# MARCH 2020 CENTRAL WYOMINGS ENIORS ERVICES 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 12<sup>th</sup> 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!



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!!

| Center Information2 |
|---------------------|
| Gifts8              |
| Happenings3, 13     |
| Kitchen Notes9      |
| Meal Calendar10     |
| Misc. Info4         |
| Recipes5, 8         |
| Recurring Events14  |
| Spotlight6          |
| Thank Yous 11       |

# VHO'S WHO AROUND THE CENT

#### **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

#### **Kitchen Manager** Kimberly Cooper **Kitchen Staff**

Johnna Moore Terri Gibson Alex Cooper Hope Gallagher Audrianna Fernandez Tess Robinson Jevon Bynum Brandy Lopez Pam Gallagher (Mills) Marcíe Alcala (Evansville)

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



#### 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:

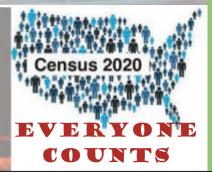
March 4th—Bustard & Jacoby Funerals, Cremations, Monuments, & Receptions

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

POPLAR LIVING

CENTER

Serving to provide holistic care

to our community.

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!





Joan Lunden, journalist, best-selling author, former host of Good Morning America

meet their unique needs.

There's no cost to you! (888) 672-0689

forMom.

4305 S. Poplar St., Casper, WY 82601 307-237-2561

www.savaseniorcare.com

# **HELP PROTECT**

CALL NOW! 1-888-891-6806



HOME SECURITY TEAM



Now taking applications

Housing Seniors 62 & Over & DISABLED REQUIRING FEATURES OF ADA UNIT

RENT IS 30% OF INCOME

307-237-0843

211 East 6th St. • Casper WY 82601



# 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.

#### 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!!

#### **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 <u>purchase</u> 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

#### 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.



Offering Psychiatry Services for All Ages
Psychiatric Evaluations
Medication Management & Therapy

# peaceful minds

**Call Today to Schedule Your Appointment** 

307.224.2484

Jennifer Frausto DNP, APRN, PMHNP-BC

**Doctor of Nursing Practice** 

1300 East A Street - Suite 101 • Casper, Wyoming 82601



#### Wyoming 2-1-1

2-1-1 is an easy number to remember that connects people to a full range of non-emergency community, social, health, disaster and government services in their community! Call between 8 am to 6:00 pm, Monday through Friday by dialing 211 or 888-425-7138.

# SPOTLIGHT

#### **Current Record Holders.** corrected **7**/16/2018



#### **National Pi Day**

Pi Day is celebrated on March 14th (3/14) around the world. Pi (Greek letter " $\pi$ ") 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-formemorizing-digits-of-pi)

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



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.



- Furnace repair, installation, replacement and maintenance
- · Heat pump repair, installation, replacement and maintenance
- Indoor air quality assessment
- Duct cleaning

CALL US | OPEN 24/7 | EMERGENCY SERVICES AVAILABLE 307-315-1416 · CASPER, WY



Contact Bill Clough to place an ad today! wclough@lpiseniors.com or (800) 950-9952 x2635

#### Make sure your plans are carried out according to your wishes.



Trust products are:

Not FDIC Insured No Bank Guarantee May Lose Value

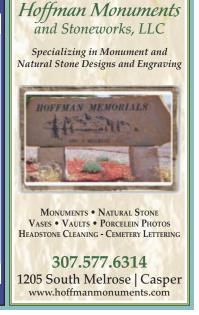
Use the professionals in Hilltop's Trust & Financial Services Department.

Kate Maxwell, Trust Officer

Diane Bessert, Trust Officer



300 Country Club Road Casper, WY 82609 (307) 577-3470



# 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.

Servings: 6

# Ingredients: Servings:

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: |            | A S |               |      |  |
|-------|------------|-----|---------------|------|--|
|       |            | 346 | NA CONTRACTOR | 000  |  |
|       |            |     |               |      |  |
| B B   | irthdate:_ |     | 100           | 1200 |  |

Courtesy of C.W.S.S.



