

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

JULY 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Natrona County voters have a crucial issue to consider at the polls in August.

CWSS, Natrona County Meals on Wheels, and Wyoming Senior Citizens Inc. are collaborating to find a sustainable way to finance these and other agencies that support our aged 60 and older population.

Join us to learn about what this could mean for Natrona County residents!

Town Hall II

YOU'RE INVITED

to a second informal, educational Town Hall to answer questions and concerns regarding the

Proposed Natrona County Senior Citizen Service District on the Primary Ballot in August



Aimee Fleming
Executive Director
Central Wyoming Senior Services, Inc.



Jamie Loveall
Executive Director
Natrona County Meals On Wheels

will be hosting the Town Hall on
Thursday, July 18th | 6:00 to 7:30 p.m.

Casper Senior Center

1831 East 4th Street in Casper

Moderated by Susan Burk, Casper Senior Center Board of Directors

Paid for by the Natrona County Senior Citizens Service District PAC

Try to Find This!

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



Hidden Twice, Find Both for Two Entries into Drawing!

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 BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Fleming

Director of Operations

Tom Lebahn

Assistant Director

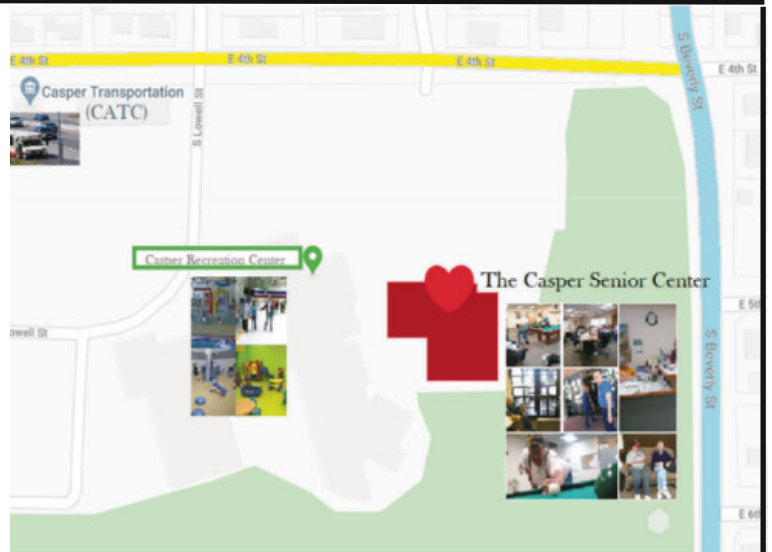
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter.com



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



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:

The July Board meeting will be held at the Evansville Site, 71 Curtis St., July 22, 2024, at 12:30pm. Lunch will be at 12:00pm. Entrance is on the back side of the building. Please join us for lunch by making a reservation with the office at 307-265-4678.

The Board of Directors has been working to obtain passage of the ballot proposition to create the Natrona County Senior Citizens Service District. Staff's only role is to educate the community regarding the facts of the District. The public will have the opportunity to vote yes or no on the Special District in the Primary Election on August 20, 2024. If the proposition passes, five Trustees will be voted upon in the November 5, 2024 General Election. The Center, along with Natrona County Meals on Wheels and Wyoming Senior Citizens Inc, will have the opportunity to apply to the District for funds through a grant process. See the website or Facebook page:
www.natronaseniordistrict.com | <https://www.facebook.com/natronaseniordistrict>

Costs are rising dramatically, and funding opportunities are decreasing which puts the programs and services of the Center at risk over time. A reliable source of funding is truly needed. Opportunities for funding from grants for seniors are diminishing. Fundraising does not meet all of our needs. Join Executive Director Aimee Fleming, along with Jamie Loveall, Executive Director of Meals on Wheels, for an informational Town Hall on July 18, 2024, at 6:00pm at the Center to learn more about the Special District. Board Member Susan Burk will moderate the Town Hall.

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.

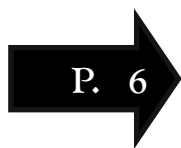
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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

Any questions? Come see Lacey or Christine!

