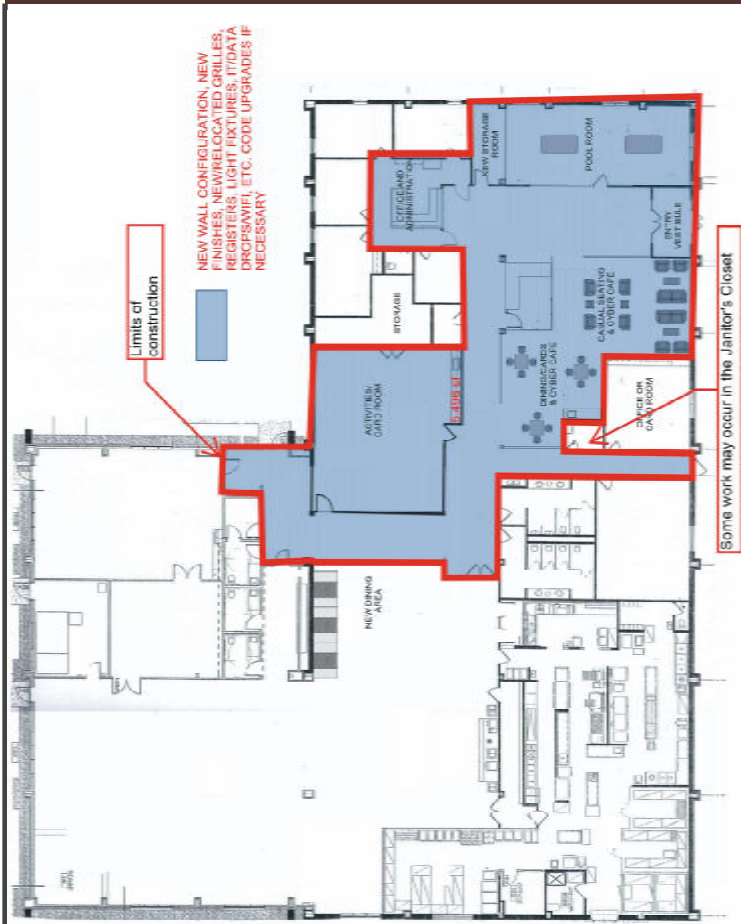


WHAT'S MY NAME?

OCTOBER/NOVEMBER

CENTRAL WYOMING SENIOR SERVICES INC.

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



REMODEL PLANS By Errol Miller

Plans for Central Wyoming Senior Services, Inc. remodeling will be inside the building from the current entrance to the dining room / cafeteria area.

The current pool room will become a greeting area, coffee entry deck with attached library and reading area with half walls for easy visibility, and friendly association.

The activity room will remain where it is. A 6-foot-wide walkway will provide access to the conference room preventing having to walk through the eating area. All floor surfaces in these areas will be replaced with an attractive hard-surface, slip-resistant alternative.

Members will be able to continue with all their current exercise, dancing, card playing, social conversations, and meetings while work is ongoing.

We will remain open throughout the construction. Please consult the entrance information board for your activity room placement. Work should start the first part of November, 2019 and be completed by March 31, 2020.

Try to Find This!

Let the front office know your answer for an entry into the drawing for a \$50 Meal ticket!



INSIDE THIS ISSUE

Changes are coming!

You will be seeing some changes, both around the center and in the Newsletter. We will be undergoing construction beginning in November. (Please see above.)

We are changing the name of the Newsletter and offering more diverse content and more helpful information.

Thanks for your support!!

