

# WHAT'S MY NAME?

MAY 2020

CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4<sup>th</sup> STREET • CASPER, WYOMING 82601 • 307-265-4678 • [raea@casperseniorcenter.com](mailto:raea@casperseniorcenter.com)

## Mother's Day

Written by: The Editors of Encyclopaedia Britannica  
<https://www.britannica.com/topic/Mothers-Day>

Mother's Day, the holiday in honour of mothers that is celebrated in countries throughout the world. In its modern form the day originated in the United States, where it is observed on the second Sunday in May. Many other countries also celebrate the holiday on this date, while some mark the observance at other times of the year. During the Middle Ages the custom developed of allowing those who had moved away to visit their home parishes and their mothers on Laetare Sunday, the fourth Sunday of Lent. This became Mothering Sunday in Britain, where it continued into modern times, although it has largely been replaced by Mother's Day.

Anna Jarvis of Philadelphia, whose mother had organized women's groups to promote friendship and health, originated Mother's Day; on May 12, 1907, she held a memorial service at her late mother's church in Grafton, WV. Within five years virtually every state was observing the date, and in 1914 President Woodrow Wilson made it a national holiday. Although Jarvis had promoted the wearing of a white carnation as a tribute to one's mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles. What had originally been primarily a day of honour became associated with the sending of cards and the giving of gifts, however, and, in protest against its commercialization, Jarvis spent the last years of her life trying to abolish the holiday she had brought into being.

Festivals honouring mothers and mother goddesses date to ancient times. The Phrygians held a festival for Cybele, the Great Mother of the Gods, as did the Greeks for the goddess Rhea. Likewise, the Romans adapted the practice to their own pantheon. Some countries have continued to observe ancient festivals; for examples, Durga-puja, honouring the goddess Durga, remains an important festival in India.

**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 have surely noticed the changes, both around the center and in the Newsletter. We are finished with this remodel and hope we are still adequately meeting all of our clients' needs.

We have several suggestions for the new name of the newsletter under consideration and are trying to offer more diverse content with more helpful information.

*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

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*Frances Lujan*

*Gloria Fuhrer*

*Miles Hartung*

*Crystal Morse*

*Jennifer Rohrer*

*Linda Loranger*

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*Ray Pacheco*

## Executive Director

*Rita Wagner*

## Assistant Director

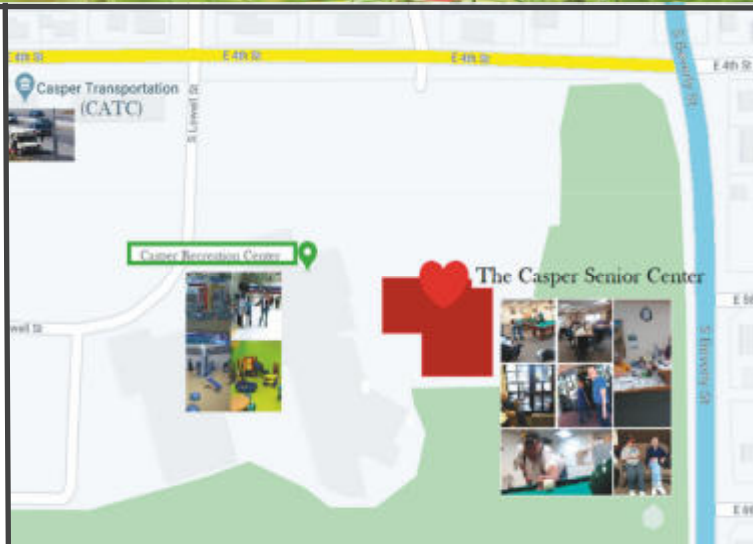
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Kitchen Manager

*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](http://www.casperseniorcenter)



[Facebook.com/pages/Casper-Senior-Center](https://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 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

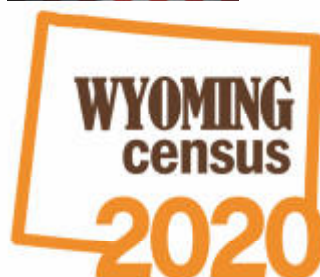
1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.



# Happenings Around The Center



CWSS will be closed:  
May 10  
for Mother's Day  
May 24&25  
for Memorial Day



Timeline:  
**May 2020**  
The Census Bureau begins visiting homes that haven't yet responded to the 2020 Census.

