

# At the Center of it All

CASPER SENIOR CENTER 1831 East 4th St. Casper WY 82061



Central Wyoming  
Senior Services

2025

**May 1** is **May Day**. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region. May Day is also “Lei Day” in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers such as plumeria. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.

**May 5** is **Cinco de Mayo**—The Center will be having a fun Game to play during the Lunch hours. We will play 4 games of Loteria, one every half hour. Chef Kim will be cooking up some of her amazing chicken enchiladas for your dining pleasure. We will also be giving prizes for the best Sombrero. Lori Spearman and her group of cloggers will perform at 12:15pm

**May 11** is **Mother’s Day**—don’t forget! Do you have something planned to show appreciation for your mother? Mother’s day Brunch 11-1pm

**May 17** is **Armed Forces Day**, which honors those who serve in all branches of the United States military. The Center will have festivities on Friday May 16th.

**May 22** is **National Maritime Day**. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.

**May 26** is **Memorial Day**—a poignant reminder of the tenacity of life. It’s tradition to raise the flag on this day; know how to fly your American flag properly Continued on page 16.

**May 29 - In house Pool tournament-** see Ron Strang for details and registration.

**Try to Find This!**

Let the front office know the answer for entry into the drawing



Hidden Twice,  
Find Both for Two Entries!

**INSIDE THIS ISSUE**



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

# WHO'S WHO AROUND THE CENTER

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## Locations

### CASPER (MAIN)

1831 East 4th St (307) 265-4678

### MILLS

401 Wasatch..... (307) 237-1317

### EVANSVILLE

71 Curtis St..... (307) 315-6719

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

### Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus meal with every 20 punch ticket donation. Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$9.00. (When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket )Thank you for your support of our meal program!

### Meal Times:

Casper: 11:00 AM to 1:00 PM

Evansville & Mills Noon to 1:00 PM

Mills: Noon to 1:00pm

### Board Meeting Schedule:

Fourth Monday of each month at 3:00 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. Meetings are open to all.

### Every-bunny had a great time!



## Above and Beyond, Thank you for being you!!

Our center has some amazing volunteers that not only give their time and money, they give so much of themselves! I have the great honor of writing a little about some of our helpers every month! This month I will start with Peggy and Buck Elston, who not only give time at the center by Peggy teaching craft classes, and Buck utilizing his height to help the shorter arms, to the Deals on Wheels shop they manage. I have personally witnessed the hours of sorting, fixing and cleaning the donated items to put out for sale. They have given so much time and love to our Center. Please give them a thank you and let them know how much we all appreciate them.

Another amazing couple is Michelle and Les Holladay. Michelle has always been a huge help around the Center, however this past month she and Les, once again showed us all how caring and giving they are! The April newsletter had a wish list, less than an hour after the newsletter was sent out, Michelle was calling and asking for more specific details on what we needed, We were blessed with everything from plastic cups to butter and popcorn for our Matinee movies. It makes me proud to be part of this awesome group of people that make our Center what it is. This will be our "Thank You" column space from now on. Check here to see who needs aatta boy or pat on the back for just "being themselves!"



## From the Desk of the Director:

HAPPY MAY

I would like to thank everyone who came out and supported the Senior Center for our 5th Annual Night at the Races, with a special thank you to our sponsors and donors. As always, the races were a blast with lots of stick horse betting and raffle baskets.

Our Easter event was amazing. It was great to see all the people. We served 112 seniors for Easter. Congratulations to all our winners and a huge thank you to the Easter Bunny!! We celebrated our Volunteers on April 23rd. A huge thank you to all of you! A special Thank you goes out to Breann with Shepard of the Valley for hosting the egg decorating table and providing the gift basket. We could not continue our mission without you!!!! Our Cinco De Mayo party and activities event will be held on May 5th. We will be having a bingo game and prizes for best sombrero. Kim Perez will be continuing the "new" memory game. If anyone has any questions about this game come to the office and see Kim. We will have Mother's Day brunch on May 11th. Please come and join us! We will also be having our Memorial Day BBQ with activities on May 23rd. Keep an eye out for more information. Due to popular demand, we will be showing a movie EVERY Friday. Look out for a list of movies that will be showing. I love seeing all the new faces in the Center. We average 35-40 new members per month. I believe the new activities that we are having are keeping new and old members coming more often and staying longer. As always, keep an eye out for pop-up activities!

