

Laramie County Senior Services

In Just One Lifetime Newsletter



July, Aug, Sept 2018
Volume 29 Issue 3

www.cheyennehousing.org
307-635-2435

whats inside?

CONTENTS

Center Hours	3
Parties & Events	4-5
Cards & Games	6
Cooking Classes	7
Fitness	7
Trips	8
Fundraisers	9
Other Information	10-11
Word Search & Sukoku.....	12-13
Articles.....	13
Fun Facts & Jokes	14-15
Plea for Help.....	17
Menus & Events	18-23
Recipe	24
Word Search Key	25
Council & Board.....	26
Subscription Information.....	26
Activity Sign Up Sheet.....	27

Laramie County Senior Services Staff Members

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Senior Services & RSVP Director

Wendy Govig, ext. 13

Food Service Manager

Carol Duran, ext. 34

Mary Reynolds, Asst. ext. 15

Family Caregiver Program Coordinator

Michele Herrera, ext. 16

Family Caregiver Program Assistant

Lyndia Morales , ext. 17

Administrative Assistant

Julia Ayala, ext. 10

RSVP Outreach Coordinator ,ext 21

Lynn Wright

Data Entry Specialist

Lesley McQueen, ext. 12

Cooks: Kitchen, ext. 14

Ron McNeil, AC

Kathy Estell, AC

Jesse Martinez, AC

Cheryl Garcia - Stanfield

Julie Osborne, IHM

Ralph Buell, Foxcrest

Kris Riedel, Burns

Receiving/Food Delivery

Roger Schade

Resident Family Services

Tina Cardwell, ext. 30

Transportation

Jean Linares

Cleaning Person

Charlie Hopkins

Center Hours

Activity Center, 2101 Thomes Ave.

Monday thru Friday - 8:00am to 3:00pm

Saturday - 10:00am to 12:00pm

Sunday - 10:00am to 1:00pm

Congregate Meals

Breakfast is available at the Senior Activity Center Monday through Friday,

8:00am-9:00am, and noon meals are provided at all locations for a requested donation of \$3.00. Meal tickets are available for \$36.00.

Please call 24 hours in advance if you need a breakfast box delivered to sites other than the AC.

Activity Center

11:00am to 1:00pm, Monday-Friday

11:00am to 12:00pm, Saturday

11:30am to 1:00 pm, Sunday

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11:00am to 12:00pm, Saturday

11:30am to 1:00 pm, Sunday

Parties & Events



Fourth of July Party

July 3rd/Activity Center/2:00pm

Food and Fun

*Let us come together and do a pre celebration
of the 4th!!*



Popcorn Day

August 23rd/Activity Center/2:00pm

Pop this party with some Popcorn!!

Yes, Food and Fun!



Movie Day Party

September 25th/Activity Center/2:00pm

*Join us with a movie, food, and lots of
yummies!*

Monthly Birthday Party/Bingo

Enjoy a meal, cake, ice cream & play bingo. Birthday guests will receive a card with a special gift inside & a ticket for a chance to win a birthday gift.

Activity Center, 2:00pm **Burns, 12:30pm**

July 18th

August 15th

September 19th

July 18th

August 15th

September 19th

Activity Center, 1:00pm

Craft Date

Joan is a volunteer and would love to share her craft ideas for this quarter. \$5.00 per person to cover the supplies for each visit

Crafts

July 11th - homemade envelopes

August 8th - card making

September 12th - decoupage

Please **RSVP** so we can have the right amount of supplies for everyone.

Sign-up for all parties on page 23 to be eligible for door prizes.

Suggested donation for meal - \$3.00



**Help your community by giving, be part of something GREAT!!!
Want to volunteer your time call 307-635-2435**



Poker

Texas Hold'em

Activity Center

Tournament Dates:

Tournament starting time: 1:00pm

July 19th/Aug 16th/Sept 20th

Tournament entry fee: \$5.00



Pinochle

Every Thursday / 9:30am

Activity Center

Duplicate Bridge

Activity Center Games

Tues./Thurs. - Game starts.....6:30pm

Fridays - Game starts.....12:30pm

V.F.W Post 1881 Games

2816 East 7th Street

Mondays - Game starts.....6:30pm

Thursdays - Game starts.....12:30pm

Bingo

Activity Center / Fridays

1:00pm / .50 cents per card



Pool Tournaments

Activity Center, 12:30pm

Snooker - August 6th

8 Ball - Oct 7th

Tournament entry fee: \$5.00

ALL POOL

TOURNAMENT

MONEY DUE BY 12:30pm

ON DAY OF

TOURNAMENT

Cooking Classes

Cent\$ible Nutrition Program

Activity Center / 2:00 pm - 3:30 pm
Class series will be held every Monday

July 16th-Sept 10th

Please sign up, No cost!!!!

\$0.00

Join and learn secrets to:

1. Invest your food dollars in the best nutrition choices
2. Stretch your food dollar to last the whole month
3. Choose foods lower in fat and cholesterol
4. Prepare low-cost meat dishes in tender, delicious ways
5. Recognize advertising techniques that encourage you to spend more
6. Increase calcium intake by including more calcium-rich foods in your diet
7. Plan meals your family will enjoy
8. Alter recipes so they are lower in fat, sugar, and sodium
9. Protect your family from food borne illnesses
10. Save time, energy, and make new friends!

