

Laramie County Senior Services

In Just One Lifetime Newsletter

April, May, June 2015
Volume 26 Issue 2

www.cheyennehousing.org
307-635-2435

Contents

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Curtis Church, AC

Alyssa Riedel, AC

Kathy Vorse, Stanfield

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Diane Doty, Foxcrest

Kris Riedel, Burns

Receiving/Food Delivery

Roger Schade

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Vicki Glantz, ext. 21

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Cleaning Person:

Kathy Estell

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Jason Lewis

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Center Hours

Activity Center, 2101 Thomes Ave.

Monday – Friday

7:30am – 4:00pm

Saturday

10:00am – 12:00pm

Sunday

10:00am – 1:00pm

Lunch served at the Activity Center:

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

11:00am-12:00pm, Saturday

11:30am-1:00 pm, Sunday

Satellite Sites

Indian Hills Manor, 615 Storey Blvd.

Monday - Friday

11:30am – 12:30pm

Stanfield Manor, 604 Shoshoni St.

Monday – Friday

11:30am – 12:30pm

Foxcrest, 4125 Cox Ct.

Monday – Friday

11:30am – 1:00pm

County Site

Burns Center, 134 S. Main

Monday – Friday

11:30am – 12:30pm

Meal Site Holiday Closures

May 25th - AC Open

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.

Snack Shop

At the Senior Activity Center

Open Monday thru Friday,

8:00am-2:00pm

In Just One Lifetime Newsletter Subscription

This quarterly newsletter is mailed to your address for the cost of \$4.00 for the year or join our Buck-a-Month Club for \$12.00 where you will receive one free meal at any of our senior centers, a one year subscription to "In Just One Lifetime" newsletter & the remaining money is used to help support our senior centers. Need the perfect gift for a friend or relative? Purchase a subscription to our newsletter for them. Please mail your payments to: LCSC Advisory Board, 2101 Thomes Ave. 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.

Buy A Space For Your Advertisements!

You can advertise your information or business through our next quarterly newsletter. Mailed to hundreds of subscribers. Prices are:

Quarter page-\$25.00

Half page-\$50.00

Full page-\$100.00

Call (307)635-2435 ext. 13 for more information.

Cheyenne Housing Authority

Executive Director:

Mike Stanfield

Deputy Director:

Greg Hancock

Board of Directors:

Chairman:

Maynard Richmeier

Vice Chairman:

Terry Williams

Treasurer: Judy Lane

Attorney: Greg Hacker

Members:

Trish Crilly

Earl Kincheloe

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

Laramie County Senior Services Advisory Board

President: Don Shrove

Vice President:

Betty Nussbaum

Secretary: Gaylord Fosdick

Treasurer: Helen Oates

Members:

Robert Palmer

June Pafford

Jim Clark

Jeani Wilcox

Public Advisory Board Meetings are held every quarter, 12:30pm. at the Senior Activity Center, 2101 Thomes Avenue.

Parties & Events

Easter Monday Party

Peter Cottontail decided that he should make a special delivery to the Activity Center on Monday following Easter. Stop by to enjoy all of the fun treats that he will bring for us. Early Dinner, Door Prizes and Lots of Fun!



April 6th/Activity Center/2:00pm



Cinco de Mayo Party

Celebrate Cinco de Mayo with a fabulous Enchilada Dinner, Door Prizes & Cinco de Mayo Fun!

May 5th/Activity Center/2:00pm

5 Course Steak Dinner & Silent Auction Fundraiser

Help us raise money for kitchen equipment by joining us for a 5 Course Steak Dinner and Silent Auction. Menu includes a delicious Appetizer of Asparagus wrapped in Prosciutto followed by Ginger Carrot Soup; enjoy a lovely Garden Salad with your choice of dressing. For the main course, you will be served a 6 oz. Steak, hearty Baked Potato with all the toppings, tender Broccoli and Dinner Rolls. Then, for the Grand Finale - warm Fruit Cobbler Ala Mode. Only \$15.00 per person. Tickets must be purchased in advance

May 8th/Activity Center/4:00pm/\$15.00

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

Suggested donation for meal - \$3.00

Upsy Daisy Party

Join us for an Upsy Daisy Party where things are not as they seem. Let us turn your world Upsy Daisy - it's better than pushing up daisies. Light Dinner, Door Prizes and Upsy Daisy Activities. June 8th/Activity Center/2:00 p.m.



Annual Picnic

Join us under the tent for great picnic treats, activities and lots of door prizes. June 6th/Activity Center/11-12:30pm

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

April 15th **Happy Birthday!** April 1st
May 13th May 6th
June 10th June 3rd



Tea with Friends

Join us each month for Tea with Friends and learn about the holiday recognized on that day. Enjoy a great meal and door prizes



April 27th, Mantanza's Mule Day - What? Join us and find out.

May 18th, I Love Reese's Day

June 29th, National Butter Crunch Day

Activity Center/2:00pm

Movies

Senior Activity Center Presents

The Fox & the Hound - Join us for this delightful Disney Classic. 1:00p.m., Wednesday, April 15th

Travel Movies - Are postponed until further notice. Please check with us for updates.