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

by Lilly + Eating Well

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 fla-



# MEAL CALENDAR March 2020

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

# Gur Volunteers! We couldn't do it without you!

#### Volunteers

We have some folks
Who deserve three cheers,
They give of themselves,
They are volunteers!

While some of us can't

And some of us won't,

Whate'er our reasons,

A lot of us don't!

So let us honor
Those who conquer their fears
And gladly serve others,
Our good volunteers







United Way of Natrona County

United



CHAMBER OF COMMERCE

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

The Employees of:



\*This includes all those who go above and beyond without the benefit of recognition.





#### 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 soothsaver 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 ldes fell on the 15th day. In every other month, the ldes 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





#### Famous March Birthdates

1, 1901—Clark Gable

6, 1895—George Herman

"Babe" Ruth

11, 1847—Thomas Alva Edison 27, 1932—Elizabeth Taylor

18, 1933–Yoko Ono

20, 1954—Patty Hearst

26, 1932–Johnny Cash

14, 1913–Jimmy Hoffa 28, 1940–Mario Andretti

#### COMMUNITY EVENT

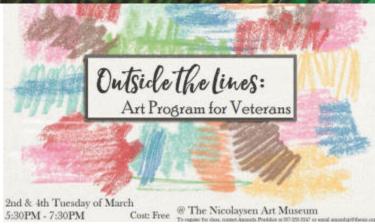


Home & **Garden Show Casper Events** Center March 20-22 10:00 AM

#### **Free Admission**

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







Personalized Short-Term Therapy Services



CMS 5-STAR RATED FACILITY

307.266.0000

LifeCareCenterOfCasper.com

Contact Bill Clough to place an ad today!

Reach the Senior Market

DVERTISE HERE

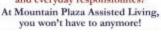


**NEED A RIDE?** We Can Help Call 307-265-1313

www.catcbus.com

It's Never Too Late For Your Happily Ever After

Overworked from cooking, cleaning and everyday responsibilites?





Call to Schedule a Tour Today!

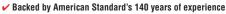


307.232.0100 4154 Takin Drive Casper, WY 82604



CONTACT





Ultra low entry for easy entering & exiting

Patented Quick Drain® Technology

Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard

44 Hydrotherapy jets for an invigorating massage Limited Time Offer! Call Today!

844-889-2321







|            | -  |
|------------|----|
|            |    |
|            | Ī  |
|            | _` |
|            | _  |
|            |    |
|            | •  |
| <b>F</b> - | 5  |
|            | _  |
|            | 5  |
|            |    |
|            | _  |
|            |    |
| _          | 3  |
| Z          | •  |
|            | 1  |
| 74         |    |
|            |    |
| K,         | D  |
| Ý          | 2  |
| 7          |    |
|            |    |
|            |    |
| VIING      |    |
| PITTING    |    |
| D'IL IL    |    |
| ZIII.II.I  |    |
| VITALISE   |    |
|            |    |
|            |    |
|            |    |
|            |    |
|            |    |
|            |    |
|            |    |
|            |    |