Yoga

Tuesdays and Thursdays

Activity Center

Cost: \$15.00 a month

or \$3.00 per session

Yoga Ukatasana - 10:00am

Would you like to Increase your Strength, Flexibility & Energy? Improve your Balance, Concentration & Coordination? Or maybe just Feel Better? All while sitting comfortably in a chair or on a yoga mat! Sign-up now in the lobby at the Senior Activity Center.

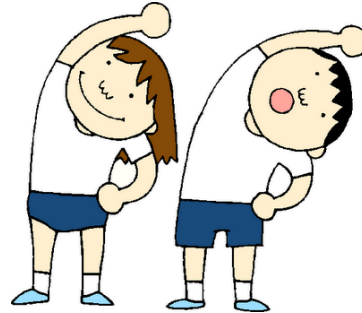
Fitness

Weight & Equipment Room

Open Monday - Friday

Activity Center/8:00am-3:00pm

Cost: \$15.00 a month / \$40.00 for 3 months



Fitness Class

Free Of Charge

Mon/Wed/Fri

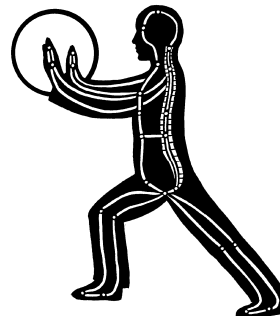
Activity Center, 11:00-12:00pm

Get into shape and have fun while exercising at the Senior Activity Center.

Tai Chi

Free Of Charge

Class size is limited to 10 people
Mondays & Wednesdays / Activity Center / 2:00-3:00pm



Check out our Classes!

Monthly Gambling Trips

July 12th; Aug 9th; Sept 6th

Trip fee: \$20.00

Leave Activity Center - 8:00am

Drop off is at Bull Durham Casino, in Blackhawk, Colorado where you will receive a coupon book. Lots of good luck to you. We will leave Bull Durham Casino at 6:00pm.

Centennial, Wyoming

July 18th

Trip Fee: \$20.00

Leave Activity Center at 8:30 am

Let's have a relaxing time having a nice lunch at Bear Tree Café, visiting Nici Self Museum, J/N Mercantile and a bakery! Lunch is half sandwich, soup or salad and drink. We will bring extra water.

Denver

Museum of Nature & Science



July 24th

Trip Fee: \$25.00

Leave Activity Center - 8:00am

Enjoy our visit with Mindbender Mansion, time to wonder and finish off with IMAX 3D Pandas

Meet a very curious panda cub named Qian Qian, born at Chengdu Panda Base in China, as she prepares for life on her own in the mountains of Sichuan. Qian Qian's journey to independence is steered by a team of international scientists, using a technique inspired by a rehabilitation program for black bear cubs in rural New Hampshire. The cross-cultural collaboration becomes a life-changing experience as together the team guides Qian Qian to take her first steps outside her protected habitat and discover her true animal nature, even as she faces the challenges of the unknown. Narrated by Kristen Bell.



Rockies

July 15th - Rockies vs Marlins

August 8th - Pirates

Sept 9th - Dodgers

\$25.00

Leave Activity Center at 10:00am

Trip fee includes park admission and transportation, lunch not included.

Ft. Laramie, Wyoming

August 10th

Trip fee: \$15.00

Leave Activity Center - 8:00am

Sandwich, Chips, Snack and Waters will be included

Historic weapons demonstrations can be seen Friday, including firing the 12-Pounder Mountain Howitzer.



Granite Reservoir Fishing/Picnic Trip

September 11th

Trip fee: \$10.00

Leave Activity Center - 9:00am

Sandwich, Chips, Snack and Waters will be included

Bring your fishing pole and bait if you're fishing

Trip fees are non-refundable unless your seat can be sold to another traveler. If you are due a refund, please pick up your money within 30 days after scheduled trip or you will lose your refund.



Featuring:
**NEW IMAGE
BAND**

FIESTA

Dinner & Dance Fundraiser Event



**Knights of Columbus
507 West 28th Street**

August 3rd, 6pm to 11pm

For more info contact Julia @ 307-635-2435

Purchase tickets in advance at 2101 Thomes Avenue

Tickets also available at the door, Cash Bar

Evening includes Dinner, Dance, Raffles & Silent Auction

**\$20
DINNER &
DANCE**

Thankful Thursday

AMVETS POST 10 3839 East Lincolnway

Food and Drinks 4:30 pm

Live Auction at 6:30 pm

SEPTEMBER 13th

All proceeds will go to Laramie County Senior Services

The money will help get things that are desperately needed and with match money.

**There is no cover charge, just come grab some grub and help support
Laramie County Senior Services!!!**

Thank you !

Retired & Senior Volunteer Program

The Retired and Senior Volunteer Program assists non-profit agencies and city, county and state organizations. A nationwide volunteer Program, RSVP invites adults age 55 and better to use their life experience and skills to answer the call of their neighbors in need. Giving anywhere from 4 to 40 hours per month, RSVP Volunteers help solve serious problems in the communities of Southern Wyoming. Whether teaching children or adults to read, or providing much needed support to agencies, RSVP Volunteers are making their communities stronger. For more information on how you can volunteer in your community, call RSVP (307)635-2435 ex10.

