

# NEWS



Dedicated to providing lifelong support for independent living.

## CONTACT

1560 N. 3rd St.  
Laramie, WY 82072  
307-745-5116  
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:** Lisa Levin

**VICE PRESIDENT:** Diane DeLany

**SECRETARY:** Cheryl Fleener

**TREASURER:** Linda Allgeier

Betty Buckman

Barbara Humphreys

Mark Mader

Bernard Steinman

Philip Varca



## FROM THE DIRECTOR, TAMMY COMER



### April Showers bring May Flowers

Or so they say anyway - sometimes Laramie's April showers are more solidly formed and resemble crystals, but we love them nonetheless! Hello Spring - we are ready for you at the Eppson Center, and we welcome you with open arms! Our new Seniors Walking Group and our Seniors on the Go Groups are meeting weekly and enjoying the nicer weather and we have many events planned for your enjoyment, including some additional outdoor activities to enjoy the coming warmer months.

Our Gardening Grandmas Group is prepping for this year's beautiful display, and we are also working on getting people interested in helping us with the Age Friendly Laramie Community Garden located next to the Bus Garage. We hope to be able to create a comfortable, friendly environment where people can rest, relax, read, enjoy beverages or a meal, all surrounded by the raised garden beds that will grow herbs and lettuce for the Center's daily meals. We will be sharing more news in the near future so let us know if you are interested in helping out!

CONTINUED ON PAGE 8





# Menu

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1 Beef Goulash Corn Wheat Bread	2 Sweet & Sour Chicken Brown Rice Oriental Veggies Whole Wheat Rolls	3 Harvest Tomato-Basil Soup Grilled Ham & Cheese Sandwich	4 Tuna Spinach Wrap in Spinach or Tomato Tortilla Crudité	5 Eggplant Ratatouille Roasted Chicken Arborio Rice Garlic Bread
8 Pork Loin Baked Sweet Potatoes Winter Blend Veggies	9 Baked Potato Bar Cheese, bacon, chili w/beans, sour cream Prince William Veggies	10 Baked Cod w/Lemon Dill Sauce Wild Rice Peas	11 BBQ Chicken Sandwich Potato Chips Scandinavian Veggies	12 Beef Stroganoff over Egg Noodles Bahamas Blend Veggies
15 Turkey Ala King Biscuits Key Largo Blend Veggies	16 Beef Tator Tot Casserole California Blend Veggies	17 Healthy Veggie Bean Soup Cheese Slices Wheat Roll	18 Baked Tilapia Ranch Potatoes Chuckwagon Blend Veggies	19 Chicken Fajitas Refried Beans Santa Fe Blend Veggies
22 Pork Stir Fry Lo Mein Noodles Cucumber, tomato and onion salad	23 Arroz con Pollo (Rice with Chicken) Brown Rice Carrots	24 Baked Pollock Parmesan Potatoes Green Beans	25 Beef Lasagna Italian Blend Veggies French Bread	26 Hot Turkey Sandwich Mashed Potatoes & Gravy Cauliflower
29 Chicken Fried Steak Mashed Potatoes & Gravy Corn	30 Baked Haddock Brown Rice San Francisco Blend Veggies Whole Wheat Roll	All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Dessert Milk		A <b>CONTRIBUTION</b> toward the cost of your meal is appreciated if you are 60+.  If you are 59 and under, the <b>COST</b> is \$7.00.

Menu is subject to  
change



**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 for 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 that needs Home Delivered Meals?

**Call Erica today at (307)-745-5116 ext. 120.**

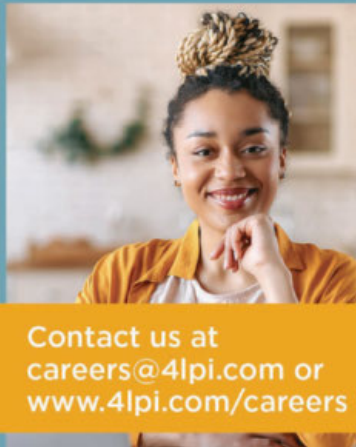


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## APRIL HIKES

Due to weather issues, the **Seniors on the Go** hikes may change from the schedule below. Make sure you let us know if you will join us or meet us in case we do switch. For questions or to get more Seniors on the Go information email: [sotg@eppsoncenter.org](mailto:sotg@eppsoncenter.org)  
Find us on Facebook: <https://www.facebook.com/LaramieSOTG/>

