



NEWS



CONTACT

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Laramie, WY 82072
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executive@eppsoncenter.org
www.eppsoncenter.org
facebook.com/eppsoncenter

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CENTER HOURS

8am- 4pm | Mon - Fri

MEALS

11:30am - 12:30pm | Mon - Fri

TRANSPORTATION

8am - 3:30pm | Mon - Fri
307-745-1511 (Ext. 131)

BOARD OF DIRECTORS

PRESIDENT: Betty Buckman

VICE PRESIDENT: Diane DeLany

SECRETARY: To be determined

TREASURER: Linda Allgeier
David Hammond
Philip Varca

DISCLAIMER

Please note that the Menu, Activities schedules, and Events are subject to change.

FROM THE DIRECTOR, TAMMY COMER



Welcome August!

As we've all been anxiously anticipating, WYDOT will be at our corner to make improvements this month. We don't know exactly when it will commence, but I have been reassured that the contractor and WYDOT are aware of our unique set of circumstances, and they will be doing everything they can to minimize the disruption for our patrons. McConnell Street will be closed at 3rd Street, so in order to access the Center's property, a detour on Lyon Street will be set up for access via 2nd Street. We will be utilizing additional signage to make it an easier transition for our patrons, and we hope that the job will go smoothly and quickly but want everyone to remember to anticipate a bit of parking lot confusion during that time! Please watch our Facebook page about updates and call if you have any questions once the work begins!

Not only will we be open during road construction, we will also be open during our roof replacement which will begin in August. We do not anticipate any closures of the Center due to the roof replacement, but it will most likely be a bit noisy and difficult to find a parking place during the week or so of construction. We do not have a date yet, but watch our Facebook page and website for info!



CONTINUED ON PAGE 10

Monday

Tuesday

Wednesday

Thursday

Friday

<p>A contribution of \$5</p> <p>towards the cost of your meal is appreciated if you are 60+.</p> <p>If you are 59 and under, the cost is \$7.00</p>	<p>All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Milk</p>	<p>Menu is subject to change</p>	 <p>Here comes the Sun and I say, it's alright Sun, sun, sun..... here it comes!</p>	<p>Tuna Salad Sandwich on WW Bread Steamed Carrots Coleslaw</p>
4	5	6	7	8
<p>Baked Potato Bar Cheese, Sour Cream, Bacon, Chili w/beans Monte Carlo Veggies</p>	<p>Baked Pork Loin Baked Sweet Potato Steamed Winter Blend WW Roll Sherbet</p>	<p>Beef Stroganoff Egg Noodles Spinach and Squash Sauté</p>	<p>Chicken Fajita Refried Beans Spanish Rice WW Tortilla</p>	<p>Baked Cod with Lemon Wild Rice Steamed Peas Honey Wheat Bread</p>
11	12	13	14	15
<p>Chicken Parmesan WW Noodles Capri Veggies Garlic Toast</p>	<p>Healthy Veggie & 3 Bean Soup Cheddar Cheese WW Tortilla Sherbet</p>	<p>Turkey Pot Pie Mixed Veggies Cookie</p>	<p>Roast Beef Mashed Potatoes/Gravy Steamed Cauliflower WW Bread</p>	<p>Baked Tilapia Baked Ranch Potatoes Chuckwagon Corn WW Bread</p>
18	19	20	21	22
<p>Tater Tot Casserole California Veggies</p>	<p>BBQ Chicken AuGratin Potatoes Scandinavian Veggies WW Roll</p>	<p>Bean & Cheese Enchilada Corn Tortilla Sautéed Root Veggies</p>	<p>Baked Pork Chop White Rice Green Bean Almondine WW Bread</p>	<p>Baked Pollock Baked Parmesan Potato Steamed Asparagus Honey Wheat Bread</p>
Breakfast Day 25	26	27	28	29
<p>Sausage Gravy on WW Biscuit Scrambled Eggs Hash browns</p>	<p>Baked Ham Seasoned Red Potato Honey & Butter Carrots</p>	<p>Chicken Fried Steak Mashed Potatoes/Gravy Zucchini & Yellow Squash WW Roll</p>	<p>Baked Lemon Chicken Angel Hair Pasta Steamed Peas WW Roll</p>	<p>Baked Haddock Brown Rice Steamed Mixed Veggies WW Bread</p>

HOME DELIVERED MEALS

Erica Curry, Director
(307)-745-5116, ext. 120



The Home Delivered Meals program serves one of Laramie's most vulnerable populations. To reach our goal of enhancing nutritional wellness for all seniors in our community it is important to serve those who are home-bound or otherwise unable to shop and prepare their own meals.