Cheyenne's Parkinson's Disease Support Group

1st Wednesday of each month at the Laramie County Library, 2200 Pioneer Avenue

All are welcome - Persons with Parkinson's, Professionals, Caregivers, Medical Staff, Para-Professionals and those who may just be interested. For More Information, contact:

Sandra Sundin (307)274-0057
sandra_sundin@hotmail.com

Senior Companion Program

Senior Companion Volunteers can visit home-bound, frail elderly or lonely people. They can take people to buy groceries, pick up prescriptions or go to Dr. visits and the service is free of charge. The Senior Companion Program is looking for men and women over 55 to volunteer. You can earn a non-taxable stipend and mileage reimbursement of about \$350.00 a month. Call Nita to apply 634-1010.

CAREGIVER PROGRAM

Note from Michele

July & September there is no support group. Please give us a call if you need assistance or have questions. (307) 635-5435 ext. 16.

August 22nd 1:00p.m. - 3:00 p.m. Enjoy light refreshments while visiting with other caregivers. Our guest speaker is Steven Olson, he will be discussing daily improvements on health and strength. His amazing knowledge will lead us into a short message.

Loan Closet; Training Materials; Information & Referrals

Are you looking for assistance in caring for a relative, loved one or friend? The Caregiver Program may be able to help with in-home assistance, assistive devices, medical equipment, training materials, information, support and referrals. Give us a call at (307)635-2435 ex16. 2101 Thomes Ave.



Public Service Announcement Space

Do you have information about a program or upcoming event that you would like us to print in this publication? If so, contact Wendy by phone - (307)635-2435 ex13, by e-mail - rsvp_wgovig@vcn.com or in person - 2101 Thomes Avenue.

Experience Works

People 55 and older who need work to make ends meet and are interested in finding training and employment have new opportunities, thanks to changes in eligibility requirements for the nationwide Senior Community Service Employment Program. This means more low-income older people might be eligible for employment assistance offered by Experience Works. Any low-income seniors in Laramie County are encouraged to apply. Seniors who were ineligible before should contact their Experience Works representative again to see if the changes now make them eligible. Experience Works is a national, non-profit organization that provides training and employment services for mature workers. Information is at www.experienceworks.org. For more information, call Experience Works, (307)634-7417 or 1-800-450-5627.

Foster Grandparent Program

The Foster Grandparent Program is now accepting applications from seniors who would enjoy working with children in Head Start, Stride, Elementary Schools and Boys & Girls Club. For your services, you will receive:

- Non-taxable stipend of \$2.65/hr.
- Transportation assistance
- Nutritious meal
- Annual physical exam
- Training
- Holidays, annual and sick leave

To qualify for the program, you must be 55 or older and meet income guidelines. For more information, call (307)634-1265. Address is: 510 West 29th St., Cheyenne, WY 82001.



**Interested in going to Africa, New England or
both**

**Meet with us at Foxcrest Community Center
4125 Cox Ct**

Thursday, October 25th

For Questions with Answers

Everyone interested is welcome!

Find The Word

Dogs

Find and circle all of the words that are hidden in the grid.
The remaining 44 letters spell an Ogden Nash quotation.

O D A C H S H U N D P A D D O O P Y R
G C I D S W H A S B T O E T A D O K T
N O D O R G R P R E U E O P U G I S E
I L A D I A I O R E R L G D G S N U P
D L L N P T N R T H V R L E L N T H P
W I M U Z C I R O T E E R D A E E G I
O E A O R E H U E A W M I I O O R R H
H S T H R E N I T B A E N R S G G E W
C E I T B D H D H N T A I P T O E Y R
W G A E P E A C S U R N A L D E R H E
O N N S P N A H S E A A I P E E R O T
H I U S E R E G M N S H E A X R A U F
C K L A L P A O L A I E U O S Y O N F
O E N B H T P H H E H P B A H E W D I
R P R E O N G L S S E T U M A L A M T
G S R L E I N A P S R E K C O C I D S
I D E R E Z U A N H C S A M O Y E D A
S E T T E R B L O O D H O U N D O F M

BASSET HOUND
BEAGLE
BLOODHOUND
BOXER
BULLDOG
CHIHUAHUA
CHOW CHOW
COCKER SPAN-
IEL
COLLIE
CORGI

DACHSHUND
DALMATIAN
DEERHOUND
DINGO
GERMAN SHEP-
HERD
GREAT DANE
GREYHOUND
HUSKY
LHASA APSO
MALAMUTE

MASTIFF
PEKINGESE
PINSCHER
POINTER
POMERANIAN
POODLE
PUG
RETRIEVER
ROTTWEILER
SAINT BER-
NARD

SAMOYED
SCHNAUZER
SETTER
SHAR PEI
SHEEPDOG
SPITZ
TERRIER
WHIPPET

Sudoku

Complete the Sudoku puzzle so that each and every row, column, and region contains the numbers one through nine only once.

