

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

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



MAY 2022

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

KEEP CALM AND GET YOUR TICKETS!

Second Annual "Night at the Races" Line-Up*

Get your tickets, \$35 at Casper Senior Center and pick your favorite pony to Win, Place, or Show and win raffle tickets for our prestigious prizes!

Steamboat

StewballsBack

MayTheHorse-
BeWithYou

Rustic Rodeo

MyHorse

LuckyLady

Coach

TalkDerby-
ToMe

SonOfDad

TheLastFrontier

BigHairyDeal

Icey

Winston

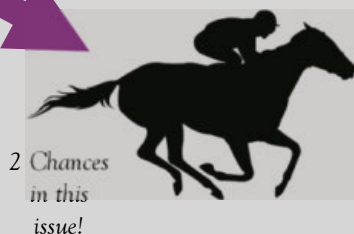
ShrinkWrap

*Partial Line-Up, these are just **SOME** of your horse choices.

On May 14th at 5PM, there will be 4 Races with 6 horses each. Please see Event Volunteers for a complete list of runners.

Try to Find This!

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



INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

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WHO'S WHO AROUND THE CENTER

Board of Directors

Linda Blackstone President
Barbara Flinn.....Vice President
Kim Latka..... Treasurer
Kate Maxwell Secretary

Members

Gloria Fuhrer *Errol Miller*
Miles Hartung *Ray Bila*
Justine Fourman *L. Chuck Davis*
Tom Lebahn *Bob Carpenter**

*New, April 2022

City Council Liaison

Lisa Engebretsen

Executive Director

Rita Wagner

Assistant Director

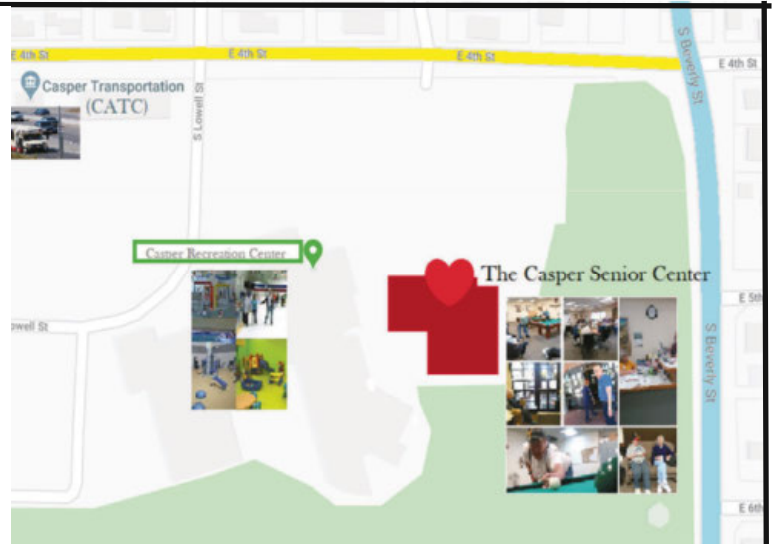
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations & Office Hours

CASPER (MAIN)..... 8AM—4PM

1831 East 4th St (307) 265-4678

MILLS.....12PM—1PM (LUNCH)

401 Wasatch (307) 237-1317

EVANSVILLE12PM—1PM (LUNCH)

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter



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

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current

facility, where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services

to meet their changing needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

A Letter from the Desk of the President:

Special things are happening at the Center again this month. Please bring a guest to these events and help us to grow the membership.

The Oil City Slickers barbershop chorus will be performing at the Center during the Mother's Day lunch, on May 6, 2022, at approximately 12:15pm. The chorus brings people together in harmony and fellowship to enrich lives through singing.

Back by popular demand, the second annual "Night at the Races" will be held May 14, 2022. We are planning a selection of special prizes for this year's event. Twenty-four horses are at the starting gate, ready to go. This will be an evening to remember.