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

Last Edition Answers:



July Board Meeting:

(All meetings are public)

Monday, July 22nd
12:30PM following Lunch
Evansville Location:

71 Curtis Street

Please reserve meals at
Main Center: 307-265-4678!

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 \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus meal with every 20 punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$9.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!.

Meal Times:

Casper: 11:00 AM to 1:00 PM

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

Answer to the
June Riddle:
The US Flag!



TRIVIA TIME

What 1927 film effectively ended the silent movie era by introducing synchronized talking and singing?

Let the front office know the correct answer for one chance to win a 5-punch lunch ticket!!

**Saturday
Senior Dances
July 13th & 27th**

Starting at 6PM
Potluck Dinner
\$6.00 Cover

**Happening
Around
the
Center**

**New Member
Coffee**

2nd Tuesday
of Every Month
10AM in Déjà Brew

NEXT DATE:
July 9th

**All New Senior Center
Jam Sessions**

*If you play the guitar, banjo, violin,
mandolin, or other acoustic instrument:
Join us Sundays at 2PM
in the Conference Room!*

Chords and lyrics will be projected onto the screen.

Joyce's Easy Clogging

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.*

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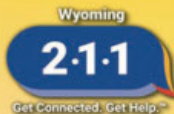
**CONTACT ME
Bill Clough**

wclough@lpicommunities.com
(800) 950-9952 x2635

Need help looking for information?

Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



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Text your ZIP code to 898211

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between
May 21st — June ,2024

If donations were made between those dates and not recognized,
please see the office.

What Your Memorial Does

The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Memorials

Thecla Trujillo

Mary C Moler

*Gone...
but not forgotten*

Photo by Jakob Owens on Unsplash

Gifts

Frank C Stofflet

Elizabeth Hobbs

Mary Lynn Corbett

Ila Johnstone

Dave Gossin

Thomas Rorabaugh

Anonymous Donor(s)



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"No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July."

~Former Texas Representative William McClellan "Mac" Thornberry

An American Creed

by Everard Jack Appleton | https://www.gutenberg.org/files/56956/56956-h/56956-h.htm#page_057

Straight thinking,
Straight talking,
Straight doing,
And a firm belief in the might of right.

Patience linked with patriotism,
Justice added to kindness,
Uncompromising devotion to this country,
And active, not passive, Americanism.

To talk less, to mean more,
To complain less, to accomplish more,
And to so live that every one of us is ready to look
Eternity in the face at any moment, and be unafraid!

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Tim Umphreys on Unsplash

Photo by Lucas Alexander on Unsplash

CALLING VOLUNTEERS:

**Natrona County 4H & FFA
2024 Junior Livestock Sale
Central Wyoming Fairgrounds
Indoor Arena
July 13, 2024**



Schedule

8:00 am
Onsite Registration begins
Buyer's Breakfast
catered by Egginton's
9:00 am
Sale begins!
11:30 am
Lunch served at your seat
catered by Jersey Mike's

The Senior Center received donations of 29 animals from buyers in 2023: 4 cows, 11 sheep, 13 pigs, and 1 goat totaling more than \$15,000 fair market value. Now we need volunteer runners for the 2024 sale to get the Center on the radar of generous donors! If you feel able to get physical to support the Center, please let the office know!



Need a Social Security card?
¿Necesita una tarjeta de Seguro Social?

Scan the QR code to get started. You may be able to start or complete your request online.

Escanee el código QR para comenzar. Es posible que pueda comenzar su solicitud por internet.



Open the camera app on a smart phone or tablet.

1

Abra la aplicación de la cámara en un teléfono inteligente o tableta.

Point the camera at the QR code.

2

Apunte la cámara al código QR.

Tap the banner that appears.

3

Toque el banner que aparece.

SSA.gov | SeguroSocial.gov

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Central Wyoming Senior Services, Casper, WY

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How to Stay Hydrated for Better Health | Mar 18, 2024 | <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. That's why the advice to "drink 8 glasses a day" has become a familiar mantra on morning talk shows and in magazines.