Cards & Games

Poker

Texas Hold'em

Activity Center / Thursdays / 1:00pm

Tournament Dates:

Tournament starting time: 1:00pm

April 16th/May 21st/June 18th

Tournament entry fee: \$5.00

Free Lessons / Thursdays / 12:00pm

(Call 635-2435 to sign-up if attending free lessons)

Omaha Tournaments

Activity Center

Every last Friday of the month / 1:00pm

April 24th/May 29th/June 26th

Free Lessons

Last Friday of the month / 12:00pm

(Call 635-2435 to sign-up if attending free lessons)

More Cards & Games

Pinochle

Every Thursday / 9:30am
Activity Center

Bridge

Activity Center Games

Tuesdays - Instruction starts.....5:30pm

(Call 635-2435 to sign-up if attending instruction)

Tuesdays - 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, 1:00pm

Snooker - April 2nd & 3rd

June 4th & 5th

8-Ball - May 7th

Tournament entry fee: \$5.00

ALL POOL
TOURNAMENT
MONEY DUE BY 12:30pm
ON DAY OF
TOURNAMENT



Events, Cards & Games

Mixed Media Fun

Come, enjoy yourself for an afternoon playing with acrylic paint and mixed media! Learn some new techniques and tricks creating a completed project to take home. All skill levels welcome. No art ability required!

Instructor: Donna Schultz

April 20th - Mixed Media Exploration

May 18th - Mixed Media Project

June 8th - Mixed Media Project

(Note: Projects are not repeated)

Activity Center / 12:00 pm / \$10.00 per class



Cooking Classes

Activity Center / 2:00pm / \$5.00 per class

April 13th - Waffles Rescheduled – We will be exploring waffle recipes and waffle combinations.

May 11th - Batter Breads - We will explore Summer Fruit Batter Bread recipes that are easy to prepare, bake and eat.

June 24th - What to do with all that fruit?
Canning 101

Sign-up now for supply order. All money is due at time of sign-up.

Sign-ups must be made no later than three days prior to scheduled class.



Fitness

Weight & Equipment Room

Open Monday - Friday

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

Cost: \$10.00 a month / \$25.00
for 3 months

Fitness Class

Free Of Charge

Mondays, Wednesdays, and Fridays

Activity Center, 11:00am –
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

Yoga

Tuesdays and Thursdays

Activity Center

Cost: \$10.00 a month or \$2.00
per session

Yoga Ukatasana - 10:00am

Mat based Yoga - 11:00am

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.

Table Tennis

Available at the Senior Activity Center

During business hours

Please ask if you need help setting
up a table.

CLASSES

Monthly Gambling Trips

April 16th, May 14th, June 11th

Trip fee: \$15.00 per trip

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.

Sign up now for all three gambling trips.

Colorado Rockies

May 24th - Rockies vs Giants

June 21st - Rockies vs. Brewers

\$15.00

Leave Activity Center at 10:00am

Watch as the Colorado Rockies play against the Giants in May and the Brewers in June. Trip fee includes park admission and transportation. Lunch not included.

University of Wyoming Geological Museum

Thursday, April 30th

\$5.00

Leave Activity Center - 10:00 am

The UW Geological Museum features a variety of displays to illustrate Wyoming's past environments, highlighted by a 75-foot Apatosaurus

(Brontosaurus) skeleton that dominates the museum's exhibit hall. Another highlight is "Big Al," a display of the most complete Allosaurus fossil ever found. Lunch is on your own at Bernies Mexican Restaurant. Trip fee includes transportation.



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. Thank you.

www.cheyennehousing.org

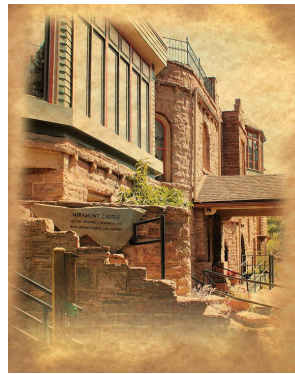
Miramont Castle Museum & High Tea

Tuesday, May 19th

\$50.00

Leave Activity Center at 8:00 am

We invite you to join us and experience life as it would have been in the Victorian Era. Travel with us to Manitou Springs, CO and learn more about the long and colorful past of



Miramont, a 14,000 square foot Castle built in 1895. Before touring the castle, we will be seated in the Queen's Parlour Tea Room to enjoy an elegant 4-course meal. Trip fee includes transportation, lunch and Castle Admission Fee.

Cirque du Soleil "Kurios"

Cabinet of Curiosities

Sunday, June 28th

\$80.00

Leave Activity Center at 8:30 am

What if you could alter reality at will? Delve into a world of curiosity where seeing is disbelieving: the world of KURIOS - Cabinet of Curiosities from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: "Is it real, or just a figment of my imagination?" Trip fee includes transportation and Kurios Ticket (Pepsi Center, Denver, CO). Lunch is on-your-own at Cinzzetti's. Space is limited to 18 participants - Get your seat today.



CHEYENNE
HOUSING

Athens, Istanbul and the Greek Islands

September 9-25, 2015
Trip Fee: \$5,120.00 Adults
\$4,295.00 Students

Journey from the mainland to the isles, and see Greek Mythology come to life. This is where heroes and gods faced challenges, did battle and laid the foundations for the literary adventures that permeate our culture to this day. From Athens and Delphi to Mykonos, Crete, Santorini and more, travel to a time and place where fact and legend were one and the same.

