

# WHAT'S MY NAME?

## OCTOBER 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)



## THANK YOU ALL FOR A GREAT SUCCESS!

While maintaining Social Distance, we were able to serve more than 200 meals and give several tours to show off the updates to our facility! We would like to extend a very special **THANK YOU** to the members of our Board, volunteers, and staff who greatly contributed to the success of this event as well as our guests for successfully observing the guidelines provided by the Wyoming Department of Health.

We are so pleased we were able to share a meal and a little fellowship with everyone who attended! We hope to re-open for sit-down meals in the month of October.

**Remember: You are the keys to our success!!**

**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!



#### 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

*Errol Miller*..... President  
*Barbara Flinn*..... Vice President  
*Kim Latka*..... Treasurer  
*Linda Blackstone* ..... Secretary

## Members

*Gloria Fuhrer*                      *Jennifer Rohrer*  
*Miles Hartung*                  *Clyde Cain*  
*Crystal Morse*                  *Linda Loranger*  
One Position pending appointment

## City Council Liaison

*Ray Pacheco*

## Executive Director

*Rita Wagner*

## Assistant Director

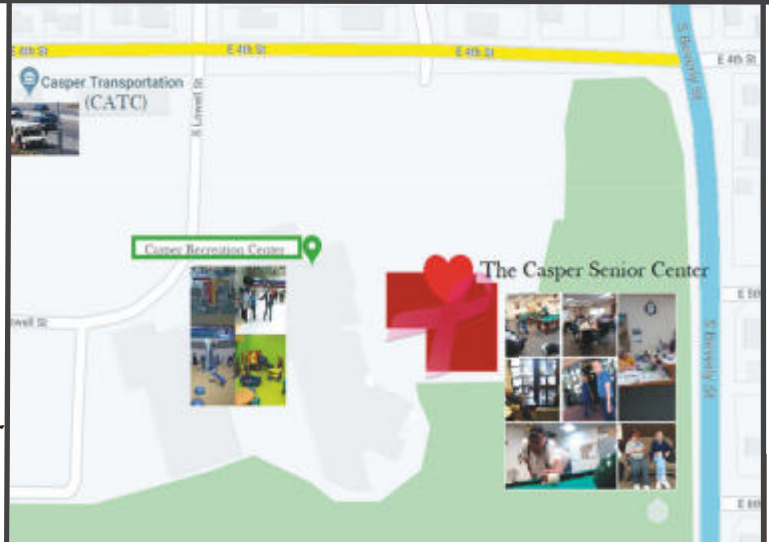
*Rachel Brown*

## 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](http://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 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

## Joyce's Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

**FREE, Every Monday at the Senior Center** (when open)

10:50 am–11:10 am Learn Steps

11:10 am–12:10 pm Dance Routines

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

If you do not want to or are unable to stand, join us to sit and tap to Western, Rock & Roll, Christmas music, and more!

## Sudoku 27

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

**volunteer**  
**MEETING**

First Friday  
after the  
Center re-opens!  
Date TBD  
Ask Rae for  
more details.



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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

# MISCELLANEOUS INFORMATION

## 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.

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

What has six faces,  
but never wears  
makeup and has  
twenty-one eyes,  
but cannot see?

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



Copies of  
The Casper  
Senior  
Cookbook  
Are Still  
Available!  
\$10.00 each

*Buy yours while  
supplies last!*





## Pumpkin Delight Dessert

by Kristyn Merkley

<https://lilluna.com/pumpkin-delight-dessert/>

### Ingredients:

1 c flour  
1/2 c butter softened  
3/4 c pecans chopped  
8 oz cream cheese softened  
1 c powdered sugar  
3 c whipped topping divided  
2 1/2 c milk  
3 pkgs white chocolate  
(or vanilla) instant pudding mix (3.4 oz size)  
15 oz can pumpkin puree  
1 tsp pumpkin spice

### Instructions:

#### Layer 1

Mix flour, butter and 1/2 cup pecans together. Press into a sprayed 9x9 OR 9x13 pan. Bake for 15 minutes

at 350 degrees, then remove and let cool completely.

NOTE: If you are using a 9x13 pan, or would like a thicker crust, add an additional 1/2 cup flour, 1/4 cup butter and 1/4 cup chopped pecans.

#### Layer 2

Blend cream cheese and powdered sugar, add 1 cup of the whipped topping, then spread over cooled crust.

