

APRIL 2026

Central Wyoming Senior Services Inc
1831 East 4th Street | Casper, WY
(307) 265-4678

At the Center of It All

A Night at the Races Through the Years Special Edition



Get your tickets now for this year's 6th Annual Night at the Races. Tickets are **\$50.00**, but the financial impact you can make on our Senior Center is **PRICELESS!!!** We hope to see you on April 18th!

50 Anniversary

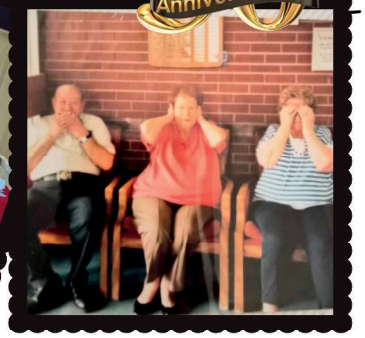
PROUD PARTNER OF:



Programs:
Title III-C (Congregate Meals)
Title III-B (Activities)
Title III-E (Family Caregiver)
WyHS (Wyoming Home Service)

Vision:
To enrich the lives of individuals aged 60 and older by providing community services and resources to maintain their dignity and independence.

Mission:
To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs



Celebrating 50 years of dedication!



Who's Who around the Center

Board of Directors

Bob Carpenter	President
Gracie Becker	Vice President
Bob Robinson	Treasurer
Kate Maxwell	Secretary
Bob Lemmon	Ron Strang
Debera Siems	Susan Burk
Lori Spearman	Zulima Lopez
Barb Ralph	
Michael Bond	City Council Liason

Locations

CASPER (MAIN)

1831 East 4th Street | (307) 265-4678

MILLS

401 Wasatch | (307) 265-4678

EVANSVILLE

71 Curtis Street | (307) 265-4678

Connect with us:



www.facebook.com/casperseniorcenter



www.casperseniorcenter.com

Staff

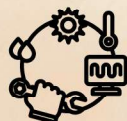
Rachel Brown	Executive Director
Lacey Kidman	Community Programs Dir.
Christine Coffey	Access Care Coordinator
Aides: Sarah George Jazzmin Kidman Jessica Massey Shauna Dellinger Blaize Favre	CNA: Caitlan Knotts



Kimberly Cooper	Dietary Director
Johnna Moore	Head Cook
Aides: Dusty Plummer Azarian Tanksley Zach Focht CJ Oryall	Andrew Coffey Angel DeLoria Craig Kwedor Shawn Borne
	MaKayla Archambault Pearl Weakland (Mills) Charlie Mason (Evansville)



Rae Appel	HR/Bookkeeping
Virlie Heyer	Reception/Data Entry
Rachel Mundy	Activity/Volunteer Director
	Newsletter Editor
Quinton Easley	Maintenance Tech.
Wally Aakre	Janitor



Volunteers

Dining Room:

Jimmy S. Ernie T. Deb
Michelle H. Jim K. Reagan
Jancy Masayo Donna S.

Food Bank:

Jim K2
Gracie B.
Phyllis C.
Jean H.
Mary G.
Donna F.
Jackie H.
Dianne L.
Joe L.
Lisa F.

Deja Brew Baristas:

Mon-Nancy E. Tues-Linda N.
Wed-Patti P. Thurs-Kathy D.
Fri-Linda N. Helper-Zack

Activities:

Ruth D. Leona
Peggy E. Buck
Lori S. Ruth Anne
Joyce S. Machele
Barb P. Ethan
Ethan S. Phyllis C.

Miscellaneous:

Jackie Front Desk
Mike L. Decorations
Sandy L. Decorations
Sally L. Decorations
Kathy P. Greeter



From the Desk of the Director:



Spring has officially arrived, although here in Wyoming we know that can mean sunshine one day and snow the next, but we will take the longer days and warmer weather whenever we can. As we welcome the new season, we are also gearing up for one of our biggest events of the year. Our 6th Annual A Night at the Races fundraiser will take place on April 18. This fun-filled evening has become a great tradition for our center and our community. Join us for exciting horse races, great food, raffles and lots of laughter as we cheer on our favorite horses. Tickets are available now. If you haven't gotten your tickets yet, be sure to stop by the center soon or purchase your tickets online. This event is always a great night out while also supporting the important programs and services we provide for seniors throughout Natrona County.