**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!*

## SUDOKU PUZZLE

9				1		6	4	
		3	9	5			1	
		1		8	3		2	
3	8	9	5					
			2	6	9			
	2	7				5		
	7	4			5	8		2
		2	1	3		4		

Difficulty level: Intermediate

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**CONTACT**

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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

# 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 this time with these fun folks each week!

We're looking for interested parties for new activities.

If you would like to try:

**Mah-Jongg**

**Bunco**

**Crochet**

**Knitting**

**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

What has cities but no houses; forests but no trees; and water but no fish?

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 our guests under the age of 60 need 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 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**



# Questions to Ask Your Doctor About a New Medicine

<https://www.nia.nih.gov/health/safe-use-medicines-older-adults>

- ★ What is the name of the medicine and why am I taking it?
- ★ What medical condition does this medicine treat?
- ★ How many times a day should I take it? At what time(s)? If the bottle says “4 times a day,” does that mean 4 times in 24 hours or 4 times during the daytime?
- ★ How much medicine should I take?
- ★ Should I take the medicine with food or not? Is there anything I should not eat or drink when taking this medicine?
- ★ How long will it take this medicine to work?
- ★ Will this medicine cause problems if I am taking other medicines?
- ★ Is it safe for me to drive while taking this medication?
- ★ What does “as needed” mean?
- ★ When should I stop taking the medicine?
- ★ If I forget to take my medicine, what should I do?
- ★ What side effects can I expect? What should I do if I have a problem?
- ★ Will I need a refill? How do I arrange that?

Each time you visit your doctor, tell him or her about new medicines you're taking, and be sure to ask if you still need to be on all your medications.



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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

## Most Famous Poem of WWI

[https://en.wikipedia.org/wiki/In\\_Flanders\\_Fields](https://en.wikipedia.org/wiki/In_Flanders_Fields)

"In Flanders Fields" is a war poem written during the First World War by Canadian physician Lieutenant-Colonel John McCrae. He was inspired to write it on May 3, 1915, after presiding over the funeral of friend and fellow soldier Lieutenant Alexis Helmer, who perished in the Second Battle of Ypres on May 2nd in the Flanders region of Belgium. McCrae performed the burial service himself, at which time he noted how poppies quickly grew around the graves of those who died. He composed the poem sitting in the back of an ambulance at an Advanced Dressing Station, today known as the John McCrae Memorial Site.

In a letter written to his mother, McCrae described the battle as a "nightmare,"

For seventeen days and seventeen nights none of us have had our clothes off, nor our boots even, except occasionally. In all that time while I was awake, gunfire and rifle fire never ceased for sixty seconds ... And behind it all was the constant background of the sights of the dead, the wounded, the maimed, and a terrible anxiety lest the line should give way.

## In Flanders Fields By John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.

If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



# SPOTLIGHT

## Year in Review



### What happened in 1918? Major News:

- ∴ January 8—Mississippi becomes 1st state to ratify the 18th Amendment to the US Constitution authorizing the prohibition of alcohol
- ∴ January 27—"Tarzan of the Apes," 1st Tarzan film, premieres at Broadway Theater
- ∴ February 6—Great Britain grants women age 30 & over voting rights
- ∴ March 7—President Woodrow Wilson authorized US Army's Distinguished Service Medal
- ∴ March 11—First documented case of Spanish flu; start of the world-wide pandemic with death toll reaching between 50-100 million
- ∴ March 31—1st daylight savings time in US goes into effect
- ∴ April 21—German fighter ace Baron Manfred von Richthofen, "The Red Baron," shot down and killed in France
- ∴ May 14—Sunday baseball is made legal in Washington, D.C.
- ∴ June 6—Battle of Belleau Wood, 1st US victory of WWI
- ∴ July 17—The Romanov royal family and several retainers are executed by a Bolshevik firing squad in Yekaterinburg, Siberia
- ∴ July 25—Annette Adams sworn in as 1st woman district attorney in U.S. in California
- ∴ August 24—Chicago Cubs win earliest pennant ever
- ∴ September 3—Allied Troops force German Troops back across Hindenburg Line
- ∴ October 20—In order to secure a WWI armistice, Germany agrees to further concessions
- ∴ October 21—Margaret Owen sets world typing speed record of 170 wpm for 1 minute
- ∴ November 4—The Allied armistice with Austria-Hungary, signed Nov. 3, goes into effect
- ∴ November 11—WWI Armistice signed by the Allies and Germany comes into effect and World War I hostilities end at 11AM, "the eleventh hour of the eleventh day of the eleventh month"
- ∴ December 4—US President Woodrow Wilson sails for Versailles Peace Conference in France
- ∴ December 30—John E Hoover (first director of the FBI) decides to be called J. Edgar Hoover



## What did it cost?

New House:	~\$3,200	Postage Stamp:	\$0.03
Average Income:	~\$ 687	Gasoline:	\$0.25/gallon
New Car:	~\$ 850	Milk:	\$0.09/quart





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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  
March 23rd—April 21st.  
If donations were made between those dates and you were  
not recognized, please see Rita.