<p><b>April 5</b></p>	<p><b>Vedauwoo: Nautilus.</b> Take I-80 to the Vedauwoo exit (#329) and turn left to cross under the overpass. Vedauwoo Road (FR 700) begins on the north side of this interchange; continue east for about a mile to the Vedauwoo Recreation Area on the left. If Vedauwoo Road (FR 700) is open, drive about ¼ mile further and turn left into the parking area. If the road is closed, park on the right by the closed gate or in the Vedauwoo parking lot (the hut is no longer there). Dubbed by our group as Turtle Rock #2, this trail loops through Aspen trees and around a ship-like rock formation, and can be extended through the campground. Easy hike, up to 3.5 miles. Elevation 8276.</p>
<p><b>April 12</b></p>	<p><b>Curt Gowdy: Hidden Falls.</b> Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go 13 miles to Curt Gowdy State Park and park at the causeway parking area. We'll follow the Crow Creek trail through sage/mahogany brush hillsides. This hike climbs steadily with some tricky footing over rocks and culminates at a unique waterfall deep in the ponderosa forest. Rated moderate, 4 miles round trip. If we return via Mo'Rocka, it adds about a mile to the hike. Elevation 6783 to 6990.</p>
<p><b>April 19</b></p>	<p><b>Eagle's Nest, CO.</b> Led by Rollin A. Go south about 43 miles on Hwy 287. Turn right onto Red Feather Lakes Road. The entrance to the open space is about 1/3 mile down on the left (toilet at the trailhead). Five miles of trails (3-Bar trail is 3.4) with many gentle ascents and descents. Rated easy, 5,700-6,000 elevation. Parking could be a problem, so carpooling from the Eppson Center is recommended. Map and more info at: <a href="http://www.larimer.org/naturalresources/eagles_nest.htm">www.larimer.org/naturalresources/eagles_nest.htm</a></p>
<p><b>April 26</b></p>	<p><b>Hutton Lake Nat'l Wildlife Refuge.</b> This is a bird-watching walk, if it's not too muddy or windy. There is limited parking, so please meet at the Eppson Center to carpool. Head south on 3rd Street / Hwy 287. From the top of the bridge over the railroad tracks, go 2.1 miles on Hwy 287 and turn right onto Howe Road, then go over the railroad tracks and make an immediate left turn onto the dirt road (Sand Creek Road). Go 8.1 miles; don't turn off Sand Creek Road until, just past a cattle guard, you see the sign to Hutton Lake National Wildlife Refuge, and then turn right. Go one mile (bear left at the Y near the buildings), go over the cattle guard, and park in the parking lot. We will walk from there. Total driving distance from the Laramie viaduct to the parking area is about 12.2 miles.</p>

### Hearing or Vision Problems?

**IF you have (1) problems hearing on the phone, or  
(2) low or loss of vision, we might be able to help you.**

**Hearing:** We have connected approximately 12 Eppson Center patrons with WyomingRelay (a State of Wyoming Agency), all of whom have been very satisfied with the hearing equipment supplied to them by this Agency. For the most part, this program offers equipment free of charge, but if you do not meet the financial guidelines, you may still get the equipment. You will be responsible for half the cost up to a "cap" of \$500.00. For 2 years the equipment will be repaired/replaced free of charge. WyomingRelay does not do hearing aids.

**Vision:** We are embarking on a new partnership with State of Wyoming Vision Outreach Services. The primary requirement is that you complete a full eye exam; the cost(s) should be covered by Medicare and/or Medicaid. If you meet the eligibility requirements, the equipment and such are free of charge.

**If you are interested in one or both of these State programs, you may contact Trey Schroefer, the Eppson Center's Activities Director, or Sandi Brome - both at 307-745-5116. They have the application, information, and scheduling capacity.**

# EPPSON CENTER TRANSPORTATION

**GUY MORROW, TRANSPORTATION COORDINATOR (307) 745-1511**



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

**NOTE: Ridership is up and space in the vans can be limited at times. Please reserve your rides as far ahead as possible in the future to get your slot reserved. Please remember to book rides 48 hours in advance.**

**Subscription Riders:** Reminder to call by the 20th of the month to set up the continuation of your subscription rides for the next month.

