



# NEWS



2025

## CONTACT

1560 N. 3rd St.  
Laramie, WY 82072  
307-745-5116  
executive@eppsoncenter.org  
www.eppsoncenter.org  
facebook.com/eppsoncenter

## WHAT'S INSIDE

July Menu | 2  
Home Delivered Meals | 3  
Seniors on the Go | 4  
Activities, Events,  
Exercise | 4  
Transportation | 5  
Ongoing Activities | 7  
What's Happenin' | 8  
Special Events Calendar | 9  
Community Engagement | 10  
Statistics | 10  
Dollar A Month Club | 12

## 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



### Happy Independence Day!

A sincere **THANK YOU** goes out to all of you who contacted a representative, either by phone, letter, or email. I appreciate your dedication to fighting for older adults' rights to access programs and services they need and deserve to stay independent for as long as possible. I know that the word is getting out there that our programs and offerings are worth fighting for, and if you haven't yet contacted a representative, please do so now. We have yet to hear any concrete information from the State of Wyoming Aging Division and as of the submission date of this newsletter, we have not yet been made aware of what our grant amounts will be for fiscal year 2026 which begins October 1, 2025. We continue to focus our efforts on fundraising, ways to increase program income, research of additional grant opportunities and unfortunately, cutbacks in reaction to these proposed cuts. Should you hear of any foundations, individuals, or grant opportunities offering support to Senior Centers for nutrition, transportation or activities programming, please let me know! I am always willing to research and educate myself and our Board about what might be available out there!

In the next couple of months, there will continue to be a lot of disruption of the normal traffic flow on 3rd Street due to WYDOT's current project, including the closure of McConnell Street for new curb and gutter in the near future. We are working closely with WYDOT for updates and anticipate that by the end of July, we will be diverting cars to the west exit and it will become entrance and exit, so please keep this in mind and plan to be extra careful in the parking lot and detour routes. This plan may change based upon how the Contractors responsible for the project deem necessary, so this is only precautionary, but the changes will be great once they are completed!

CONTINUED ON PAGE 6

# M E N U



2025

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	1	2	3	CENTER CLOSED 4
Menu is subject to change	Baked Chicken Breast Sweet Potato Green Beans WW Bread	Beef Lasagna Italian Blend Veggies Garlic Bread	Vegetable Soup Chef Salad – turkey, ham, egg & cheese WW Roll	
7	8	9	10	11
Macaroni & Cheese with Ham Steamed Peas WW Biscuit	Stuffed Green Pepper Soup Baked Red Potatoes WW Roll	Baked Chicken Wings Steamed Asparagus Potato Salad	Bacon, Spinach, Tomato & Swiss Frittata WW Bread	Lemon Pepper Cod Rosemary Baked Potato Sauteed Squash WW Roll
14	15	16	17	18
Asiago Chicken Pesto Pasta Steamed Carrots WW Bread	Baked Ham w/Cherry Sauce AuGratin Potatoes Steamed San Fran Veggies WW Roll	Beef Taco Bar Lettuce, Tomato, Onion, Salsa Refried Beans WW Tortilla	Cajun Potato Soup Steamed Green Beans Oyster Crackers	Orange Garlic Shrimp White Rice California Veggies WW Roll
21	22	23	24	25
Cauliflower Crust Pizza Pepperoni, Mushrooms, Spinach, Basil, Sausage & Cheese Caesar Pasta Salad	Chicken Divan Steamed Winter Veggies Honey Wheat Bread	Pork Chops Scalloped Potatoes Steamed Capri Veggies	Cheeseburger Pie Oven Ranch Potatoes WW Roll	Baked Haddock Rice Pilaf San Francisco Veggies WW Roll
28	29	30	31	
Hot Turkey Sandwich Mashed Potatoes/Gravy Steamed Broccoli WW Bread	Pork Green Chili Steamed Monaco Veggies WW Tortilla	Rotisserie Baked Chicken Baked Beans Steamed Carrots WW Roll	Chicken Fried Steak Mashed Potatoes/Gravy Sauteed Spinach/Squash WW Biscuit	All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Milk

## 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,**



**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [lpcommunities.com  
/adcreator](https://www.lpcommunities.com/adcreator)

**SHORT  
STAFFED?**

Place an ad here to find  
new local talent for your  
business.