Warm Regards,

*Rachel Brown*

CWSS Executive Director

rachelh@casperseniorcenter.com | 307-265-4678

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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

# Items of Interest

HELPING  
HANDS

**Wyoming Home Services** is a program that provides assistance to an individual in their home.

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

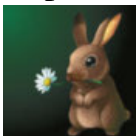
**National Family Caregiver Program** provides assistance to caregivers who are taking care of a loved one.

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

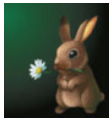
*Any questions? Come see Lacey or Christine!*

## Last Edition Answers:

April Hidden images



P. 9



P. 1

**Answer to the April Trivia Question:**

Bay Horses have had the most success winning the Kentucky Derby. 465 roses are hand-picked and carefully sewn by hand onto the garland of roses for the winner of the Kentucky derby. The rose garland weighs approximately 40 lbs.

### May Trivia

What is May's full moon called? It will reach peak illumination on May 2th  
What is the Flower and birth stone for May?

### Inflammaging

*What is Inflammaging? It is a combination of "inflammation and "aging", referring to the slow continuous process of inflammation that occurs as we age.*

*Inflammation is the body's natural response to injury and essential for tissue repair.*

*However, poor dietary choices, inadequate hydration, lack of sleep, UV exposure, Pollution, and stress combined with normal aging, can contribute to low-grade, persistent inflammation, known as "inflammaging".*

*This Process is persistent and contributes to the aging process. It weakens the skin's ability to quickly heal and regenerate, and can lead to multiple skin issues:*

- ◆ Wrinkles and fine lines
- ◆ Loss of firmness
- ◆ Hyperpigmentation
- ◆ Dryness and dehydration
- ◆ Reduce Healing capacity

*Inflammaging plays a significant role in the aging process. By understanding its impact and taking these steps, you can maintain healthier, more youthful skin:*

- ◆ Daily sun protection
- ◆ Staying hydrated
- ◆ Healthy diet
- ◆ Adequate sleep
- ◆ Non-inflammatory skincare.

*Embrace consistent and healthy habits to slow inflammaging, strengthen your skin's healing capacity, and promote skin rejuvenation*

### Volunteer

#### Opportunities:

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

We cannot stress enough how much we depend on our volunteers. **YOU** keep the Senior Center running and allow us to continue providing vital services

**Central Wyoming Senior Services, Inc.**

**1831 East 4th St, Casper, WY**



**Central Wyoming Senior Services**





**Joyce's Easy Clogging**  
by Joyce Sisk  
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**FREE, Every Monday at the Senior Center**  
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**New Member Coffee**  
**2nd Tuesday each Month**  
**10AM in Déjà Brew**  
**NEXT DATE:**  
**May 13th**

**Friday Movie Matinee**  
**2:00pm in the Library**  
**Featured Movies**  
**May 2nd– Big Daddy**  
**May 9th– The 6 wives of Henry Lefay**  
**May 16th– Keeping up with the Jones'**  
**May 23– Accidental Family**  
**May 30th– Guilt Trip**  
**Movies are subject to availability**

**The New Memory Game -** *Played daily in the dining room. The way it works. Kim P. will give you a red card to fill out with your emergency contact's name and number. You take the card home and put it someplace that you will see it often, the visor of your car, bathroom mirror, etc...Then do your best to memorize the phone number Kim P. will randomly ask people in the dining room if they can tell her the information. If they can, they will be put in for a monthly gift card drawing (Provided by the Michell and Les Halliday family) April winner– John Savage*

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# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between March 22—April 21, 2025.*

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



## **Gifts**

Amy & Dave Gossin  
Ila Johnstone,  
Leonard & Ruth Jones,  
Frank Stofflet, John Savage,  
Perez Family,  
Reveille Rotary

Anonymous Donor(s)  
*Thrivent Donor*

## **Memorials**

*Jerry Recker*  
Lynda Cannon  
*Jackie Fink, Dale Olson*  
Harold & Debera Siems

### *What Your Memorial Does*

*The board of directors has directed Memorial gifts are to be spent only on items of a 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 person's name you wish to be remembered.*



## **Why Americans Celebrate Cinco De Mayo**

In the U.S., where it's celebrated with tacos, tequila and margarita specials, Cinco de Mayo is often incorrectly believed to be Mexico's Independence Day.