**We thank you for using our Transportation service and we look forward to serving you in the future!**

## 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

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**(800) 477-4574 x6801**

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# ACTIVITIES, EVENTS, & EXERCISE



**TREY SCHROEFEL, COORDINATOR** (307) 745-5116, ext. 114  
email: [activities@eppsoncenter.org](mailto:activities@eppsoncenter.org)

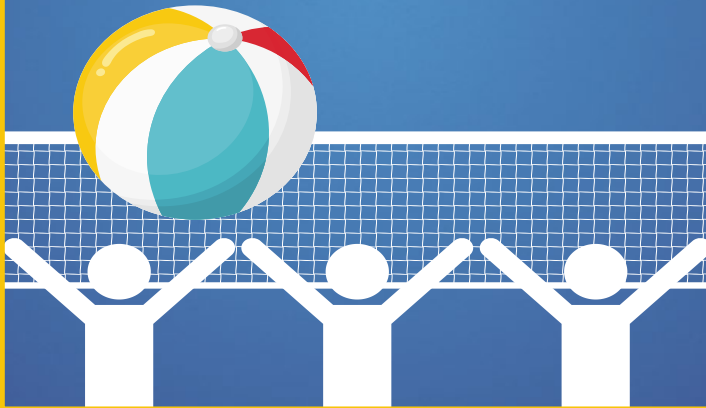
**PLEASE NOTE:** For every event that the Center offers you need to sign in to each one that you are attending. If you are attending more than one event, you need to sign in for each of them. Thank you!

## Chair Volleyball

Starting Friday, April 12th

1:00-2:00 in the East Wing

Every other Friday going forward



## UNIVERSITY OF WYOMING THEATER AND DANCE PRESENTS: INTO THE WOODS

10 TICKETS AVAILABLE

\$11

TRANSPORTATION PROVIDED

SUNDAY, APRIL 14TH AT 2:00PM

SIGN UP AND PAY AT FRONT DESK



## DINNER NIGHT!

THURSDAY, APRIL 25TH

5:00 PM AT  
O'DWYERS  
1622 GRAND AVE

TRANSPORTATION IS  
PROVIDED IF NEEDED  
SIGN-UP DEADLINE  
APRIL 22ND

30 MAX



**BINGO**  
\*25 Cents Per Card\*

JOIN US  
**TUESDAYS 10:00 - 11:30**  
In the Craftroom  
**STARTING FEB. 20TH**

Let Trey know if you would like to volunteer to be a caller

# April Activities

Eppson Center for Seniors Activities					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:45AM					Seniors on the Go Hiking Group
9:00-9:30AM			Chair Yoga		
9:00-10:00AM		Line Dancing	Line Dancing		Line Dancing Vets Coffee
9:00-11:30AM				Cribbage	
9:00AM-Noon	Chess		Chess		Chess
9:45 AM		Walking Group			
10:00-11:30AM	Board and Card Games Drawing Class	Bingo			
10:30-11:30AM	Fall Prevention Exercise Class	Feel the Beat	Fall Prevention Exercise Class	Feel the Beat	Fall Prevention Exercise Class
11:30AM-12:30PM	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch
Noon-1:00PM				Dollar A Month Club (DAMC) (3rd Thursday)	
12:30-2:00PM			Writer's Workshop		
12:30-4:00PM		Laramie Duplicate Bridge		Watercolor Workshop	
1:00-1:45PM		Good Book Club via Zoom			
1:30-2:30PM	Melodees				
1:00-3:00PM			Chicken Foot Dominoes Genealogy Assistance	Biscuits and Jam (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday) Rhythm Energy (2 <sup>nd</sup> and 4 <sup>th</sup> Thursday)	Grief Share (Jan. 19th- April 19th) <b>** SEE BELOW</b>
1:00-3:30PM				Mexican Train Dominoes	
1:00-4:00PM	Pinochle	Mahjong			
2:00-2:30PM		Chair Yoga			
4:30-5:30PM		Uechi Ryu Karate			
6:30-8:30PM		Laramie Fiber Guild (2 <sup>nd</sup> Tuesday)			
<b>All day every day</b>					
<ul style="list-style-type: none"> <li>• Too Fit To Quit (gym equipment usage) - MUST complete an orientation with Trey Schroefel, Activities Coordinator, prior to 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, 6:00-7:15am.</li> <li>• Computers – for use 8am to 4pm.</li> </ul>					
<b>NOTE:</b>					
<ul style="list-style-type: none"> <li>• <b>** The Widows Friendship Group WILL NOT BE MEETING during the time of the Grief Share Group and will resume at Grief Shares' conclusion</b></li> <li>• Foot Care, Medicare Assistance, Beltone Hearing Aid Center - 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](http://www.facebook.com/eppsoncenter)), on our Website ([www.eppsoncenter.org](http://www.eppsoncenter.org)), and through this monthly Newsletter for current information.