Program Fee Includes:

- Round-trip flights
- Airport & activity transportation
- 7 overnight stays in hotels with private bathrooms
- 7 Day Cruise, trains and ferries as specified

- A Tour Director available 24 hours per day from time you arrive until you depart.
- Breakfast and Dinner daily on land (all cruise meals provided)
- 5 Sightseeing Tours led by local guides
- Entrance fees and tickets as specified.
- Walking Tours and Tour-Directed sightseeing as specified

Highlights Include

- 7 Day Cruise of Turkey and the Greek Islands with stops in Istanbul, Kusadasi, Santorini, Crete, Rhodes and Mykonos
- Sightseeing tours of Athens, Delphi, Cape Sounion, Epidaurus and Mycenae, and Olympia led by expert, licensed local guides.
- Entrances to Acropolis, Agora and the Athenian Cemetery; Delphi Site & Archaeological Museum; Cape Sounion (Temple of Poseidon); Epidaurus & Mycenae Site; Palamidi Fortress Nafplio; Megalopolis Site; Olympia Site & Museum

Pick up your information & application packet at the Senior Activity Center 2101 Thomes Avenue



CHATCOLAB

67th Annual

NORTHWEST LEADERSHIP LABORATORY

Twinlow Camp and Retreat Center

Rathdrum, Idaho

June 13-19, 2015

ALL LAB SESSIONS

“Outdoor Recreational Leadership”

Kayaking, Biking and SUPing-Oh My

Presented By, Nick Newlan

“Not Just ‘Teacher’”

Meeting the Present Moment at 79

as a Peace Corps Volunteer

Life Skills, Montessori, HIV/AIDS & Africa

Presented By, Sally Heard

IN-DEPTH WORKSHOPS

Challenge for Youth & Adults

Americana Unplugged

Forest & Logging Legacy

Music Fun & Wonderful

MINI WORKSHOPS

Basic Theatre & Acting; Challenging Mind-sets; Deal Makers & Breakers; Discover the

Joys of Birding; Drawing with Children;

How to Lead, Plan, Safely Implement and

Evaluate Trail Rides; Kayaking, Biking &

SUPing; Living with Blindness; Marketing

Camps in the 21st Century; Music Fun and

Wonderful-Songs to take to Family and Com-

munity; Life Skills-Montessori-Africa-Peace

Corps; Origomoney; Colorful Cords; Soft

toy Caterpillar-Ladies Flirty Apron-Sew a

Simple Fleece Hat; The Amazing Race

REGISTRATION INFORMATION

Chatcolab 2015

*Chatcolab is held in a camp setting. Housing consists of comfortable cabins with a central bathhouse. Limited lodge housing is available at an additional fee with consideration given on an as-needed basis.

*Lodge rooms have kitchen access on each floor, an individual bathroom, queen bed and one bunk bed.

*All Fees include, program, most supplies, room and meals.

Individual Plan

Early Bird Registration - by 4/15/15 \$290.00

Regular Registration - by 6/1/15 \$315.00

Late or On-Site Registration \$330.00

Family Plan (Family of 4)

Early Bird Family Rate - by 4/15/15 \$750.00

Regular Family Rate - by 6/1/15 \$800.00

Late or On-Site Family Rate \$850.00

Additional Fees

Lodge Space, pp if available \$85.00

Special Meals or Diet Plans - pp \$10.00

Lab T-Shirt (must order by 6/1/15) \$12.00

Pre-Lab Trail Ride \$85.00

Pre-Lab Marketing Workshop \$50.00

Silverwood Excursion Deposit \$15.00

Register on line at:

<http://www.chatcolab.com>

or receive a registration form by contacting:

Bob Carver, Registrar

1668 Appaloosa Road

Moscow, ID 83843

208-883-1533

carver.bobnel@gmail.com

OTHER INFORMATION

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 week, 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 homebound, 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

April 13th - 1:00 p.m. A light snack will be provided as we meet with Special Guest, Cristal Serrano. Cristal is a Message Therapist who will be giving each of our Support Group Attendees a message. Sounds Relaxing! Hope you can attend.

May No Support Group in March. Please feel free to call us for information, assistance or just to talk

June 10th - 1:00 p.m. Join us for the Annual Caregiver/Care Receiver Picnic at Lions Park in the pavilion next to the Municipal Pool. Please bring a picnic item to share. The Program will provide the main course and drinks. Hope to see you there!

Elder Abuse Awareness Day Elder Abuse Awareness is recognized in June each year so that people all around the world will become more aware of the issues surrounding Elder Abuse. Please keep a look-out for events that will be occurring in the community regarding this special day.

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, training materials, information, support and referrals. Give us a call - (307)635-2435 ex16.

2015 AARP Defensive Driving Classes

Full Day Classes - April 18th - Senior Activity Center

Two Half Day Sessions at the AARP Office - April 9/10th; May 21/22nd

June 11/12th; June 25/26th; July 9/10th

To register call: (307) 635-2435



OTHER INFORMATION

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.



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 Kim by phone - (307)635-2435 ex13, by e-mail - rsvp_kmaes@vcn.com or in person - 2101 Thomes Avenue.