Hot meals go out to seniors Monday-Friday and frozen meals can be delivered for weekends and holidays.

Interested in getting Home Delivered Meals or have a loved one who needs Home Delivered Meals? **CALL US!**

DRIVERS NEEDED!

The number of home delivered meals is increasing and our need for drivers has also increased. Delivering meals takes about 1-1/2 hours **ONE TIME A WEEK**. Not only do the drivers deliver meals but also provide socialization and friendship with those to whom they deliver. **Please consider donating your precious time to the Home Delivered Meal Program. Call Erica at 307-745-5116, extension 120, for more information.**



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Eppson Center for Seniors, Laramie, WY A 4C 05-1278
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SENIORS ON THE GO August Hikes



August 1 - Snowy Range: Stromatolite Hike. Led by Dr. Kelli Trujillo. Come hike in beautiful high-altitude forests and meadows, learn about the history of the area between 2.5 and 1.8 billion years ago, and see some of the best-preserved stromatolites (rocks made by the actions of early cyanobacteria) anywhere! The hike will start from Towner Lake Road and go up an old two-track road about 0.75 mi to a point where the rocks of Medicine Bow Peak and Sugarloaf are visible. We'll give a brief geologic history of the area there, and then we can hike about 0.4 mi along a branch of the old road to see one of the largest stromatolites, "Big Daddy", on the shore of Prospector Lake (also called Pinchot Lake). We'll retrace our route back to the main "road", and then walk south from there a short distance to see the crown jewel, the "Valley of the Stromatolites". From there we can wander directly back to Towner Lake Road. Total distance will be about two miles, and most of the hiking is on old roads so it's relatively easy – the only real challenge is the elevation, as the area is above 10,000 ft. Take Hwy 130 through Centennial and drive 10.6 miles (2.6 miles past the Brooklyn Lake turn-off). Turn right onto the dirt road (FR 332) and meet at the parking area 1/2 mile up the road.

August 8 - Pole Mountain: Russell Benchmark. Led by Larry. This is a 4 ½ mile hike, mostly on old 2-track, with a small amount of bushwhacking. There is an old bunker very close to the parking area. We'll be following FR 701G to a fork at a dried-up lake bed where we bear to the right, taking us into a rocky area dominated by two prominent granite castles that overlook a fork of Crow Creek. We'll do a bit of easy scrambling to admire the scenery before returning by a slightly different route. The northern of these two high points is the Russell benchmark at 8277 feet. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go about 8.5 miles to the turnoff to FR 701. Turn left onto FR 701 and after about 1 mile turn right onto FR 701G and park near the corral.

August 15 - Snowy Range: Dipper Lake. Led by Larry. The hike goes along a two-track road which is primarily uphill. We pass South and North Twin Lakes, then hike through some woodland and open meadows, and cross a couple of creeks. The final trek is uphill, ending at Dipper Lake on the back side of Medicine Bow Peak. This is an out-and-back hike of approximately 3 miles each way (total of 6 miles). Elevation around 10,300 to 10,700. Degree of difficulty is upper-moderate to difficult because of altitude and the final trek to Dipper Lake. This is a beautiful hike, but it is not for the casual once-a-month hiker! Take Hwy 130 to Centennial and continue 18 miles to the Silver Lake Campground. Keep going about 3/4 of a mile and then turn right onto FR103. Drive about 1.5 miles on FR 103 to a culvert crossing and park along the right side. Carpooling is recommended to minimize the number of vehicles at the trailhead.

August 22 - Hwy 230: Fletcher Creek Road. Led by Rollin. We will follow Fletcher Creek past a cabin and climb onto the ridge above Woods Landing. There are excellent views of the area from here. The hike is about 4 miles, moderate difficulty with some bushwhacking. Elevation around 7800 to 8250. From the 130/230 junction in West Laramie, take Hwy 230 about 28.3 miles and turn right (north) onto FR 528. (This turn is 1.3 miles after Woods Landing.) Parking may be somewhat limited, but a pull-out across Hwy 230 would also be available.