What is the meaning of being "hydrated"? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary.

As you get older, it's even more important to stay hydrated. A study from the University of California: Los Angeles School of Nursing found that up to 40% of elderly people may be chronically underhydrated. Seniors are more vulnerable to dehydration for a number of reasons:

- ◆ Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.
- ◆ Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- ◆ Seniors are more likely to take medications that increase dehydration risk.

Additionally—according to a recent study—older adults' bodies don't regulate temperature as efficiently as those of younger people. This means that during exercise or activity, seniors are more likely to become dehydrated through sweating.

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounces, or about 6 cups, of water each day. The National Academy of Medicine an adequate intake of daily fluids of about 13 cups for men and 9 cups for women aged 51 and older. All sources of fluids—drinking water, food, and beverages—are counted in these recommendations.

However, it's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you're currently taking; certain medications cause the body to flush out more water. And some medical conditions, such as cystic fibrosis, also make people more prone to dehydration.

Photo by Sandra Seitamaa on Unsplash

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

July 2024





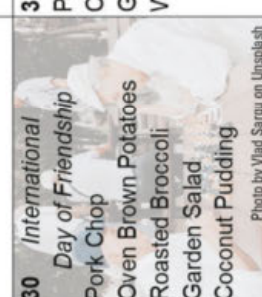
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7 Chicken Kiev Rice Pilaf Glazed Carrots Russian Salad Wheat Roll Cherry Pie</p>	<p>1 Salisbury Steak Brown Rice California Vegetables Tossed Salad WW Roll Diced Peaches</p>	<p>2 Creamy Tomato Soup Grilled Cheese Sand Fresh Vegetables Cole Slaw Cherry Crisp</p>	<p>3 BBQ Pork Sandwich Potato Salad Roasted Corn Baked Beans Firecracker Cake</p>	<p>4  11 Beef Broccoli Stir-Fry Brown Rice Oriental Vegetables Hearty Tossed Salad Butterscotch Pudding</p>	<p>5 Lemon Pepper Tilapia Mac & Cheese Spinach Wheat Biscuit Gingered Pears</p>	<p>6  12 Breaded Cod Sweet Potatoes Asparagus Pea Cheese Salad Honey Wheat Roll Blueberries</p>
<p>14 Roast Beef Mashed Potatoes Sweet Corn WW Roll Creamy Veg Salad Bread Pudding</p>	<p>8 Hot Pork Sandwich Mashed Potatoes Green Beans Dill Cucumbers Banana Bar</p>	<p>9 Tator Tot Casserole Broccoli Fresh Grapes Wheat Roll Sugar Cookie</p>	<p>10 Roast Lamb Mashed Potatoes Baby Carrots Raisin Slaw Corn Muffin Sliced Peaches</p>	<p>17  18 Hearty Veg Soup Turkey Salad Sandwich On Wheat Fresh Veggies Citrus Fruit Pumpkin Crunch</p>	<p>19 Fish Florentine Continental Rice Roasted Asparagus Tomato Basil Salad Whole Wheat Roll Mandarin Oranges</p>	<p>20 MEALS COME WITH MILK & BREAD</p>
<p>21 Glazed Ham Scalloped Potatoes Cauliflower with Peas Cottage Cheese Salad Wheat Biscuit Apple Pie</p>	<p>15 Country Brunch Casserole Potato Medley Tossed Salad Boston Brown Bread Tropical Fruit</p>	<p>16 Pepperoni Pizza Tossed Salad Cottage Cheese Fluff Oatmeal Raisin Cookie</p>	<p>24 Pork Stroganoff California Vegetables Vegetable Salad Black Cherries</p>	<p>25 Taco Salad Lettuce Tomatoes Cheese Onions Rice Black Beans Pepper Slaw Red Grapes</p>	<p>26 Pork Wing Garlic Potatoes Roasted Squash Potato Roll Apple Pie</p>	<p>27 </p>
<p>28 Roast Turkey Mashed Potatoes Country Blend Tossed Salad Pumpkin Pie</p>	<p>22 Porcupine Meatballs Rice Pilaf Mixed Vegetables Calico Slaw Spinach Bread Diced Pears</p>	<p>23 Baked Chicken Garlic Noodles Cottage Cheese Strawberry Jello</p>	<p>30  International Day of Friendship Pork Chop Oven Brown Potatoes Roasted Broccoli Garden Salad Coconut Pudding</p>	<p>31 Chicken & Dumplings Peas & Cauliflower Carrot Raisin Salad Glazed Strawberries Wheat Bread</p>	<p>MENU SUBJECT TO CHANGE</p>	