**Reality check:** Cinco de Mayo — or, in English, May 5 — marks a Mexican victory over France 50 years after Mexico's independence. Mexico's Independence Day is celebrated on Sept. 16.

**The big picture:** It is a bigger holiday in America than it is in Mexico. "Cinco de Mayo is a day to celebrate the resilience, culture, and heritage of generations of Mexican Americans, **Cinco de Mayo history fact**

**Flashback:** Cinco de Mayo marks the anniversary of the May 5, 1862 Battle of

Puebla and the victory by Mexican troops over French troops.

David Hayes-Bautista, author of "El Cinco de Mayo: An American Tradition," said for years Latinos celebrated the holiday with parades of people dressed in Civil War uniforms and gave speeches about how the Battle of Puebla was part of a larger struggle for the abolition of slavery in the U.S.,

**Where is Cinco de Mayo celebrated?**

In Mexico, the day is mainly celebrated in the Mexican state of Puebla, where the 1862 battle took place. The anniversary of the victory is known as El Día de la Batalla de Puebla, which translates in English to "The Day of the Battle of Puebla." It is not observed throughout Mexico and is not a federal holiday.

Cinco de Mayo in America is celebrated by feasting on all Mexican food delights, parades, beer tasting, learning new Spanish words that usually are pronounced with a "Spanglish flair" Join us at the Center for Cinco de Mayo fun!

Photo by Biegun Wschodni on Unsplash



## SMP SCAM WATCH:

### DOCTOR IMPERSONATION



Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries pretending to be from the office to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to the SMP!



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Be on the lookout for a call spoofing scam from your "doctor!" Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to your local SMP at (800) 856-4398.



# SMP

Senior Medicare Patrol

Preventing Medicare Fraud



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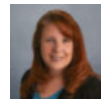
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Central Wyoming Senior Services, Casper, WY

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**Central Wyoming Senior Services**

*DID YOU KNOW:...*

*SENIORS BEWARE!!*

## *SCAMS AND FRAUD AGAINST SENIORS IS ON THE RISE.*

As I explore the topic of financial fraud against seniors, it becomes clear that this issue is not just a distant problem; it affects millions of elderly citizens each year. It's astonishing to realize that these individuals, often targeted for their perceived vulnerability, lose significant amounts of money, property, and valuable personal information. According to various studies, estimates suggest that financial fraud costs seniors around \$2.9 billion annually in the United States alone. The proliferation of scams and fraudulent schemes seems relentless, with cases often going unreported due to feelings of shame or embarrassment. It's troubling to note that the perpetrators of these acts are sometimes those closest to the victims. In many instances, adult children, relatives, caregivers, or even trusted friends may exploit their positions, leading to devastating consequences for the elderly. Beyond immediate monetary loss, the emotional and psychological impacts of such betrayals can be profound, leaving seniors feeling vulnerable, confused, and afraid. The landscape of financial fraud against seniors is diverse, spanning telemarketing scams, credit card fraud, and even more sophisticated schemes like identity theft. That's why I believe it's crucial to establish a foundation of awareness and knowledge about these dangers. By exposing how these fraudulent activities operate, we can better equip ourselves and our loved ones to identify potential threats before they escalate into costly realities. In navigating this landscape, I feel it is essential to incorporate preventive measures. So, here are some critical steps to consider when addressing financial safety for seniors:

**Research Advisors Thoroughly:** If someone is seeking help from a broker, attorney, or financial advisor, I recommend that they consistently conduct independent research into that individual's background and credibility. Checking for licenses or any past complaints can prevent potential heartache.

**Understand Powers of Attorney:** The importance of choosing the right person to act as a power of attorney cannot be overstated. This document grants tremendous authority, and choosing someone untrustworthy can lead to significant abuses.

**Guard Personal Information:** Seniors should be diligent about safeguarding their personal financial details. I've found that emphasizing the importance of not sharing sensitive information unless absolutely necessary is key in preventing identity theft.

**Monitor Financial Statements:** Regularly reviewing bank statements and credit reports can help catch fraudulent activity early. Encouraging daily or weekly checks can create a good habit.