**CALL 800-477-4574**

**SUPPORT OUR  
ADVERTISERS!**

**THRIVE  
LOCALLY**





## SENIORS ON THE GO July Hikes



**July 4 Independence Day Holiday.** No hike.

**July 11 Snowy Range: Tipple Trail to Miner's Cabin.** Led by Lisa. The trail begins from the parking lot by Lake Marie Falls with a somewhat steep descent. It's a charming hike which travels through timbered high country foliage, with runoff streams and a surprising white boulder field. Turn back at any time to conserve energy for the climb up and out to the parking lot. For a training hike, continue on to the Miner's Cabin and then turn back, for a total of 5 miles. Elevation 10,280-10,745. Take Hwy 130 to Centennial and continue for 14.2 miles to the Tipple Trailhead on the left.

**July 18 Snowy Range: Lakes Trail.** Led by Larry. The normal SOTG hike is from Mirror Lake along the spectacular Lakes Trail for about 1.7 miles (to the trailhead for Medicine Bow Peak) and then back, for 3½ miles total. For a longer training hike, continue along the Lakes Trail through some steep, rocky areas down to Lewis Lake, and then back. This can add up to 3 miles, depending on where you turn around. Elevation 10,525-11,060. Take Hwy 130 to Centennial and continue for 13.5 miles to the Mirror Lake Picnic Area road. Follow this road to its end to locate the trailhead.

**July 25 Snowy Range: Medicine Bow Peak from Lewis Lake.** Led by Rollin. The trail guides the way through a scenic alpine environment where the summits of the Snowy Range reflect in numerous pothole lakes below. This is the shortest and most popular route to Medicine Bow Peak, but be prepared for rock-strewn slopes, high wind blasts, strenuous switchbacks and steps, and lingering snow drifts. The hike is about 3.2 miles round trip, elevation 10,800-12,013. Take Hwy 130 for 40 miles, then turn right into the Sugarloaf Recreation Area. Continue to the end of the road to the Lewis Lake Picnic Site. Due to its small parking area, carpooling is highly recommended. (Thanks to Marc Smith, Hiking Wyoming's Medicine Bow National Forest, for the descriptive text above.)

## ACTIVITIES, EVENTS, EXERCISE

**Angie Fessler, Coordinator**  
(307)-745-5116, ext. 114  
email: [activities@eppsoncenter.org](mailto:activities@eppsoncenter.org)



### Put a Little Social Back in Your Life!

After years of staying safe and keeping our distance, it's time to reconnect and there's no better place to do it than right here at the Eppson Center for Seniors!

Whether it's chatting over coffee, joining a game of cards, or line dancing, this is your place to laugh, share, and belong. Studies show that staying socially active helps boost mood, memory, and even physical health — and let's be honest, it just feels good to be around friends.

This month, we invite you to try something new:

- Join a group activity
- Attend a musical event
- Bring a friend to new member coffee
- Attend an art class
- Pull up a chair for game day

It doesn't have to be big — even a smile and a conversation can brighten your day (and someone else's too). So come on in, take that first step, and let's put a little social back in our lives — together.

See you soon,  
**Angie**



## 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's appointment, or need a ride to the center, we're proud to provide reliable service you can count on. A few reminders:

- Please schedule rides at least 48 hours in advance.
- Stay hydrated and dress for the weather when heading out.
- Let us know if you use a walker or wheelchair so we can plan accordingly.

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.

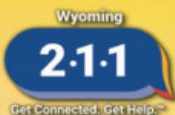
**Pick-Up hours:** Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

**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](http://www.wyoming211.org)

Text your ZIP code to 898211



Proudly serving customers  
for over 48 years!

Let us take care of your  
plumbing & HVAC Needs

Licensed & Insured

**307.745.3223**

[garysplumbingheating.com](http://garysplumbingheating.com)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Jay Schwartz**

**[jschwartz@4LPi.com](mailto:jschwartz@4LPi.com)**  
**(800) 477-4574 x6801**



Jeffrey M. Caron  
Medicare Agent

## Medicare Education Available

*"Changes are always happening!!"*

**Turning 65, Leaving Work plan, qualifying for Medicaid? I Can Help!**

Private Consultations: Senior Center or In-Home if Needed

**CALL or EMAIL To Secure Your Time ... Don't Delay !!**

**307-509-0582** [Jeff@medicare4wyoming.com](mailto:Jeff@medicare4wyoming.com) [www.medicare4wyoming.com](http://www.medicare4wyoming.com)



For ad info. call 1-800-950-9952 • [www.lpicomunities.com](http://www.lpicomunities.com)

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



This year, Wyoming celebrates WyoGives Day on Wednesday, July 16th! As in the past, donations made via the WyoGives Website are eligible for the incentive pool funds provided by the Hughes Charitable Foundation and make a huge difference! WyoGives is an initiative of the Wyoming Nonprofit Network, whose mission is to amplify, cultivate, and advocate for Wyoming's nonprofits. We appreciate their work in supporting Wyoming's large network of non-profit organizations and have enjoyed working with them over the past five years!