August 29 - Labor Day Weekend (no hike)



MOUNTAINS
AREN'T JUST FUNNY
THEY'RE
HILL AREAS

TRANSPORTATION

Guy Morrow, Coordinator
(307)-745-1511



Please call (307) 745-1511 to reserve your ride with as much advance notice as possible.

As we move into the heart of summer, I want to remind everyone that our transportation team is here to keep you moving — safely, comfortably, and on time!

Whether you're heading to a doctor appointment, or need a ride to the Center, we're proud to provide reliable service you can count on. A few reminders:

- Please book your rides 48 hours in advance.
- Please be ready to roll 15 minutes prior to your quoted pickup time.
- Please consider making a donation for transportation. Any contribution, no matter how small, helps our program!

Reminder: Tri Shaw rides are on Mondays at 9:30 or 10:30. Call Guy or Angie to schedule. Transportation is more than just getting from place to place — it's about staying connected and active in your community. So, let us take

the wheel and get you where you need to go!

Costs associated with rides:

- Age 60 or over: No cost but donations are always greatly appreciated.
- Age under 60: \$6 per ride or \$12 round trip.
- Age under 60 and have a diagnosed medical disability: \$4 per ride or \$8 per round trip.

Required: All riders must complete a Senior Assisted Transportation Services (SATS) application before they can schedule rides.

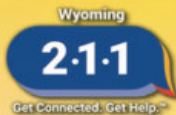
Pick-Up hours: Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

Ready time window: Riders must be ready to board the van 15 minutes before the scheduled pick-up time until 15 minutes after. The drivers will leave 5 minutes after their arrival in that time window so as not to inconvenience other riders.

Need help looking for information?

Wyoming 211 can help!

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



Call 211

Visit www.wyoming211.org

Text your ZIP code to 898211

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307-509-0582 Jeff@medicare4wyoming.com www.medicare4wyoming.com



Jeffrey M. Caron
Medicare Agent





**Step Up in Safety:
The Right Shoes Matter!**

Hi Friends,

Just a quick reminder from me to you—please make sure you're wearing good, supportive shoes to our fitness classes. I want everyone to feel strong, steady, and confident as we move together. The right shoes can make a big difference in preventing slips, easing joint pressure, and helping you stay balanced.

Please no flip-flops, Crocs, slippers, or slip-ons — they just don't offer the support or stability we need for safe movement.

Look for athletic shoes with non-slip soles, cushioned insoles, and a comfortable fit.

Let's keep stepping safely and having fun together!

Angie



**DNA Presentation
Using Share Matching
Thursday, August 7
in the classroom
1-2:30 pm**

August 12
Topic:
AI and Chat GPT
10:30-11:30 am
East Wing

Tech Talks

Dates:

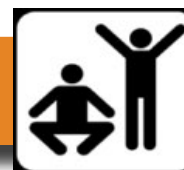
- April 8th
- May 6th
- June 17th
- July 8th
- August 12th
- September 9th