Tax Refund for the Elderly & Disabled

Program requirements: Those eligible, by statute, for this program are individuals who are 65 years of age or older, or (18) years of age or older and totally (100 percent) disabled for one full year prior to the date of application.

Age: Applicants must be age 65 or 18 by December 31 of the calendar year 2014.

Income limits: For single individuals the limit is \$17,500, and for married couples it is \$28,500 for 2014. Income information required to be sent with the applications is listed on the "Income Verification Worksheet." For the 2015 application year we need income for the year 2014.

Residency: Applicants must meet the residency requirement, which means they must have lived in Wyoming for the full 12 months prior to date of application.

Assets: The total household assets of all property must not exceed \$29,950.00 per adult member of the household. This does not include land and the buildings and structures placed on that land for one residence and one car per adult in the household. (As the statutes and rules and regulations are quite lengthy for assets, please see page 10 of the presentation for complete guidelines.)

Refund Amounts: The amount of refund can be up to \$800 for qualified single individuals, and up to \$900 for a married couple, depending upon the total income determined by the department. Refund amounts are reduced by the dollar amount received by the applicant for the preceding calendar year from any VA exemption, which is provided by local county assessor's office, a property tax refund, which is provided by the Department of Revenue, or a homeowner's tax credit which is given by Teton County only.

Call the Senior Center at 635-2435 for more information. Forms assistance will be provided by appointment only - times and dates - TBA.

What to Eat to Beat the Summer Heat

Although winter storms and chills once had you thinking you'd never want anything but stews and comfort foods, this weekend's toasty weather probably had you reaching for the frozen treats. And it's just going to get warmer. Weather.com is predicting much of the country will meet or surpass record highs this year. Rather than simply cranking up the AC or fleeing for cooler climates, we have some tips on what — and how — to eat to stay cool.

Water Things Down There's a reason watermelon is a welcome sight at any BBQ or summer cookout. Its high water content keeps you hydrated. When you are sufficiently hydrated, your body more effectively releases heat. Cucumbers, celery, iceberg lettuce, and tomatoes are also good candidates. For optimum benefits, cook the fruits or vegetables as little as possible (cooking will dry them out). A chilly watermelon gazpacho will do the trick.



Add Some Spice Spicy foods may not be the first on your list of foods to eat on a hot summer day, but they are actually quite capable of cooling.

The spices induce sweat, which is your body's natural way of lowering its internal temperature. So unless you want to start panting like a dog, get to sweating like a human with the help of some seriously spicy food. Kick up the spice with some Szechuan Shrimp and sweat away the heat.



Get Green If a big, leafy, green salad is all you can manage to eat on a sluggish summer day, that's just fine. Greens are nature's blood thinners, and they can help you release body heat and cool down. A spinach salad with a burst of summer strawberries makes seasonal eating refreshing.

Make Room for the Mint Alcohol is a warming food, which dilates blood vessels and leads to dehydration, thereby raising your internal temperature. If you must have a summer cocktail, make it a mojito. Menthol, one of mint's main components, triggers sensors in the body that cause you to feel cool. Mint also has some spicy qualities, which get that all-important sweat flowing. It is also known to have calming properties, so you can stay cool in more ways than one.



Grab Some Garlic Garlic is as pungent inside the body as it is outside. It has anti-platelet effects, which reduce blood clotting. Although it may not be the best thing for someone to eat before heading into surgery, it can help those looking to decrease their body heat. By increasing blood circulation, garlic allows the body to sweat, which, when evaporated, helps the body cool down. Try it roasted and spread on some grilled corn.

What are your favorite cooling foods? What do you eat to beat the heat?

Sparkling Strawberry Lemonade Recipe

Lemonade is the quintessential summer drink, and this recipe, which calls for concentrate, is certainly summertime easy. Lemonade purists might object, but an organic concentrate, such as the one put out by Cascadian Farm, is a reasonable substitute for the real thing — not too sweet, not too tart. If strawberries aren't in season, try using a pint of fresh raspberries instead. This recipe also makes a nice base for a rum punch.

Ingredients:

3 cups quartered strawberries (about a quart of berries*)

1 cup cold water

1 can (6 ounces) frozen lemonade concentrate

2 cups chilled sparkling water (divided)

Whole strawberries for garnish

Ice cubes (optional)



Instructions:

Process strawberries and water in the blender until smooth. Add the concentrate and 1 cup of the sparkling water. Blend until smooth and pour into a pitcher with the rest of the sparkling water. Serve in tall glasses over ice and garnish with a strawberry on the rim of the glass.

* Lemonade concentrates and berries will vary in sweetness, so you may want to add a little sugar to taste.

