Reduce heat and simmer, covered, for 15 minutes.
3. Add zucchini, fresh herbs (if using), and ground pepper; return to boiling. Reduce heat and simmer, covered, 5 to 10 minutes or until vegetables are tender. If desired, sprinkle with additional chopped fresh rosemary before serving.

Fun March Facts!

- * March is the only month of the year with three consecutive consonants in its name
- * March was originally the first month of the Roman calendar
- * March is named after the Roman god of war, Mars
- * The phrase "mad as a March hare" comes from the view that male hares behave oddly during breeding season (in March)
- * March was know as *Hlyda*, or *Lide* in Old English, which means loud, referring to the March winds, which were considered very noisy
- * Birth flower is the daffodil
- * Birthstone is aquamarine
- * Alexander Graham Bell made the first phone call on March 10, 1876

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



6 Snack Swaps That Can Help You Control Your Type 2 Diabetes

by Lilly + EatingWell

http://www.eatingwell.com/featured/6SnackSwapsTrulicity2019?sm_t=ddhDjGO10886

It's easy to grab whatever is available when you're hungry and juggling life on the go. But some smart planning will help you make better food choices when it comes to keeping your type 2 diabetes under control by better managing your blood sugar. Swap out foods and ingredients that rank higher on the glycemic index (value of how foods affect your blood sugar level) and make your blood sugar rise quickly. Remember: Stick to recommended portion sizes to prevent over-indulging. The best part? You don't need to give up the flavors you love.

For your muffin:

Almond Flour

Swap airy almond flour into your favorite muffin recipe for a treat that's just as satisfying but lower in carbs than wheat flour.

Instead of a cookie:

Graham Crackers

They are not just for s'mores. Graham crackers, which are made from whole-wheat flour, are a tasty yet lower-fat and lower-carb alternative to cookies.

Light Popcorn

Craving some crunch? Grab a handful of light popcorn rather than a bag of chips and you'll get your crunchy fix with less fat.

Small orange

Get your vitamin C and lower your sugar intake by swapping a whole orange for your regular OJ.

Pass on granola:

Oatmeal

Reach for oatmeal for an option that's satisfying but not as sweet. With fruits, nuts and additional sweeteners, granola bars tend to have more carbs.

Whole-Wheat English Muffin

A whole-wheat English muffin – with fewer carbs and more fiber – can be the ideal breakfast alternative to your morning bagel.

Chuck the chips and have:

B
a
g
e
l
?
Bah!

MEAL CALENDAR

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Beef & Noodles California Blend Veggies Tossed Salad Angel food cake with Lemon Glaze	2 Herb Roast Pork Mashed Potatoes Scandinavian Blend Creamy Cole Slaw Applesauce Cinnamon Coffee Cake	3 Roast Lamb in Gravy Baked Potato Creamed Corn Garden Salad Fruit Salad Pumpkin Bar	4 Beef Chow Mein Fried Rice Stir Fry Vegetables Pears Almond Cookie SALAD BAR	5 Creamy Garlic Chicken Fettuccine Country Mix Chunky Vegetable Salad Tropical Fruit	6 Herbed Fish/Dill Sauce Zucchini Corn O'Brien Tomato Juice SALAD BAR	7 MONDAY NIGHT 2 Roast Beef 9 Italian Buffet 16 Turkey & Dressing 23 French Dip 30 Potato & Salad Bar
8 Roast Turkey Mashed Potatoes Corn Tossed Vegetable Salad Pumpkin Crunch	9 Breaded Chick Breast Garlic Pasta Broccoli & Cauliflower Cranberry Dessert Tossed Salad	10 Chipped Beef Over Biscuit Country Vegetables Tossed Salad Strawberry Shortcake	11 Pork Tenderloin Mashed Potatoes Mixed Vegetable Spring Salad Apple Crisp SALAD BAR	12 Spaghetti & Meatballs Sliced Carrots Spring Salad Apple Crisp Vanilla Ice Cream	13 Deli Dog with Kraut Macaroni Salad Sliced Tomatoes Fruit Cup Fruit Pie SALAD BAR	14
15 Sliced Ham with Cherry Sauce Scalloped Potatoes Mixed Vegetables White Cake	16 Beef Pepper Steak Brown Rice Roasted Corn on Cob Lettuce Wedge Black Cherries	17 ST PATRICK'S DAY CORNED BEEF AND CABBAGE	18 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Pumpkin Bar SALAD BAR	19 Meatballs in Mushroom Gravy Mashed Potatoes Country Mix Mandarin Oranges	20 Roast Beef Dinner Mashed Potatoes & Gravy Mixed Vegetables Marble Cupcakes SALAD BAR	21 MEALS COME WITH MILK & BREAD
22 Oven Fried Chicken Mashed Potatoes, Gravy Scandinavian Blend Carrot Raisin Salad Peaches & Berry Mix	23 Chicken & Noodles Broccoli & Cauliflower Tossed Salad Cranberry Dessert	24 Beef Fajitas Seasoned Black Beans Lettuce & Tomatoes Peach Jell-O White Chocolate Brownie	25 Hearty Vegetable Soup Chicken Salad Croissant Fresh Vegetables Watermelon SALAD BAR	26 Hamburger Steak Mashed Potatoes Chopped Spinach Tossed Salad Pineapple Tdbits Cherry Jello	27 Salmon Fillets Creamed Peas & Potatoes Pineapple Upside Down Cake SALAD BAR	28
29 Country Roast Beef Potato wedge Carrots celery Cranberry salad Cookie bar	30 Chicken Pot Pie Green Bean Medley Tossed Salad Cherry Jell-O	31 Breaded Pork Fritter Mashed Potatoes Glazed Carrots Baked Beans Pineapple Slices Sherbet				MENU SUBJECT TO CHANGE