#### Layer 3

Mix milk, pudding mix, canned pumpkin, pumpkin spice and 1 cup whipped topping until smooth. Spread over top of layer 2.

#### Layer 4

Spread remaining 1 cup of whipped topping and sprinkle pecans. Let chill for 3 hours or until set. Serve chilled, and ENJOY!

**CLUB 55**

**FIETY FIVE**

**TUESDAYS**

**\$5 FREE SLOT PLAY**

**FREE MEAL SPECIAL**

**FREE ENTRY INTO**

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**Get Connected 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.

**211**

Wyoming Department of Health



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## Two Types of Blue Moons

There are two definitions of the term that are commonly used today:

**Seasonal Blue Moon:** The extra full Moon that occurs within an astronomical season. One season—defined by the dates of the solstices and equinoxes—typically has three full moons occur within it. If a season instead has four full moons, then the third full moon (not the fourth) in the season may be called a Blue Moon.

**Calendrical Blue Moon:** The second full moon to occur in a calendar month. It takes our Moon about 29.5 days to complete one cycle of phases (from new Moon to new Moon), so if a full Moon occurs on the first of a month, there will be a second full Moon—a Blue Moon—at the end of the month, too (except in February).

Although the latter definition is the one more commonly followed today, the former actually came first. As mentioned above, a misinterpretation of the seasonal definition in the 1940s gave way to the calendrical definition, which was later popularized in the 80s and has stuck around to today.

## HOW RARE IS A

## HALLOWEEN FULL MOON?

Despite all the creative Halloween full Moon pictures, a full Moon occurring on Halloween is not a common occurrence and only happens every 18 to 19 years.



# SPOTLIGHT

## Breast Cancer Awareness Month in October

The Breast Cancer Awareness month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection, and treatment as well as palliative care of this disease.

There are about 1.38 million new cases and 458,000 deaths from breast cancer each year (IARC Globocan, 2008). Breast cancer is by far the most

common cancer in women worldwide, both in developed and developing countries. In low- and middle-income countries, the incidence has been rising up steadily in the last years due to increase in life expectancy, increased urbanization, and adoption of western lifestyles.

Currently there is not sufficient knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relieve the suffering of patients and their families is needed.

The majority of deaths (269,000) occur in low- and middle-income countries, where most women with breast cancer are diagnosed in late stages due mainly to lack of awareness on early detection and barriers to health services. This dramatic situation is common to thousands of women in resource constrained settings.

Source: [https://www.who.int/cancer/events/breast\\_cancer\\_month/en/](https://www.who.int/cancer/events/breast_cancer_month/en/)

## October Health Awarenesses

- ♥ Domestic Violence Awareness Month
- ♥ Health Literacy Month
- ♥ Healthy Lung Month
- ♥ Home Eye Safety Month
- ♥ National ADHD Awareness Month
- ♥ National Breast Cancer Awareness Month
- ♥ National Bullying Prevention Month
- ♥ National Dental Hygiene Month
- ♥ National Down Syndrome Awareness Month
- ♥ National Medical Librarians Month
- ♥ National Physical Therapy Month
- ♥ Pregnancy and Infant Loss Awareness Month
- ♥ Spina Bifida Awareness Month
- ♥ Sudden Infant Death Syndrome (SIDS) Awareness Month
- ♥ Mental Illness Awareness Week (Oct. 4-10)

- ♥ Malnutrition Awareness Week (Oct. 5-9)
- ♥ World Cerebral Palsy Day (Oct. 6)
- ♥ National Depression Screening Day (Oct. 8)
- ♥ World Mental Health Day (Oct. 10)
- ♥ Bone and Joint Health National Action Week (Oct. 12-20)
- ♥ Metastatic Breast Cancer Awareness Day (Oct. 13)
- ♥ Pregnancy and Infant Loss Awareness Day (Oct. 15)
- ♥ International Infection Prevention Week (Oct. 16-22)
- ♥ National Healthcare Quality Week (Oct. 18-24)
- ♥ World Pediatric Bone and Joint Day (Oct. 19)
- ♥ National Health Education Week (Oct. 20-24)
- ♥ Respiratory Care Week (Oct. 25-31)
- ♥ World Psoriasis Day (Oct. 29)



"An ounce of prevention is worth a pound of cure."

~Benjamin Franklin



# Autumn HEALTH AND SAFETY TIPS



Get the flu shot to help prevent the spread of the flu and stay home if you are sick.



