

NEWS



April 2025

CONTACT

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Laramie, WY 82072
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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

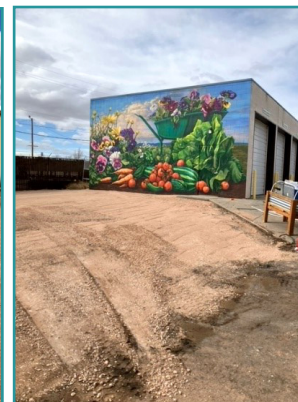


April is going to be such a busy and exciting month here at the Center - it's a wonderful time of year to rejuvenate while we prepare for the longer, warmer days! Springtime here at the Center has us ramping up for grant season, outdoor activities, garden season, and we are looking forward to seeing everyone out and about!

While we celebrate the return of Spring, the world celebrates Passover April 12th - 20th, Easter on April 20th, and Earth Day on April 22nd this year. The Center will be celebrating National Volunteer Week the week of April 20 through the 26th and we are extremely excited to highlight and show appreciation to the many volunteers who give their time and efforts!

Our Community Garden is transforming, and we would like you to join us in celebrating the support from our community partners and volunteers for this amazing project. We were awarded a \$5,000 Community Enhancement grant from the Laramie Rivers Conservation District to improve the soil, conserve water, and beautify the landscape of our garden. Those funds are being used to level the area for a new "foundation" which is necessary to ensure accessibility for those of all abilities and will revive the soil so that we can add trees and bushes to the area to provide shade, and habitats for bird and wildlife. This project is coming together beautifully, and grant applications have been submitted for the rest of the work which includes additional raised, covered garden beds and finishing touches that will allow for the space to be utilized for outdoor seating, educational presentations, and participation by interested volunteers to tend and water

CONTINUED ON PAGE 4



M E N U



April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

| | 1 | 2 | 3 | 4 |
|--|---|--|---|--|
| <p>A contribution</p> <p>towards the cost of your meal is appreciated if you are 60+. If you are 59 and under, the cost is \$7.00</p> | <p>Beef Stew Italian Chopped Salad Cornbread Mandarin Oranges</p> | <p>Chicken Cordon Bleu Scalloped Potatoes Wax Beans Beet & Onion Salad Honey Wheat Bread</p> | <p>Smothered Pork Burrito Spanish Rice WW Tortilla Chocolate Mousse</p> | <p>Orange Garlic Shrimp White Rice Steamed Capri Veggies WW Roll</p> |
| <p>Breakfast Day 7</p> | <p>8</p> | <p>9</p> | <p>10</p> | <p>11</p> |
| <p>WW Biscuit & Gravy Chicken Apple Sausage Scrambled Eggs Oven Baked Potatoes Coffee Cake</p> | <p>Turkey Meatball Sub WW Bun Steamed Cauliflower Mediterranean Salad</p> | <p>Cajun Potato Soup Steamed Green Beans Oyster Crackers</p> | <p>Cheeseburger WW Bun Lettuce, Tomato, Onion Oven Ranch Potatoes Carrot Raisin Salad</p> | <p>Baked Haddock Brown Rice San Francisco Blend Veggies WW Roll</p> |
| <p>14</p> | <p>15</p> | <p>16</p> | <p>17</p> | <p>18</p> |
| <p>Baked Chicken Stuffing & Gravy 4 Way Mixed Veggies WW Biscuit Pecan Pie</p> | <p>Glazed Ham Sweet Potatoes Honey Butter Carrots WW Roll</p> | <p>Philly Cheesesteak Sloppy Joes WW Bun Oven Baked Potato Bahamas Blend Veggies</p> | <p>Italian Wedding Soup Half Grilled Cheese on WW Cowboy Caviar Salad</p> | <p>Baked Cod with Lemon Dill Sauce Wild Rice Peas WW Bread</p> |
| <p>21</p> | <p>22</p> | <p>23</p> | <p>24</p> | <p>25</p> |
| <p>Baked BBQ Chicken Brown Rice Steamed Green Beans WW Roll</p> | <p>Red beans & Rice Andouille Sausage Steamed Monaco Veggies Cornbread Muffin</p> | <p>Eggplant Ratatouille Baked Italian Sausage Brown Rice WW Bread Lite Cherry Cheesecake</p> | <p>Beef Pigs in a Blanket Steamed Veggies Chips</p> | <p>Moroccan Chickpea Stew Shrimp Salad Zucchini Bread</p> |
| <p>28</p> | <p>29</p> | <p>30</p> | | |
| <p>Beef Taco Bar Lettuce, Tomato, Onion Spanish Rice Corn Tortilla Shell</p> | <p>Shrimp Scampi White Rice California Veggies WW Bread</p> | <p>Egg Frittata with Bacon, Tomato, Spinach, Peppers & Cheese WW Biscuit</p> | <p>All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Dessert 1 Milk</p> | <p>Menu is subject to change</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,**