Photo by Vlad Sargu on Unsplash

How to Read a Sunscreen Label

BY SKIN CANCER FOUNDATION | July 5, 2022

[https://www.skincancer.org/blog/how-to-read-a-sunscreen-label/?](https://www.skincancer.org/blog/how-to-read-a-sunscreen-label/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Your%20June%20Issue%3A%20All%20About%20Sunscreen&utm_campaign=June%202024%20Newsletter)

[utm_source=ActiveCampaign&utm_medium=email&utm_content=Your%20June%20Issue%3A%20All%20About%20Sunscreen&utm_campaign=June%202024%20Newsletter](https://www.skincancer.org/blog/how-to-read-a-sunscreen-label/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Your%20June%20Issue%3A%20All%20About%20Sunscreen&utm_campaign=June%202024%20Newsletter)

Reading a sunscreen label shouldn't be like deciphering a foreign language. But a study in *JAMA Dermatology* found that many people don't understand how to read a sunscreen label or how the product protects the skin. Only 43 percent of survey respondents understood the meaning of an SPF value.

Given these findings, it's a good time to brush up on sunscreen basics. Here are explanations of key terms appearing on sunscreen labels that you should understand when selecting a product:



1. Broad Spectrum: It's essential for your sunscreen to offer broad spectrum protection, which means that it offers effective protection against both UVA (ultraviolet A) and UVB (ultraviolet B) rays, the solar wavelengths proven to damage the skin. UVA rays penetrate the skin more deeply than UVB, and are the chief cause of wrinkles, sagging,

and other signs of aging. UVB rays damage the skin's upper surface and are the main cause of sunburn. Both cause skin cancer.

2. Sun Protection Factor (SPF): SPF is a measure of how long a person can stay in the sun before its UVB rays start to burn the skin. Let's say with no sunscreen, your skin starts to redden in 20 minutes. An SPF 30 will theoretically allow you to stay in the sun 30 times longer without getting burned. But keep in mind that SPF numbers are determined in a lab. In the real world, no matter what the SPF, sunscreens start to lose effectiveness over time, so it's important to reapply every

two hours and after swimming or heavy sweating. Also note that over SPF 50, the amount of additional sun protection is negligible. The Skin Cancer Foundation recommends always using a broad spectrum sunscreen with an SPF of 15 or higher—SPF 30 or higher for extended stays outdoors.

3. Water-resistant: The terms "water resistant" and "sweat-resistant" indicate whether the sunscreen remains effective for 40 minutes or 80 minutes when you are swimming or sweating. Since no sunscreen is fully "waterproof" or "sweatproof," the FDA prohibits these terms.

4. The Skin Cancer Foundation Seal of Recommendation: Look for our Seal to assure yourself that a product is safe and effective. Scientific data for each product that is submitted for the Seal of Recommendation is reviewed by a volunteer committee of renowned photobiologists—experts in the study of the interaction of ultraviolet radiation and the skin. The *Daily Use Seal* is earned by sunscreens that protect against brief everyday sun exposures, the kind you experience walking to the care or running errands. The *Active Seal* is earned by sunscreens that protect against prolonged sun exposure, like when you're exercising outdoors or spending the day at the beach.

5. Active ingredients: This area of the label, often on the back of the bottle, lists the main ingredients in sunscreens that protect your skin against UV rays. There are two main types of active sunscreen ingredients: chemical and physical. Chemical ingredients such as avobenzone and benzophenone work by absorbing UV like a sponge, reducing its penetration into the skin, whereas physical ingredients such as titanium dioxide and zinc oxide stay on top of the skin and deflect UV rays like a shield. Many sunscreens available today combine chemical and physical ingredients.