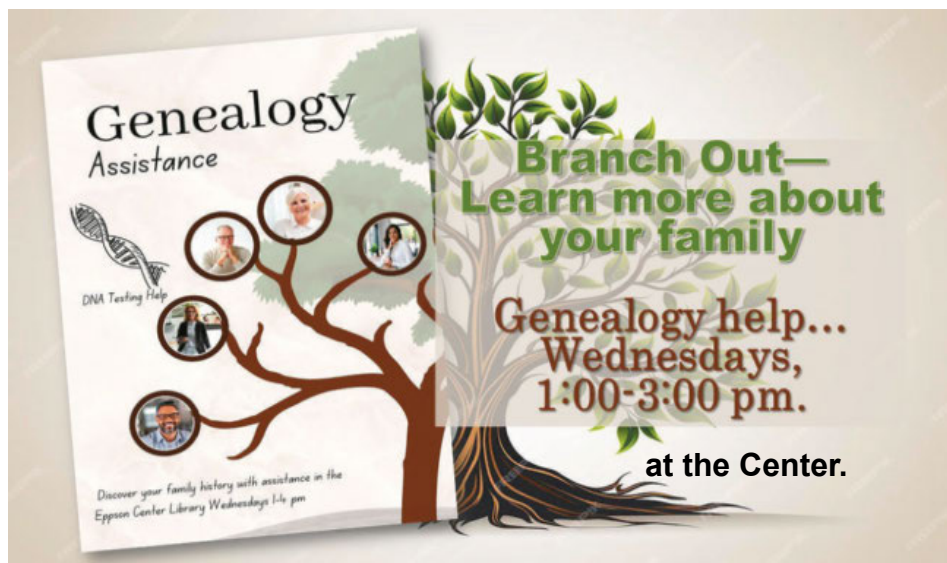
# FROM THE DIRECTOR, TAMMY COMER CONTINUED FROM PAGE 1

A big thank you goes out to all of our Volunteers at the Center! We celebrate you daily but especially during the National Volunteer Week: April 21 – April 27. We hope you will join us as we celebrate your talents and gifts of time and energy to the Center’s nearly 2000 individual patrons. Non-profit agencies like ours can only exist with the help and dedication of volunteers like you and we are so grateful!

Until May,  
*Tammy*



**Eagle Scout Joseph Coast** receives congratulations from Governor Mark Gordon. You may recall that Joseph was the Eagle Scout who helped the Eppson Center with the patron computer room for his Eagle Scout Project! Way to go Joseph and thank you so much for your help with this project! Our patrons really enjoy it!







# FROM THE DOLLAR A MONTH CLUB: MARILYN AIKEN, STATISTICS COORDINATOR (307) 745-5116, ext. 119

**DOLLAR A MONTH CLUB**  
*A Month Club* **Accepting New Board Members!**

This close-knit group provides supplementary help and support to the Eppson Center. They put the fun in fundraising to bring our community great events. They meet monthly at the Eppson Center.

If you are interested, please sign below



Name	Phone



**Thank you**

Once again the Dollar A Month Club thanks all who brought items from our bake sale, Also thank you to those who so graciously baked and made items for the sale. All the proceeds will go towards the purchase of an Electric Food Slicer for the kitchen. Having this slicer helps with the cost of our meals so we do not have to purchase pre-cut meats that are more expensive.

Thanks also to our board and friends, who work tirelessly to arrange for the sale, price, and sell items. We are looking for other patrons interested in working and being on the board to plan and host events throughout the year. If interested, please sign the form at the front desk. Patrons are always invited to attend our meetings which are held at noon on the 3<sup>rd</sup> Thursday of each month. Come check us out!



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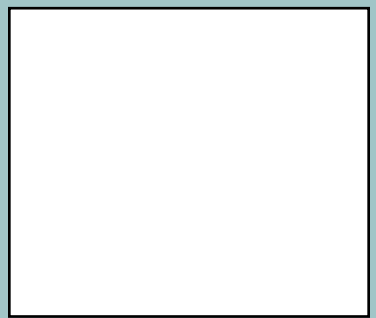


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[acc807@bresnan.net](mailto:acc807@bresnan.net)  
[albanycountychiropractic.com](http://albanycountychiropractic.com)



# SENIOR CONNECTIONS



Please join us  
April 21-April 27 in  
celebrating National  
Volunteer Week  
as we honor the  
selfless spirit of  
the volunteers who

commit time and effort to help meet the goals  
of the Eppson Center.