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- April 4 Hutton Lake National Wildlife Refuge.** Led by Lisa, who will be sharing her expertise as a member of the Laramie Audubon Society Board. This is a bird-watching walk, if it's not too muddy or windy. Bring binoculars if you want to study the wildlife up close. There will also be an opportunity to learn about the Tree Swallow Nest Box Monitoring Project. The distance and time depend greatly on wildlife and weather conditions. There is limited parking, so carpooling is recommended. 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.
- April 11 Hwy 210: Spirit Rock.** Led by Rollin and Larry. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Hwy 210. Go approximately 10.5 miles to the large gravel parking area on the right, directly across the highway from Spirit Rock. If you get to FR 700, Vedauwoo Glen, you'll have gone too far. Elevation 7800. *For Spirit Rock North, we'll walk across Hwy 210 and cross the fence. This is a moderate 4-mile loop through open range. Most of the hike is easy off-trail, and it goes by some beautiful rock formations and aspen groves. It's also very exposed, so bring extra layers in case it's windy. *For Spirit Rock South, the hike will begin through the gate by the parking area. This off-trail hike is a moderately difficult 4-mile loop through a combination of forested and open areas.
- April 18 Happy Easter.** No hike.
- April 25 Red Mountain Open Space.** Led by Rollin. This beautiful open space area is a 60-mile drive from Laramie and worth the ride. Our hike will be 4½-5 miles on well-marked trail terrain, rated easy to moderately difficult. This is a more rugged panoramic open space than many of our hikes, with a cottonwood/willow rocky canyon. Be sure to bring lunch. Elevation 6200. Here is a link to Red Mountain Open Space so you can read about the area. And please note that the collection of any artifact is strictly prohibited! <https://www.larimer.org/naturalresources/parks/red-mountain> From Laramie, take Hwy 287 south to the Albany County Fairgrounds / WyDOT weigh station, and continue for 40 miles. Turn left on CR 80, a well-maintained gravel road, and drive about 8 miles to Road 19. Go left on Road 19 for about 1 mile to Road 21, then turn left to the Red Mountain Open Space. It is marked (there is a power substation on the NW corner of this road). Follow this road for about 10 miles to the parking area.

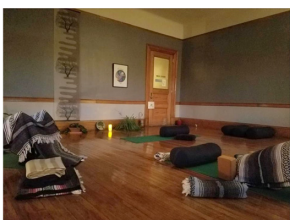
Restorative Yoga

April 25

2:00 pm

Wellness Room

Sign up w/Angie
Space is Limited



Bring a Blanket!



Earth Day / Gardening

Grandmas

Presentation

April 22

12:30 pm

Meet by front door



TRANSPORTATION

Guy Morrow, 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 reserve your slot. 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 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.

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Thank you to everyone for participating in the limerick contest! Also thank you to the **Dollar of the Month Club** for donating the prize of a \$25 gift certificate to O'Dwyers! **John Howdeshell** won with this one:

**“Spring ahead, fall back” we all hear,
Quite often this time of the year.
We reset our clocks,
Our Rolex tic-tocks**

But our sundial's too heavy, I fear!
Look for the **“Find the Rainbow” Photo Contest** coming up in April!