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CENTER INFORMATION

Board of Directors

Errol Miller.....President
 Jennifer Rohrer.....Vice President
 Richard Shamley.....Treasurer
 Linda Loranger.....Secretary

Members

Clyde Cain
 Gloria Fuhrer
 Crystal Morse
 Linda Blackstone
 Frances Lujan
 Miles Hartung
 Barbara Flinn

Casper Representative

Ray Pacheco

Executive Director

Rita Wagner

Assistant Director

Rachel Brown

Kitchen Manager

Kimberly Cooper

Data Entry

Rae Appel

Kitchen Staff

Johnna Moore

In-Home Services

Terri Gibson

Lacey Kidman

Marrissa Casias

Alicia Roldan

Alex Cooper

Kristi Arellano

Pam Gallagher

Karen Bays

Hope Gallagher

Kim Evans

Audrianna Fernandez

Sarah George

Tess Robinson

JaVonna Nye

Deb Young (Mills)

Trudi Renner

Marcie Alcalá (Evansville)

Melissa Shoemaker



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.

GIFTS & MEMORIALS

Memorials

All Friends that have Passed
Elane Burkhalter

Carlene Weiss
Mary Moler

Jeanette Miller
Janet Christensen
Mary Moler
Joe Luck
Joyce Waddell
Sally Lindahl
Jennifer Rohrer

Mrs. Percy (Doris) Anderson
Richard Shamley

Pat McPherson
Lorraine Sevcik

Sonja Gossin

Betty Krause
Jack & Donna Laird
Janice Kalasinsky
Charlotte Kolb
John & Mary Moler
Dorris Welch
Beverly Farrow
Marie Bartenhagen
Mark Hopkins
Karen & Chick Kwedor
Lucy Schoenewald
Melva Malson
Jennifer Rohrer

Bob Hoepfner
Lucy Schoenewald

Note: This is a list for Gifts or Memorials, given between July 11 & September 19. If donations were made between those dates and you are not recognized, please see Rita.

Gifts

Anonymous Donor(s)
Reveille Rotary
Kathy Pagel
Frank Stofflet
Mary Hales
Barbara Yonts
Central Pines

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.

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MANAGEMENT INFORMATION

CRAFT CLASSES

Craft classes are Tuesday at 10AM. They usually last an hour, but if more time is needed, 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 would like to thank our new Craft Volunteer Helpers, Kathelean Baker & Caroll Eaton. We look forward to having these ladies in to see us each time!

****Please note: dates and activities are subject to change****



We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Zentangle

Or have a suggestion for additional activities, please come to the office to discuss with staff!



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



WAYS TO GET HELP

Wyoming Home Services is a program that provides assistance to an individual in their home. Services provided include housekeeping, personal care, respite, and care coordination. National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one. Services include homemaking, personal care, respite, and care coordination.

Any questions?

Come see Lacey or Alicia.

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

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 2:00 pm in the Conference Room.

This is the perfect time for the public to attend and find out about what is happening within the Agency.

Meal Prices:

Suggested donation for a senior meal is \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free meal with every 20 punch ticket donation.

Remember that non-seniors or clients that do not fill out our yearly paperwork and sign in are required to purchase a 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

RIDDLE

I have branches yet I have no leaves, no trunk, and no fruit.
What am I?

Let the front office know the right answer for your chance to win a \$50 Meal Ticket!

Can you identify these volunteers?
Front facing photo on page 15



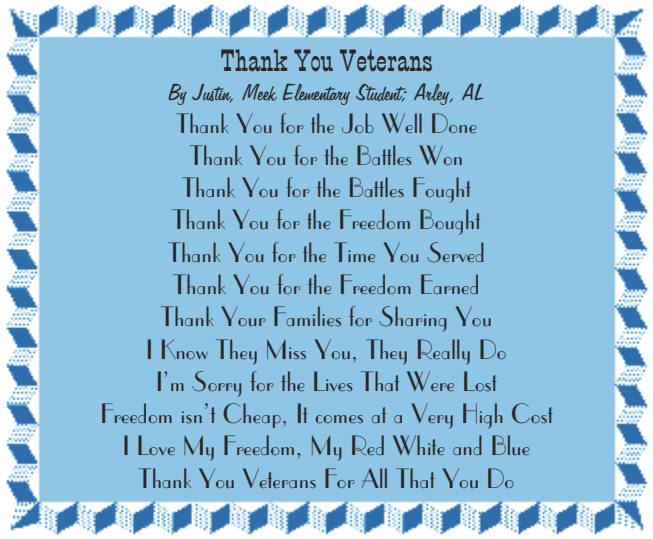
Gooey Pumpkin Pudding Cake

Ingredients:

1. 1 1/2 cups flour (sorghum, spelt, or white flour)
2. 1 tsp baking powder
3. 1/2 tsp baking soda
4. 1/2 tsp plus 1/8 tsp salt
5. 2 tsp ground cinnamon
6. 1/2 cup sugar or xylitol
7. pinch stevia extract OR 2 extra tbsps. sugar
8. 1/2 cup milk plus up to 1/4 cup more if needed
9. 1 tsp white or apple cider vinegar
10. 1/2 cup pumpkin puree
11. 1/4 cup veg or melted coconut oil
12. 1 1/2 cup water
13. 1/2 cup brown sugar OR coconut sugar

Instructions:

Preheat oven to 350° F. In a large mixing bowl, stir together the first seven ingredients. In a separate bowl, whisk together the milk, vinegar, pumpkin, and oil. In a large cup, mix the brown sugar into the water. Combine the contents of the two bowls (not the cup) and stir to form a batter. You want a cake-batter texture, so add a little extra milk, if the dough is too dry. (I added 1/4 cup extra when testing this recipe with sorghum flour.) Pour the batter into an 8" square pan. Now pour the brown sugar water evenly on top, but do not stir. Place the pan in the middle of the oven and bake 34 minutes. The top will look like cake... but if you reach your fork down, there will be a layer of sweet pumpkin pudding on the bottom!



Thank You Veterans

By Justin, Meek Elementary Student; Arley, AL

Thank You for the Job Well Done
Thank You for the Battles Won
Thank You for the Battles Fought
Thank You for the Freedom Bought
Thank You for the Time You Served
Thank You for the Freedom Earned
Thank Your Families for Sharing You
I Know They Miss You, They Really Do
I'm Sorry for the Lives That Were Lost
Freedom isn't Cheap, It comes at a Very High Cost
I Love My Freedom, My Red White and Blue
Thank You Veterans For All That You Do


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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.



Monthly Events

*Note: The Edgewood Facilities, Park Place and Meadow Winds will provide (and serve) birthday cake for our diners on the second Friday of each month. Join us and let them know that you appreciate them

Private events are not listed. If we have missed something please let the front desk know so that we can publicize your activity.

Year in Review

What happened in 1863? Major News:

- ◆ **January 1**—1st homestead under the Homestead Act claimed near Beatrice, NE
- ◆ **April 1**—1st wartime conscription law in U.S. goes into effect
- ◆ **April 14**—William Bullock patents continuous-roll printing press
- ◆ **July 1**—Free city delivery of mail begins in 49 US cities; postage 3 cents per oz.
- ◆ **July 4**—Boise, Idaho founded (now capital of Idaho)
- ◆ **October 3**—President Lincoln designates the final Thursday in November as Thanksgiving Day
- ◆ **October 26**—Football Association forms in England, splitting with rugby and standardizing soccer
- ◆ **October 26**—International conference begins in Geneva aimed at improving medical conditions on battlefields - beginning of the Red Cross
- ◆ **October 29**—International Committee of Red Cross forms as result Geneva held conference (Nobel 1917, 1944, 1963)
- ◆ Civil War in Full Swing
 - ◆ Battle of Gettysburg, PA (around 50,000 lives lost, the most costly in US history)
 - ◆ Battle of Charleston, SC
 - ◆ Battle of Suffolk, VA
 - ◆ Battle of Chancellorsville, VA (29,000 injured or died)
 - ◆ Battle of Little Rock, AR (start of Chattanooga campaign)
 - ◆ Battle of Rocky Gap, WV (White Sulphur Springs)
 - ◆ Battle of Cumberland Gap, TN
 - ◆ And Many More...
- ◆ **November 19**—President Lincoln delivers Gettysburg Address at the dedication ceremony for the Gettysburg National Cemetery