This year is also especially meaningful for us as Central Wyoming Senior Services celebrates 50 years of serving seniors in our community. From our early days serving meals in a church basement to the wide range of services we offer today, we are proud of the impact the center has had for five decades. We are grateful to our community, supporters, and volunteers who have helped make those 50 years possible.

We hope to see you on April 18 for a fun evening and a great cause!



Rachel Brown



rachelh@casperseniorcenter.com or 307-265-4678



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All around Casper, Wyoming and Surroundings

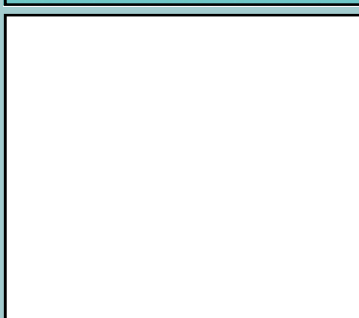
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Helping Hands

ADDITIONAL SERVICES PROVIDED BY
CENTRAL WYOMING SENIOR SERVICES

WYOMING HOME SERVICES

&

NATIONAL FAMILY CAREGIVER PROGRAM

are programs that provide assistance to individuals in their home.

SERVICES INCLUDE:



HOUSEKEEPING



PERSONAL CARE



RESPITE



CASE MANAGEMENT

Any questions? Come see Lacey or Christine!

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

Central Wyoming Senior Services Mission Statement

Our mission

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

Our Vision

To enrich the lives of individuals age 60 and older by providing community services and resources to maintain their

DIGNITY and **INDEPENDENCE.**

The personal mission of our Center's Director and Staff is to make every member feel welcome, wanted, included, and loved every time they come through our doors.

Program Prices:

The suggested donation for a single senior (60+) meal is \$6.00. We offer 10 and 20 count punch tickets including 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 Front Office for \$9.00. (When you invite a non-senior guest, please stop and purchase a lunch ticket for their meal at the office.)

Thank you for your support of our meal program!

Meal Times:

Casper - 11AM to 1PM

Evansville/Mills - Noon to 1PM

Reservations required for sites!

Last Edition Answers:

p. 7



p. 11



Trivia Answer: My Cousin Vinny



APRIL

HIDDEN IMAGE:

Hidden Twice,
Find Both for 2 entries!



APRIL TRIVIA:

This pioneering agency, which revolutionized transcontinental communication by cutting delivery times in half, launched on April 3, 1860 then ceased operations in October 1861 upon completion of the telegraph system authorized by the US Congress.

If you are 60 or older with a birthday in the month of April, please submit this to the Front Office for a lunch ticket.

Name: _____

Birthdate: _____

Coffee with the Board
2nd Tuesday each month
10AM in Deja Brew
NEXT DATE:
April 14th

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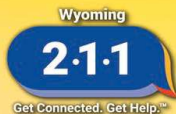
SafeStreets

833-287-3502

Need help looking for information?

Wyoming 211 can help!

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



Call 211

Visit www.wyoming211.org
Text your ZIP code to 898211

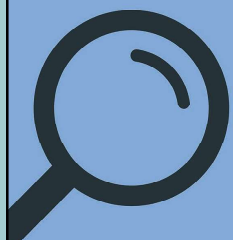
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Central Wyoming Senior Services, Casper, WY

05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given from February 21st - March 19th, 2026. If donations were made between those dates and you were not recognized, please see the Front Office.

What your Memorial Does:
The Board of Directors has directed Memorial Gifts 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 county money. Just note on your check that the gift is a memorial and the name of the person you wish to be remembered.