We hope that you enjoy this month's events. We always welcome volunteers, new members, and your comments regarding the Center.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028



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MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

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

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

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

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

Any questions? Come see Lacey or Alicia!

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

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Crocheting

Knitting

Zentangle

Cribbage

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

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 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

RIDDLE

Thirty white horses
on a red hill;
First they champ,
then they stamp,
then they stand still.
What are they?

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

Copies of the Senior Center Cookbook still available! Marked down by **40%**, NOW \$6.00 each!

Get yours today!
Let's make way for another edition!



**Around
the Center**

Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center
 10:30 am–10:45 am Learn Steps
 10:45 am–11:45 am Dance Routines

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



**Come and see
 Ruth Doyle's
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 Vintage Metal Horses
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 until the 2nd week
 of June!**

**Donations for
 "Deals on Wheels"
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Ways to Show Support:

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**Do you shop
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 as your
 charity.



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 or (800) 950-9952 x2635



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 Get Help**



**Wyoming
 COVID-19 Aging Network (CAN)**

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.



Visit
www.wyoming211.org
 or
 dial 2-1-1
 to get connected.



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Central Wyoming Senior Services, Casper, WY

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SPOTLIGHT

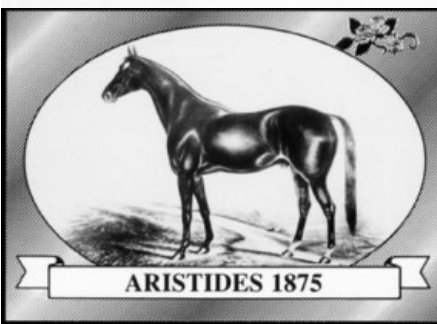
KENTUCKY DERBY HISTORY

There are few American sporting events with the history and popularity of the Kentucky Derby. Its rich traditions – sipping a mint julep, donning a beautiful hat, and joining fellow race fans in singing “My Old Kentucky Home” – transcend the Kentucky Derby from just a sporting event, making it a celebration of southern culture and a true icon of Americana. The Kentucky Derby is the longest running sporting event in the United States, dating back to 1875. The race is often referred to as “The Run for the Roses®” and has continuously produced “the most exciting two minutes in sports”; uninterrupted, even when coinciding with profound historical events like The Great Depression and World Wars I & II.

The Kentucky Derby’s long history began in 1872, when Meriwether Lewis Clark, the grandson of William Clark – of the famed pair Lewis & Clark – traveled to Europe. While there, Clark attended the Epsom Derby in England, a well-known horse race run since 1780, and also fraternized with the French Jockey Club, a group that developed another popular horse race, the Grand Prix de Paris Longchamps. Clark was inspired by his travels and experiences,

and, upon his return, was determined to create a spectacle horse racing event in the States. With the help of his uncles John and Henry Churchill, who gifted Clark the necessary land to develop a racetrack, and by formally organizing a group of local race fans to be named the Louisville Jockey Club, Clark and his new club raised funds to build a permanent racetrack in Louisville, KY. On May 17th, 1875, the racetrack opened its gates and the Louisville Jockey Club sponsored the very first Kentucky Derby. A total of fifteen 3-year-old Thoroughbred horses raced one and a half miles in front of a cheering crowd of approximately 10,000 spectators. A horse named Aristides was the first winner of the Kentucky Derby.

As with any major event, the Kentucky Derby has undergone various changes over the course of three centuries. From shortening the distance of the race, the introduction of traditions like draping the winning horse in a garland of roses, to the growing size of Derby crowds, the Kentucky Derby has embraced the change of time, while honoring the integrity of the spectacle race set forth by Meriwether Lewis Clark.



<https://www.kentuckyderby.com/history/kentucky-derby-history#:~:text=1875%20%E2%80%93%20The%20first%20Kentucky%20Derby,home%20of%20the%20Kentucky%20Derby.>



Oil City Slickers take the Stage for Mother's Day Event



Barbershop singing had its start in the 1930s in the establishments for which they are named. Founded in 1968 by a group who desired to sing close harmony in the barbershop style, the Oil City Slickers is an acapella singing chorus which has been entertaining the Casper community with their unique singing style for many years.