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

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

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

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

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

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



Maria Teijeiro/Photodisc/Thinkstock

Keeping Your Cooler Clean

By Karen Ansel, MS, RDN, CDN

Published June 25, 2018

After a day of fun in the sun, it's easy to empty your cooler and forget about it until your next outing. But a clean, safe cooler starts before your next picnic even begins. Take good care of your cooler and you'll ensure that it's bacteria- and germ-free every time you use it. Here's how:

Before You Hit The Road

When you're picnicking, tailgating or barbecuing, things can get messy. To make sure you have all the essentials you'll need for quick and easy cleanup, pack a bottle or bar of soap and clean towels. You'll also need clean water. Try to find out ahead of time if you'll have access to fresh water at your destination. If not, bring a few jugs of water from home. If that's not possible, pack disposable wipes to clean hands and surfaces before and after cooking and eating.

After The Fun Is Done

Melted ice is a sign that your food is no longer safe and that it's time to toss all leftovers. While you're at it, immediately throw out all used bags and wrappers so they don't contaminate your cooler.

Scrub It, Then Store It

At the end of the picnic or as soon as you return home, clean your cooler with water and a mild detergent and rinse thoroughly. Then, make sure to wipe it completely dry before storing. If lingering odors are an issue, a quick wipe with a vanilla extract-soaked paper towel can freshen things up. Finally, if your cooler has a drain plug, make sure it's open to prevent moisture from accumulating during storage.

Reviewed May 2018 Karen Ansel, MS, RDN, CDN is a nutrition consultant, journalist and author specializing in nutrition, health and wellness.

Protect, Detect, and Report

*Three steps you can take to guard against **Medicare Fraud***

Every day, Medicare fraud affects people with Medicare and their families across the U.S. – regardless of background. It's not just the Medicare program that suffers when fraud occurs. Patients may also discover that they can't get the health care they need.

If someone gets your Medicare number, they can make charges that may exhaust your allotment of benefits. If they charge Medicare for medical visits that you never made or equipment you didn't purchase, your number could be flagged for overuse, and doctors may refuse to see you. These are just two examples of how fraud can end up hurting you directly.

Scammers know the ins and outs of the Medicare system and their attempts can be well thought-out. It's not always easy to know when and where fraud is occurring. By remembering some simple but effective tips, you can protect yourself against scams, including identity theft and prescription drug fraud. Remembering to protect, detect, and report fraud helps everyone, including you.

Protect

Protecting your personal information is your best line of defense against health care fraud. Treat Medicare, Medicaid, and Social Security numbers like credit card numbers. Never give them to a stranger and don't carry your cards unless you need them for appointments. Medicare doesn't call or visit to sell you anything. Outside of a trusted health care setting, never give this information to anyone who asks for it.

Detect

No matter how careful you are, you may be targeted for fraud. Always review your Medicare statements closely. Things to look for include charges for something you didn't purchase or receive, duplicate charges, and charges for services not ordered by your doctor. Compare these documents to your personal records and receipts. Recording medical visits and procedures in a journal or on a calendar can help you keep track of what happened at each appointment and make it easier to spot inaccuracies.

Report

If you suspect you've been a target of fraud, report it. This can help you and others at risk for fraud. If you have questions about your Medicare statements, call your health care provider.

If you're uncomfortable calling or are not satisfied with the response, help is available through your local Senior Medicare Patrol (SMP). SMP volunteers work with Medicare beneficiaries and their families and caregivers to stop health care fraud, errors, and abuse. You can also report suspicious calls and ask general questions through this resource. You can find your local SMP program by calling 1-877-808-2468 or at [SMPresource.org](https://www.smpresource.org).

Suspected fraud also can be reported to 1-800-Medicare or by calling 1-800-HHS-TIPS.

Don't hesitate, if you need help.

Funded by the Administration for Community Living, part of the U.S. Department of Health and Human Services, the SMP programs provide outreach, counseling, and education by highly trained volunteers in a variety of locations. For free, confidential support, contact your local SMP program.

Random Facts

Latest Jokes

- Pollen never deteriorates. It is one of the few natural substances that lasts indefinitely.
- Prince Charles and Prince William never travel on the same airplane as a precaution!
- Redheads require more anesthesia to 'go under' than other hair colors do.
- Reindeer milk has more fat than cow milk.
- Rubberbands last longer when refrigerated.
- The air at the summit of Mount Everest, 29,029 feet is only a third as thick as the air at sea level.
- The first Ford cars had Dodge engines.
- The glue on Israeli stamps is certified kosher.
- The wingspan of a Boeing 747 is longer than the Wright brother's first flight.
- Wearing yellow makes you look bigger on camera; green, smaller.
- A shrimp's heart is in its head.
- A toaster uses almost half as much energy as a full-sized oven.
- An olive tree can live up to 1,500 years!

A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train." The farmer says, "Sure, and if my bull sees you, you'll even catch the 4:11 one."

A duck walks into a bar. The duck asks, "Got any grapes?" Then the bartender says "Sorry. I cannot help you with that." Then the duck leaves. Then the next day the duck comes back. "Got any grapes?" "No, and if you ask that again, I'll nail your feet to the floor!" The duck comes back again. "Got any nails?" "No." "Got any grapes?"

What do you call an alligator in a vest?
A investigator!

Q: Why can't you play cards in the jungle
A: Because there's too many cheetahs.