Pretty N Beads

Handmade
Bubblegum Bead Jewelry
BY
Erin Morris
Owner/Designer

For orders, visit us at:
www.facebook.com/PrettyNBeads1
Or
www.etsy.com/shop/PrettyNBeads

Contact me:
(832)588-1969
prettynbeads1@gmail.com

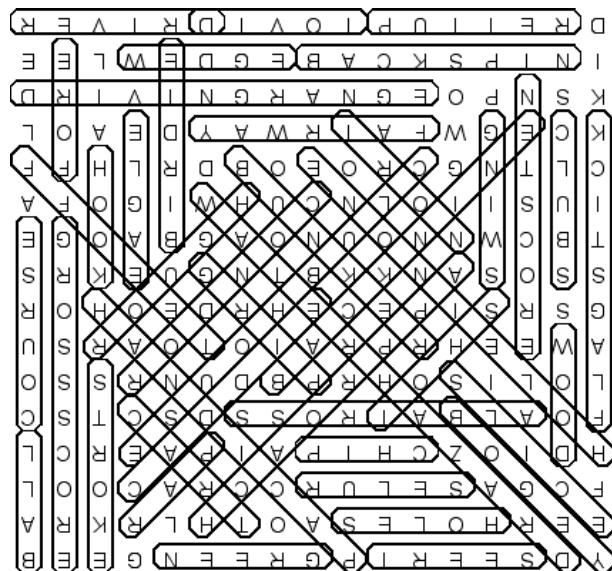
Find The Word

Golf

Find and circle all of the golf words that are hidden in the grid.
The remaining letters spell a Mark Twain quotation.

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

- ALBATROSS
- APPROACH
- BACK NINE
- BACKSPIN
- BALL
- BIRDIE
- BOGEY
- BUNKER
- CADDIE
- CART
- CHIP
- CLUBHOUSE
- CLUBS
- CONDOR
- COURSE
- DIVOT
- DRIVER
- DRIVING RANGE
- EAGLE
- FAIRWAY
- FLAGSTICK
- FORE
- GREEN
- GRIP
- GROSS SCORE
- HANDICAP
- HOLE IN ONE
- HOLES
- HOOK
- IRON
- NET SCORE
- PAR
- PUTTER
- ROUGH
- RULES
- SHOT
- SLICE
- STROKE
- SWING
- TEE OFF
- TREES
- WATER HAZARD
- WEDGE
- WOOD



Sudoku

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

Difficulty: 3

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

Sudoku No.: 38653

printable-sudoku-puzzles.com

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

Sudoku No.: 32196

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

Sudoku No.: 39996

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

Sudoku No.: 30863


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

Sudoku No.: 39728


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

Sudoku No.: 38651

April Menu

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Menu Subject To Change</i>	Milk Offered At Every Meal		1 Salisbury Steak 1/2 Baked Potato w/ Sour Cream Broccoli Applesauce WW Bread Dinner Salad	2 Spaghetti w/ Meat Sauce Corn Garlic Bread Blueberries Fresh Salad	3 Tuna Pasta Salad w/ Tomato Wedge Cottage Cheese Peaches Crackers Fresh Salad	4 Breakfast Burrito Green Chili Banana Tomato
5 Chicken Fried Chicken Cheddar Mashed Potato Green Beans Bread Fresh Salad	6 Roast Turkey Stuffing Asparagus Cranberry Sauce WW Bread Fresh Salad	7 Pork Chops w/ Gravy Seasoned Rice Mixed Vegetables Applesauce WW Roll Fresh Salad	8 Lemon Pepper Tilapia w/ Tartar Sauce ABC Vegetable Soup Mixed Fruit Crackers Fresh Salad	9 Chicken Cordon Blue Pockets Broccoli Salad Strawberries Fresh Salad	10 Fiesta Mexican Lasagna Black Beans Peaches Cream Puffs Fresh Salad	11 Hot Pork Sandwich WW Bread 3 Bean Salad Red Apple Rings Fresh Salad
12 Beef Lo Mein Mixed Vegetables Applesauce Vanilla Wafer Coleslaw	13 Chicken Marsala Couscous Salad w/ Vegetables Spiced Apples WW Roll Fresh Salad	14 Sausage/Biscuit with Country Gravy Hash Brown Potatoes Peas and Carrots Blueberries Muffin	15 Beef Chili Bake Potato w/ Cheese Green Beans Mixed Fruit Cinnamon Roll Fresh Salad	16 Turkey Goulash California Blend Vegies Blueberry Apple Crisp Fresh Salad	17 Smothered Burrito Green Chili Lettuce, Tomato, Onion, Cheese Sour Cream, Picante Sauce Tropical Fruit Horchata	18 Ham and Potato Egg Bake Tomato Juice Cinnamon Roll Cantaloupe
19 Chicken Pot Pie Spinach Mandarin Oranges Fresh Salad	20 Meat Loaf Mash Potatoes Gravy Peaches WW Bread Fresh Salad	21 Italian Chicken and Artichokes Polenta Mandarin Oranges WW Bread Fresh Salad	22 Ham Savory Corn Cobbler Mixed Fruit Muffin Fresh Salad	23 Pork Chop Stuffing Applesauce Broccoli Fresh Salad	24 BBQ Chicken Green Beans and Potatoes in Chunky Tomato Sauce Diced Pears WW Roll Fresh Salad	25 Tortes Avocado Flame Roasted Corn & Black Beans Apple Slices Fresh Salad
26 Chipotle Lime Crusted Tilapia 3 Cheese Vegetable Casserole Mandarin Oranges California Blend Vegies Fresh Salad	27 El Rancho Stew Crackers Diced Pears Corn Fremont Cinnamon Roll Fresh Salad	28 Roast Pork Sliced Potatoes and Gravy Peaches Scandinavian Vegetables WW Roll Cole Slaw	29 Porcupine Meatballs Potato Wedges Sliced Apples Green Beans WW Roll Fresh Salad	30 Chicken Alfredo Spinach Soufflé Mixed Fruit WW Bread Fresh Salad Brownie		