10:30 AM



WYOMING ALLIANCE
Eppson Center for Science
Wyoming InterLife

ONGOING ACTIVITIES



Eppson Center for Seniors Activities					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM					Seniors on the Go Hiking Group
9:00-9:30 AM	New Member Coffee (1st Monday)		Chair Yoga		Chair Yoga
9:00-10:00 AM	Line Dancing		Line Dancing		Line Dancing
					Vets Coffee
9:00-11:30 AM				Cribbage	
9:00 AM-Noon	Chess		Chess		Chess
9:45 AM		Walking Group			
10:00-11:30 AM	Board and Card Games/ Clay Class				
10:30-11:30AM	Fall Prevention Exercise Class	Tai Chi for Better Balance	Fall Prevention Exercise Class	Tai Chi for Better Balance	Fall Prevention Exercise Class
11:30AM-12:30PM	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch
Noon-1:00 PM	Dollar A Month Club (DAMC) 2nd Monday				
12:30-1:00 PM					Tech Help Chair Volleyball
12:30-4:00 PM		Laramie Duplicate Bridge		Watercolor Workshop	
1:00-2:00 PM	Restorative Stretch Yoga				
1:00-2:30 PM			Writer's Workshop		
1:00-3:00PM			Chicken Foot Dominoes	Biscuits and Jam (1 st & 3 rd Thursday)	
			Genealogy Assistance	Rhythm Energy (2 nd and 4 th Thursday)	
1:00-3:30PM				Mexican Train Dominoes	
1:00-3:45 PM	Pinochle	Mahjong	Bridge Lab		
4:30-5:30 PM		Uechi Ryu Karate			
All day every day <ul style="list-style-type: none"> • Too Fit To Quit (gym equipment usage) - MUST complete an orientation with Activities Coordinator, prior to equipment use. • Billiards in the Pool Room – lessons and games. • Game Cabinet - available any time to play board and card games. • Swim Aerobics – at the Laramie Rec Center, 6:00-7:15 am. • Computers – for use 8am to 4pm. • Laramie Fiber Guild (2nd Tuesday) 6:30-8:30pm 					
NOTE: <ul style="list-style-type: none"> • Foot Care, Medicare Assistance, LIV Health - by appointment. • NARFE – last Friday, monthly. 					



We will keep you posted of Eppson Center for Seniors current information through our Weekly Announcements (sign up at announcements@eppsoncenter.org), on our Facebook page (www.facebook.com/eppsoncenter), on our Website (www.eppsoncenter.org), and through this monthly Newsletter.

WHAT'S HAPPENIN'



Come to our first in a series of bird talks:
Fall Bird Migration on the Laramie Plains

This presentation will help you
understand bird migration and
identify fall migrants
found in the Laramie Plains

August 13

12:30 pm

East Wing



We'll be celebrating
all the
August birthdays
on
August 15 during lunch!
Come join us!

Celebrate National
Senior Citizens Day
with us
Thursday, August 21
12:30 pm
Dining Room



Karaoke
Paint a Jenga Block
Forever Young Video

Monday July 28 and August 25
1:00 pm East Wing

*We only have a limited amount of props so first come first
serve for restorative. (Bring your mat if you have one)*

Calm your body and settle your mind as you are bathed in
the sounds of the Tibetan singing bowls, Koshi chimes,
crystal quartz bowls and more. Participants will relax in a
supported, relaxing yoga position and listen to the sounds
and vibrations that they are experiencing. Generally, a
deep state of relaxation of the body and peace of mind is
cultivated, with a greater sense of overall well being and
health.

**Sound Bath Meditation
& Restorative Yoga**

Nutrition Education with
Coming to the Eppson C
August 14
Dining Room
During Lunch
11:30-12:30



STATISTICS

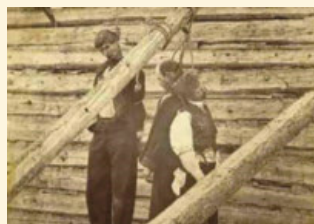
Marilyn Aiken, Coordinator
(307) 745-5116, ext. 119



Where was the Bucket of Blood Saloon in Laramie?

When Lawlessness was the only law in town! 150 years ago, justice in Laramie was served up by 3 violent lawmen: Asa Moyer, Con Waggoner, and "Big" Steve Long. Ruling the town with an iron fist, "justice" often got bloody. History: Little is known about Steve Long's early life or childhood. After the American Civil War, he had settled in Laramie, Wyoming. He and his half-brothers, Ace and Con Moyer, established a saloon together in the railroad town. Both Ace and Con helped found Laramie. Long reportedly had spent several years as an early version of a gunfighter before being elected in 1867 as Deputy Marshal of Laramie. Long soon earned a reputation as a particularly violent lawman, killing eight men in gunfights within two months. On October 22, 1867, Long opened fire on eight men during a street brawl after his orders to cease were ignored, killing five of the men. He rarely arrested

anyone, choosing instead to either intimidate them with the threat of force or shoot them. Long and his brothers used their forceful personalities and his position as the Deputy Marshal to their own financial advantage. Local residents called the saloon the "Bucket of Blood" because of the violence that often happened inside. A photograph of the three men after they were hanged was taken, and on the back was written, "(1) Gunfighter "Big" Steve Long, (2) Con Moyer, (3) Ace Moyer, A lynching in Laramie Wyo. -1868. My challenge to you is to do some research on your computer/phone and see if you can find the location that was the "Bucket of Blood Saloon" in Laramie.



