

# 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

# OCTOBER 2022

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com



The Senior Center will host the Veterans Museum presenting a special program beginning at 10AM. We hope to see you there!

In honor of all who have served our country to keep us safe and free, an anonymous donor has donated meals to veterans of all ages at the Senior Center on

## Friday, November 11, 2022.

Please stop by the Front Office to pick up a card to drop in the box.



## Try to Find This!

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

Hidden 2x  
in this  
issue!



### 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.

Center Information.....	2
From the President.....	3
Misc. Info.....	4
Happenings.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thank Yous.....	11
Display Case.....	12
Activity Calendar.....	14

# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Linda Blackstone* ..... President  
*Justine Murphey* ..... Vice President  
*Kim Latka* ..... Treasurer  
*Kate Maxwell* ..... Secretary

## Members

*Gloria Fuhrer*                      *Errol Miller*  
*Miles Hartung*                  *Ray Bila*  
*Debera Siems*                   *Bob Carpenter*

## City Council Liaison

*Lisa Engebretsen*

## Executive Director

*Aimee Ottley*

## Director of Operations

*Tom Lebahn*

## Assistant Director

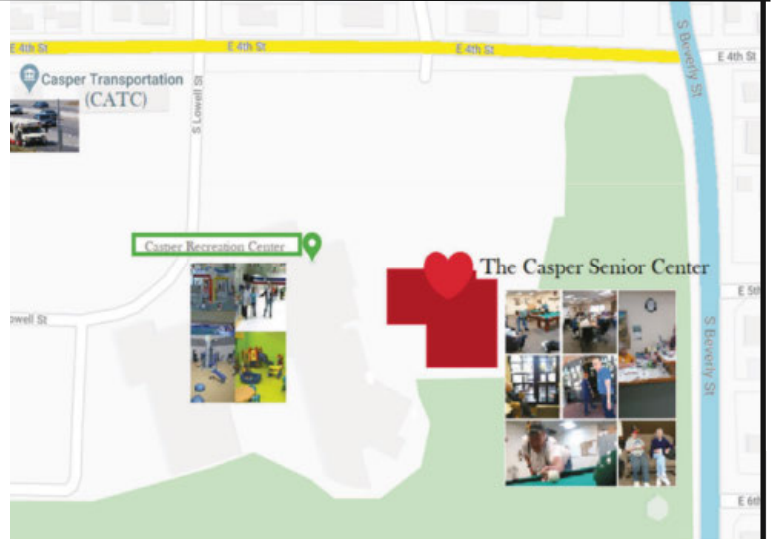
*Rachel Brown*

## 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](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 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.



## From the Desk of the President:

We are pleased to announce that Aimee Ottley has accepted the position of Executive Director effective October 3, 2022. Aimee has been the Executive Director of Uinta Senior Citizens Center in Evanston, Wyoming for the last four years. She was also the Community Liaison for the same organization for a year. She has 20 years of experience in Marketing, Media, and Management. More importantly, she truly enjoys working with Seniors and is committed to continuing to make improvements at our Center.

Our monthly event for October is Oktoberfest on October 3, 2022, with a performance by Vaughn Cronin and Gloria Bitzan (11:30am) and by the Cloggers (12:00pm). Also watch for a Costume Contest on Halloween. Speakers this month will be Kate Maxwell and Erin McNicoll from Hilltop Bank presenting "Title Your Assets" on October 13, 2022 at 12:00pm.

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

Best wishes,

*Linda Blackstone*

Lblackstone7@gmail.com or 307-262-1028



**HOME ACCESS & ACCENTS**  
"Live in your own home for a lifetime"

- Stairlifts • Ramps
- Grab Bard Installations
- Durable Medical Equipment
- Vehicle Lifts

307-315-6035  
2904 S Harvard St, Casper, WY  
wyohomeaccess.com



**Casper Mountain**  
REHABILITATION & CARE CENTER

Serving to provide holistic care to our community.

4305 S. Poplar St., Casper, WY 82601  
307-237-2561  
<https://caspermountainhc.com>



**WE'RE HIRING**  
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



**St. Anthony Manor**

NOW TAKING APPLICATIONS  
HOUSING SENIORS 62 & OVER  
& DISABLED REQUIRING  
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME  
**307-237-0843**

211 East 6th St. • Casper WY 82601



# 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.

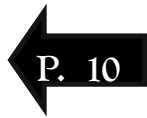
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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

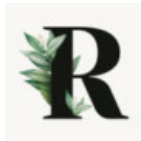
*Any questions? Come see Lacey or Alicia!*

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

## Last Edition Answers:



Answer to the Sept. Riddle:  
The letter **R!**



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!