April Events




SUN	MON	TUE	WED	THU	FRI	SAT
<p>Code to Abbreviations: Cheyenne Activity Center-AC / Foxcrest-FC Indian Hills Manor-IHM Stanfield Manor-STAN</p> <p>Code to Abbreviations: County Burns-BRN</p>			<p>1</p> <p>11:00am-Fitness Class-AC 12:30pm-Birthday Party-BRN 2:00pm-Tai Chi-AC</p>	<p>2</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Snooker Tournament-AC 1:00pm-Texas Hold'em -AC</p>	<p>3</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC 1:00pm-Snooker Tourn. Cont.-AC</p>	<p>4</p> 
<p>5</p>	<p>6</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Easter Monday Party-AC 6:00pm-Shakespeare Session-AC</p>	<p>7</p> <p>10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>8</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 5:00pm-Greece Trip Meeting-AC</p>	<p>9</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em-AC</p>	<p>10</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC</p>	<p>11</p>
<p>12</p> 	<p>13</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Cooking Class-AC 6:00pm-Shakespeare Session-AC</p>	<p>14</p> <p>10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>15</p> <p>11:00am-Fitness Class-AC 1:00pm-Movie "The Fox & the Hound"-AC 2:00 pm - Birthday Party Bingo - AC 2:00pm-Tai Chi-AC</p>	<p>16</p> <p>8:00am-Bull Durham Casino-AC 9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 11:15am-St. Mary's Preschool Performance-AC 1:00pm-Texas Hold'em Tournament-AC</p>	<p>17</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 12:00pm-Mixed Media Class-AC 6:00pm-Shakespeare Session-AC</p>	<p>21</p> <p>10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>22</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC</p>	<p>23</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em -AC</p>	<p>24</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC 1:00pm-Omaha Tournament-AC</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Tea with Friends-AC 6:00pm-Shakespeare Session-AC</p>	<p>28</p> <p>10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>29</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC</p>	<p>30</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 10:00am-UW Geological Museum-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em -AC</p>		

May Menu

SUN	MON	TUE	WED	THU	FRI	SAT
		Milk Offered At Every Meal			1 Baked Potato Bar Tropical Fruit Broccoli Fresh Salad	2 Breakfast Bake Pears Succotash Fresh salad Cinnamon Bun
3 Hamburger on Bun Tater Tots Banana Fresh Salad Banana Pudding	4 Pizza Subs Capelin Florentine Mixed Fruit Spinach Fresh Salad	5 Smothered Burrito Green Chili Burrito Toppings Apricots	6 Chicken Fritters Mash Potatoes Honeydew Peas WW Roll Fresh Salad	7 Meatloaf with gravy Potato Rounds Broccoli Fresh Salad WW Bread Pears Cookie	8 Orange Chicken Fried Rice Mandarin Oranges Oriental Vegies Fortune Cookie Fresh Salad	9 Ham Sweet Potatoes Pears Brussels Sprouts Fresh Salad Cookie
10 Spaghetti w/ Meat Sauce Banana Broccoli WW Roll Fresh Salad	11 Chuck Wagon Steak Borracho Beans Hashbrowns Mixed Fruit WW Roll Fresh Salad	12 Chicken Ziti Casserole Apple Bacon Brussel Sprouts Mand. Oranges WW Bread Coleslaw	13 Pork Loin Split Pea Soup Applesauce Sweet Potato Fresh salad	14 Roast Turkey Mashed Potatoes and Gravy Peaches Mixed Vegies WW Roll Fresh Salad	15 Lasagna Fruit & Cabbage Salad Pears WW Bread Fresh Salad	16 Beef Fajita Flour Tortilla Black Beans Pears Fresh Salad
17 Ham Sweet Potatoes Peas Pineapple WW Bread Fresh Salad	18 Cod Tartar Sauce Baby Potatoes Fruit Cocktail Broccoli WW Bread Fresh Salad	19 Baked Chicken Mashed Potatoes and Gravy Spiced Apples Brussel Sprouts WW Roll Fresh Salad	20 Spaghetti & Meat Sauce Italian Vegies Cantaloupe WW Bread Fresh Salad	21 Hot Turkey Sandwich Mashed Potatoes & Gravy Strawberries Carrots Garden Salad	22 Mexican Meatloaf Sweet Rice California Blend Mixed Fruit Wheat Bread Fresh Salad	23 Waldorf Chicken Salad on Croissant Beet and Apple Soup Plums Corn WW Bread Fresh Salad
24 Chicken Fried steak Mashed Potatoes & Gravy Pears Asparagus WW Bread Fresh Salad	25 Ham Mac and Cheese Fresh Plums Fresh Tomatoes WW Bread Fresh Salad	26 Smothered Burrito Green Chili Spanish Rice Apricots Vanilla Wafers	27 Biscuits and Gravy Hash Browns Tomato Juice Cinnamon Apples	28 Salmon w/ glaze Rice Pilaf Tropical Fruit Green Beans WW Bread Fresh Salad	29 Sausage and Sweet Potato Wedges Peaches California Blend WW Bread Fresh Salad	30 Baked Chicken Quinoa Salad Pears Corn WW Bread Fresh Salad
31 Sweet & Sour Meatballs Pasta Citrus Fruit Green beans WW Roll Fresh Salad						