## Memorials

**Winnie Brummell  
Loyd Tanner**

### 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

**John Savage  
Marjorie Love  
Frank C Stofflet  
Wayne & Sue Clements  
Thrivent for Lutherans  
Barbara Yonts  
Town of Evansville**

## *Famous May Birthdates*

- 1, 1967—Tim McGraw, country-western singer
- 3, 1921—Sugar Ray Robinson, champion boxer
- 6, 1931—Willie Mays, baseball player
- 8, 1884—Harry S Truman, 33rd US President
- 10, 1899—Fred Astaire, dancer & actor
- 12, 1820—Florence Nightingale
- 14, 1914—Joe Louis, American Boxer
- 15, 1969—Emmitt Smith, NFL Running Back
- 18, 1952—George Strait, country-western signer
- 20, 1768—Dolly Madison, First Lady of the U.S.
- 23, 1928—Joan Collins, actress
- 24, 1946—Priscilla Presley, actress/ex-wife of Elvis
- 26, 1907—John Wayne, actor
- 27, 1923—Henry Kissinger, US Secretary of State
- 28, 1944—Gladys Knight, singer
- 31, 1930—Clint Eastwood, actor & director

## **MORE REASONS TO CELEBRATE MAY!**

*(Older Americans Month)  
(National Hamburger Month)*

- 4th—Star Wars Day
- 6th—National Nurses Day
- 8th—Military Spouse Appreciation Day
- 16th—Armed Forces Day
- 25th—National Missing Children's Day
- 26th—Sally Ride Day

## **Fun MAY Facts!**

- \* The name of this month is derived from *Maia*, the Roman goddess of growth. Maia is also one of the brightest stars in the Pleiades in the Taurus constellation.
- \* No US president has ever died in the month of May
- \* In any single year, no other month begins or ends on the same day of the week as May
- \* May was once considered a bad luck month to get married, buy a broom, or wash blankets
- \* In 1966, NASA launches the rocket carrying lunar lander Surveyor 1; it becomes the first American spacecraft to land on an extra-terrestrial body (the Moon)
- \* The birthstone of May is the emerald, which was a favorite gem of Cleopatra; it is said to symbolize rebirth and fertility
- \* May's birth flowers are the Hawthorn and the Lily-of-the-Valley

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

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

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

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





Excerpt from: **Making Sense of Nutrition Advice for Seniors**  
by National Council for Aging Care  
<https://www.aging.com/senior-nutrition-guide/>

## **What About Supplements?**

For seniors having real problems getting enough nutrition from the food they eat, taking supplements can be a useful, and healthful, strategy. There are particular supplements that seniors may need more than younger people.

- ◇ Since seniors are less likely to get sun exposure, they may need help getting vitamin D, for example, even though vitamin D is now known to help with chronic pain and help prevent heart disease.
- ◇ Senior digestive systems also have difficulty absorbing vitamin B12, and so supplements may be necessary, especially since a deficiency in B12 is linked to dementia.
- ◇ Many older women supplement with calcium, since loss of bone mass is known to be a problem faced by women, but men, too, have to deal with this issue, especially as they get older.
- ◇ Finally, while the body has no trouble absorbing Omega-3 fatty acids, your brain cells (the chief beneficiary of Omega-3 in your body) tend to have a hard time taking on this essential nutrient as you get older. As a result, the amounts you take in from food might not be enough to support this nutrient's benefits for mood and memory. For that reason, an Omega-3 supplement may be essential.