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Volunteers

*We have some folks
Who deserve three cheers,
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*While some of us can't
And some of us won't,
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*So let us honor
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Why Beware the Ides of March?

Posted by EarthSky in Human World, March 15, 2019—<https://earthsky.org/human-world/beware-the-ides-of-march>

If you've heard of the *Ides of March*, you might know you're supposed to *beware* of them. Why? In ancient Rome, the Ides of March were equivalent to our March 15. In the Roman calendar, this date corresponded to several religious observances. The Romans considered the Ides of March as a deadline for settling debts. But—for our modern world—if you've heard of the Ides of March, it's probably thanks to William Shakespeare. In his play *Julius Caesar*, a soothsayer attracts Caesar's attention and tells him:

"Beware the Ides of March."

Caesar demands:

"What man is that? Set him before me, let me see his face."

When the soothsayer repeats his warning, Caesar dismisses him, saying:

"He is a dreamer; let us leave him. Pass."

Two acts later, Caesar is assassinated on the steps of the Senate.

In the play—and in reality—Julius Caesar was indeed assassinated on the ides of March—March 15—in the year 44 B.C.

In the ancient Roman calendar, each month had an Ides. In March, May, July, and October, the Ides fell on the 15th day. In every other month, the Ides fell on the 13th day.

The word *Ides* derives from a Latin word, meaning *to divide*. The Ides were originally meant to mark the full moons, but because calendar months and lunar months were different lengths, they quickly got out of step.

The Romans also had a name for the first day of every month. It was known as the *Kalends*. It's from this word that our word *calendar* is derived.

In fact, our modern calendar is very much like the one that Julius Caesar enacted the day before his death. It had 365 days and 12 months each year. It even took into account the fact that Earth's orbit around the sun isn't a whole number of days, by adding a leap day every few years.

Bottom line: The Ides of March corresponded to March 15 in ancient Rome. We remember them thanks to William Shakespeare's play *Julius Caesar*.

MORE REASONS TO CELEBRATE *March!*

(National Irish American Heritage Month)
(Red Cross Month)

3rd—Caregiver Appreciation Day
6th—World Day of Prayer
11th—Johnny Appleseed Day
21st—National Quilting Day
22nd—Goof Off Day

First Day of

Spring

March 19th, 2020



Famous March Birthdates

1, 1901—Clark Gable	18, 1933—Yoko Ono
6, 1895—George Herman	20, 1954—Patty Hearst
"Babe" Ruth	26, 1932—Johnny Cash
11, 1847—Thomas Alva Edison	27, 1932—Elizabeth Taylor
14, 1913—Jimmy Hoffa	28, 1940—Mario Andretti

COMMUNITY EVENTS



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To schedule your bowling time or for more information call Jason's Friends at 235-3421 or visit jasonsfriends.org

Small packets are available at any First Interstate Bank, any Valley Bank, El Mark-O Lanes, the Jason's Friends office or at jasonsfriends.org

Home & Garden Show at Casper Events Center
March 20—22
10:00 AM

Free Admission

Contact the Central Wyoming Homebuilder's Association for more information:
(307) 235-4663

AFTERNOON On The Green

March 14th 2020 | 12:00 p.m. - 2:00 p.m.