May Events

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Code to Abbreviations: Cheyenne Activity Center-AC/ Foxcrest-FC/ Indian Hills Manor-IHM Stanfield Manor-STAN</p> <p>Code to Abbreviations: County Burns-BRN</p>					<p>1</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC</p>	<p>5</p> <p>10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 2:00pm-Cinco de Mayo Party-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>6</p> <p>11:00am-Fitness Class-AC 12:30pm-Birthday Party-BRN 2:00pm-Tai Chi-AC</p>	<p>7</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em-AC 1:00pm-8 Ball Tournament -AC</p>	<p>8</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC 4:00pm-Steak Dinner and Silent Auction Fundraiser-AC</p>	<p>8</p>
<p>10</p> 	<p>11</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Cooking Class-AC 6:00pm-Shakespeare Session-AC</p>	<p>12</p> <p>10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>13</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Birthday Party Bingo-AC</p>	<p>14</p> <p>8:00am-Bull Durham Casino-AC 9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em -AC</p>	<p>15</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>11:00am-Fitness Class-AC 12:00pm-Art Class -AC 2:00pm-Tai Chi-AC 2:00pm-Tea with Friends 6:00pm-Shakespeare Session-AC</p>	<p>19</p> <p>8:00am-Miramont Castle-AC 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>20</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC</p>	<p>21</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em Tournament-AC</p>	<p>22</p> <p>11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC</p>	<p>23</p> 
<p>24</p> <p>10:00am-Colorado Rockies v. Giants-AC</p> <hr/> <p>31</p>	<p>25</p> <p>Memorial Day</p> <p>Offices Closed</p>	<p>26</p> <p>10:00am-Yoga Ukatasana-AC 10:15am-Forbidden Ft. Collins Tour-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC</p>	<p>27</p> <p>11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC</p>	<p>28</p> <p>9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em-AC</p>	<p>29</p> <p>11:00am-Fitness Class-AC 1:00pm-Omaha Tournament-AC 1:00pm-Bingo-AC</p>	<p>30</p>

June Menu

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Pork Chop w/ Apricot Glaze Twice Baked Potato Apricots Green Beans WW Bread Fresh Salad	2 Roast Beef Sandwich w/ Cheese Mushroom Ri- sotto Pears Spinach WW Bread Fresh Salad	3 Beef Tex Mex Casserole w/ sour cream Black Bean and Corn Salad Mixed Fruit Fresh Salad Brownie	4 Chicken Pot Pie Spiced Apples Peas Fresh Salad WW Bread	5 Beef Burrito Smothered with Green Chili Spanish Rice Apple Slices Fresh Salad Gingersnaps	6 <u>Annual Picnic</u> Hamburger w/ bun Potato Salad Coleslaw Lettuce, On- ions, Tomato, Pickle Watermelon
	7 Pork Wings Sweet Potato Mash Mixed Fruit Peas & Carrots WW Bread Fresh Salad	8 Cobb Salad Cottage Cheese Pineapple Broccoli WW Bread Chocolate Pudding	9 Meatloaf with brown gravy ½ baked pota- to Mand Oranges Spinach WW Roll Fresh Salad	10 Chili Crackers Carrot Sticks Fresh Salad Cinnamon Roll Mixed Fruit	11 Baked Chick- en Seasoned Po- tatoes Tropical Fruit Normandy Blend Vegeta- bles Hawaiian Coleslaw WW Roll	12 Creamed Tur- key over Bis- cuit Rice Florentine Broccoli Plums Fresh Salad
14 Hot Pork Sand- wich WW Bread Broccoli Salad Red Apple Rings Fresh Salad	15 BBQ Beef on a Bun Three Bean Salad Peaches Mixed Vegies Coleslaw	16 Chicken Alfre- do Noodles Mixed Fruit Carrots WW Roll Fresh Salad	17 Breaded fish Tartar sauce ½ baked potato Plums Spinach Fresh Salad WW Roll	18 Cheesy Chick- en Mashed Pota- toes Pears French Cut Green Beans WW Bread Fresh Salad	19 Roast Pork Mashed pota- toes and cream gravy Carrots WW Bread Applesauce Fresh Salad	20 Baked Chicken Mashed Pota- toes and gravy Green Beans WW Bread Pears Fresh Salad
21 Grilled Ham & Cheese Tomato Soup w/ Cracker Broccoli & Car- rots Mand Oranges Fresh Salad	22 Tuna Apple Salad Cottage Cheese Plums Peas WW Bread Fresh Salad	23 Roast Turkey Sliced Pota- toes and gravy Cinnamon Ap- ples Mixed Vegies WW Roll Fresh Salad	24 Sweet Potato w/ Beef Chili Cheese, On- ions, Tomatoes Sour Cream, Tropical Fruit Broccoli Fresh Salad	25 Baked ham Scalloped Po- tatoes Broccoli Coleslaw WW Roll Pineapple	26 Kielbasa w/ California Blend Fried Rice Mand Oranges Cinnamon Roll Fresh Salad	27 Ham, Egg & Cheese Bowls Hashbrowns V8 Juice low sodium Mixed Fruit
28 Pork Wings White Beans w/ Prosciutto Applesauce Scandinavian vegetables WW Bread Fresh Salad	29 Lasagna Creamy Garlic Mushrooms Peaches Green Beans WW Bread Fresh Salad	30 Pulled Pork Sandwich Tomato Cu- cumber Salad Corn Coblet Apricots Fresh Salad		Milk Offered At Every Meal	Menu Subject To Change	