The chorus will be performing at the May 6, 2022, 12:15pm at the Center

Enjoy!

The Senior Center will be **CLOSED** in observance of:

Mother's Day on Sunday, May 8th

Memorial Day on Sunday, May 29th & Monday, May 30th

Thank you for your understanding!

CWSS Staff

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Gifts & Memorials

Note: This is a list for Gifts & Memorials given between March 21st—April 20th.
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Joe Joslyn
Lucy Schoenewald

Shirley Voyles
Mary C. Moler
Lucy Schoenewald

Gifts

John Savage
Frank C Stofflet
Virginia Fuerstenberger
Cynthia Houldson
Elizabeth Hobbs
Mike Stucker
Natrona County
Cow-Belles

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.

Galway Races

There where the racecourse is
Delight makes all of the one mind
The riders upon the swift horses
The field that closes in behind.
We too had good attendance once,
Hearers, hearteners of the work,
Aye, horsemen for companions
Before the merchant and the clerk

Breathed on the world with timid breath;
But some day and at some new moon
We'll learn that sleeping is not death
Hearing the whole earth change its tune,
Flesh being wild again, and it again
Crying aloud as the racecourse is;
And find hearteners among men
That ride upon horses.

by William Butler Yeats

10 Most Famous JOCKEYS' Birthdays

- May 4, 1974—Sir Anthony Peter McCoy (N. Ireland)
- May 14, 1979—Ruby Walsh (Ireland)
- May 23, 1972—Victor Espinoza (Hidalgo, Mexico)
- Aug. 7, 1958—Russell Baze (Vancouver, Canada)
- Aug. 10, 1965—Mike Smith (Dexter, NM)
- Aug. 19, 1931—Bill Shoemaker (Fabens, TX)
- Nov. 5, 1935—Lester Piggott (Wantage, England)
- Nov. 24, 1971—John Velazquez (Puerto Rico)
- Dec. 15, 1970—Frankie Dettori (Milan, Italy)
- Dec. 29, 1946—Laffit Pincay, Jr. (Panama City)

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

_____ Name

_____ Birthdate

Courtesy of C.W.S.S.

TRIPLE CROWN Trivia!

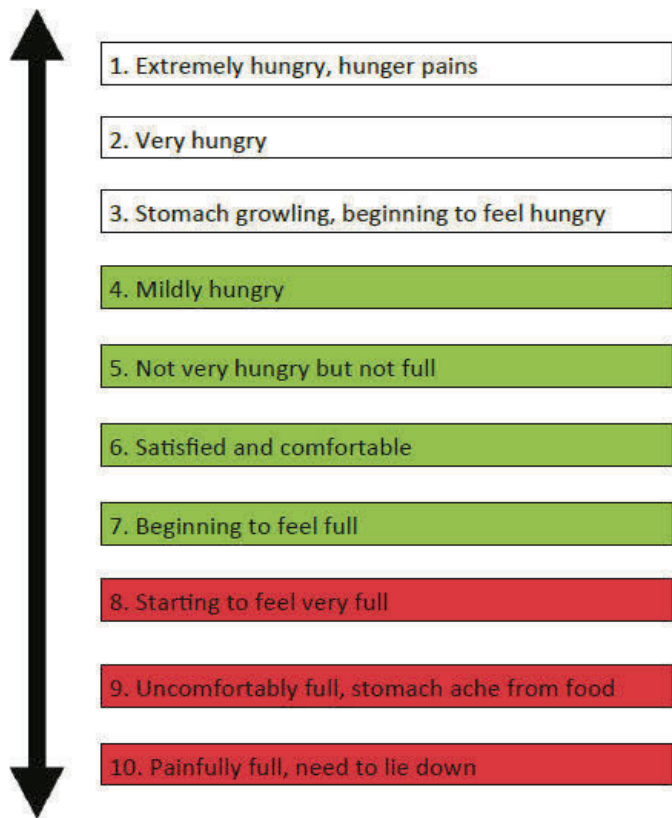
- ☐ There have been a grand total of **13 Triple Crown Winners!**
- ☐ The longest gap between Triple Crown winners was **35 years!**
- ☐ There have been 7 years in which it was *impossible* to have a Triple Crown winner, including 1890, 1917, and 1922, when two races coincided.
- ☐ There were 5 years when only **2 horses** ran the Belmont Stakes: 1887, 1888, 1892, 1910, 1920.
- ☐ 15 of the first 28 Derby-winning jockeys were African-Americans, including 3-time victor Isaac Murphy. In fact, 13 of the 15 jockeys riding in the first Derby in 1875 were African-Americans.
- ☐ On June 9, 1973, Secretariat set a world record for a mile-and-a-half distance on a dirt track and is the only non-human of ESPN's 100 Greatest Athletes of the Twentieth Century.