Gifts

Janet Hilde
Daniel Grace
Frank C Stofflet
Donald Thomas
Reveille Rotary
John Savage
Delores Fugier
Anonymous Donor(s)

Memorials

Brenden Day
Sherry Nelson
Charlene Akre
Sherry Nelson
Lois "Oleta" Thomas
Helen Hoff



Casper Doll Collectors
share their
treasures with the
Senior Center!



Thank
you

WEEKLY



ON Wednesday

BINGO

AT 1:30PM

APRIL 1, 8, 22, 29

\$0.25 per card/per game
Up to 30 Games per Session
Must be 18 or older to play
Minimum Progressive Jackpot of \$50
Every Game can be won in 5 #s or less



Additionally, we now sell 50/50 Raffle Tickets for \$1 each, or \$5 for 6, during Jackpot Bingo sessions! Winner will be drawn the last session of each month. Need not be present to win.



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Central Wyoming Senior Services, Casper, WY

05-0641



Fresh Facts From the Kitchen

February 6, 2026

The One Question You Should Always Ask Your Pharmacist

THE PULSE ON PROTEIN

1/3



More than 1 in 3 adults aren't getting the recommended amount of protein in their diet.

BY THE DECADE: ADULTS MISSING THE MARK ON DAILY PROTEIN



~60%

of adults who don't meet the recommendations skip at least one meal a day.

These adults also had lower Healthy Eating Index scores due to lower intakes of fruits, vegetables, dairy, beans, lean meats and more.

Aim for
25 - 30
grams of protein
at every meal to
meet expert
recommendations.



Reference: National Health and Nutrition Examination Survey (NHANES) data from Abbott and the Ohio State University analyzed eating habits from 11,728 adults over 50 years old.

Source: Abbott

A quick stop at the pharmacy seems simple enough - pick up your medication and get on with your day. But behind every prescription are important details that can affect how well your medication works:

- Potential side effects
- Interactions with other drugs
- More affordable generic options

The list of things you could ask might feel overwhelming. Luckily, there's one question that covers it all: "What do I need to know about this medication?"

That's the question Nick Cox, PharmD, clinical pharmacist and assistant professor of pharmacotherapy at University of Utah Health, recommends to every patient to ask. By starting with this single question, you give your pharmacist the opportunity to consider the full picture-how the medication works, how to take it correctly, and what to watch out for.

The next time you pick up a prescription, remember that a simple conversation can make a meaningful difference. By asking just one question, you open the door to better understanding, safer use, and greater peace of mind.

WHAT TO KNOW ABOUT YOUR PRESCRIPTION:

1. Medications aren't always intuitive. Cox says many people hesitate to ask questions because they don't want to feel embarrassed. "People may think medications are simple and that everyone knows how to use them, but that isn't always the case," he says.

2. Even basic medications can have complex considerations.

Antacids like Tums are an example of a medication that seems harmless. For most people, they are. But certain hepatitis C medications can interact negatively with antacids-something most people would never think to ask about.

3. Your pharmacist is there to help. Medications are designed to make you feel better, improve quality of life, and in many cases, save lives. To get the most benefit, you need the right information-and your pharmacist is one of the best resources you have. That's why Cox's advice is simple: ask the one question.

April 2026 Menu

NOTE: We will NEVER turn away any eligible diner!

If you are 60 or older with current paperwork, you eat whether OR NOT you can donate!