Image by flatart on Freepik



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If someone calls and has your Medicare number or you gave it to them, please report it to 1-800-Medicare or to the Wy Senior Medicare Patrol at **1 800 856-4398.**



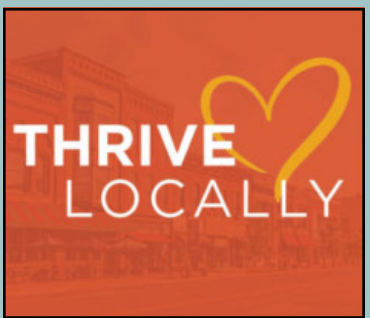
Stay curious in the new year.

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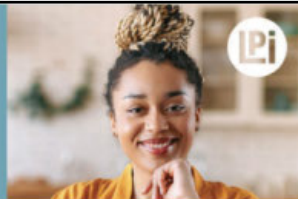
OLLI at Casper College is the place where you can **Stay Curious.**



Join today!
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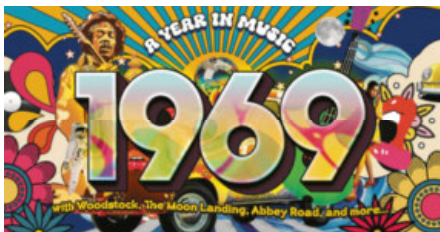


SPOTLIGHT

What happened in 1969? Year in Review

Major News:

- ✦ January 20—Richard M Nixon inaugurated as U.S. President
- ✦ February 4—John Madden named head coach of NFL team Oakland Raiders
- ✦ March 10—James Earl Ray pled guilty to the murder of civil rights activist Martin Luther King Jr.
- ✦ April 7—Symbolic birth date of the internet: the first “request for comments” or RFC-1 published
- ✦ May 1—Fred Rogers (Mister Rogers’ Neighborhood) testified before U.S. Senate Subcommittee on Communications to secure funding for creation of PBS (Public Broadcasting Service)
- ✦ June 8—MLB legend Mickey Mantle gave farewell retirement speech during “Mickey Mantle Day” at Yankee Stadium: 60,096 attendees saw his #7 retired
- ✦ July 14—U.S. officially withdrew \$500, \$1000, \$5000, and \$10000 bill denominations from circulation
- ✦ July 31—Elvis Presley opened in Las Vegas, NV at the new International Hotel
- ✦ August 15-17—Woodstock Music and Art Fair held in Bethel, New York on Max Yasgur’s Dairy Farm attracted more than 460,000 attendees to see any of 32 performers
- ✦ September 2—First automatic teller machine (ATM) prototype in the U.S. is installed by Chemical Bank in Rockville Center, NY
- ✦ October 15—The Moratorium to End the War in Vietnam demonstration and teach-in escalated the anti-war movement to a full-fledged mass movement for the first time
- ✦ November 10—First episode of Sesame Street premiered on the National Educational Television Network (NETN), which later became PBS
- ✦ December 17—U.S. Air Force *Project Blue Book* terminated—of the total 12,618 reported UFO sightings, 701 remain classified “unidentified”



Apollo 11 Mission Overview

https://www.lpi.usra.edu/lunar/missions/apollo/apollo_11/

Apollo 11 launched on July 16, 1969 at 8:32AM CDT with the goal of the first human landing on the Moon. Commander Neil Armstrong, Command Module Pilot Michael Collins, and Lunar Module Pilot Edwin ‘Buzz’ Aldrin entered lunar orbit on July 19. The following day, Armstrong and Aldrin begin their descent to the lunar surface in the Lunar Module, Eagle. The planned landing site in the Sea of Tranquility was selected as a flat, safe location and had been surveyed by Apollo 10 at an elevation of 10 miles above the Moon.

During the descent, there were a total of five alarms, all indicating that Eagle’s computer system was overloaded, but in each case Mission Control concluded it was safe to continue the landing. The last of these alarms occurred when the crew was less than 500 meters above the surface.