<https://www.history.com/news/horse-racings-triple-crown-10-fast-facts>

THE HUNGER SCALE



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



- Try to keep yourself between #4 and #7.
- If you allow yourself to become too hungry you may end up overeating at your next meal or later in the day.
- If you regularly become too full, you are overeating and likely taking in too many calories.
- How to maintain a balance:
 - Don't feel like you have to clean your plate.
 - Take smaller portions.
 - Eat slowly, it takes your stomach 20 minutes to send the signal to your brain that you are full.
 - Be aware of the signals your body is sending you.

Grant Provides New Kitchen Equipment

Thanks to a grant from Natrona County organization, Blue Envelope Health Fund, in the amount of \$6,358, a new stove & garbage disposal were recently installed.



The Center has provided 40,000 plus meals in the last year to members, volunteers, staff, and event attendees.

We appreciate the generous donation from Blue Envelope which has made this improvement possible.



MEAL CALENDAR

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 California Ch'kn Breast Butternut Squash Green Beans Peach Waldorf Salad Blueberry Pie	2 Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	3 AMERICAN GOULASH Italian Vegetables Brown Bean Salad Apricots	4 Hearty Bean Soup Ham Salad Sandwich Pickle Spear Celery w/ Peanut Butter Berry Blend Chocolate Pudding	5 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Fresh Apple	6 Honey Glazed Salmon Creamy Risotto Corn Cobbette Carrot Raisin Salad Sliced Peaches	7
8  CLOSED	9 Beef Stroganoff Golden Corn Russian Garden Salad Strawberry Fruit Parfait	10 Taco Salad Lettuce, Tomatoes Cheese, Onions Rice & Black Beans Pepper Slaw Red Grapes	11 Turkey & Noodles Spinach Tomato Cucumber Salad Peach Jell-O	12 Split Pea Soup Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese Plums	13 Lemon Pepper Tilapia Garlic Pasta Peas Broccoli Slaw Fresh Orange Wedge	14
15 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Peach Pie	16 Swedish Meatballs Brown Rice Steamed Cabbage Cucumber & Onions Melon Cup	17 Baked Chicken Breast Sweet Potatoes Catalina Blend Caesar Salad Citrus Fruit	18 Salisbury Steak Mashed Potatoes Sliced Carrots Summer Squash Salad Peanut Butter Cookie	19 Pork Wellington Catalina Vegetables Pea Salad Ginger Peas	20 Seafood Alfredo Stewed Tomatoes Cauliflower-Broccoli Salad Fresh Blueberries	21 MEALS COME WITH MILK & BREAD
22 Glazed Ham Sweet Potatoes Fresh Beets Black Cherries Chocolate Cake	23 Stuffed Pepper Roasted Zucchini Cucumber Vinegar Salad Coconut Pudding	24 Creamy Tomato Soup Grilled Cheese Sandwich Celery, Carrot, Pickles Tossed Vegetable Salad Mandarin Oranges	25 Sweet & Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Strawberry & Banana	26 Philly Cheese Pasta Country Mix Pineapple Raisin Slaw Diced Peas	27  MEMORIAL DAY BBQ HAMBURGERS & HOT DOGS	28
29 CLOSED	30  CLOSED	31 Ch'kn Salad Cold Plate Pasta Slaw Fresh Vegetables Orange Wedge Oatmeal Raisin Cookie	 Central Wyoming Senior Services Inc. "The Heart of Natrona County"			MENU SUBJECT TO CHANGE