Cover your nose and mouth when you cough or sneeze and wash your hands often.



Begin preparing for winter weather by prepping your home and creating an emergency kit.



Check or replace batteries in carbon monoxide and smoke alarms.



Holiday parties are coming up, but never drink alcohol and drive. Call someone to pick you up.

**DON'T SHOP. AD PAW PT.**



➤ Reach the Senior Market

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# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between August 26th—September 25th  
If donations were made between those dates and you were not recognized, please see Rita.*

## Memorials

**Alex Cooper**  
Kimberly Cooper  
Karen & Chick Kwedor

**Merna Montgomery**  
Charlotte Kolb

**Fran Dech**  
Mary C. Moler

**Jean Kapp**  
Mary C. Moler

### 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**  
**Kate Forsting**  
**Frank C. Stofflet**  
**John & Janet Hilde**  
**Central Wyoming Hospice**  
**Marjorie Love**  
**Barbara Yonts**  
**Bob Carpenter**  
**Mary C. Moler**

## *Famous October Birthdates*

- 1, 1924—Jimmy Carter, 39th US President
- 5, 1902—Ray Kroc, founder of McDonald's
- 8, 1949—Sigourney Weaver, actress
- 10, 1958—Tanya Tucker, singer
- 13, 1969—Nancy Kerrigan, Olympic figure skater
- 15, 1959—Emeril Lagasse, TV chef
- 17, 1918—Rita Hayworth, actress
- 20, 1882—Bela Lugosi, actor (played "Dracula")
- 22, 1963—Brian Boitano, Olympic champion skater
- 27, 1872—Emily Post, etiquette expert
- 28, 1955—Bill Gates, Microsoft executive
- 30, 1945—Henry Winkler, actor
- 31, 1950—John Candy, actor/comedian

### **MORE REASONS TO CELEBRATE**

## ***OCTOBER!***

*(National Adopt a Shelter Dog Month)*  
*(Clergy Appreciation Month)*  
*(Seafood Month)*

- 1st—International Day for the Elderly
- 6th—Mad Hatter Day
- 15th—White Cane Safety Day
- 18th—National Meatloaf Appreciation Day
- 24th—United Nations Day
- 27th—Navy Day

## **Fun OCTOBER Facts!**

- \* The name of this month comes from the Latin word "octo," meaning eight. It was originally the 8th month of the Roman calendar but became the 10th month when January and February were added
- \* Birthstones are Opal (purity, loyalty, and hope) and pink tourmaline (healing)
- \* Birth Flowers are cosmos (order, peace, & serenity) and marigold (despair and grief over a loved one)
- \* The Saxons called the month Winterfylleth because it had the first full moon of the winter season
- \* National Fire Prevention Week falls the week of October 9th to commemorate the Great Chicago Fire of 1871

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

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

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

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



# Part 1: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020

<https://www.thegeriatricdietitian.com/7-key-nutrients-for-senior-nutrition/>



Let's talk about senior nutrition.

Every nutrient is important and vital for health. However, there are certain nutrients that seniors just need more of. These key nutrients are especially important in an aging body.

## Key Nutrients for Seniors

This article will cover the 7 key nutrients for senior nutrition [*over the next few issues*] including:

- Vitamin D
- Calcium
- Vitamin B-6
- Vitamin B-12
- Fiber
- Protein
- Calories

## Seniors Need MORE of These Key Nutrients

The theme for these nutrients? These are all nutrients that seniors frequently need more of. Keep in mind every senior is different. They may have different medical conditions, be on different medications, or just have different preferences in the foods they like to eat.

This article is intended to serve as general guidelines. Always consult a geriatric dietitian for specific guidance.

## Understanding the Recommended Dietary Allowance (RDA)

The Recommended Dietary Allowance is how much of the nutrient the Institute of Medicine has determined a person needs. The RDA is broken down by both age and gender. The first three nutrients we will be discussing in this article all have a higher RDA for seniors.

So, for vitamin B-6, calcium, and vitamin D the RDA is higher for older adults than it is for younger adults. Seniors need more of these nutrients per the RDA.

## Vitamin D and Seniors

Vitamin D is a fat-soluble vitamin involved in bone health, muscle health, immunity, and cognition.

Famously known as the "sunshine" vitamin- this is the only vitamin that our bodies can create when exposed to the sun.