Because of a navigation error, the computer was guiding the spacecraft toward an unsafe point in the rugged, boulder-filled ejecta field surrounding West Crater. Armstrong took manual control and flew to a landing spot beyond the crater. At 3:17PM CDT, he announced their safe landing: “Houston, Tranquility Base. The Eagle has landed.” After a checkout of Eagle’s systems, Armstrong and Aldrin prepared for their moonwalk.

At 9:56PM CDT, Armstrong set foot on the lunar surface. Aldrin followed a short while later. The duration of this first ever moonwalk was limited to 2 hours and 31 minutes and the crew remained within 60 meters of Eagle.

Armstrong and Aldrin collected samples and deployed a seismometer to measure moonquakes, a laser retroreflector to enable precise measurements of the distance between Earth and the Moon, and a device to collect a sample of the solar wind. They also performed ceremonial duties, including setting up a United States flag and unveiling a commemorative plaque on the lunar module.

During the moon landing, Collins remained in lunar orbit in the command module, Columbia. After over 21 hours on the Moon, Eagle returned to lunar orbit and rejoined Columbia. Apollo 11 spent 2.5 days in lunar orbit, circling the Moon 31 times.

The crew returned safely to Earth on July 24, landing in the Pacific Ocean southwest of Hawaii, after a flight of 8 days and 3 hours. Although scientists considered it unlikely that the Moon had life on it, the crew was kept in a biological quarantine for 21 days.



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and human dignity."
~Herbert Hoover*

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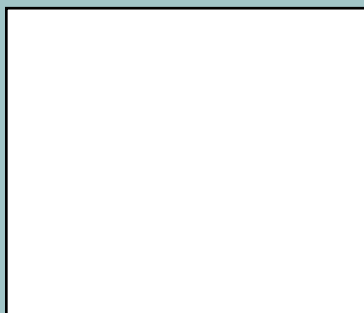
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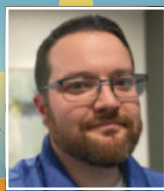
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Central Wyoming Senior Services, Casper, WY

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ACTIVITIES FOR EVERYONE

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Bible Study	Monday	1PM—3PM (AR)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (AR)
Bridge	Wednesday/Friday	12/12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tuesday/Thursday	9:15AM—9:45AM (AR)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday (Main)	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Meditative Drum Circle	Monday	6:30PM—8:00PM (Lib)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thursday/Friday	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Qigong	Thursday	6:00PM—7:00PM (AR)
Sew Crazy Sewing Club	3rd Tuesday	1:00PM—2:30PM (AR)
VA Caregiver (<i>Please call</i>)	2nd Tuesday	11:00AM—12:00PM (CNF)
Wellness Clinic	Tuesday (Main) Thursday (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

Financial Opportunities



Proposed Natrona County Senior Citizen Service District will be voted on Primary Ballot on August 20th!



Support the Senior Center and get the delicious drink you didn't know you needed!
5-drink punch cards cost \$15 AND save you \$1/drink!

SCSEP PROGRAM

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

Eligibility

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

Services Provided in Converse, Fremont, Hot Springs, Natrona, Washakie Counties

Call today to find out more!

For more information, please contact:
DAWN MARIE THACKER, SCSEP Case Manager
307.840.0209
dawnmarie.thacker@goodwillwy.org

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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.

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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 to learn more online

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Senior Services, Inc.
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(307) 265-4678
"The Heart of
Natrona County"



Photo by Brittney Weng on Unsplash

PARTING THOUGHTS

"Those who won our independence believed ... liberty to be the secret to happiness and courage to be the secret of liberty."

~ Former Associate Justice of the US Supreme Court Louis D. Brandeis ~



Volunteer

Opportunities:

If you are interested in giving your time, please see the office.



We would like to extend a huge **THANK YOU** for the support from our amazing community and members!

We cannot stress enough how much we depend on our volunteers. YOU keep the Senior Center running and allow us to continue providing vital services to members and our community!
Thank You Always!