sunday monday tuesday wednesday thursday friday

<p>3</p> <p><i>Closed</i></p>  <p><i>Good Friday</i></p>	<p>10</p> <p>Fish Florentine Continental Rice California Vegetables Tomato Basil Salad Mandarin Oranges</p>	<p>17</p> <p>Lemon Pepper Tilapia Creamy Risotto Spinach Sunflower Bread Gingered Pears</p>	<p>24</p> <p><i>Happy Birthday!</i></p>  <p>BBQ Pork Shank Fried Green Tomatoes Pistachio Cake Potato Roll</p>	
<p>2</p> <p>Roast Lamb OR Glazed Ham Potato Bake Green Bean Casserole Veggie Salad Carrot Cake</p>	<p>9</p> <p>Sliced Ham Mac & Cheese Garden Blend Peas & Cucumbers Salad Rosy Applesauce</p>	<p>16</p> <p>Lamb Shepherd's Pie Harvard Beets Winter Mix Raisin Slaw Honey Wheat Biscuit Diced Pears</p>	<p>23</p> <p>Tater Tot Casserole Baked Zucchini Fresh Grapes Wheat Roll Sugar Cookie</p>	<p>30</p> <p>Beef Pepper Steak Rice Pilaf Sweet Corn Tossed Veg Salad WW Roll Peach Cake</p>
<p>1</p> <p>Chicken Cacciatore Italian Veggies Mixed Green Salad Garlic Bread Stick Frosted Chocolate Cake</p>	<p>8</p> <p>Beef Chow Mein Fried Rice Sesame Green Beans Kimchi Cucumbers Wheat Biscuit Coconut Bar</p>	<p>15</p> <p>Beef Fajitas Lettuce & Tomatoes Refried Beans Rice Spicy Corn Salad Churro</p>	<p>22</p> <p>Potato Chowder w/ Deli Hoagie Celery & Carrot Stix Cucumbers & Vinegar Orange Fluff</p>	<p>29</p> <p>Chicken & Dumplings Roasted Asparagus Green Salad Raisin Wheat Bread Bananas & Cherries</p>
<p>7</p> <p>Turkey Pot Pie Roasted Cauliflower Green Salad Raisin Bread Baked Apples</p>	<p>6</p> <p>Stuffed Peppers Sweet Potatoes Almond Green Beans Cottage Cheese/Pineapple WW Roll Sugar Cookie</p>	<p>14</p> <p>Bean Soup w/ Ham Salad on Wheat Fresh Veggies Citrus Fruit Pumpkin Crunch</p>	<p>21</p> <p>Meatloaf Baked Potato Braised Cabbage Strawberry Spinach Salad WW Roll Brownie</p>	<p>28</p> <p>Cheeseburger Deluxe Lettuce & Tomatoes Potato Salad Sliced Peaches Pumpkin Cookie</p>
<p>5</p> <p><i>Closed</i></p> <p>HAPPY EASTER!</p> 	<p>13</p> <p>Swiss Sreak Oven Brown Potatoes Roasted Broccoli Garden Salad Corn Muffin Lemon Pudding</p>	<p>20</p> <p>Glazed Chicken Sweet Corn Calico Slaw Wheat Biscuit Pear Crisp</p>	<p>27</p> <p>BBQ Pork Meatballs Brown Rice Winter Blend Carrot Raisin Salad WW Roll Berry Blend</p>	<p>26</p> <p>Hot Beef Snadwich Mashed Potatoes California Vegetables Cucumber Vinegar Salad Apple Pie</p>
<p>12</p> <p>Roasted Chicken Potatoes & Carrots Tossed Salad Honey Wheat Roll Peach Pie</p>	<p>19</p> <p>Pork Wellington Creamed Peas & Potatoes Tossed Salad Cherry Pie</p>	<p>10</p> <p>Hot Beef Snadwich Mashed Potatoes California Vegetables Cucumber Vinegar Salad Apple Pie</p>		

REMINNDERS!

All Meals include

Milk & Bread!

Menu Subject to Change!

CENTRAL WYOMING SENIOR SERVICES EVANSVILLE & MILLS UPCOMING EVENTS



EVANSVILLE
SENIOR CENTER
71 CURTIS STREET
(307) 265-4678

Lunch served daily 12:00-1:00PM (call to make reservations)

FOOD BANK for seniors aged 60 and older - April 8th, 15th, 22nd, 29th 10-1PM

Coffee & Camaderie (Veteran's Meetup) - April 7th@ 10:00-11:00AM

Friday Feature (Movie and Popcorn) - April 24th 11-2:00PM approx.