Needed Wish List

To Help Senior Service Programs

Hot Box for Food Van—\$1500.00

Commercial Dishwasher for 3 Sites—\$4500.00

Door Prize Items—\$1.00—\$5.00 each



Thank you for everyone who helped us raise the \$10,000.00 for the food Van.
Thank you for CDBG funds and Spradley Barr for the \$1000.00 and all who supported us!!
Your help with any of these items or a donation toward a specific cause would be greatly appreciated.



July Menu

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Chili w/ Crackers Cauliflower Pears Cinnamon Roll	2 Milk Can Dinner w/ Kielbasa, Potato, Cab- bage, Onions, Carrots Mixed Fruit WW Bread	3 Meatloaf Mashed Pota- toes & Gravy Lima Beans Cherry Tart Dinner Roll	4 Chicken ala King Egg Noodles Peas Peaches Dinner Roll	5 Smothered Beef Burrito Lettuce, To- mato, Onion, Cheese, Guaca- mole Mixed Fruit Cookie	6 Chicken Fried Steak or Liver & Onions Mashed Pota- toes & Gravy Peas Tropical Fruit Biscuit	7 Sweet & Sour Chicken White Rice Snow Peas Melon WW Roll
8 Chicken Strips Baked Potato Broccoli Salad Applesauce WW Roll	9 Lasagna Spinach Peaches Garlic Parmesan Bread	10 Chef Salad w/ Turkey, Ham, Cheese & Deviled Egg, Vegetable Soup Watermelon Crackers	11 Stuffed Bell Peppers Rice Corn Banana WW Roll	12 Sub Sandwich Tater-Tots Broccoli Strawberry Shortcake	13 Spaghetti with Meat Sauce California Blend Veggies Mixed Fruit Garlic Bread	14 Beef Taco Salad Tortilla Chips, Cheese, Black Beans, Lettuce, Tomato, Onion Peaches
15 Chicken Fet- tuccini Broccoli Strawberries WW Roll	16 Goulash Green Beans Honey Dew WW Roll Peach Cobbler	17 Cheeseburger w/ Lettuce, To- mato, Onion Tater Tots Broccoli Strawberry Shortcake	18 Ramen Stir Fry with Beef Orange Wedges Fortune Cookie WW Roll	19 Baked Ham Pork & Beans Pears Dinner Roll Brownie	20 Hot Turkey Sandwich Lima Beans Apple WW Roll	21 Beef Stew w/ Veggies Mixed Fruit WW Roll
22 Tuna Salad Tomatoes Fruit Salad Peanut Butter Cookie WW Bread	23 Sloppy Joes Fries Corn Mixed Fruit Chocolate Pud- ding	24 Spaghetti w/ Meatballs Spinach Mandarin Or- anges Garlic Bread	25 Smothered Beef Burrito Lettuce, To- mato, Onion, Cheese, Guaca- mole Grapes Cookie	26 Pork Wings Sweet Potatoes Peas & Carrots Applesauce Cake WW Bread	27 Salisbury Steak Baked Potato Zucchini & to- matoes Tropical fruit WW Bread	28 Baked Cod Rice Pilaf Green Beans Fresh Orange Bread Brownie
29 Ham & Maca- roni Bake Zucchini & Tomatoes Peached Bread	30 Chimichanga Spanish Rice Refried Beans Green Beans Banana	31 Baked Chicken Potato Salad Cooked Carrots Applesauce Bread			Milk & Garden Salad Offered At Every Meal	Menu Subject To Change
Page 18 • In just One Lifetime Newsletter						

July Events

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	3 10:00am-Yoga-AC 2:00pm- 4th of July Party 6:30pm-Bridge-AC	4 11:00am-Fitness Class-AC 12:30pm-Birthday Party-BRN 2:00pm-Tai Chi-AC "OFFICES ARE CLOSED FOR THE 4th"	5 9:30am-Pinochle 10:00am-Yoga AC 11:30am Mel Berg	6 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	7
8	9 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	10 10:00am-Yoga-AC 6:30pm-Bridge-AC	11 11:00am-Fitness Class-AC 1:00 pm-Craft with Joan 2:00pm-Tai Chi-AC	12 8:00am-Bull Durham Casino-AC 9:30am-Pinochle 10:00am-Yoga-AC	13 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	14
15 10:00am-Trip, Rockies vs Marlins-AC	16 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	17 10:00am-Yoga-AC 6:30pm-Bridge-AC	18 11:00am-Fitness Class-AC 8:30am- Trip, Centennial, WY 1:00PM-Doug Wyffel singing 2:00pm-Birthday Party Bingo-AC 2:00pm-Tai Chi-AC	19 9:30am-Pinochle 10:00am-Yoga-AC 1:00pm-Texas Hold'em Tournament -AC	20 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	21
22	23 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	24 10:00am-Yoga-AC 6:30pm-Bridge-AC 8am- Trip, Denver Museum Nature & Science	25 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC "OFFICES ARE OPEN 1/2 Day"	26 9:30am-Pinochle 10:00am-Yoga-AC	27 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	28
29	30 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	31 10:00am-Yoga-AC 6:30pm-Bridge-AC				