1863 Values



Cost of Goods

- Sugar: \$0.08/pound
- Beef: \$0.09/pound
- Cheese: \$0.10/pound
- Butter: \$0.16/pound
- Eggs: \$0.20/dozen
- Coffee: \$1.20/pound (for beans, which you had to roast and grind yourself)
- Yard of Fabric: \$0.10 (approx. 5 yards to make dress)
- Whiskey, 1 gallon: \$35 (up 14,000% from \$0.25 in 1860)
- Doctor Visit: \$2.00
- Rent: \$4.50/month in most Eastern cities

Wages

- US President:** \$25,000/year
- Firement:** \$468/year
- Privates in Union Army:** \$572/year
- Privates in Confederate Army:** \$572/year
- Laborers:** \$300/year
- Blacksmiths:** \$560/year
- Masons:** \$700/year
- Farmhands:** \$250/year
- Carpenters:** \$436/year
- Slaves:** \$0.00



If you are 60 or older and your birthday is in Aug. or Sept, bring this coupon into the front office to receive your free meal ticket.

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

ANNOUNCEMENTS

FLU CLINIC

**Wednesday, October 16th
1PM in the Activity Room
Call Health Dept. for Cost**

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INFO & NEWS

The Story of the Cornucopia: the Horn of Plenty

Posted by Gwen Watson, Nov 10th 2014

There are two Greek myths that explain how the cornucopia came to be. The first is that while hiding from his father, Kronos, baby Zeus accidentally broke off the horn of the goat who nursed him. The horn then had the divine power to provide unending nourishment. The goat was revered by Zeus and was placed in the sky as the constellation Capricorn.

The second creation myth is that Hercules (the demigod son of Zeus), broke the horn of the river god, Achelous, during a battle. The cornucopia then became a symbol of harvest and prosperity and was associated with the earth Titan Gaia, the Greek goddess of luck, and Annona, goddess of the grain supply to the city of Rome. Since then the cornucopia has been a sign of plenty. In fact, cornu, means horn and copia, means plenty in Latin.

Here's a fun fact: drinking from horns was common in Bronze Age Mycenaean Greece, and in cultures all over the world, including the Vikings, the Germanic tribes, the Celts, and Romans. Lavishly decorated drinking horns made from ivory with gold, silver, and enamel decorations were produced as luxury items in 19th to early 20th century imperial Austria and Germany. These extravagant vessels were designed to mimic the mythological cornucopia.

The modern cornucopia is typically a hollow, horn-shaped wicker basket filled with festive fruit and vegetables and has become closely tied to Thanksgiving. The first Thanksgiving was actually a celebration of the fall harvest and was a three-day festival between the Puritan Pilgrims and the Native Americans. It only became an official, national holiday when Lincoln was President. In 1863, Lincoln actually declared two national Thanksgivings that year, one for August 6th to celebrate the victory at Gettysburg and a second for the last Thursday in November. But it wasn't until 1941 that Congress permanently established the holiday as the fourth Thursday in the month.

More Reasons to Celebrate

October (Positive Attitude Month)

- 5th—Do Something Nice Day & World Teacher's Day
- 11th—Remember Forever Day
- 15th—National Grouch Day
- 20th—Information Overload Day
- 29th—Hermit Day
- 30th—Mischievous Night

November (Military Family Appreciation Month)

- 1st—Cookie Monster Day
- 10th—Marine Corps Birthday
- 11th—Remembrance Day & Veterans Day
- 17th—Use Less Stuff Day
- 20th—Absurdity Day
- 22nd—Start Your Own Country Day

Famous Birthdates

October

- 1, 1935—Julie Andrews
- 7, 1931—Desmond Tutu
- 9, 1940—John Lennon
- 11, 1884—Eleanor Roosevelt
- 13, 1925—Margaret Thatcher
- 17, 1938—Evil Knievel
- 23, 1925—Johnny Carson
- 26, 1947—Pat Sajak
- 27, 1858—Theodore Roosevelt
- 31, 1931—Dan Rather