**Share Financial Information with Family or Trusted Friends:** Sharing financial information, like bank statements, investments accounts, etc., on a regular basis is highly recommended. These trusted individuals can assist in regularly monitoring accounts for potentially fraudulent activity, embezzlement, questionable investments, etc.

### **Scam Education is Crucial**

It is vital to understand and recognize the signs of potential scams. For example, a common tactic involves unsolicited calls claiming that a senior has won a prize but must first pay taxes or fees to receive their winnings. By discussing these tactics openly, family members and caregivers can help seniors develop a critical eye towards potential fraud.




Patience with significant financial decisions, or even smaller ones, is always a good idea. In a rapidly changing financial landscape, it's crucial for seniors to take their time and avoid feeling rushed into committing to any transaction. Those who apply pressure should be viewed with skepticism.

**If you feel you may be the victim of fraud or have been scammed:**

**How to Report.** If you believe you or someone you know may have been a victim of elder fraud, file a complaint at the FBI's Internet Crime Complaint Center at [ic3.gov](https://ic3.gov). When reporting a scam—regardless of dollar amount—include as many of the following details as possible: Names of the scammer and/or company. The Center has plans to start a computer lab, where cyber security classes will be taught monthly. We will also have the computer lab open to members who need to use the internet to file on line.



# May 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Roast Pork Mashed Potatoes Catalina Vegetables Bean & Tomato	5 Chicken Enchiladas Rice Black Beans Pepper Slaw	6 Potato Leek Soup Grilled Ham & Cheese Sandwich	7 Cabbage Roll Casserole Sweet Corn Tossed Hearty Salad	8 Chicken & Dumplings Catalina Veggies Tossed Spring	9 Tuna & Noodles Roasted Broccoli Tropical Fruit Chocolate Pudding French Bread	10 <b>MEALS COME WITH MILK</b>
11 Mother's Day Brunch	12 Ham & Scalloped Potato Casserole California Veg-	13 Turkey & Dressing Sweet Potatoes Asparagus Cranberry Or-	14 Beef Wellington Catalina Vegetables Pea Salad	15 Philly Cheese Pasta Country Mix Summer Squash Salad	16 Lemon Tilapia Creamy Risotto Winter Mix Cole Slaw WW Roll Orange Sherbet	17  <b>Armed Forces Day</b>
18 Meatloaf gravy Oven brown potatoes Roasted asparagus Marinated tomatoes Blueberry pie	19 Reuben Sandwich Pasta Salad Carrot Stix Cool Corn Salad	20 Teriyaki Chicken Fried Rice Oriental Green Beans Kimchi Cucum-	21 Chkn Salad Cold Plate Fresh Vegetables & Fresh Fruit Oatmeal Raisin Cookie	22 Five Cheese Ziti Italian Vegetables Caesar Salad Apricots	23 Memorial Day Hamburgers & hot Dogs, baked beans Potato Salad, corn On cob	24
25 Closed 	26 <b>CLOSED</b> 	27 Ranch Chick- en Bake Brussels Sprouts Cucumber & Tomatoes Mixed Berries	28 Spanish Steak Garlic Pasta Sweet Corn Tossed Green Salad Peach Crisp	29 Baked Chicken Sweet Potatoes Creamed peas Caesar Salad	30 French Dip Baked Potato Mandarin Orange Cake Salad Bar WW Roll	31 <b>MENU SUBJECT To CHANGE</b>

# Running Against the Wind

Today I would like to Celebrate the life of an amazing member:

Della Works Nomination for Wyoming Senior Olympics Hall of Fame Della Works has poured her heart and soul into every aspect of Wyoming Senior Olympics. She has actively participated in winter and summer events for the last 30 years. She worked in organizing both summer and winter games for many years as president. So many memories... friends both staff and other participants all over Wyoming Pinedale, Jackson, Cheyenne, Sheridan, Laramie, Gillette... passion and enthusiasm as she encouraged other seniors to participate.... raising her arms in a twohanded fist pump coming over the finish line in her purple shorts and 14 grandkids tank top first, last or in the middle. What else about Della... an icon in the Casper community living here for over 60 years. Arriving in 1963 with her geologist husband Larry and 3 little girls. She threw herself into volunteering home Economics, welcoming newcomers to the community, Dog sled races with American heart association, founder of LIFE (Living In Furthering Evangelism) bringing Christian music groups to Casper, active member of the First United Methodist Church, PEO, Geo wives and Red Hatters. Recognized by all as she drove through Casper to every event she could find in her white Chevy convertible and then the red PT Cruiser convertible... top down winter or summer ...cowboy hat on ... often with the Easter Bunny, Santa Claus, or a grandkid next to her. To Della all humans have a story to tell which she always wanted to hear and everyone she meets feels valued and loved. She has given her all to her family 5 children, 14 grandchildren and 5 going on 7 great grandchildren, her siblings and numerous nieces and nephews. Wanting to create memories Della travelled with each of her grandchildren when they were 12 wherever they wanted to go in the world...India, Australia, Egypt, New Zealand, Greenland and many more countries. Always room for one more at the table. Her husband Larry was her true love for 40 years until his death in 1999 and then she found a new love her house on 3211 Glacier which she had custom built to see Casper Mountain from every room. Della has shared this home with many... her family, friends and anyone who might need a place to belong. She has been active in the running community all over the world. Della was signed up for her first race by her son Robert at the age of 49. A few years later she lost Robert in an airplane crash...she will tell you she runs in his memory and he is always with her. From Casper and Windy City Striders to marathons in Greece, on the Great China Wall, Antarctica, New York, Nebraska, Florida, New Mexico, Alaska more than 20 marathons. Carried the Olympic torch for the 2002 Winter Olympics. But more important than what she has done is who she is. Della has advocated for an active lifestyle no matter the age...quotes. "Eat your live cells" "At least one hour of fresh air a day." "I'll sleep when I'm dead"...She has been a beacon of hope and inspiration for all who meet her and she maintained this optimism in the face of life's losses. She brings joy where she lands and spreads love and warmth to all she meets.

You can see the medals, trophies and other awards that Della has received over the years in the back display case in our Center. When you see Della, give her a word of encouragement and a pat on the back because she turned 90 years old in April and will be running a marathon this month. What an amazing woman.





## Myth Busters

**Myth**—Only fresh fruits and vegetables are healthy.

**Fact**— a healthy diet can include fresh, frozen, canned & dried produce.

**Myth**— all processed foods are bad and full of chemicals.

**Fact**— most foods you see at the grocery store have been processed in some way.

Processed foods that don't have a lot of added sugar can be part of a healthy diet.

Think: baby carrots, whole grain bread, plain yogurt, & chopped nuts!

## Healthy Hints



### Healthy Eating

- \* Prepare food at home to control what is added
- \* Bring out natural flavors in foods by using healthier cooking methods like grilling, braising, roasting and searing.
- \* Beware of portion and serving size

**Myth**— All foods labeled “natural” are good for you.

**Fact**— When it comes to food packaging there is no official definition for the term “natural”

**Myth**— If you recognize the ingredients, on the label, I have nothing to worry about

**Fact**— Even if you recognize the ingredients, the food may still have too much sodium, added sugars and unhealthy fats.

**Myth**— I should avoid the middle aisles of the grocery store.

**Fact**— there are many foods throughout the grocery store that can be part of a healthy eating pattern.

	<p>Stay curious in the new year.</p> <p>The love of learning doesn't end at 50.</p> <p>OLLI at Casper College is the place where you can <b>Stay Curious.</b></p> <p><b>Casper College</b> <b>OLLI</b> <small>OLDER LIFELONG LEARNING INSTITUTE</small></p> <p>Join today! 307-268-3401</p>		
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*April showers brings May flowers- Have you ever gone out to weed the garden and half way through wonder “why did I start this?” Or maybe see what someone else is doing and it looks so much easier? Well, so have I. So I found a few gardening tips that might help with the save the bad knees, the 3 day backache and other such aches and pains we older gardeners face every year.*



In old age, gardening can be a demanding hobby so you need to pursue your passion the smart way. It's all about taking a few precautions and simplifying complex tasks.