Board Meeting Schedule:  
(All meetings are public)

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

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

## RIDDLE

Marking mortal privation,  
when firmly in place,  
an enduring summation  
inscribed on my face.

What am I?

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

## Meal Prices:

Suggested donation for a senior meal is \$6.00. 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 \$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

Mills: Noon to 1:00 PM

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE



<p><b>October 3rd</b>          Oktoberfest          11AM—1PM          Lunch          Music &amp; Clogging Performance</p>
<p><b>October 13th</b>          12:00PM          Hilltop Bank Presentation          "Title Your Assets"</p>
<p><b>October 31st</b>          11AM—1PM          Lunch          Halloween Costume Contest</p>
<p><b>November 15th</b>          12:15PM          Lance Neiberger  <i>Suicide Awareness</i></p>
<p><b>November 23rd</b>          11AM—1PM          Thanksgiving Celebration</p>

# Around the Center

**New Member Welcome!**  
**in Déjà Brew**  
 Second Tuesday of every month,  
 10AM—11AM

**Ways to Show Support:**

*Do you shop at Smith's?*  
 Sign up for Kroger Community Rewards and select CWSS! Org.#WT634

*Do you shop Amazon Prime?*  
 Use [smile.amazon.com](https://smile.amazon.com) and select us, Central Wyoming Senior Services as your charity.

You can also donate on our website via PayPal or mail/drop off your chosen donation!

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251

**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Bill Clough to place an ad today!  
[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)  
 or (800) 950-9952 x2635

**Get Connected Get Help**

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

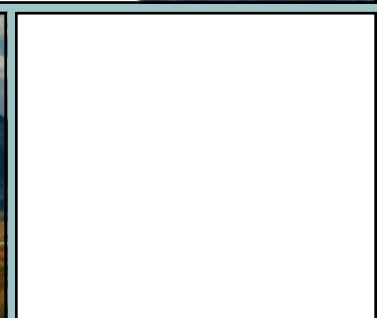
In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.

Visit [www.wyoming211.org](http://www.wyoming211.org) or dial 2-1-1 to get connected.

**STIFEL**  
 Murphy Henriksen Wealth Management Group

**Kevin C. Murphy**  
 Senior Vice President/Investments Branch Manager  
 (307) 232-9450  
 123 West First Street, Suite 500  
 Casper, Wyoming 82601

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | [www.stifel.com](http://www.stifel.com)





# SPOTLIGHT

[http://famousredwoods.com/redwood\\_national\\_park/](http://famousredwoods.com/redwood_national_park/)

## REDWOOD NATIONAL PARK

Redwood National Park, America's 34th national park, was established on October 2, 1968, when President Lyndon B. Johnson signed legislation which preserved 91 square miles of old-growth coast redwood forest in Northern California and associated creeks, rivers, and coastline for "purposes of public inspiration, enjoyment, and scientific study." The new park boundary encompassed three existing California state parks: Jedediah Smith Redwoods State Park, Del Norte Coast Redwoods State Park, and Prairie Creek Redwoods State Park.

On March 27, 1978, Redwood National Park nearly doubled in size, expanding by 75 square miles, when President James E. "Jimmy" Carter signed legislation which preserved additional tracts of coast redwood forest (much of which had already been logged) along Redwood Creek and its tributaries and protected existing tracts from damaging effects of logging operations upslope and upstream to create "a more meaningful Redwood National Park for the use and enjoyment of visitors." In 1994, the National Park Service and California Department of Parks and Recreation agreed to manage Redwood National Park and 3 neighboring state redwood parks together as Redwood National and State Parks.

On December 20, 2005, Redwood National Park expanded for the last time after President George W. Bush signed legislation adding the 39-square mile Mill Creek


Addition, which included the upper Mill Creek and Rock Creek watersheds, to the park.


On September 5, 1980, the United Nations designated Redwood National and State Parks a World Heritage Site and, on June 30, 1983, declared the parks part of the California Coast Ranges Biosphere Reserve.

Today, Redwood National and State Parks encompass more than 206 square miles of terrain and include nearly 61 square miles of old-growth coast redwood forest which represents 45% of remaining old-growth coast redwoods on Earth. Redwood National Park contains more than 200 miles of hiking trails and receives over 500,000 visitors annually.