November

- 2, 1734—Daniel Boone
- 5, 1911—Roy Rogers
- 7, 1867—Marie Curie
- 11, 1885—George S. Patton
- 14, 1954—Condoleezza Rice
- 18, 1923—Alan Shepard
- 19, 1942—Calvin Klein
- 25, 1914—Joe DiMaggio
- 30, 1835—Samuel Clemens (Mark Twain)

Best Low-Carb Cauliflower Stuffing by Lindsay Funston NOV 19, 2018

INGREDIENTS:

- | | |
|--------------------------------------------|------------------------------------------------------|
| 4 tbsp. butter | Kosher salt & Freshly ground black pepper |
| 1 onion, chopped | 1/4 c. freshly chopped parsley |
| 2 large carrots, peeled and chopped | 2 tbsp. freshly chopped rosemary |
| 2 celery stalks, chopped or thinly sliced | 1 tbsp. freshly chopped sage (or 1 tsp. ground sage) |
| 1 small head cauliflower, chopped | 1/2 c. low-sodium vegetable or chicken broth |
| 1 c. (8-oz.) baby bella mushrooms, chopped | |



DIRECTIONS:

In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes. Add cauliflower & mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more. Add parsley, rosemary, & sage and stir until combined. Pour over broth and cook until totally tender and liquid is absorbed, 10 minutes.

MEAL CALENDAR

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Western Egg Bake Sausage Links Brown Bread Tossed Salad Fruit Parfait	2 Deli Wrap Potato Salad Tomatoes & Lettuce Diced Peaches Sherbet SALAD BAR	3 Chicken Breast Brown Rice Harvard Beets Baked Apples Frosted White Cake	4 OCTOBERFEST Roast Pork or Brats Or German Meatballs German Noodle Bake Red Cabbage & Beans SALAD BAR	MONDAYNIGHT 7 Mexican Buffet 14 Roast Beef 21 Soup & Sandwich 28 Hot Pork Roast
6 Meatloaf Butter Potatoes Green Beans Tomato Basil Salad Lemon Drop Cake	7 Turkey & Noodles Parsleyed Carrots Spinach Orange Salad Banana Cream Pudding	6 Roast Lamb Potatoes & Gravy Braised Cabbage Cornbread Tossed Salad Cherry Crisp	9 Philly Cheese Steak Casserole Country Mix Cottage Cheese/Chives Frosted Chocolate Cake SALAD BAR	10 Smothered Pork Chop Mashed Potatoes Green Beans Coleslaw Apple Dumpling	11 Breaded Cod Macaroni & Cheese Stewed Tomatoes Carrot Slaw Fresh Fruit SALAD BAR	12
13 Oven Fried Chicken Mashed Potatoes Almond Green Beans Tossed Salad Gingered Pears	14 Porcupine Meatballs Sweet Potatoes Green Beans Sliced Apples Poke & Pour cake	15 Beef Fajita Spanish Rice Seasoned Black Beans Lettuce and Tomato Peach Jello	16 BBQ Pork Ribs Potato Salad Corn On the Cob Tossed Vegetable Salad Fruit Ambrosia SALAD BAR	17 Roast Turkey & Gravy Mashed Potatoes California Vegetables Cucumber & Onions Pumpkin Crunch	18 Tuna & Noodles Stewed Tomatoes Tossed Salad Fruit Coconut Cream Pudding SALAD BAR	19 MEALS COME WITH MILK & BREAD
20 Beef Wellington Corn on the cob Tossed Salad Pineapple Cream Dessert	21 Pork Tenderloin Mashed Potatoes Parmesan Zucchini Fruit Jello Frosted Brownie	22 Lasagna Broccoli & Cauliflower Garlic Bread Stick Tossed Salad Citrus Fruit	23 Salisbury Steak Rice Pilaf Asparagus Tomato Basil Salad Orange Jello SALAD BAR	24 BLT on Sourdough Vegetable Soup Cole Slaw Cottage Cheese & Fruit Carrot Cake	25 Salmon Patty Dill Sauce Rice Almondine Green Beans Lemon Bar SALAD BAR	26
27 Baked Ham Scalloped Potatoes Asparagus Squash Salad Cinnamon Apple Pie	28 Chicken & Dumplings Classic Vegetables Cole Slaw Fruit Jello Whip	29 Chicken Tenders Sweet Potato Fries 3-Bean Salad Fresh Fruit Whipped Jello	30 Tator Tot Casserole Broccoli Cottage Cheese & Chives Citrus Fruit SALAD BAR	31 Swiss Steak Potato Wedges Stewed Tomatoes Chopped Lettuce Russian Dressing Apricot Halves		MENU SUBJECT TO CHANGE