However, as we age, our skin is unable to make vitamin D as efficiently as it did when we were younger. Seniors are also more likely to spend more time indoors. And sunshine through a window doesn't quite cut it, we can't absorb vitamin D when it's coming through a window.

Other things can impact absorption of vitamin D from the sun including having darker skin complexion, wearing sunblock or protective clothing, or even how far you live from the equator. So, vitamin D is the sunshine vitamin, but often times getting a little sunshine just isn't enough.

## Vitamin D Needs

If an older adult doesn't get enough vitamin D it can cause weak bones or other health issues. But they also don't want to get too much. Too much vitamin D can cause weight loss, heart issues, and kidney damage.

The RDA for vitamin D is 800IU for adults >70 years. For everyone else (ages 1-70) the RDA is 600IU. Older adults >70 years need even more vitamin D than younger adults, but they are less likely to get their vitamin D from the sun. So, they have to count on food sources for their vitamin D.

## Food Sources of Vitamin D

Here are some food sources of vitamin D:

*See next issue for Part 2!*

Fish liver oil	Beef
Salmon	Eggs (the yolk only)
Liver	Fortified dairy products
Tuna	Fortified plant-based milks
Fortified milk or juice	Fortified cereals



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Roast Turkey Stuffing Sweet Potatoes Golden Corn Tossed Salad Pumpkin Pie	5 Marinated Beef Strip Creamy Risotto Brussels Sprouts Orange Wedges Cherry Jell-O	6 Ham & Scalloped Potato Casserole Butternut Squash Cottage Cheese Mandarin Oranges	7 Chili Cheese Dog Sweet Potato Puffs Sliced Tomatoes Berry Blend Peanut Butter Cookie	8 Chicken & Noodles Glazed Carrots Citrus Fruit Banana Cream Dessert	9 Clam Chowder Egg Salad Sandwich Potato Chips Relishes Fresh Peaches	10
11 Hot Pork Sandwich Mashed Potatoes Asparagus Creamy Vegetable Slaw Apple Pie	12 Chicken Enchiladas Refried Beans Spanish Rice Lettuce & Tomatoes Churro Bar	13 Sloppy Joe Potato Salad Fresh Relishes Cole Slaw Melon Chunks	14 Pork Cottage Pie Green Beans Carrot Raisin Salad Applesauce Jell-O	15 Swedish Meatballs Fettuccine Catalina Vegetables Hearty Green Salad Carrot Cake	16 Fish Florentine Rice Pilaf Bean Medley Tomato Basil Salad Chocolate Pudding Parfait	17 <b>MEALS COME WITH MILK AND BREAD</b>
18 Meatloaf/Gravy Mashed Potatoes California Vegetables Green Salad Fruit Pie	19 Biscuits & Gravy Scrambled Eggs Hashbrown Potatoes Cottage Cheese Baked Apples	20 Oven Fried Chicken Mashed Potatoes Cream Peas Pepper Slaw Pear Halves	21 Beef Stew Braised Cabbage Hearty Tossed Salad Orange Jell-O	22 Spaghetti with Italian Sausage Italian Veggies Tossed Vegetable Salad Peach Fluff	23 Lemon Baked Fish Risotto Peas & Carrots Chopped Broccoli Spice Cake	24
25 Sliced Ham with Cherry Sauce Au Gratin Potatoes Braised Green Beans Bread Pudding	26 Cabbage Rolls Key West Vegetables Chunky Applesauce Chocolate Cupcake	27 Caesar Pasta Salad With Chicken Cottage Cheese/Chives Fresh Fruit Peach Jell-O	28 BBQ Pork Sandwich Oven Fried Potatoes Broccoli Salad Fresh Relishes Diced Pears	29 Pot Beef Roast Potatoes & Carrots Mixed Fruit Cherry Cream Square	30 Breaded Fish Sweet Potatoes Corn O'Brien Coleslaw Lemon Pudding	31 <b>MENU SUBJECT TO CHANGE</b>



We can thank our lucky stars when  
once in a blue moon we find rare  
and kindred souls along the  
pathways of our lives.