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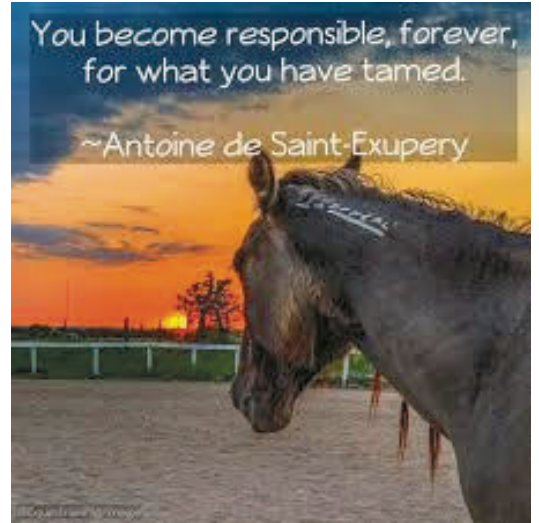


Rotary
District 5440



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

United Way
of Natrona County



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Central Wyoming Senior Services, Casper, WY

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Kentucky Hot Brown Dip

★★★★★

Everything you love about the classic Southern open-faced sandwich in a gooey hot appetizer dip. **Kentucky Hot Brown Dip** is the ultimate party food for Derby Day, the big game, or any holiday or celebration.

Course	Appetizer
Cuisine	American
Keyword	easy appetizers, gluten free appetizers, hot dips, Kentucky Hot Brown
Prep Time	10 minutes
Cook Time	30 minutes
Total Time	40 minutes
Servings	12
Calories	158kcal
Author	Brianne @ Cupcakes & Kale Chips

Ingredients

- 8 oz. cream cheese, at room temperature (regular or light)
- 1/4 cup plain Greek yogurt (can use nonfat, low fat, or whole milk varieties)
- 1/4 teaspoon grated nutmeg
- 1 1/2 cups shredded white cheddar cheese, divided (about 6 oz.)
- 2 cups cooked and chopped turkey
- one small tomato, seeded and chopped
- 6 slices bacon, cooked until crispy and crumbled
- 1/4 cup grated pecorino romano cheese (or parmesan)
- Crackers, sliced baguette, vegetables for serving

Instructions

1. Preheat oven to 350°F.
2. In a bowl, stir together the cream cheese, yogurt, nutmeg, 1 cup of the cheddar cheese, and turkey until thoroughly combined.
3. Transfer to a glass or ceramic 1.-5 to 2 quart glass baking dish baking dish and spread evenly.
4. Top with chopped tomato, crumbled bacon, the remaining 1/2 cup cheddar cheese, and the pecorino romano cheese.
5. Bake at 350°F for about 30 minutes, or until hot and bubbly, and lightly browned.
6. Serve with crackers, baguette slices, and veggies for dipping.

What is a Hot Brown?

The Hot Brown Sandwich, also known as a Kentucky Hot Brown or Louisville Hot Brown, by Frank Schmidt in 1926 at the Brown Hotel in Louisville, Kentucky. The story, which may or may not be mostly legend, is that it was dreamed up as an alternative to the late night ham and egg sandwiches usually served to the hotel guests after an evening of dinner dances.

At that time, it was an open-faced sandwich consisting of toasted bread topped with slices of roasted turkey, creamy Mornay sauce, and a sprinkling of Pecorino Romano cheese. Then it was broiled until golden and bubbly. Eventually, the tomatoes and bacon that are now a quintessential part of the recipe were likely added later.