If you haven't noticed, our Community Garden Space has been updated and made more comfortable and accessible for your enjoyment, including the addition of an umbrella for those sunny days. We are expecting the receipt of a bench to provide additional seating (thank you to a special donor), and are still interested in finding volunteers to water, weed, and harvest the produce when the time is right! We will have radishes, lettuces, greens, and herbs that will be integrated into our Home Delivered Meal lunches for that fresh from the garden experience! Can't wait! We'd also like to provide another thank you for the agencies that support this project through the help of

grants and donations – AARP Community Challenge Grant Program, Laramie Garden Club, Laramie Rivers Conservation District, the Specialty Crops Program brought to us by Feeding Laramie Valley, and for the support and assistance from our own Gardening Grandmas who have been so helpful in getting this project off the ground! We enjoyed the partnership of ARK Industries' artists in getting pots painted to enhance the garden's beauty and look forward to working with them throughout the summer! Our special thanks also goes out to George McGrail and Dave Cheesebrough for their planning efforts and construction abilities in getting the beds and protective cages created and put together. What a great COMMUNITY EFFORT! So great to have everyone working together for a common purpose and wow – what a beautiful outcome with more beautiful additions coming soon and in the future!



**Please note that Friday, July 4th, the Center will be closed** so our employees can celebrate the holiday. There will be no activities or Congregate meals, and those receiving Home Delivered Meals will receive a frozen meal on Wednesday or Thursday for Friday's consumption. We wish you a safe and Happy 4th of July!

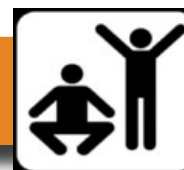
Until Next Month,

*Tammy*





# 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	
1:00-2:30 PM			Writer's Workshop		
1:00-3:00PM			Chicken Foot Dominoes	Biscuits and Jam (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday)	
			Genealogy Assistance	Rhythm Energy (2 <sup>nd</sup> and 4 <sup>th</sup> Thursday)	
1:00-3:30PM				Mexican Train Dominoes	
1:00-3:45 PM	Pinochle Party Bridge	Mahjong	Bridge Lab		
<b>All day every day</b> <ul style="list-style-type: none"> <li>• Too Fit To Quit (gym equipment usage) - MUST complete an orientation equipment use.</li> <li>• Billiards in the Pool Room – lessons and games.</li> <li>• Game Cabinet - available any time to play board and card games.</li> <li>• Swim Aerobics – at the Laramie Rec Center, 6:00-7:15 am.</li> <li>• Computers – for use 8am to 4pm.</li> <li>• Laramie Fiber Guild (2nd Tuesday) 6:30-8:30pm.</li> </ul>					
<b>NOTE:</b> <ul style="list-style-type: none"> <li>• Foot Care, Medicare Assistance, LIV Health - by appointment.</li> <li>• NARFE – last Friday, monthly.</li> </ul>					



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

# WHAT'S HAPPENIN'



## BEYOND BORDERS: A FIRST-HAND LOOK AT THE ISRAELI-PALESTINIAN CONFLICT

Presented by Rachelle Trujillo

**Monday, July 7, 2025**  
**12:30-1:30**  
**East Wing**

**July 8 Topic:**  
**Cleaning up**  
**and**  
**protecting email**  
**10:30-11:30 am**  
**East Wing**



Learn about the Habitat Hero program!

Members of the Laramie Audubon Society will present information on what the program is, how to participate and what you can do in your own backyard to attract pollinators and birds.



**July 9**  
**12:30-1:30**  
**East Wing**  
**Eppson**  
**Center**



**Beginning Pencil**  
**Drawing & Techniques**  
**July 11-August 29**  
**Fridays 12:30-2:00**  
**Craft Room**



We'll be celebrating all the  
July birthdays on  
July 15 | during lunch!  
Come join us!  
Edgewood Assisted Living will be  
providing the birthday cake!