A **BIG THANK YOU** goes out to **Katrina at Karma Yoga in Denver** for the generous donation of serape blankets for use in our restorative yoga classes!!!

Happy Easter!

TAMMY COMER CONTINUED FROM PAGE 1

the garden. Again, we thank our partners, AARP Wyoming, Laramie Rivers Conservation District, and the Laramie Garden Club for their contributions to this Community Garden Project!

#ThankAVolunteer

I don't know how we can ever thank our dedicated volunteers enough here at the Center - their work is priceless, and we would not be able to serve the nearly 2000 older adults that we do without their help. Just so you are aware, since January 1, 2025, 82 individual volunteers have signed in and given 1,200 hours of their time to ensure that meals are delivered, classes are taught, educational topics are presented and that the Eppson Center has fiscal oversight and support of a Board of Directors. The Center simply could not facilitate employing all of these volunteers and our services would be severely limited without their donations/gifts of time. Please join us during National Volunteer Week, April 20-26, in thanking these volunteers for their dedicated time and energy. Their reward for their volunteerism is knowing how important their help is to you and knowing that they make a difference! Please make sure to thank a Center Volunteer this month!

I've been reviewing our participant statistics for this fiscal year to date, and we are right on track to hit last fiscal year's figures - the thing that I do notice, however, is that the Center itself seems much busier than in the past

year, and so I wanted to reach out and remind everyone again of how important it is that you **check in for each and every interaction you have here at the Center**. As you know, our Center relies heavily on grant funding to be able to produce the meals, activities, and opportunities we offer. Approximately 65% of our Center's expenditures are covered by these grants, and these grants require proof of participation in order to be eligible year after year.

Our numbers have steadily increased since COVID, and we want to make sure that it is evident to our funding agencies that the money we have been granted is being spent wisely and that we are serving as many patrons with those funds as possible. Each time you check in, our Center receives "credit" for your meal, activity, or event, and those statistics stand behind our requests for funding. Please help do your part by ensuring that you check in for each and every meal, activity, and event you participate in - every day, every time!

I'll end by welcoming our newest employee to the Eppson Center's Team! Kellon Perry has joined the Kitchen team as the dishwasher and is excited about working at the Center! He's learning the ropes and is a great help in the kitchen! Welcome Kellon!

Until Next Month,

Tammy

ONGOING ACTIVITIES



| Eppson Center for Seniors Activities | | | | | |
|---|--------------------------------|--------------------------|--------------------------------|---|--------------------------------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| 8:45AM | | | | | 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 | | 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 | | | | |
| 10:30-11:30AM | Fall Prevention Exercise Class | Bingo | Fall Prevention Exercise Class | | 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) (3 rd Thursday) | |
| 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 | | |
| 1:00-1:45 PM | | Good Book Club | | | |
| 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 | |
| 1:00-4:00PM | Pinochle Party Bridge | Mahjong | Bridge Lab | | |
| 1:30-2:30 PM | Melodees | | | | |
| 4:15-5:15 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 for current information.

WHAT'S HAPPENIN'?

CASTLES IN THE CZECH REPUBLIC EXPLORING FAMILY ROOTS



Presented by Danny Walker April 30,
12:30 p.m. in the Epson East Room

Shirla Walker's grandparents emigrated from Bohemia in the early 1900s. Her father had never been back to see the homeland. In 2008, a trip to Czech Republic reconnected them to family relatives and the culture. Danny reduces over 3000 pictures to less than 100 in this travelog of Bohemian castles.