Notes

Nutrition facts are for the dip only, not what you use to dip in it.

Nutrition

Serving: 1g | Calories: 158kcal | Carbohydrates: 2g | Protein: 12g | Fat: 10g | Saturated Fat: 5g | Cholesterol: 38mg | Sodium: 339mg | Potassium: 125mg | Sugar: 1g | Vitamin A: 170IU | Calcium: 198mg | Iron: 0.3mg



<https://cupcakesandkalechips.com/kentucky-hot-brown-dip/>

A Whole Week to Win!

The Senior Center will be giving away Event Tickets every day the week before the fundraiser on May 14th. Join us for lunch May 9th—13th for your chances to win!



MONDAY



Get a ticket just for dining in! Winner announced Tues.

TUESDAY

Breeder's Cup (Cake) Race

Find the Trophy and Win!



WEDNESDAY



You know how this goes...

THURSDAY

Show us those Derby Hats!



You will be judged...

FRIDAY



What will you win? You Choose...



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CONTACT US!

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ACTIVITIES FOR EVERYONE*

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

Activity	Day(s)	Time(s)
American Heritage Quilters	2nd/4th/5th Thursday	9:00AM—12:00PM (CNF)
Bible Study	Monday	3:30PM—4:30PM (CNF)
BINGO!	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4:00PM (DR/AR)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Chess Club	Tuesday	7:00PM—8:00PM
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Clogging	Monday Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Couples Dance	Monday	6:00PM—8:00PM (DF)
Craft Class	Tuesday (Mills) Thursday (Main)	10:30AM—12:00PM <i>Mills</i> 10:00AM—12:00PM (AR)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Evening Tai Chi w/ Rita & Frankee	Tuesday/Thursday	4:30PM—5:30PM (DF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Native American Flute Circle	Wednesday	3:00PM—4:00PM
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Tai Chi <i>Limited Availability, please call!</i>	Tues/Thurs	1:30PM—2:30PM (AR)
VA Caregiver <i>(Please call)</i>	2nd Tuesday	11:00AM—12:00PM (CNF)
Weight Watchers	Saturday	8:30AM—10:00AM (DR)
Wellness Clinic	Tues (Main)/Thurs (Sites)	10:00AM—2:00PM(DR)/12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)



Construction News:

- 1) The *AIR CONDITIONING* will definitely be working by this summer. Casper Tin Shop has been hard at work on the installation and we are looking forward to enjoying the fruits of their labors once the weather turns!
- 2) The City of Casper is planning the parking lot improvements that have been needed so desperately! While the particulars have not been fully worked out, we expect the repairs to occur beginning later this month.
Stay tuned for updates as we get them!

Attention New Members

Board Member
Barb Flinn
will be hosting a
**MONTHLY
COFFEE**
to welcome you
to the Center!

Keep an eye on the whiteboard
for scheduling details...



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Are you ignoring the signs?

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

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(307) 233-2700 or Toll free (800)380-1820 to speak to
*Dr. Krmpotich, Dr. Katz, Dr. Joubran
Dr. Parrack, Dr. Cooper, Dr. Fahed*
The doctors have treated the most
Barrett's Esophagus patients in Wyoming.

You may also visit www.curebarretts.com
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**Central Wyoming
Senior Services, Inc.**

1831 East 4th St
Casper, WY 82601
(307) 265-4678

*"The Heart of
Natrona County"*



PARTING THOUGHTS

"A good jockey doesn't need orders and a bad jockey couldn't carry them out any-
way; so it's best not to give them any."

~ English jockey Lester Piggott ~

THANK YOU for the
continuing support!
We are so grateful to
all our members
who have been so patient with
the constant changes!

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

Thank you!

Help Wanted!

We are so thankful to
our volunteer force, especially
during the lunch hour:
11:00 AM–1:00 PM.

We are also working on adding
some volunteer opportunities.

If you are interested,
please see the office.