| <b>国河美国用美国田川美国国河</b> 国 | <b>国用国用用国国国国国国国国国国国国</b>            | <b>超到超到超到美国和国际国际</b>              |   | <b>建筑 建筑 建</b> |                       | <b>排卵部 韩国和明明 韩国</b> 第 |
|------------------------|-------------------------------------|-----------------------------------|---|---|-----------------------|-----------------------|
| Sunday                 | Monday                              | Tuesday                           | Wednesday                                     | Thursday  | Friday                | Saturday              |
| 11AM-1PM               | 10AM—11AM (DF)                      | 9:15AM—9:45AM                     | 7AM—8AM (CNF)                                 | 9AM—10AM (DR)                                   | 10AM-11AM             | 8AM—9AM               |
| (DR)                   | Chair Exercise                      | (AR)                              | Reveille Rotary                               | ffee  | (DF)                  | (DF)                  |
| Sunday Lunch           | 10:50AM—11:15AM (DF)                | Chair Yoga                        | 9:15AM—10:15AM (CNF)                          | 9:15AM-9:45AM                                   | Chair                 | Weight                |
| ■ [1st]1PM—2PM         | Beginner Clogging                   | 10AM-11AM (CNF)                   | Seniors Active in Learning                    | (CNF)   | Exercise              | Watchers              |
| (CNF)                  | 11:15AM—12:15PM (DF)                | Golden Kiwanis                    | 10AM—11AM (DF)                                | Chair Yoga                                      | 12PM-4PM              | m) (m;))              |
| American Legion        | Intermediate Clogging               | 10AM-11AM (DF)                    | Chair Exercise                                | 10:30AM-11:30AM                                 | (DR)                  | #i(#i)                |
| Women's                | 1PM—??? (DR)                        | Line Dancing                      | 1PM—4PM (CNF)                                 | (DF)  | Canasta               | # <u>(</u> #)         |
| Auxiliary              | Mexican Train Dominoes              | 10AM-12PM (DR)                    | Quilts of Valor                               | Clogging  | 12:30PM-              | R)()RE] ()            |
| 2PM-??? (DR)           | 1PM—4PM (DR)                        | Craft Class                       | 1PM—4PM (DR)                                  | 12:30PM—2PM (CNF)                               | 4PM (CNF)             | 9)(#2)(#              |
| Mexican Train          | Poker                               | Poker 10AM—2PM (DR)               | Poker   | BINGO   | Big Bridge            | 9)(#)(#               |
| Dominoes               | 1:15PM—2:15PM (DF)                  | Wellness Clinic                   | 5PM—7PM (DF)                                  | 12:30PM—4PM (DR)                                | 12:30PM—              | el (m.) in            |
| 3PM—5PM                | Tai Chi                             | Fai Chi   7PM—10PM (DR)           | Weight Watchers                               | Pinochle  | 4PM                   | £(m)(n                |
| (CNF)                  | 2:30PM—3:30PM (DF)                  | Casper Chess Club                 |   | 1PM—??? (DR)                                    | (DR/CNF)              | (100) (40             |
| Bible Study            | Tai Chi for Arthritis               |                                   |   | Mexican Train                                   | Pinochle              | imim                  |
| 100                    | 4PM -5:30PM (CNF)                   |                                   |   | Dominoes  | 1PM-4PM               | )#(#                  |
| NOTE:                  | Bible Study                         |                                   |   | 1:15PM-2:15PM                                   | (DR)                  | (8)(8)                |
|                        | 6PM—7PM (DF)                        |                                   |   | (DF) Tai Chi                                    | Poker                 | 無無                    |
| L'ocations subject     | Native American Flute Circle        |                                   |   | 2:30PM-3:30PM                                   |                       | (m) (m)               |
| to change due to       | 6PM—9PM (CNF)                       |                                   |   | (DF)  |                       | (無)(税)                |
| stage of the           | Binding Friends                     |                                   |   | Tai Chi for Arthritis                           |                       | (M) (M)               |
|                        | 7PM—9PM (DF)                        |                                   |   | 7PM—10PM (DR/DF)                                |                       | (m)(m))               |
| remodel.               | Dance Club                          |                                   |   | Square Dance                                    |                       | 牌)湖                   |
| Please check board     |                                     |                                   |   |   |                       | (無)(報)                |
| e for more info on     |                                     | [1st/3rd] 11:30AM-                | [3rd] 10:10AM—11:55AM                         | [1st/3rd] 10AM—                                 | [Alt 2nd]             | [ <i>2nd</i> ] 9AM—   |
| a dane of antiwitized  | dno.                                | 4PM (DR)                          | (CNF) KW Retired                              | 11AM (CNF)                                      | 9AM—4PM               | 2PM (CNF)             |
| and of menomos:        | [3rd] 10AM—1PM (CNF)                | Bridge w/Margi                    | Ladies Book Club                              | WY Dementia Care                                | (CNF)                 | Casper                |
| If we have missed      | DAR Supplement [3rd] 11:30AM—       | [3rd] 11:30AM—                    | [2nd/4th] 11:30AM—4PM                         | Support   | AARP                  | Cut Ups               |
| any events, please let | Group                               | 4PM                               | (DR) Bridge w/ Margi                          | [1st] 1:30PM—                                   | 55-Alive              | [3rd] 10AM—           |
|                        | [4th] 2PM—3PM (CNF)                 | Bridge w/ Linda                   | [2nd/4th] 12PM—4PM (DR)                       | 3:30PM (DR)                                     | <b>Driving Course</b> | 12PM (CNF)            |
| so that we can         | CWSS Board Meeting $[4th]$ 12PM—2PM | [4th] 12PM—2PM                    | Bridge  | Golden Girls                                    |                       | Garden Club           |
| www.gzjujojno          |                                     | (CNF) NARFE                       | nna)  | [2nd] 7PM—9PM                                   |                       | #(#E)#                |
| antinity Private       |                                     | [2nd/4th] 6PM—                    | '3rd] 12:30P—3:30P                            | (CNF)   |                       |                       |
| munity, invent         |                                     | 10PM (CNF)                        | (DR)  | American Legion                                 |                       | (m) (m)               |
| evenis are not ustea.  |                                     | Casper Cut Ups                    | Bridge (w/ Betty)                             |   |                       | (M) (M) (             |
|                        |                                     | [3/4] / . I SPINI—<br>9:15PM(CNF) | [4(II] 12:30PINI—4PINI<br>(CNF) Caps for Kids |   |                       | H) (H) (H)            |
|                        |                                     | Casper Needle Guild               |   |   |                       | (M) (M)               |
|                        |                                     |                                   |   |   |                       |                       |