### **Redwood National Park includes:**


5 of the 10 tallest trees on earth:


 *Hyperion*, the world's tallest tree at over 380.81 feet

 4 former world's tallest trees:  
*Harry Cole* (366+ ft), *Helios* (377+ ft),  
*Howard Libby* (362+ ft), & *Nugget* (373+ ft)


3 of the 30 largest coast redwoods:


 *ARCo Giant* (262+ ft tall, 22.5 ft wide)


 *Melkor* (348+ ft tall, 22.4 ft wide)


 *Redwood Creek Giant*  
(360+ ft tall, 17.2 ft wide)

The park contains 36 trees taller than 350 feet, along with:

 The oldest coast redwood

 The 3rd & 5th fastest growing redwoods

 The tallest tree discovered by light detection and ranging (LiDAR)

 And so much more!



We would love  
to share  
your story  
in our special  
Veterans Day  
edition of  
the newsletter!

# CALLING ALL VETERANS

We would love to hear from you!  
In honor of Veterans Day on  
November 11th, we are putting  
together a tribute to veterans.  
We want your stories!

**Please share with us:**

- when you served
- what branch you served in
- what serving our country meant to you
- PHOTOS WELCOME

**PLEASE RESPOND BY : OCTOBER 15TH**

You may email submissions to: [raea@casperseniorcenter.com](mailto:raea@casperseniorcenter.com)  
Paper submissions can be turned in at the front desk.



**THANK YOU FOR  
YOUR SERVICE**



**SUPPORT OUR  
ADVERTISERS!**



**FREE AD DESIGN**

**WITH PURCHASE OF THIS SPACE**

**LPi CALL 800.950.9952**

**Make sure your plans are carried out according to your wishes.**



Kate Maxwell,  
CTFA,  
Trust Officer

**Use the professionals in  
Hilltop's Trust & Financial  
Services Department.**



Randall B. Carnahan,  
JD, MPA, CTFA,  
VP, Personal Trusts

Trust products are:

- Not FDIC Insured
- No Bank Guarantee
- May Lose Value



300 Country Club Road  
Casper, WY 82609  
(307) 577-3470

*Hoffman Monuments  
and Stoneworks, LLC*

*Specializing in Monument and  
Natural Stone Designs and Engraving*



MONUMENTS • NATURAL STONE  
VASES • VAULTS • PORCELAIN PHOTOS  
HEADSTONE CLEANING - CEMETERY LETTERING

**307.577.6314**

1205 South Melrose | Casper  
[www.hoffmanmonuments.com](http://www.hoffmanmonuments.com)



For ad info. call 1-800-950-9952 • [www.lpicomunities.com](http://www.lpicomunities.com)

Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

# Gifts & Memorials

Note: This is a list for Gifts & Memorials given between August 25th—September 22nd, 2022. If donations were made between those dates and you were not recognized, please see the office.

## Gifts

John Savage  
Frank C Stofflet  
Ila Johnstone  
Arthur & Carla Austin

### 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

**Bill Clouse**  
Mary C Moler  
Lucy Schoenewald

**Clint Hopkins**  
Lucy Schoenewald

**Mary Hiser Hammon**  
Carl & Emma Closs

**Barbara Deshler**  
Lucy Schoenewald

## Before It's Time to Go to Bed

by Annette Wynne

“Before it’s time to go to bed,  
Let’s have a feast,” October said,  
“Let’s call our family all together,  
And celebrate this pleasant weather”;  
Then every leaf put on her best,  
And each small shrub most richly dressed,  
In red and gold and orange, too,  
And many another party hue.  
The party lasted day and night,  
Until the leaves were tired quite,  
“O Mother Dear,” at last each said,  
“It’s time for us to go to bed;  
Dear Mother Tree, good-night to you!”  
Then loosed her hand and off it flew,  
And every little sleepy head  
Soon settled in the garden bed,  
And dreamed the dreams that flowers do  
And slept and slept the winter through.

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

Name \_\_\_\_\_

Birthdate \_\_\_\_\_

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

### OCTOBER Holidays

Adopt a Shelter Dog Month  
National Popcorn Poppin’ Month  
International Drum Month

- 4—National Frappe Day
- 9—Fire Prevention Day
- 16—Dictionary Day
- 22—Smart is Cool Day
- 28—Frankenstein Friday

## Fun OCTOBER Facts!

- ☛ The famous “October Revolution” led by the Bolsheviks in Russia in 1917 actually happened in November, but until then the Russians hadn’t started using the Gregorian calendar.
- ☛ Keep an eye out for the **Draconid meteor shower** on October 9th and the **Orionid meteor shower** October 21st—22nd!
- ☛ Weather folklore:
  - ~When deer are in a gray coat in October, expect a hard winter.
  - ~Much rain in Oct, much wind in December.
  - ~A warm October means a cold February.
- ☛ The Saxons called October *Wyn Month*, meaning “wine month,” because it was the time of year for making wine.
- ☛ Opal (October’s birthstone) deposits have been discovered on Mars!