MILLS SENIOR CENTER
401 Wasatch
(307) 265-4678



Lunch served daily 12:00-1:00PM (call to make reservations)

FOOD BANK for seniors aged 60 and older - April 2nd, 9th, 16th, 23rd, 30th 10AM - 1PM

Coffee & Camaderie (Veteran's Meetup) - April 7th @ 10:00 - 11:00AM

Friday Feature (Movie and Popcorn) - April 24th 11- 2:00PM (approx.)

Crafts - Tuesdays @ 10:00AM

Dominoes Tuesdays - 1:00-4:00PM Mexican Train

Dominoes Thursdays - 1:00-4:00PM Chicken Foot

Pinochle Thursdays - 11:00-4:00PM

Wellness Check Thursdays - 10:00-1:00PM



thank you



United Way of Natrona County

FOOD BANK OF WYOMING

Reveille Rotary meets Wednesdays at 7AM



DANIELS FUND



We thank you!



Stay curious in the new year.

The love of learning doesn't end at 50.

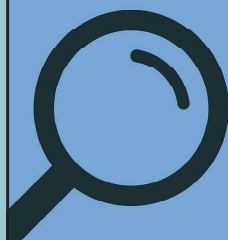
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Senior Center Wish List

1

Movie Purchases

Gift cards from Amazon or Fandango to rent or purchase requested movies for the #FridayFeatures.

2

Gift Cards

from local businesses to be used as prizes for activities

3

Popcorn and Salted Butter

for #FridayFeature movies
Yellow kernels ONLY please, the white kernels burn in our machine.

4

Deals on Wheels

Jewelry, purses, wallets, and small household decor to sell.

5

Food Bank Organization

Purchase power at Sams, Home Depot, Menards, Ace Hardware, etc. for storage items for weekly food bank.

6

Volunteers

We are always in need of people with time to share!



April Special Events

(You won't want to miss)

Casper - April 7th, 14th, 21st, 28th Coffee & Camaraderie (Veteran's Meetup) @ Deja Brew 1/2 off coffee for all veterans
Mills - April 7th Coffee & Camaraderie (Veteran's Meetup)
Evansville - Coffee & Camaraderie (Veteran's Meetup)

Volunteer Appreciation Week April 19 - 25
Volunteer Appreciation Luncheon April 21st





SCAM WATCH

There are not new, plastic, or microchipped Medicare cards coming.

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

SMPRESOURCE.ORG
877.808.2468

A few Senior Center employees and/or their families received one or more text message(s) regarding a DMV violation out of state.

DON'T BE SCARED & DON'T SEND ANY MONEY!!

You will NEVER receive an unsolicited text from the government.

If you're worried about "consequences," check with

your local law enforcement agencies. **DO NOT click any links!**

(See photos & tips below)

Most websites will include the name of the state or end with ".gov"



+212 is the country code for Morocco

Note there are two different states mentioned for the same incident!

Official Automated Notice – Wyoming Department of Motor Vehicles (DMV)

Penalty enforcement is scheduled to commence on March 13, 2026.

Our automated record verification system indicates an unpaid traffic citation associated with your driver profile. Under Wyoming Administrative Code §16C-16.003, failure to complete payment prior to March 12, 2026 may result in the following administrative measures:

1. The violation will be entered into the official Louisiana DMV violation registry.
2. Your vehicle registration status may be suspended effective March 13.
3. Your driver's license may be subject to a 30-day suspension.
4. A 35% administrative surcharge will be applied to the outstanding balance.
5. Additional legal enforcement procedures and credit reporting consequences may apply.

Please complete payment via the following DMV payment portal:

<https://state.org-cjyld.bond/dot>

Failure to respond may result in automatic suspension of your driver's license.

(Reply 1 to reload this notice. Click the link above to proceed with payment.)

NEVER REPLY!

Replies can be used to obtain your info!



Did you look up the State Statute?

If you get a call stating a Medicare card is ordered and coming soon or in the mail, don't give the caller any information.

Report it to the SMP.