**Code to Abbreviations: Cheyenne Activity Center-AC / Foxcrest-FC
Indian Hills Manor-IHM
Stanfield Manor-STAN**

Code to Abbreviations: County

Page 19 • In Just One Lifetime Newsletter

August Menu

SUN	MON	TUES	WED	THURS	FRI	SAT	
Milk & Garden Salad Offered At Every Meal			1 Chicken Fried Steak or Liver & Onions Mashed Potatoes & Gravy Peas Tropical Fruit Biscuit	2 Tuna Macaroni Salad Tomatoes Fruit Salad Peanut Butter Cookie Crackers	3 Hot Beef Sandwich w/ Gravy Green Beans Mixed Fruit Cookie	4 Spaghetti with Meatballs Green Beans Mixed Fruit Cookie Garlic Bread	
	5 Hamburger on Bun Pickle, Onion, Tomato, Lettuce Potato Salad Coleslaw Watermelon	6 Stuffed Bell Peppers Rice Corn Banana WW Roll	7 Pork Chop Mashed Potatoes & Gravy Green Beans Peaches WW Roll	8 Baked Potato Bar w/ Cheese, Bacon, Green Onion, Sour Cream Broccoli Pears Crackers	9 Egg Salad Sandwich Potato Salad Peas Brownie	10 Beef Chili Carrots Pineapple Cinnamon Roll	11 Pizza Boats Green Beans Mixed Fruit Cookie Garlic Bread
	12 Meatloaf Mashed Potatoes & Gravy Lima Beans WW Roll	13 BBQ Chicken Baked Potato Corn Honeydew WW Roll Vanilla Pudding	14 Sloppy Joes Peas Mixed Fruit Dinner Roll	15 Beef Fajita Tortilla Sour Cream and Guacamole Black beans Spanish Rice Tropical Fruit	16 Hungarian Goulash Carrots Spiced Apples WW Roll	17 Pork Roast & Gravy Baby potatoes Green Beans Peaches Bread	18 Salisbury Steak Mash Potatoes Zucchini & tomatoes Pears WW Bread
	19 Tuna Noodle Casserole Tomatoes Fruit Salad Peanut Butter Cookie WW Bread	20 Chef Salad w/ Turkey & Ham Cheese, Tomato, Onion, Deviled Eggs Watermelon Crackers	21 Meatloaf Red Potatoes Asparagus Brownie WW Roll	22 Smothered Beef Burrito Lettuce, Tomato, Onion, Cheese, Guacamole Mixed Fruit Cookie	23 Sweet & Sour Chicken White Rice Snow Peas Melon WW Roll	24 Lasagna Spinach Peaches Garlic Parmesan Bread	25 Chicken Strips Baked Potato Broccoli Salad Fruited Jell-O WW Roll
	26 Ham Sandwich w/ Cheese Cucumber Salad Potato Chips Fresh Fruit	27 Beef Stew Carrots Fruited Jell-O Biscuit	28 Spaghetti with Meat Sauce California Blend Veggies Mixed Fruit Garlic Bread	29 Chicken Salad w/ Chicken Noodle Soup Broccoli Crackers	30 Pizza Boats Green Beans Mixed Fruit Cookie Garlic Bread	31 Chef Salad w/ Turkey, Ham, Cheese & Deviled Egg, Vegetable Soup Watermelon Crackers	Menu Subject To Change
	Page 20 • In Just One Lifetime Newsletter						

August Events

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 11:00am-Fitness Class-AC 12:30pm-Birthday Party-BRN 2:00pm-Tai Chi-AC	2 9:30am-Pinochle 10:00am-Yoga-AC	3 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	4
Code to Abbreviations: Cheyenne Activity Center-AC / Foxcrest-FC Indian Hills Manor-IHM Stanfield Manor-STAN Code to Abbreviations: County Burns-BRN						
5	6 11:00am-Fitness Class-AC 12:30pm Snooker Tournament-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Ses-sion-AC	7 10:00am-Yoga-AC 1:00 pm-Craft with Joan 6:30pm-Bridge-AC	8 10:00am-Trip, Rockies vs Pirates-AC 11:00am-Fitness Class-AC 1:00 pm-Craft with Joan 2:00pm-Tai Chi-AC	9 8:00am-Bull Dur-ham Casino-AC 9:30am-Pinochle 10:00am-Yoga-AC	10 8:00 Trip, Ft Laramie 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	11
12	13 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Ses-sion-AC	14 10:00am-Yoga-AC 6:30pm-Bridge-AC	15 11:00am-Fitness Class-AC 1:00PM-Doug Wyffel singing 2:00pm-Birthday Party Bingo-AC 2:00pm-Tai Chi-AC	16 9:30am-Pinochle 10:00am-Yoga-AC 1:00pm-Texas Hold'em Tourna-ment-AC	17 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	18
19	20 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Ses-sion-AC	21 10:00am-Yoga-AC 6:30pm-Bridge-AC	22 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC	23 9:30am-Pinochle 10:00am-Yoga-AC 2:00pm-Popcorn Day Party	24 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	25
26	27 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Ses-sion-AC	28 10:00am-Yoga-AC 6:30pm-Bridge-AC	29 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC	30 9:30am-Pinochle 10:00am-Yoga-AC	31 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	
Page 21 • In Just One Lifetime Newsletter						