MEAL CALENDAR

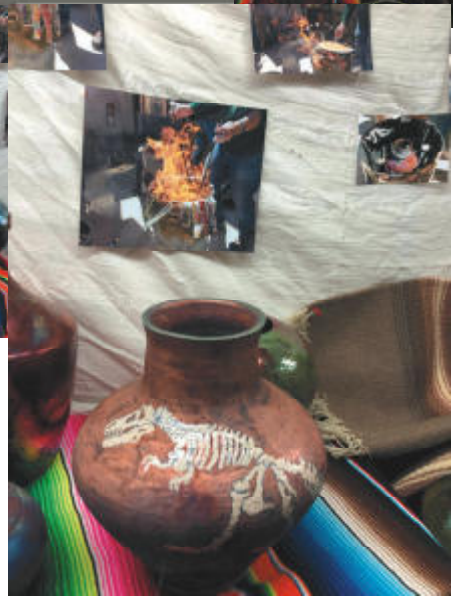
November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Baked Chicken Garlic Pasta California Vegetables Tossed Salad Peach Pie	4 Stuffed Pepper Rice Pilaf Golden Corn Chopped Vegetable Salad Fruit Jell-O	5 Honey Glazed Ham Roasted Potato Medley Stewed Tomatoes Coleslaw Gingered Pears	6 Calzone Tossed Vegetable Salad Carrot Sticks Mixed Fruit Chocolate Chip Cookie SALAD BAR	7 Roast Mashed Potatoes Roasted Broccoli Pea & Cheese Salad Apple Crisp	8 Baked Tilapia Butternut Squash With Brown Sugar Green beans Almandine Celery & Carrot Sticks Fruit Jell-O SALAD BAR	9 MONDAY NIGHT 4 Oven Fried Chicken 11 Soup & Sandwich/ Salad Bar 18 Mexican Buffet 25 Salisbury Steak
10 Beef Pot Roast Potatoes & Carrots Citrus Fruit Frosted Yellow Cake	11 Ham Loaf Creamed & Potatoes Garlic Green Beans Lettuce Wedge Fresh Strawberries	12 Beef & Noodles Brussels Sprouts Black Cherries Chocolate Cupcake	13 Taco Salad Refried Beans Spanish Rice Cinnamon Ice Cream SALAD BAR	14 Oven Fried Chicken Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Fresh Peaches & Berries	15 Ham & Potato Soup Tuna Sandwich Apricots Sliced Tomatoes Chocolate Pudding SALAD BAR	16 MEALS COME WITH MILK & BREAD
17 Chicken & Noodles Mixed Vegetables Pears Coconut Cream Pie	18 Ham & Beans Sliced Carrots Coleslaw Pineapple Jello	19 Spaghetti with Italian Sausage Winter Mix Tossed Salad Cherry Cobbler	20 THANKSGIVING DINNER WITH ALL THE TRIMMINGS	21 CLOSED	22 CLOSED	23
24 CLOSED	25 Baked Ham Cherry Sauce Scalloped Potato Asparagus Cucumbers & Tomatoes Salad	26 Liver and Onions Potato Wedges Stewed Tomatoes Chopped Lettuce Russian Dressing Apricot Halves	27 Chili Cheese Dog Macaroni Salad Sliced Tomatoes Fruit Cup Pistachio Cake SALAD BAR	28 Chicken & Dumplings Green Beans Almondine Vegetable Juice Citrus Salad S'Mores Pudding Parfait	29 Turkey Melt Butternut Squash Soup Lettuce & Tomato Cranberry Salad Pumpkin Bar SALAD BAR	MENU SUBJECT TO CHANGE