June Events

SUN	MON	TUE	WED	THU	FRI	SAT
	1 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	2 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC	3 11:00am-Fitness Class-AC 12:30pm-Birthday Party-BRN 2:00pm-Tai Chi-AC	4 9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em-AC 1:00pm-Snooker Tournament -AC	5 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC 1:00pm-Snooker Tourn. Cont. -AC	6 11:00am-Annual Picnic-AC 
7 	8 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Upsy Daisy Party-AC 6:00pm-Shakespeare Session-AC	9 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC	10 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Birthday Party Bingo-AC	11 8:00 am-Gambling Trip, Bull Durham-AC 9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em -AC	12 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	13
14 	15 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 12:00pm-Art Class -AC 6:00pm-Shakespeare Session-AC	16 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC	17 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC	18 9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em Tournament-AC	19 11:00am-Fitness Class-AC 12:30pm-Bridge-AC 1:00pm-Bingo-AC	20
21 10:00am-Rockies v. Brewers-AC	22 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 6:00pm-Shakespeare Session-AC	23 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC	24 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Cooking Class-AC	25 9:30am-Pinochle 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 1:00pm-Texas Hold'em -AC	26 11:00am-Fitness Class-AC 1:00pm-Omaha Tournament-AC 1:00pm-Bingo-AC	27 
28 8:30am-Cirque du Soleil, KURIOS-AC	29 11:00am-Fitness Class-AC 2:00pm-Tai Chi-AC 2:00pm-Tea with Friends-AC 6:00pm-Shakespeare Session-AC	30 10:00am-Yoga Ukatasana-AC 11:00am-Mat Based Yoga-AC 5:30pm-Bridge Lessons-AC 6:30pm-Bridge-AC				

Code to Abbreviations
Activity Center - AC / Foxcrest - FC / Indian Hills Manor - IHM
Stanfield Manor - STAN / Burns-BRN

How Can I Help My Senior Center?

Throughout the year, Laramie County Senior Service Staff Members work tirelessly writing grants, working with vendors to get the best deal for purchased items and seeking donations of goods, services and money. All of this, so that we are able to provide the Best Senior Programming possible. Funding of programs is always a challenge - for instance, last quarter, **a single meal costs \$9.69 to prepare** taking into consideration food, supplies, staff time, utilities, etc. The reimbursement that we received from the Federal and State Government was \$2.53 per meal and the average donation we received from patrons was \$2.28 per meal for a total of \$4.81, **leaving a deficit of \$4.88 per meal**. During the past quarter we served 12,839 meals ($12,839 \times \$4.88 = \$62,654.32$) \$62,654.32 is the amount of funds that had to be raised to cover program costs last quarter. As you know, the number of meals fluctuate each quarter, so, the amount of other funds that we must raise for the year is \$288,085.00 for the Nutrition Program alone. We have secured grants from WSSB, the City of Cheyenne and Laramie County in the amount of \$263,085.00, the remaining \$25,000.00 must come from fundraising and private donations other than the meal contribution.

The Nutrition Program is only one of the 5 Programs offered through Laramie County Senior Services. All program budgets are similar in that we receive a portion of our funding from Federal, State and Local Sources, but the remainder **(\$39,835.00) must be made up through fundraising and private donations**.

So you say - How can I help? Following is a list of ways you can help.

- Support fundraising efforts, attend fundraising activities.
- Generously contribute for meals, throw your extra change in the canister, contribute a little extra for a meal or meal ticket.
- Generously contribute to activities such as parties, pool, games and exercise programs.
- Generously contribute when receiving services such as caregiving, equipment loans and forms assistance.
- Make a tax deductible charitable gift.
- Remember us in your Will.
- Purchase items for the programs such as supplies, food, small equipment, etc. (See staff for program specific needs)
- Volunteer your time.

All donations and contributions are greatly needed and appreciated - even the smallest gesture makes a big difference in helping us continue to provide much needed services and programs for our community.

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.

<i>Date</i>	<i>April, May, June Activities</i>	<i>Time</i>	X
April 6th	Easter Monday Party	2:00 pm	
April 15th	Birthday Party Bingo	2:00 pm	
April 27th	Tea with Friends	2:00 pm	
May 5th	Cinco de Mayo Party	2:00 pm	
May 13th	Birthday Party Bingo	2:00 pm	
May 18th	Tea with Friends	2:00 pm	
June 6th	Annual Picnic	11:00 am	
June 8th	Upsy Daisy Party	2:00 pm	
June 10th	Birthday Party Bingo	2:00 pm	
June 29th	Tea with Friends	2:00 pm	

Please Print Name Here

**Laramie County Senior Services
3304 Sheridan Street
Cheyenne, WY 82009**

**Non-Profit Organization
U.S. Postage
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