PRESENTED BY GREINER

Run For The Green 5K/10K

Outside the Lines:
Art Program for Veterans

2nd & 4th Tuesday of March
5:30PM - 7:30PM

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ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch [1st] 1PM—2PM (CNF) American Legion Women's Auxiliary 2PM—?? (DR) Mexican Train Dominoes 3PM—5PM (CNF) Bible Study	10AM—11AM (DF) Chair Exercise 10:50AM—11:15AM (DF) Beginner Clogging 11:15AM—12:15PM (DF) Intermediate Clogging 1PM—?? (DR) Mexican Train Dominoes 1PM—4PM (DR) 1:15PM—2:15PM (DF) Poker Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 4PM—5:30PM (CNF) Bible Study 6PM—7PM (DF) Native American Flute Circle 6PM—9PM (CNF) Binding Friends 7PM—9PM (DF) Dance Club	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (CNF) Golden Kiwanis 10AM—11AM (DF) Line Dancing 10AM—12PM (DR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 9:15AM—10:15AM (CNF) Seniors Active in Learning 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker 5PM—7PM (DF) Weight Watchers	9AM—10AM (DR) Golden K Coffee 9:15AM—9:45AM (CNF) Chair Yoga 10:30AM—11:30AM (DF) Clogging 12:30PM—2PM (CNF) BINGO! 12:30PM—4PM (DR) Pinochle 1PM—?? (DR) Mexican Train Dominoes 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 7PM—10PM (DR/DF) Square Dance	10AM—11AM (DF) Chair Exercise 12PM—4PM (DR) Canasta 12:30PM—4PM (CNF) Big Bridge 12:30PM—4PM (DR/CNF) Pinochle 1PM—4PM (DR) Poker	8AM—9AM (DF) Weight Watchers
	[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR Supplement Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting	[1st/3rd] 11:30AM-4PM (DR) Bridge w/ Margi [3rd] 11:30AM—4PM (DR) Bridge w/ Linda [4th] 12PM—2PM (CNF) NARFE [2nd/4th] 6PM—10PM (CNF) Casper Cut Ups [3rd] 7:15PM—9:15PM (CNF) Casper Needle Guild	[3rd] 10:10AM—11:55AM (CNF) KW Retired Ladies Book Club [2nd/4th] 11:30AM—4PM (DR) Bridge w/ Margi [2nd/4th] 12PM—4PM (DR) (w/ Ronnie & Donna) [1st/3rd] 12:30PM—3:30P (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids	[1st/3rd] 10AM—11AM (CNF) WY Dementia Care Support [1st] 1:30PM—3:30PM (DR) Golden Girls [2nd] 7PM—9PM (CNF) American Legion	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course [2nd] 9AM—2PM (CNF) Casper Cut Ups [3rd] 10AM—12PM (CNF) Garden Club	

NOTE:

Locations subject to change due to stage of the remodel.

Please check board

for more info on

days of activities!

If we have mixed

any events, please let

the front desk know

so that we can

publicize your

activity. Private

events are not listed.

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March's full Moon, called the full Worm Moon, reaches peak fullness at 1:48 P.M. EDT on Monday, March 9. Look for the spectacularly bright Moon as it rises above the horizon that evening!

This full Moon will also be the first of three supermoons in 2020—the other two occurring in April & May. "Supermoon" is the popular nickname given to a full moon that coincides with perigee, which is the point in the Moon's orbit of Earth where it's closest to our planet. While at perigee, the full Moon appears a bit brighter and about 7% larger than a typical full Moon.

Historically, full Moon names were used to track the seasons and, for this reason, often relate closely to nature. The Moon names that we use today stem from Native American and Colonial-era sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, rather than just the Moon itself.

The most common name for March's full Moon is the Full Worm Moon. At this time of the year, the ground begins to soften enough for earthworm casts to reappear, inviting robins and other birds to feed—a true sign of spring. Roots start to push their way up through the soil, and the Earth experiences a re-birth as it awakens from its winter slumber.

*Note: The vernal equinox—the earliest in 124 years—falls on March 19th at 11:50 PM EDT.

Sky Watch,
March 2020

FULL WORM MOON



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**Some big days are coming up
for the center!**

**Remodel completion, end of March
complete with Grand Re-Opening
Info Fair, May 2020
Annual Fundraiser, June 2020**

**Call or come by if you would be
interested in further details or to
find out how you can help out!**

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