A photograph of the three men after they were hanged was taken, and on the back was written, "(1) Gunfighter "Big" Steve Long, (2) Con Moyer, (3) Ace Moyer, A lynching in Laramie Wyo. -1868. Credit: Visitlaramie.org



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Eppson Center for Seniors, Laramie, WY C 4C 05-1278

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COMMUNITY ENGAGEMENT COORDINATOR

Rachelle Trujillo

(307) 745-5116, ext. 127

seniorconnections@eppsoncenter.org



Thank you SO much to everyone who donated during WyoGives! This year, we raised an astonishing \$21,840. AMAZING! We are still filled with so much gratitude—thank you for helping us repair our roof and continue providing services for those 60+.

As a reminder, we have a new, regularly-occurring volunteer position at the Center as a Loan Closet Attendant. This is a rewarding opportunity to help loan out and accept donations of vital medical equipment for those in our community. Volunteers can sign up for 1-hour shifts between 12:00 and 4:00, Monday-Friday, and are encouraged to volunteer on a regular basis (whatever that looks like for you!). While volunteering, you will be

available to help folks borrow and return equipment and assist in keeping the closet organized. This position will also come with some down time, so feel free to bring a book or other project to work on when things get slow. Please let me or another staff member know if you are interested in volunteering in this great new way!

With August 21 being National Senior Citizens Day, there's no better time to try some new activities at the Center! Whether you join us for a meal, a fitness class, or our next Friendship Friday, take some time for yourself and loved ones this month to celebrate and reflect on all that's good in life, and we hope you can do so with us!

TAMMY COMER CONTINUED FROM PAGE 1

We were absolutely humbled by the amount of donations made on our behalf to this year's WyoGives campaign on July 16th - \$21,840.00! As of print time, we don't know the amount of the incentive pool we are eligible for, but we are so grateful to all donors, to the Wyoming Nonprofit Network for the lead on this initiative, and to the Hughes Charitable Foundation for their incentive pool program!

Wyoming TRULY showed up on July 16th

\$5,682,219 was raised - 19,047 gifts by 9,385 donors to 429 agencies including the \$1,000,000 incentive pool from the Hughes Charitable Foundation. Such a great feeling to have the entire state pull together for so many worthy causes!

If you wish to donate to the Roof Replacement campaign, you still have time! We truly appreciate the donations we have received earmarked for the roof replacement and repair costs associated with it! With your help, we will be able to pay for our deductible, address roof leaks that were not deemed to be the result of wind, rain, or hail, and complete the job by repairing the walls, ceiling tiles, and ensuring that our environment is mold free and healthy for all to enjoy. We truly appreciate your support and assistance for this MidYear Roof Campaign!

Until September,

Tammy



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Eppson Center for Seniors, Laramie, WY D 4C 05-1278

DOLLAR A MONTH CLUB

Thanks to the generosity of the Eppson Center, we'll be moving the dinner indoors to the Eppson Dining Room, where the weather is always perfect and our wonderful volunteers will have less heavy lifting to do!

- When: **August 11, 5:00-6:30 PM**
- Where: **Eppson Center Dining Room**
- Tickets: **\$10** (includes a delicious chicken dinner and live entertainment)
- Entertainment: **Ron and Sue Mavrich**

Tickets On Sale

- Dates: **July 7 through August 4**
- Purchase in the Eppson Center lobby at the Dollar a Month Club table.
- Or at the Eppson Center Front Desk.
- Availability: Only 100 tickets will be sold - get yours early!

Come enjoy a chicken dinner, great music, and great company. We look forward to seeing you there!

Picnic Time

CHICKEN at the EPPSON

Monday, August 11 - 5:00-6:30pm

\$10.00 per person / ticket required
Tickets on sale: July 7 - August 4
Only 100 tickets available - buy early!

Live music will be performed by Ron & Sue Mavrich

Chicken at the Eppson
will be held in the
Eppson Center Dining Room.
No worries about inclement
weather - we have you covered!

A Month Club

Eppson Center for Seniors
1560 North 3rd Street
Laramie, WY 82072