1. Downsizing comes at the top of the list of these adjustments. Tending to a large and sprawling garden takes a lot of time and effort and can be too much trouble for a senior person. But growing a few plants in a small garden bed or even in containers helps you reap the benefits of your passion without putting you at risk of injuries. And if maintaining the lawn puts you out, consider switching to low-maintenance ground covers instead.
2. Choose the right tools and make them work for you. When looking for garden tools, make sure they are lightweight and have an ergonomic design. Tools made of carbon steel, aluminum, and fiberglass are often lighter and don't cause pain or stiffness when used for hours. To avoid carrying too many tools and having to switch between them, opt for tools that serve multiple purposes at once. A spade, for example, is useful for digging, transplanting, weeding, mulching, and amending the soil. Another helpful hint is to paint the handles of your tools a bright color so they are easier to find in the soil.
3. Raised Garden beds. A raised garden bed brings the plants up to your level, increases soil drainage, and allows you to grow a wide variety of plants in one place. Raised beds vary in height from six inches to 3 feet high depending on your needs. Container gardens are also a great alternative and offer easy, convenient gardening options.
4. Mulch more to water less. Mulch can be either organic or inorganic and once applied, you won't have to worry about replenishing it for weeks or months. It helps retain moisture in the soil, suppresses weeds, and keeps pests at bay.

## Tips For The Wyoming Gardener

Wyoming is located in zones 3b-4a. This means that the average minimum temperature in Wyoming is -35 to -30 degrees Fahrenheit. Gardening in Wyo can be a challenge due to the cold winters and hot, dry summers.

However, with careful planning and selection of plants, it is possible to have a beautiful garden in Wyoming. Wyoming has approximately 115 days between the last frost and the first frost on average. In **cooler climates**, certain plants can thrive, and the Cowboy State's cool summers can help them do so. The chance of frost is always between 10% and 30%. In Wyoming, the growing season is short, and summer temperatures can be quite mild. Consider plants like radishes, leaf lettuce, and onions, which are rapidly maturing and thrive when it gets cold. In addition, cabbage, cauliflower, head lettuce, spinach, beets, carrots, and peas can be considered. Starting your plants inside is always a great option for Wyo gardeners. The rule of thumb that many of us “Wyomingites” use is never put anything in the ground until after Memorial Day.





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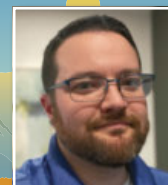
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# ACTIVITIES FOR EVERYONE\*

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

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



# Casper Senior Center wish list

We would like to enhance our current programs and have more events... However we need a little help to make that happen. If you have any of the items on our wish list please let Kim P or Rachel know. Thank you for your help!

1. Poster frames or display cases for the puzzles—we would like to hang the frames on the walls and display the hard work put into select puzzles.
2. Inflatable ottomans and inflatable furniture for the movie matinees,
3. Popcorn and salted butter for the movie matinees
4. \$10.00 gift cards for prizes
5. Cleaners for the carpet and furniture.
6. Bissel Cross wave floor cleaning machine for the quick little spill cleanups
7. Office supplies- copy paper, gel pens,
8. Working sewing machine— we have a volunteer that will do small mending jobs
9. Large screen tv- we received a Wii for golf and bowling, however we don't have a portable Big Screen tv designated for the Wii.



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## Assisting Casper Seniors And Their Families