# Pumpkin

## HEALTH BENEFITS

### MEDICINAL PROPERTIES

#### Anti-inflammatory, Cardioprotective

##### Main Applications

- Treating common skin conditions
- Promoting heart health
- Reducing prostate gland enlargement

##### Supportive Compounds

- Cucurbitacin E
- Sterols,
- Beta-carotene

##### Medicinal Actions

**Cucurbitacin E** is thought to be responsible for the antioxidant and anti-inflammatory properties of pumpkin, helping reduce **Benign Prostatic Hyperplasia (BPH)**. On the other hand, **sterols** contribute to prevent cardiovascular diseases by reducing cholesterol levels and lowering blood pressure, and **beta-carotene** helps prevent skin degenerative diseases, also promoting the natural formation of collagen.

### How to Use Pumpkin

- COOKED
- ROASTED
- LIQUID EXTRACT
- OIL
- CAPSULES



#### Did you know?

The consumption of pumpkin is recommended to relieve the symptoms of **Irritable Bowel Syndrome (IBS)**, as well as for **maintaining eye health** due to its high amount of vitamin A.

Source: [herbazest.com](http://herbazest.com) - For informational purposes only.

**HerbaZest**



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

# OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Hot Beef Sandwich Mashed Potatoes Winter Blend Tossed Green Salad California Fruit	<b>3</b> <b>OKTOBERFEST</b> Bratwurst & Kraut Or Runza German Potato Salad Apple Cake	<b>4</b> Porcupine Meatballs Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	<b>5</b> Western Egg Bake Breakfast Sausage Potato Medley Tossed Green Salad Tropical Fruit Boston Brown Bread	<b>6</b> Baked Chicken Butternut Squash Broccoli Strawberries	<b>7</b> Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit Orange Wedge	<b>1 / 8</b>
<b>9</b> Pork Roast Brown Rice Country Blend Tossed Salad Peach Pie	<b>10</b> Swiss Steak Mashed Potatoes Roasted Asparagus Pepper Slaw Fluffy Fruit Cup	<b>11</b> Ham & Scalloped Potato Casserole Garden Mix Veggies Tossed Vegetable Salad Fresh Apple	<b>12</b> Beef Taco Lettuce & Tomatoes Spanish Rice Cool Corn Salad Oatmeal Raisin Cookie	<b>13</b> Chicken & Noodles Green Beans Almandine Dill Cucumber Salad Coconut Cream Pudding	<b>14</b> Clam Chowder Egg Salad Sandwich Broccoli Almond Slaw Apricot Halves	<b>15</b>
<b>16</b> Oven Fried Chicken Sweet Potatoes Pacific Blend Veggies Mandarin Oranges Gingerbread Cake	<b>17</b> Beef Pot Pie Brussels Sprouts Dill Cucumbers Sliced Peaches	<b>18</b> Cream of Celery Soup Turkey Salad Sandwich Pea Salad Tropical Fruit	<b>19</b> Pork Chow Mein Fried Rice Brussels Sprouts Carrot Raisin Salad Blueberry Melon Salad	<b>20</b> BBQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Veg Salad Baked Apples	<b>21</b> Parmesan Coated Fish Roasted Root Vegetables Minnesota Green Beans Winter Berry Parfait Cheese Onion Roll Orange Juice	<b>22</b> <b>MEALS COME WITH MILK &amp; BREAD</b>
<b>23</b> Baked Ham Roasted Potatoes California Veggies Applesauce Brownie	<b>24</b> Chicken Enchiladas Refried Beans Spanish Rice Lettuce & Tomatoes Diced Peaches	<b>25</b> Beef Wellington Corn Cobbette Creamy Coleslaw Pineapple Upside Down Cake	<b>26</b> Lamb Stew Carrot Raisin Salad Corn Bread Fruit Cup	<b>27</b> Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Strawberry Jell-O	<b>28</b> Lemon Tilapia Tomato Pasta Green Beans Almondine Cottage Cheese Diced Pears	<b>29</b>
<b>30</b> Beef & Noodles Sliced Carrots Chop'd Lettuce Salad Rice Pudding	<b>31</b> BBQ Beef Sandwich Sweet Potato Tots Baked Beans Celery Stix Diced Pears Oatmeal Cake					<b>MENU SUBJECT TO CHANGE</b>





The Employees of:  
**HILLTOP BANK**  
MEMBER FDIC

THANK YOU  
*Volunteers*



**United Way**



CASPER AREA  
CHAMBER OF COMMERCE

"I have been younger  
in October than in all the  
months of spring."