Our Board Members help to ensure the Center stays financially stable and volunteer their time and expertise to help us focus on our mission of providing lifelong support for independent living. We have around 50 Home Delivered Meal drivers who offer their service to deliver to our network of over 150 patrons who receive meals Monday through Friday. We utilize volunteer Class Instructors and Leaders who are thrilled to be able to share their knowledge with our patrons. We have volunteers who help with fundraising events and activities, volunteers who help us cover positions when our staff is out, and volunteers who garden, take care of the grounds, and help us in other specialty areas as well. We thank you for your 6566 hours of service by 194 individual volunteers in Fiscal Year 2023. Please remember to log your volunteer hours in My Senior Center as your efforts are also seen by the federal, state, and local agencies who provide our grants and the more volunteer participant hours that are logged show our community's dedication to Albany County's older adults.



We are deeply grateful to all of you who volunteer your time to such a worthy cause, and we could not do it without you! **All Eppson Center Volunteers - please join us on**

**Wednesday, April 24th at 2:00 pm for an Ice Cream Social** to celebrate your dedication to the programs that help keep older adults active and independent in their own homes for as long as possible.



## Greeting cards available at an excellent price!

The Eppson Center has a wide variety of greeting cards available for only 4/\$1! Come in and stock up on some.

## Loan Closet

- The Loan Closet is a service that lends out donated medical equipment to members of the community free of charge. We also gladly accept your donations of new or gently used medical equipment and new incontinence supplies (please, no tabbed incontinence supplies).
- Wish list: 5 and 6 absorbency pads, long or wide preferable.
- Loan Closet is open Monday-Friday from 8:00 am-4:00 pm.
- Please call ahead of time and ask for the Loan Closet.

## Beltone

- This service offers hearing aids, hearing aid tests, and hearing aid maintenance.
- **Beltone has been moved to the Wellness Center every other Tuesday (April 9 and 23). They also will be here on Thursday, April 4, for a special event.**
- Schedule your appointment with Kelly by calling 307-634-7550.

## Snowy Range Foot Care

- Take good care of your feet and say goodbye to foot pain!
- Call Lorraine at 307-760-1196 to schedule your appointment.
- Snowy Range Foot Care is at the Center every Thursday.

What did the flower say after it told a joke?  
I was pollen your leg.

Where did the egg go for spring break?  
New York City.

What is a flower's favorite kind of pickle?  
A daffo-dill.

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





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IMPROV  
\*FOR SENIORS\***

**Free 8-week  
Workshop**

**Starting May  
3rd  
Fridays  
2:00-3:00**

\*Limited to 10 Performers  
\*No prior experience  
required

For more information or to  
sign up, Contact Deborah  
Kassner  
[Deborah.lcmtw@gmail.com](mailto:Deborah.lcmtw@gmail.com)  
or  
contact the Eppson  
Center Activities  
Coordinator



This class is made possible by a grant from the Wyoming Arts Council and National Endowment for the Arts



**JOIN US!**

**Comedy/Improvisation Class for Seniors  
(Ages 60+)  
Under the direction of Deborah Kassner**

Fridays 2:00-3:00 beginning May 3  
Laramie Plains Civic Center, Studio #253

**What is IMPROV?**

Basically.....It's acting...but without a script.

**Why do people like IMPROV so much?**

Basically...It's FUN. It's fast-paced. It's always new. It engages your body, your mind, and your sense of humor. Everyone's contribution is unique and valuable.

This Comedy/Improvisation Class for Seniors is an 8-week program that will teach participants the building blocks of improvisation-- skills that encourage creativity, teamwork, confidence, laughter, and spontaneity. No acting or other experience is required – just good will and enthusiasm.

We're looking for 6-10 dedicated participants to join this weekly program. This workshop is provided free of charge through the generous support of a grant from the Wyoming Arts Council and National Endowment for the Arts.

Deborah Kassner is a professional performer, composer, playwright, and educator. She has taught Comedy/Improvisation to students ages 8-18+ for the past 11 years at Studio 253 in the Laramie Plains Civic Center.

Questions? [Deborah.lcmtw@gmail.com](mailto:Deborah.lcmtw@gmail.com) **Must Register to Participate**

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