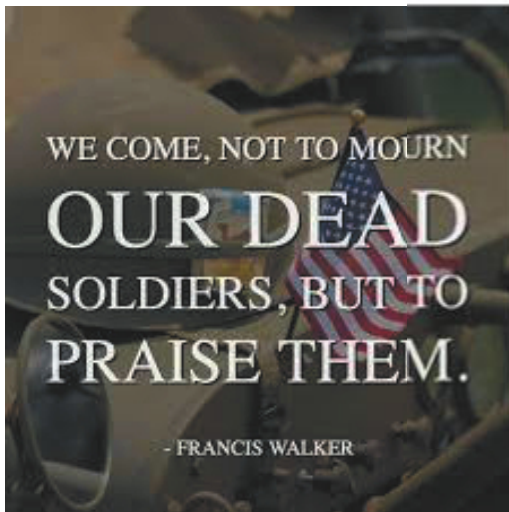
There's one last nutrient that you may want to supplement for: protein. It's such an obvious need that you may not think about it as a nutrient, but it's essential to maintain muscle mass (which in turn helps with a variety of important functions from simple activity to immune system strength). And if appetite is reducing the intake of food, there's a good chance that a senior won't be getting enough protein. Mixing protein powders into shakes or using meal replacement drinks will help you stay healthy.

# MEAL CALENDAR

## May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Salmon Patty with Dill Sauce Rice Pilaf Corn Cobbett Tossed Salad Tropical Fruit	2
3 Roast Beef Roasted Red Potatoes Harvard Beets Spring Salad Chocolate Cream Pie	4 Turkey Pot Pie Green Bean Medley Tossed Salad Orange Jell-O	5 Chicken Wrap Potato Salad Relishes Broccoli Slaw Cherry Crisp	6 Glazed Ham Macaroni & Cheese Roasted Cauliflower Chunky Applesauce Oatmeal Raisin Cookie	7 Beef & Noodles Peas & Carrots Hearty Tossed Salad Apricots	8 Baked Tilapia Sweet Butternut Squash Green Beans Almandine Celery & Carrot Sticks Lemon Drop Cake	9
10 <b>CLOSED</b> <b>MOTHER'S DAY</b>	11 Swedish Meatballs Rice Pilaf Braised Cabbage Cucumber & Onions Fresh Melons	12 Roasted Veg. Soup Ham Salad Sandwich Chips & Relishes Creamy Corn Salad Sliced Peaches	13 Taco Salad Refried Beans Spanish Rice Pepper Slaw Rocky Road Pudding	14 Roast Turkey Sweet Potatoes Classic mixed Veggie Citrus Fruit Pumpkin Bar	15 Tuna & Noodle Bake Green Peas Broccoli Salad Cherry Fruit Jell-O	16 <b>MEALS COME WITH MILK &amp; BREAD</b>
17 Oven Fried Chicken Mashed Potatoes Brussels Sprouts Carrot Raisin Salad Black Cherries	18 Pork Medallions Linguini California Vegetables Salad Applesauce Cake	19 Meatloaf Baked Potato Creamed Peas Cranberry Juice Butterscotch Pudding	20 Lasagna Chopped Broccoli Tomato Pepper Salad Pear Jell-O	21 Chef's Salad Potato Leek Soup Cottage Cheese with Peaches Blueberry Buckle	22 <b>MEMORIAL DAY BBQ Hamburger or Hot Dog or Baked Fish</b>	23
24 <b>CLOSED for Memorial Day</b> 31 Chicken & Noodles Braised Green Beans Vegetable Juice Pineapple Jello Apple Pie	25 <b>CLOSED</b> <b>MEMORIAL DAY</b>	26 Beef Pepper Steak Brown Rice Chopped Zucchini Cali-Blend Salad Diced Peaches	27 Pork Shepherd's Pie Peas & Onions Tossed Salad Glazed Apples	28 Turkey Salad Plate Sliced Watermelon Cottage Cheese Sliced Tomatoes White Cake	29 Lemon Crusted Cod Garlic Fettuccine Corn O'Brien Creamy Bean & Tomato Salad Strawberry & Peaches	30 <b>MENU SUBJECT TO CHANGE</b>





United Way  
of Natrona County



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



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# Loaded Cheeseburgers

by Natasha of NatashasKitchen.com

Prep Time: 10 Min

Cook Time: 12 Min.



## Instructions:

Preheat grill to medium/high.