Laurel Burch

**Rotary**  
District 5440



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

**United  
Way**



United Way  
of Natrona County



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

Sudokuh 27 Solution

*Thank  
You*



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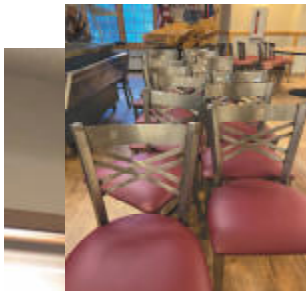
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THANK YOU

Reveille  
Rotary  
District 5440





# UNITED STATES OF AMERICA

Cancer Country Profile 2020

## BURDEN OF CANCER

<https://www.iccp-portal.org/who-cancer-country-profiles-united-states-america-2020>

Total population (2019)

**329,064,917**

Total # cancer cases  
(2018)

**2,129,118**

Total # cancer deaths  
(2018)

**616,714**

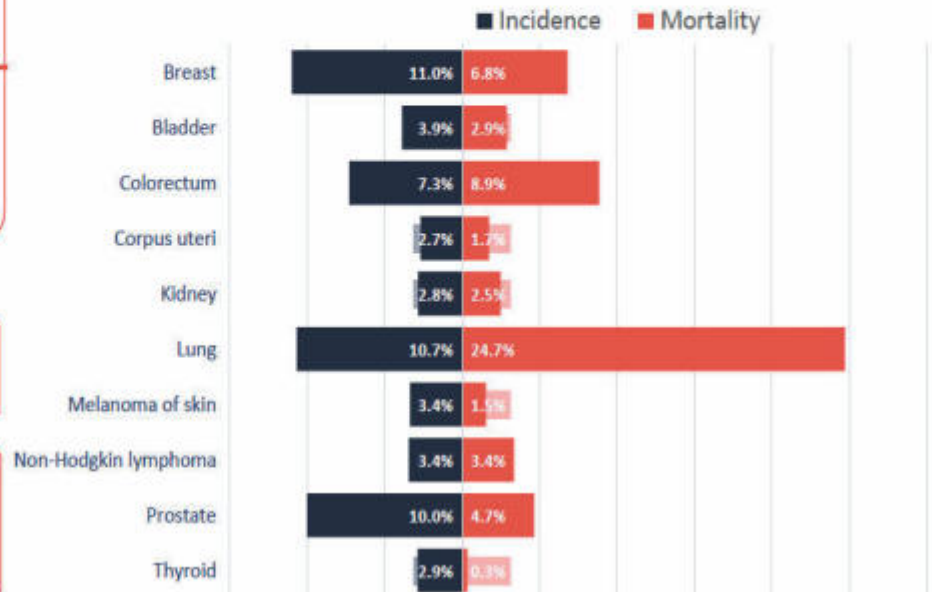
Premature deaths from NCDs (2016)

**788,905**

Cancer as % of NCD premature deaths (2016)

**34.2%**

## Most common cancer cases (2018)



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Central Wyoming Senior Services, Casper, WY

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# ACTIVITIES CALENDAR WHEN CENTER IS OPEN

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



# THE OLD FARMER'S ALMANAC

FOUNDED IN 1792

Sky Watch,  
October 2020

## WHEN IS THE HARVEST MOON?

This year, the brilliant Harvest Moon will appear in the evening of Thursday, October 1, reaching peak illumination at 5:05pm EDT.

One thing that sets the Harvest Moon apart from other full Moon names is that it's not associated with a specific month, as the others are. Instead, the Harvest Moon relates to the timing of the autumnal equinox (September 22 or 23), with the full Moon that occurs nearest to the equinox being the one to take on the name "Harvest Moon." This means that either September or October's full Moon may take on the name "Harvest Moon" instead of its traditional name. Similarly, the Hunter's Moon is the first full Moon to follow the Harvest Moon, meaning that it can occur in either October or November.

This year, both the Harvest Moon (October 1) and Hunter's Moon (October 31) occur in October.

## WHY IS IT CALLED THE HARVEST MOON?

For several evenings, the moonrise comes soon after sunset. This results in an abundance of bright moonlight early in the evening, which was a traditional aide to farmers and crews harvesting their summer-grown crops. Hence, it's called the "Harvest" Moon!

## FULL HARVEST MOON



THE OLD  
FARMER'S ALMANAC

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*"The Heart of Natrona County"*

## LAST WORDS

"Autumn leaves are falling, filling up the street; golden colors on the lawn, nature's trick or treat!"

*~ American Author Rusty Fischer ~*

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

*Thank you!*

### Coming Soon:

Again, we would like to extend a big **THANK YOU** for the continuing support *and* patience as we work together to negotiate the trials of this difficult time!



We have big plans for utilizing our volunteer force, especially during the lunch hour:  
11:00 AM to 1:00 PM

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.