# THE OLD FARMER'S ALMANAC

#### Sky Watch, March 2020

#### **FOUNDED IN 1792**

that evening!

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



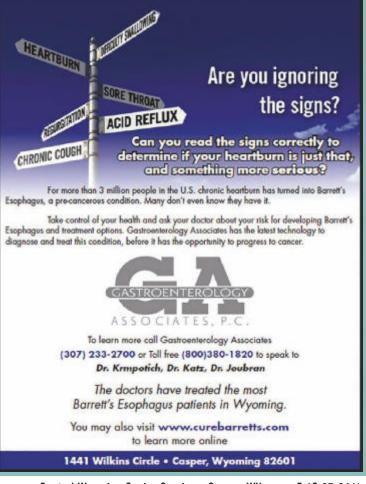
This full Moon will also be the first of three supermoons in 2020—the other two occurring in April & May. "Supermoon" is the popular nickname given to a full moon that coincides with perigee, which is the point in the Moon's orbit of Earth where it's closest to our planet. While at perigee, the full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

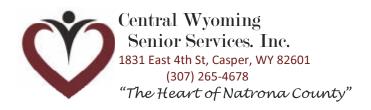
Historically, full Moon names were used to track the seasons and, for this reason, often relate closely to nature. The Moon names that we use today stem from Native American and Colonial-era sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, rather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







#### LAST WORDS

"Today is the oldest you've ever been, and the youngest you'll ever be again."

~ Former First Lady Eleanor Roosevelt

#### **Coming Soon:**

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!

#### Help Wanted!

We can always use help carrying trays and helping make sure people sign in during lunch hour 11:00 AM to 1:00 PM along with fill in coverage for when someone is ill or on vacation.

If you are interested, please see the office.