**A Very Big THANK YOU to Ernie Trujillo
for sharing his
Unique & Beautiful Pottery with us!**

**We have so enjoyed seeing your creativity and passion
that resulted in these wonderful works of art!**



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*Our Volunteers! We couldn't do it without you!!**



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Community HAPPENINGS

Green Acres Corn Maze

The Green Acres Corn Maze just outside of Casper is more than just your average autumn pastime. In addition to a large corn maze, this attraction is complete with a petting farm, pumpkin patch, gemstone mining, inflatables, a corn pit, apple blaster and more. Casper's local corn maze is the perfect way to spend a crisp day in the fall.

Operating from late September through Halloween, the corn maze is located just a few miles from Casper. Proceeds from the annual corn maze benefit local charities in the Casper area.



Part D Open Enrollment period:
October 15—December 7, 2019
Call for appointments: (307) 265-4678

Medicare.gov

The Official U.S. Government Site for Medicare



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MUSEUM**

Past to Present - Discover Central Wyoming



ALI SHAE SPA DAY

OCTOBER 12, 2019

Presented By:
Ali Shae Coleman Pink Rose Foundation & the Casper Country Club

Location: Casper Country Club
4149 Country Club Road, Casper, WY 82609
(307) 337-2946

Time: 1:00 PM to 3:00 PM

Price: suggested donation of \$30 per family

HANDS-ON WORKSHOPS FOR KIDS & FAMILIES AT FORT CASPAR MUSEUM

4001 Fort Caspar Road, Casper, WY 82601

Dates:

10/12/2019 & 10/26/2019
11/9/2019 & 11/23/2019
12/14/2019 & 12/28/2019

Time:

1:00 p.m.— 3:00 p.m.

Price:

\$5 per participant or \$3 for museum members,
which includes admission to the Fort & Museum

NOTES FROM THE KITCHEN

EAT RIGHT WHEN MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes

BEFORE Shopping

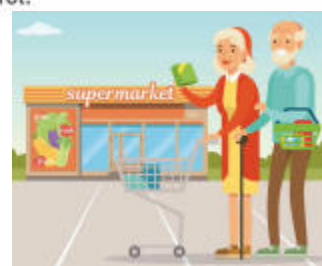
- ▶ **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- ▶ **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ▶ **For added savings, sign up for the store discount card or bonus card at your local supermarket.**

DURING Shopping

- ▶ **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- ▶ **Try store brands.** They are the same quality and cost less.
- ▶ **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- ▶ **Check "sell by" or "use by" dates.** Buy the freshest food possible.

AFTER Shopping

- ▶ **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- ▶ **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ▶ **Use foods** with the earliest expiration dates first.