## NEXT AARP Safe Drivers Course

**Wednesday, July 16**

**9:00 am - 2:00 pm**

**Get Signed Up!**

**\$20.00 for members**

**\$25.00 non-members**

**free-United Healthcare members**  
**In the Craft Room**



**WEDNESDAY**  
**EAST WING**  
**JULY 16 12:30 PM**

**LET'S LEARN ABOUT NUTRITION**  
**TOGETHER**

**July Dinner Out**  
**Thursday**  
**July 17**  
**5:30 pm**  
**The Trading Post**  
**Centennial**  
**No rides available**  
**for this one.**



## Kevin & Mandy

**Eppson Center Dining Room**  
**Thursday, July 17th**  
**11:30 - 12:30**



Guitar~Mandolin~Banjo~Vocals  
sing-a-long songs from the 50's & 60's  
folk, Irish, bluegrass, country  
classic rock & other fun stuff!



# JULY SPECIAL EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30-11:30 Bingo	2	3	4 Closed for July 4th Holiday	5
6	7 12:30 Beyond Borders Presentation	8 9:45 Birding Walk 10:30 Tech Talk # 4 Email	9 12:30 Habitat Hero Presentation	10	11 -12:30-2 Drawing Class starts up again 1-2 Friendship Friday	12
13	14	15 10:30-11:30 Bingo 11:30-12:30 July Birthdays	16 <b>WYOGIVES</b> 9-2 AARP Safe Driving Class 12:30 Nutrition Presentation	17 *11:30-12:30 Kevin & Mandy music 5:30 Dinner out- Trading Post	18	19 8-3 Quilt for Veterans Sewing Day
20	21	22	23	24	25	26
27	28	29	30	31 National Snowball Day		

**WYOGIVES is July 16!** Please consider donating to the Eppson Center!  
left blank to place ads



**REGENCY**  
INDEPENDENT LIVING

**Retirement Community**

Age 65+

[laramieretirement.net](http://laramieretirement.net)  
[rrrlaramieoffice@gmail.com](mailto:rrrlaramieoffice@gmail.com)  
307-742-6366

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

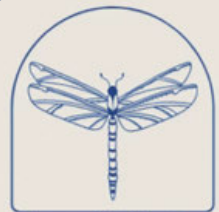
**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## Compassionate Complementary Non-medical Support

- Planning and paperwork
- Appointments, errands and meals
- Decluttering and downsizing
- Respite and resources



**Hjertehagen Healing Passages**  
Life transition healing and support



**Lisa Cox**

307-314-4613  
[leeschwa@hjertehagen.net](mailto:leeschwa@hjertehagen.net)  
*Experience, references, insurance,  
background checked*

*Welcome home:*

Discover comfort,  
amenities, new friends...

[Ivinsonhome@hotmail.com](mailto:Ivinsonhome@hotmail.com)

**307-745-3575 • 2017 E. Grand Ave., Laramie WY**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

July 2025 Newsletter | 09

## COMMUNITY ENGAGEMENT COORDINATOR

**Rachelle Trujillo**

(307) 745-5116, ext. 127

seniorconnections@eppsoncenter.org



**Thank you** again to everyone who was involved with the Enchilada Sale this year! What a great way to kick off summer and all the festivities to come.

Next on our radar is **WyoGives** on July 16. Please mark your calendars, and consider joining the rest of the state for a day of philanthropy that will benefit our community and allow us to continue providing all the services we do. As always, we couldn't do what we do without your support!

With students home now until fall, I am looking for **volunteers** to fill some positions within the Center. Please check out the new opportunities listed on the website or reach out to me if

you're interested. I'm always looking for new areas for volunteers, so if you have a new idea or way you'd like to help, please let me know~ I'd love to chat!

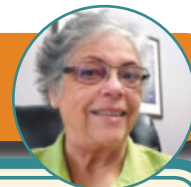
Make sure to get outside and soak up some sunshine while it's here! These summer days in Wyoming are hard earned, and we hope that you plan to spend some time with us here at the Center to help you make the most of the season!



## STATISTICS

**Marilyn Aiken, Coordinator**

(307) 745-5116, ext. 119



Senior Centers are places where people go to make and foster social connections, exercise, learn new skills, volunteer, have a meal, check on their health, talk to a social worker, or engage in friendly competition. The staff at the Eppson Center creates all that programming, encourage participation, raises money, manages up and down, run a transportation program, and more – and somehow do it all with a smile. The Eppson Center for Seniors has managed to have an incredible year of growth and increased service offerings. As always, we've managed to approach our role with an open and loving heart that benefits the members of our community. The Center is better off because of its staff and our Seniors are

better off because of our Center.

Thank you all for keeping our Center going!

**Enjoy your summer!**  
**Marilyn**



# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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



## DOLLAR A MONTH CLUB

### Annual August Chicken Dinner

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:** July 7 through August 4
- **Where to 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!**

**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**

**Chicket 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