1. Combine ground meat with 1 TBSP steak seasoning, 1/2 c. shredded mozzarella, & 2 TBSP A1 steak sauce and mix well. Form 4 (or more) equal sized disks. Press them down to about 1/3" thick and create an indentation with your thumb in the center of the patty to keep it from puffing up.
2. For medium-well doneness, grill about 6 min. on each side. Note: do not press the patties down or the juice will seep out. You can rotate the patties halfway on each side to get a criss-cross pattern. Top with cheese (if desired) during the last minute. Remove burgers from heat and let them rest a few minutes before serving.
3. Assemble your burgers (Vadim's proper order from Chili's Restaurant years ago is): bottom bun with dressing, lettuce, onions, tomatoes, burger patty topped with cheese, then top bun with more dressing.

1.3–1.5 lbs. ground chuck  
1 TBSP McCormick Grill Mates "Montreal Steak Seasoning"  
1/2 c. shredded mozzarella  
2 TBSP A1 Steak Sauce  
4 buns  
Burger toppings:  
i.e. lettuce, tomatoes, sautéed onions or mushrooms, cheese, pickles, ketchup, mustard, mayo, etc.



## Patriotic Berry Trifle

By Sunny Anderson  
from  
Food Network Magazine

## DIRECTIONS:

1. Heat 1/4 c. sugar, lemon juice, and 1/4 c. water in a saucepan over medium-high heat, stirring, until sugar dissolves. Remove from heat and stir in almond extract.
2. Brush both sides of each slice of angel food cake with the syrup. Cut the slices into 1" cubes.
3. Beat the remaining 2/3 c. sugar and cream cheese with a mixer on medium speed until smooth and light. Add cream and beat on medium-high speed until smooth and the consistency of whipped cream.
4. Arrange half the cake cubes on the bottom of a 13-cup trifle dish. (Use any deep bowl with tall sides if you don't have one.) Sprinkle evenly with a layer of blueberries. Dollop half the cream mixture over and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle more blueberries and top with remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour before serving.

1/4 c. plus 2/3 c. sugar  
1/4 c. fresh lemon juice  
1/4 c. water  
1/4 tsp. almond extract  
1 premade angel food cake, cut into 1" slices  
1 lb. cream cheese, at room temperature  
2 c. heavy cream, at room temperature  
2 pints blueberries  
2 pints strawberries, hulled and sliced



# COMMUNITY EVENTS



## Birding Trip—Little Red Creek

**Saturday, May 23, 2020 7AM–2PM**

Murie Audubon Society will lead a birding trip to the southwest end of Casper Mountain!

Meet at Game & Fish and carpool!

© FlockingAtSound.com

**\*\*PLEASE NOTE:** Events are subject to change due to evolving information regarding COVID-19. Please call to check on all events prior to attending. **\*\***  
Thank you!

Saturday, May 16; 10AM–5PM

## FunkY Junk

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**May 28, 2020  
6PM–10PM**

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Central Wyoming Senior Services, Casper, WY

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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 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 (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
<p><b>NOTE:</b> Locations subject to change. Please check board for more info on days of activities!</p> <p><i>If we have missed any events, please let the front desk know so that we can publicize your activity. Private events are not listed.</i></p>						
	<p>[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR Supplement Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting</p>	<p>[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</p>	<p>[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 &amp; Donna) Bridge [1st/3rd] 12:30PM—3:30P (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids</p>	<p>[1st/3rd] 10AM— 11AM (CNF) WY Dementia Care Support [1st] 1:30PM— 3:30PM (DR) Golden Girls [2nd] 7PM—9PM (CNF) American Legion</p>	<p>[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course (Next Class is scheduled for July 10, 2020)</p>	<p>[2nd] 9AM— 2PM (CNF) Casper Cut Ups [3rd] 10AM— 12PM (CNF) Garden Club</p>



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Sky Watch,  
May 2020

The May full Moon reaches peak illumination at 5:11 PM (EDT) on Saturday, May 18th.

## The Full Flower Moon

We still use full Moon names that were used during Native American and Colonial times to help track the seasons—usually from the Algonquin tribes who lived in the same areas as the colonists.

Depending on the community, May's full Moon was called the **Full Flower Moon** as well as **Mother's Moon**, **Milk Moon**, and **Corn Planting Moon**.

The May full Moon marked a time of increasing fertility, with temperatures warm enough for safely bearing young, a near end to late frosts, and plants in bloom.

## May Moon Folklore:

- ☾ Clothes washed for the first time in the Full Moon will not last long
- ☾ The Full Moon is an ideal time to accept a proposal of marriage.

# FULL FLOWER MOON



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## LAST WORDS

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*~ French poet, novelist, and dramatist Victor Hugo ~*

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