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RECURRING ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM-1PM (DR) Sunday Lunch	10AM-11AM (AR) Chair Exercise	10AM-11AM (CONF) Golden Kiwanis	7AM-8AM (CONF) Reveille Rotary	9AM-10AM (DR) Golden Kiwanis Coffee	10AM-11AM (AR) Chair Exercise	8AM-9AM (AR) Weight Watchers
2PM-3PM (DR) Mexican Train Dominoes	10:50AM-11:15AM (DF) Line Dancing	10AM-11AM (DF) Line Dancing	9:15AM-10:15AM (CNF) Senior Chew'N'Chat	9AM-12PM (CR) American Heritage Quilters	12PM-4PM (DR) Canasta	
3PM-5PM (AR) Bible Study	11:15AM-12:15PM (AR) Intermediate Stomping	10AM-2PM (DR) Wellness Clinic	10AM-11AM (AR) Chair Exercise	10:30AM-11:30AM (AR) Clogging	12:30PM-4PM (AR) Big Bridge	
	1:15PM-2:30PM (AR) Tai Chi	7PM-10PM (CR) Casper Chess Club	1PM-4PM (AR) Quilts of Valor	12:30PM-4PM (CR/DR) Pinochle	12:30PM-4PM (DR) Pinochle (w/ Rose)	
	2PM-3PM (DR) Mexican Train Dominoes		6PM-7PM (AR) Weight Watchers	12:30PM-2PM (CONF) BINGO!	12:30PM-4PM (CR) Pinochle (w/ Doug)	
	2:30PM-3:30PM (AR) Tai Chi for Arthritis			1:15PM-2:30PM (AR) Tai Chi		
	4PM-5:30PM (CONF) Bible Study			2PM-3PM (DR) Mexican Train Dominoes		
	6PM-9PM (CONF) Binding Friends			2:30PM-3:30PM Tai Chi for Arthritis		
	7PM-9PM (DR/DF) Dance Club			7PM-10PM (DR/DF) Square Dance		
	[3rd] 10AM-1PM (CR) DAR Supplement Application Group	[1st/3rd] 11:30AM-4PM (DR) Bridge w/ Margi	[3rd] 10:10AM-11:55AM (CONF) KW Retired Ladies	[3rd] 10AM-11AM (CNF) WY Dementia Care Support (CNF)	[Alt 2nd] 9AM-4PM (CNF)	[2nd] 9AM-2PM (CNF) Casper Cut Ups
	[2nd] 10AM-12PM (CR) Low Vision Support Group	[4th] 12PM-2PM (CONF) NARFE	[2nd/4th] 11:30A-4PM (DR) Bridge w/ Margi	[1st] 1:30PM-3:30PM (DR) Golden Girls	AARP 55-Alive Driving Course	[3rd] 10AM-12PM (CONF) Garden Club
	[4th] 2PM-3PM (CONF) CWSS Board Meeting	(LIB) Sewing Club [2nd] 6PM-10PM (AR) Casper Cut Ups	[4th] 12:30PM-4PM (CR) Caps for Kids	[2nd] 7PM-9PM (CONF) American Legion		
		[4th] 6PM-10PM (CONF) Casper Cut Ups	[2nd] 12PM-4PM (CR) Bridge (w/ Ronnie&Donna)			
		[3rd] 7:15PM-9:15PM (CNF) Casper Needle Guild	[4th] 12PM-4PM (DR) Bridge (w/ Ronnie&Donna)			
			[1st/3rd] 12:30P-3:30P (CR) Bridge (w/ Betty)			

More Around The Center

Thank you to the following businesses and individuals who donated beef, lamb, and pork at the 2019 4-H Livestock Sale!

We ended with donations of 23 head of livestock!

4W	Joe Scott Enterprises
Anadarko Petroleum Corporation	Jonah Bank
Carlos Buckner, MD	Loenbro I & E
Donna Kennedy	Lonestar Land & Cattle
Evolution Services	McMurry Foundation and Ready Mix
First Interstate Bank	Noland Feed
Fremont Motors Casper	TW Foundation
JL Pumping Unit & Crane Service	Shirley Morton



*2019 4-H Livestock Show,
Left to Right:
Tom Pitlick, Rita Wagner, Dwayne
Flinn, Barb Flinn, Errol Miller,
& Miles Hartung*

*And we would like to give a big shout out to our volunteer runners during the show:
Clyde Cain, Barb Flinn, Dwayne Flinn, Miles Hartung,
Errol Miller, Crystal Morse, Tom Pitlick, Jennifer Rohrer,
and of course our devoted Director Rita Wagner.*

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"Don't complain about old age. How much good it has brought me that was unexpected and beautiful. I concluded from that that the end of old age and life will be just as unexpectedly beautiful."

~writer *Leo Tolstoy*

LAST WORDS

Coming Soon:

Doug Moffatt will be displaying his collection of

**MICHAEL JORDAN
MEMORABILIA.**

Come in and check out the display case after October 10.

Thanks yet again to Ernie Trujillo for sharing his pottery.

Help Wanted!

We could use help carrying trays and helping make sure people sign in over the lunch hour

11:00 AM to 1:00 PM

and any fill-in help we can get.

Coverage when someone is ill or on vacation can become a problem.

If you are interested, please see the office.