1 (800) 956-4309

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ERIC SMARTT

Casey Grisham

Activities for Seniors 60 and Older

Activity	Day(s)	Time(s)	Room
Afternoon Tai Chi	Tuesday/Thursday	3:00PM-4:00PM	Activity
Bingo! (\$0.50/card)	Thursday	12:30PM-2:00PM	Activity
Bridge	Wednesday	12:30PM-4:00PM	Dining
Bridge	Friday	12:00PM-4:00PM	Conference
Canasta	Friday	12:00PM-4:00PM	Dining
Chair Exercise	Mon/Wed/Fri	9:45AM-10:45AM	Dining
Chair Yoga	Tuesday/Thursday	9:15AM-9:45AM	Activity
Clogging (Joyce)	Monday	10:30AM-11:45AM	Activity
Clogging (Lori)	Thursday	10:30AM-11:30AM	Dance Floor
Craft Class	Thursday	10:15AM-12:00PM	Activity
Cribbage	Tuesday	10:00AM-12:00PM	Activity
Feature Film	Friday	1:30PM	Library
Food Distribution	Tuesday	10:00AM-1:00PM	Main-Dining
Food Distribution	Wednesday	10:00AM-1:00PM	Evansville Site
Food Distribution	Thursday	9:00AM-10:00AM	Mills Site
Line Dance \$3	Tuesday	10:00AM-11:00AM	Dance Floor
Low Vision Support	2nd Monday	10:00AM-12:00PM	Conference
Mexican Train	Sun/Mon/Thurs	1:00PM	Dining
Pinochle	Thurs/Fri	12:30PM-4:00PM	Dining
Poker	Mon/Wed/Fri	1:00PM	Dining/CNF
Sew Crazy Sewing Club	3rd Tuesday	1:00PM-2:30PM	Activity
VA Caregiver Support	2nd Tuesday	11:00AM-12:00PM	Conference
Wellness Clinic	Tuesday	10:00AM-2:00PM	Dining
Wellness Clinic	Thursday	12:00PM-1:00PM	Evansville/Mills
Wyo. Dementia Care Support Group	1st/3rd Thurs	10:00AM-11:00AM	Conference



WEEKLY AT 1:30 PM

FRIDAY FEATURES

SENIOR CENTER LIBRARY



APRIL 3rd- CLOSED

Due to popular demand, I have created a box (found at the volunteer reception area) for your movie suggestions. Please keep in mind that there are several movies that are unavailable and a couple that we cannot stream unless we rent or purchase them. There are also some of your picks that we have watched very recently. I am doing my best to sort through them and represent all of you in your choices. Thanks for your input and especially for your attendance.

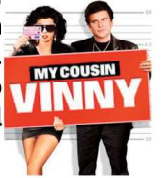
See you at the movies!

Rachel



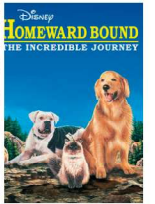
APRIL 17th

My Cousin Vinny (1992) is a comedy about two New York college students mistakenly arrested for murder in rural Alabama. Bill Gambini (Ralph Macchio) calls his cousin, Vinny (Joe Pesci), an inexperienced Brooklyn lawyer, to defend him. Supported by his astute girlfriend, Mona Lisa Vito (Marisa Tomei), Vinny uses sharp, unconventional techniques to exonerate them.



APRIL 24th

Homeward Bound: The Incredible Journey (1993) follows three pets—Shadow (golden retriever), Chance (American bulldog), and Sassy (Himalayan cat)—who mistakenly believe they have been abandoned by their owners at a ranch. They embark on a 300-mile journey across the Sierra Nevada wilderness, encountering dangerous wildlife and nature to return home.



APRIL 10th



Open Range (2003) is a Western starring Kevin Costner (Charley) and Robert Duvall (Boss) as free-grazing cattlemen fighting a corrupt Irish rancher, Denton Baxter (Michael Gambon), who controls a Montana town. When Baxter's men attack their crew, Boss and Charley seek justice, leading to a climactic shootout and the protection of their way of life.



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