September Menu

SUN	MON	TUES	WED	THURS	FRI	SAT
<i>Menu Subject To Change</i>	Milk & Garden Salad Offered At Every Meal					1 Egg Salad Sandwich Potato Salad Peas Brownie
2 Taco Salad Tomatoes Fruit Salad Peanut Butter Cookie WW Bread	3 Beef Stroganoff Over Noodles Mixed Veggies Applesauce WW Bread	4 Milk Can Dinner w/ Kielbasa, Potato, Cabbage, Onions, Carrots Mixed Fruit WW Bread	5 3 Meat/Cheese Sub Sandwich California Veggies Strawberries over Angel Food Cake	6 Spaghetti with Meatballs Green Beans Mixed Fruit Cookie Garlic Bread	7 Sausage Biscuit & Gravy Scrabbles Eggs Hash browns Onion and peppers Grapes	8 Ham Wrap Tater Tots Broccoli Salad Watermelon
9 Hamburger on Bun Pickle, Onion, Tomato & Lettuce Potato Salad Coleslaw Orange	10 Baked Ham Au gratin Potatoes Green Beans Applesauce WW Roll	11 Sloppy Joes Fries Carrots Pineapple Cinnamon Roll	12 Beef Taco Salad Cheese, Black Beans, Lettuce, Tomato, Onion Apples Tortilla Chips	13 Lasagna Spinach Peaches Garlic Parmesan Bread	14 Beef Chili Dog w/ Bun Potato Salad Peas Pears	15 Chili w/ Crackers Cauliflower Pears Cinnamon Roll
16 Zucchini Boats Tater Tots Green Beans Apple Slices Roll	17 French Dip Sandwich Macaroni Salad Cauliflower Peaches Jell-O	18 Stuff Peppers Mashed Potatoes & Gravy Applesauce Dinner Roll	19 Pork Wings Sweet Potatoes Peas Mixed Fruit Ice Cream WW Roll	20 BBQ Ribs Pork & Beans Asparagus Pears WW Roll	21 Spaghetti with Meat Sauce California Blend Veggies Mandarin Oranges Garlic Bread	22 Western Egg Bake Hash browns Baked Tomato Slices Apple
23 Chicken Strips Potato Wedges Broccoli Salad Peaches WW Roll	24 Breakfast Burrito Asparagus Spears Applesauce WW Bread	25 Corn Beef Potato Casserole Green Beans Melon WW Bread	26 Smothered Beef Burrito Lettuce, Tomato, Onion, Cheese, Guacamole Mixed Fruit	27 Goulash Green Beans Honey Dew WW Roll Peach Cobbler	28 Meatloaf Mashed Potatoes & Gravy Lima Beans Cherry Tart WW Roll	29 Chicken ala King Egg Noodles Peas Peaches Dinner Roll
30 Chicken Strips Baked Potato Broccoli Salad Fruited Jell-O WW Roll						

September Events

SUN	MON	TUES	WED	THURS	FRI	SAT
Code to Abbreviations: Cheyenne Activity Center-AC / Foxcrest-FC Indian Hills Manor-IHM Stanfield Manor-STAN Code to Abbreviations: County Burns-BRN					11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	1
2	3 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC "OFFICE IS CLOSED FOR Labor Day"	4 10:00am-Yoga-AC 6:30pm-Bridge-AC	5 11:00am-Fitness Class-AC 12:30pm-Birthday Party-BRN 2:00pm-Tai Chi-AC	6 8:00am-Trip, Bull Durham Casino 9:30am-Pinochle 10:00am-Yoga-AC 11:30am Mel Berg	7 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	8
9 10:00am-Trip, Rockies vs Dodgers-AC	10 11:00am-Fitness Class-AC 2:00pm-Centi\$ible Nutrition 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	11 10:00am-Yoga-AC 11:00am-Trip, Granite Reservoir Picnic/Fishing 6:30pm-Bridge-AC	12 11:00am-Fitness Class-AC 1:00 pm-Craft with Joan 2:00pm-Tai Chi-AC	13 9:30am-Pinochle 10:00am-Yoga-AC	14 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	15
16	17 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	18 10:00am-Yoga-AC 6:30pm-Bridge-AC	19 11:00am-Fitness Class-AC 1:00PM-Doug Wyffel singing 2:00pm-Birthday Party Bingo-AC 2:00pm-Tai Chi-AC	20 9:30am-Pinochle 10:00am-Yoga-AC 1:00pm-Texas Hold'em Tournament-AC	21 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	22
23	24 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	25 10:00am-Yoga-AC 2:00pm-Movie Day Party 6:30pm-Bridge-AC	26 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC	27 9:30am-Pinochle 10:00am-Yoga-AC	28 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	29



Rainbow Waffle Sandwiches

Ingredients:

2 c. all-purpose flour, spooned and leveled
1 tbsp. sugar
1 tbsp. baking powder
1/2 tsp. baking soda
1/2 tsp. kosher salt
1 1/2 c. buttermilk
2 large eggs
4 tbsp. (1/2 stick) unsalted butter, melted
2 pt. vanilla ice cream, softened
Multicolored sprinkles, for coating

Directions:

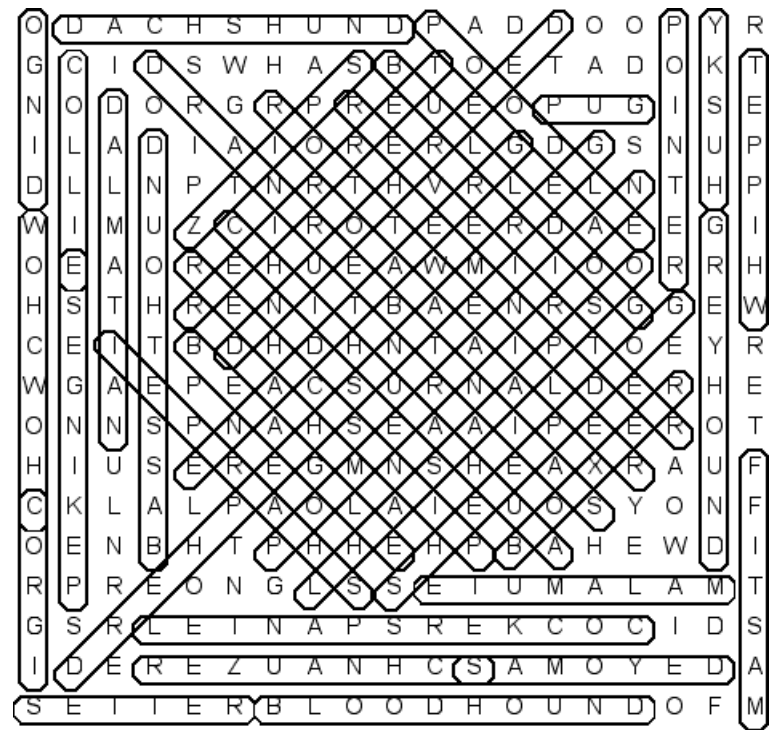
Whisk together flour, sugar, baking powder, baking soda, and salt in a bowl. Whisk together buttermilk, eggs, and melted butter in a separate bowl. Add buttermilk mixture to flour mixture, and stir just until incorporated.

Heat a round waffle iron. Spoon a heaping 1/2 cup of batter onto waffle iron and cook until light golden brown, 5 to 6 minutes. Transfer to a wire rack to cool.

Scoop ice cream onto half of the waffles, spreading evenly. Sandwich with remaining waffles, gently pushing ice cream out to the edges. Coat edges in sprinkles. Freeze until firm, 4 hours and up to 2 days. Cut each waffle into 4 triangles just before serving.

Laramie County Senior Services is always looking for ways to grow. If you or anyone you know would like to help us fundraise, create a fundraiser, spread the word or just would like to host a class of craft or fun please reach out to us.

Word Search Answer Key from Page 12



The hidden message is:
A DOOR IS WHAT A DOG IS PERPETUALLY ON THE WRONG

If you or someone you know would love to volunteer, your service will be grateful. There are several locations right here in Cheyenne who would love to have you. Be part of something great. Call Wendy 307-635-2435 Ext.13



Cheyenne Housing Authority
www.cheyennehousing.org

Executive Director

Greg Hancock

Board of Directors

Chairman: Maynard Richmeier

Vice Chairman: Earl Kincheloe

Treasurer: Judy Lane

Attorney: Greg Hacker

Members: Trish Crilly

Ed Avery

CHA Board Meetings are held the 3rd Thursday of each month, 7:30am, 3304 Sheridan Street.



Laramie County Senior Services
Advisory Council

President: Jim Clark

Vice President: Robert Palmer

Secretary/Treasurer: Helen Oates

Members:

June Pafford

Kari Clark

Jeani Wilcox

Trent

Public Advisory Board Meetings are held the 1st Wednesday of every month, 12:30pm. at the Senior Activity Center, 2101 Thomes Avenue.

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Cheyenne, WY 82001 or visit us at the Senior Activity Center.

NOTE:

If you will be having any change of address, whether short term or long term, please notify us with your correct mailing address, as the post office charges a fee to the Senior Center for any returned mail. Thank you for your subscription.

Please check the address label on the back page of your newsletter for your correct renewal date.



We would like to thank our local businesses for helping us sponsor Easter Baskets to the children who might not get one.

Target, Kings Sooper, Walmart, East H.S.IB Program and the Community for your donations.

Activity Sign Up Sheet

In an effort to serve you better and provide the appropriate amount of food and supplies, we are requesting that reservations be made for activities. Please check the activities you plan to attend, sign the bottom of this reservation form & turn it into the Senior Activity Center. Only attendees with reservations will be eligible for door prizes. Must be present to win door prize. Thank you.

Note: Sign up and payment for trips, crafts & cooking classes must be made in person at the Senior Activity Center. Thank you.

Date	April, May, June Activities	Time	X
July 3rd	Fourth of July Party	2:00 PM	
July 18th	Birthday Party Bingo	2:00 PM	
Aug 15th	Birthday Party Bingo	2:00 PM	
Aug 23th	Popcorn Day Party	2:00 PM	
Sept 19th	Birthday Party Bingo	2:00 PM	
Sept 25th	Movie Day Party	2:00 PM	

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