April 8 Topic:
Introduction to the Internet &
Internet Browsers

East Wing

Tech Talks

Dates:  10:30 AM

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



Eppson Center for Science
Wyoming Interim

THE HISTORICAL IMPACT
OF THE SECOND

Ku Klux Klan (*KKK*)

IN WYOMING
PRESENTATION

April 9, 12:30 pm East Wing



**Understanding & Using
Y-DNA and mtDNA
Presentation
Thursday, April 10
in the classroom
1-2:30 pm**

April Dinner Out
Thursday
April 17th
5:30 pm
McAlister's Deli
Sign up by 3/14
if you need a ride



Find a Rainbow Photo Contest



Please email your picture to Angie at
activities@eppsoncenter.org
between April 21 and April 26
The winning photo will be proudly
displayed in the Eppson Center
See Front Desk or Angie for
rules and entry form

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Happy April!

We have had lots of great things happening in Community Engagement and I continue to feel so honored and excited to be here. My office is expanding to include more community resources, so if there's anything you or someone you know needs outside of our Loan Closet, feel free to stop by! I am here to help- whether it's VA resources, or moving assistance, I will try to connect you to the right place.

Please also fill out a **'Share Your Story' form** if you would like to and haven't already. You can share a story about your time at the Center, or any part of your life in general. I know we have a wealth of lived experiences here, and I'd love to share them with the Center as well as our community. Your voice and story matters! Grab a form at the entrance of the dining room and return

to reception when you're done!

We are starting to prepare for our **Enchilada Sale!** Whether you want to purchase a dozen (or two) or volunteer to help prepare, we are going to hit the ground running, so be on the lookout as flyers and updates start coming out this month!

Speaking of which, **April 20-25th is Volunteer Appreciation Week!** We will have events, prizes, and recognition for all the diverse people and work that goes into making our Center so wonderful. Keep an eye out for more information through email and around the Center for all our festivities, and feel free to reach out with any other questions.

Thank you for all you do for the Epson Center- we wouldn't be here without you!

DOLLAR A MONTH CLUB

Thank you to everyone who has stopped by the Dollar a Month Club membership table and paid their dues. If we missed you last month we plan on having our table and prize wheel available for you twice each month. If you do not see the table out you can drop your dues (\$1.00 per month or \$12 .00 for the year) off, at the Front Desk. We will keep you updated on projects we are working on and new events we have planned. **Thanks again for you generous donations.**

Chair- Debbie Larsen

BAKE SALE



Dollar A Month Club Bake Sale

When: Friday, April 18

Time: 8:30 AM - 1:00 PM

Where: Epson Center Foyer

Why: Fundraiser*

*All proceeds will go towards any extra needs for Epson Center.

If you would like to help by bringing items for the sale, please sign up at the front desk & have items at the Center by 8:00am for pricing.

BAKE SALE



SPECIAL EVENTS CALENDAR FOR APRIL

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|----------|
| 30 1:30 Walk w/ a Doc | 31 1 Brain Health Cafe | 1 | 2 National Walking Day Take a Walk | 3 Find a Rainbow Day | 4 3 Chair volleyball with UW Team | 5 |
| 6 | 7 9 New Member Coffee 1 Brain Health Cafe | 8 10:30 Cyber Wyoming Tech Talk | 10 12:30 KKK in Wyoming Presentation | 11 1-2:30 DNA Presentation | 12 | 13 |
| 13 1:30 Walk w/ a Doc | 14 12- DAMC Board Meeting | 15 11:30-12:30 April Birthdays Celebration | 16 | 17 5:30 - Dinner out at McAlister's Deli | 18 8:30-1 DAMC Bake Sale | 19 |
| Volunteer Appreciation Week April 20-26 | | | | | | |
| 20 | 21 Rainbow Photo Contest entries accepted | 22 Earth Day-Gardening Grandmas Presentation, 12:30 - East Door | 23 | 24 | 25 Rainbow Photo Contest last day for entries 2-3 Restorative Yoga | 26 |
| 27 1:30 Walk w/ a Doc | 28 | 29 | 30 12:30-1:30 Castles in the Czech Republic Presentation 2:30 Butterfly Craft Project | | | |

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