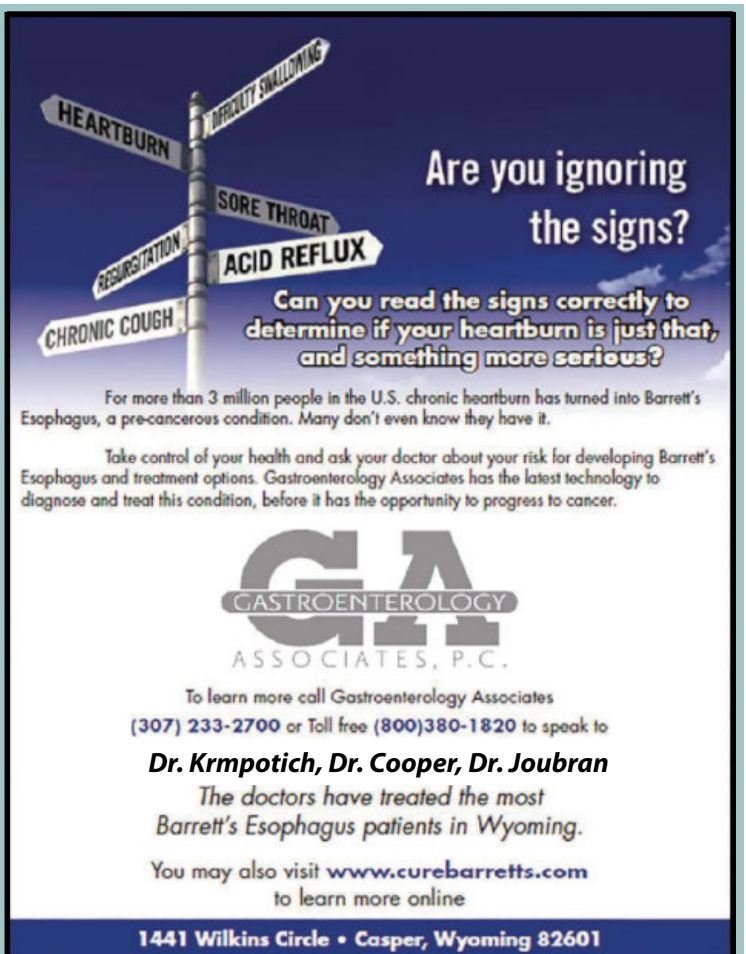
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By displaying the American Flag Properly, this shows a sign of respect for the flag and America. The union (the stars) should always be in the upper left corner when displaying the flag horizontally or vertically against a wall or a window. Do not display the flag upside down, except as a distress signal. When mourning, the flag should be displayed at half-staff. Initially hoisted to the peak for an instant and then lowered to half-staff. When the flag is lowered, it should again be raised to the peak before it is fully lowered. When displaying the flag on a flagpole, it should be hoisted quickly and lowered ceremoniously. The flag should never touch the ground or any other object beneath it. When displaying multiple flags on the same flagpole, the flag should always be at the highest point. If multiple flags aren't displayed on the same flagpole, the flag should be placed in the center and higher than the other flags.

### **The meaning Behind the 13 folds of Old Glory**

The folding of the U.S. flag during ceremonial occasions, such as military funerals, is a deeply symbolic act, with each of the 13 folds traditionally holding specific meanings. While these meanings are not officially codified by the U.S. government or military, they have become part of a widely recognized and respected tradition.

#### **What is the Significance of The U.S. Flag's Ceremonial Handling?**

The portion of the flag denoting honor is the canton of blue containing the stars representing states our veterans served in uniform. The field of blue dresses from left to right and is inverted only when draped as a funeral cloth over the casket of a veteran who has served our country honorably in uniform. In the U.S. Armed Forces, at the ceremony of retreat, the flag is lowered, folded in a triangle and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and, at a ceremony of reveille, flown high as a symbol of belief in the resurrection of the body

#### **The 13 Folds:**

1. The first fold of our flag is a symbol of life.
2. The second fold is a symbol of our belief in eternal life.
3. The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace throughout the world.
4. The fourth fold represents our weaker nature; as American citizens trusting in God, it is Him we turn to in times of peace, as well as in times of war, for His divine guidance.
5. The fifth fold is a tribute to our country. In the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."
6. The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
7. The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.
8. The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
9. The ninth fold is a tribute to womanhood. It has been through their faith, love, loyalty and devotion that has molded the character of the men and women who have made this country great.
10. The 10th fold is a tribute to father, who has also given his sons and daughters for the defense of our country since he or she was first born.
11. The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies the God of Abraham, Isaac and Jacob.
12. The 12th fold represents an emblem of eternity and glorifies God the Father, the Son and Holy Ghost.
13. The 13th and last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

#### **What Happens After the Flag Folding Ceremony?**

After the flag is completely folded and tucked in, it has the appearance of a cocked hat, ever reminding us of the soldiers who served under Gen. George Washington and the sailors and Marines who served under Capt. John Paul Jones and were followed by their comrades and shipmates in the U.S. Armed Forces, preserving for us the rights, privileges and freedoms we enjoy today.

The source and the date of origin of this Flag Folding Procedure is unknown. However, some sources attribute it to the Gold Star Mothers of America while others to an Air Force chaplain stationed at the United States Air Force Academy. Some sources also indicate that the 13 folds are a nod to the original first 13 colonies. The flag folding ceremony is provided as a patriotic service.

#### **A Meaningful Flag:**

The whole flag is a symbol of pride. The red stripes symbolize valor, courage, and hardiness. White stripes represent purity and innocence. Thirteen stripes show the initial 13 English colonies. 50 stars represent the current 50 states of the country. Blue symbolizes the vigilance, perseverance, and justice.