*-W. S. Merwin*

United Way  
of Natrona County



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


**Rotary**  
District 5440

No tests.  
No grades.  
No papers.

Just the joy of learning for  
those 50 and better.

Stay Curious *Join today!*  
307-268-3401

Casper College 



**Thrive**  
*Locally*

**WE'RE HIRING**  
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)




support our  
**ADVERTISERS**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Central Wyoming Senior Services, Casper, WY

D 4C 05-0641





Oil Paintings  
By  
Gail Schenfisch



*Gail Schenfisch  
Thank You  
for sharing your  
talent with us!*





# How to Tell When Pumpkins Are Ripe





September 13, 2022 | <https://www.almanac.com/when-pumpkins-ripe>

One of many traditions in the fall is pumpkin picking! Whether you're growing your own or visiting a pumpkin patch, know how to tell when a pumpkin is ripe for the picking.

## How do you know when a pumpkin is ripe and ready for harvest?

1. **Color:** Look for a pumpkin that has a deep-orange color.
2. **Give Them a Thump:** Knock on the pumpkin to check that it is hollow (therefore ripe).
3. **The Skin is Hard:** Use a fingernail and gently push into the skin; it should dent it but not puncture it.
4. **A Hard Stem:** When a pumpkin is ripe, its stem is also hard. Check that the stem is also secure—but never pick a pumpkin up from the stem! It may break off, which leads to faster decay.
5. **Make sure the bottom of the pumpkin isn't soft and mushy!** Also, if you are carving the pumpkin, make sure that the bottom is flat so that it doesn't roll.

If you want your pumpkin to last months instead of weeks, cure it by keeping the pumpkin(s) in a dry, warm place such as a greenhouse, a sunroom, your doorstep, or a sunny windowsill for at least 2 weeks. Then carefully turn the fruit(s) upside down and leave for another 2 weeks.

<p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact Bill Clough to place an ad today!</p> <p><a href="mailto:wclough@lpicommunities.com">wclough@lpicommunities.com</a> or (800) 950-9952 x2635</p> 	<p><b>SUPPORT OUR ADVERTISERS!</b></p> 	
		<p><b>NEVER MISS A NEWSLETTER!</b> Sign up to have our newsletter emailed to you at <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p> 



# ACTIVITIES FOR EVERYONE\*

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

Activity	Day(s)	Time(s)
American Heritage Quilters	Wednesday	9:00AM—12:00PM (AR)
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 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)
Cribbage	Wednesday	1:00PM—3:00PM (Déjà Brew)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Evening Tai Chi	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)



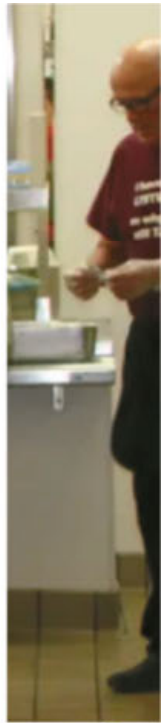


# The Senior Center Mourns Our Favorite Smart Aleck

Clint Hopkins was a fixture around the Senior Center, volunteering in the dining room and making our members smile. We will miss his generosity, his wit, and especially his clever t-shirt collection.

Thank you, Clint, for all you did!

*Forever in Our Hearts*



**GW MECHANICAL INC.**  
YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

**CALL US FOR YOUR PLUMBING NEEDS!**  
307-472-2081 • [GWMechanical.com](http://GWMechanical.com)

**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with

**AD CREATOR STUDIO**

[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**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.

**GA**  
GASTROENTEROLOGY  
ASSOCIATES, P.C.

To learn more call Gastroenterology Associates  
(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](http://www.curebarretts.com)  
to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601





Central Wyoming  
Senior Services, Inc.  
1831 East 4th St, Casper, WY 82601  
(307) 265-4678  
"The Heart of Natrona County"



## PARTING THOUGHTS

*"October is a symphony of permanence and change."*

*~ American psychologist/author/poet Bonara W. Overstreet ~*

**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!*

**THANK YOU** for the continuing support!  
The Board of Directors and staff appreciate your patience during this time of change!

### 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.

