



NEWS



May 2025

CONTACT

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Laramie, WY 82072
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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



Happy May!

April came and went here at the Center and we are enjoying the hints of warmer weather and spring! We had a wonderful week, April 21st through April 25th, celebrating our many volunteers who take time from their day to serve others in our community. Volunteers received Eppson Center shopping bags with a few treats and surprises added and were included in raffles with some fabulous prizes!

We are grateful for our Volunteers and enjoyed celebrating all of the work you do!

May brings our **Annual Enchilada Sale and we are looking forward to the kickoff celebration on Cinco de Mayo - Monday, May 5th!** Please join the fiesta for snacks, mini margaritas, and some entertainment! Enchilada sales will run from May 5 to June 2nd, and pickup day will be Saturday, June 14th just in time for Father's Day Dinner. Gracias!

We have been awarded a grant through Feeding Laramie Valley under their Specialty Crops/Local Food Production and Education Small Grant Program. This exciting grant will allow us to add two additional raised garden beds and build cages for all of the beds to ensure that our hungry rabbits and deer won't eat our crops before we can get them to our Home Delivered Meals program clients! The cages will allow pollinators inside to ensure that our garden bounty will be as large as possible to be enjoyed by many. The seeds we are planting for this part of the project were chosen for their quick maturity time so that we can make the most out of our short garden season.

CONTINUED ON PAGE 4

M E N U



2025

Monday

Tuesday

Wednesday

Thursday

Friday

			1	2
<p>A contribution 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>Menu is subject to change</p>	<p>All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Dessert 1 Milk</p>	<p>Pork Medallion with Mushroom Gravy Wild Rice Steamed Peas WW Bread</p>	<p>Baked Tilapia Rice Pilaf Steamed Veggie Medley WW Rolls</p>
Cinco de Mayo 5	6	7	8	9
<p>Beef Taco Bar Lettuce, Tomato, Cheese Spanish Rice Black Beans</p>	<p>Philly Cheesesteak Baked French Fries Steamed Carrots</p>	<p>Rotisserie Baked Chicken Baked Beans Steamed Monaco Veggies WW Bread</p>	<p>Denver Omelet Bake Oven Diced Potatoes WW Biscuit</p>	<p>Mediterranean Cod Brown Rice Steamed Green Beans WW Roll</p>
12	13	14	15	16
<p>Chicken Parmesan with Bowtie Pasta Steamed California Veggies Honey Wheat Bread</p>	<p>Cheeseburger WW Bun Lettuce, Tomato, Onion Oven Seasoned Potatoes Steamed Capri Veggies</p>	<p>3 Bean Chili Cheddar Cheese Broccoli Cornbread</p>	<p>Spaghetti & Meatballs Steamed Italian Veggies Garlic Bread</p>	<p>Teriyaki Shrimp White Rice Sauteed Oriental Veggies Asian Salad WW Roll</p>
19	20	21	22	23
<p>Priscilla's Veggie Chowder Half Turkey Sandwich WW Bread Crudité</p>	<p>Baked Potato Bar Chili, Cheese, Bacon, Sour Cream, Broccoli Spinach and Orange Salad</p>	<p>Chicken Fried Steak Mashed Potatoes & Gravy Peas & Carrots WW Bread</p>	<p>Southern Style Pork Chop Mushroom & Onion Gravy White Rice Bahamas Blend Veggies</p>	<p>Baked Pollock Parmesan Baked Potatoes Steamed Mixed Veggies WW Biscuit</p>
MEMORIAL DAY 26	27	28	29	30
<p>CLOSED </p>	<p>Chicken Alfredo Fettucine Baked Root Veggies WW Bread</p>	<p>Baked Ham w/Pineapple and Raisin Sauce Sweet Potatoes Steamed Corn WW Roll</p>	<p>Meatball Sub Sandwich Rosemary Potatoes Germany Blend Veggies</p>	<p>Manhattan Fish Chowder Steamed Mixed Veggies Baked Potato WW Bread</p>



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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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THRIVE LOCALLY





- May 2 Hwy 210: Spirit Rock to South Branch Crow Creek Natural Rock Shelter.** Led by Larry. This 4.5-mile loop includes use-trails and game trails, dirt roads and a bit of bush-whacking, making it a moderately difficult ramble. The rock shelter shows signs of human use, possibly by both Native Americans and post-Native Americans. Along the way we'll see some very photogenic granite outcrops and aspen groves and early spring wildflowers. Elevation 7800 to 8100. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Hwy 210. Go approximately 10.3 miles to the large gravel parking area on the right, directly across the highway from Spirit Rock.
- May 9 Curt Gowdy: Hidden Falls.** Led by Hank. 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 there is a second leader, returning via Mo'Rocka adds about a mile to the hike. Elevation 6783 to 6990. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go 13 miles and turn right into Curt Gowdy State Park. Take the main road past the Visitor Center, the fee booth, Aspen Grove parking, causeway parking, and continue over the causeway itself. Very shortly make a right turn into the newly created Hidden Falls parking area and park there. Note: This parking area is not yet shown on the Curt Gowdy map handed out as recently as 2024.
- May 16 Hwy 287: Sportsman Lake Road.** Led by Hank. We will hike to a remarkable rock formation in the shape and size of a ship, about 1.3 miles one way. The hike will be cross-country as there is no trail. There are options for extending the hike, going or coming back. Elevation about 7700'. This hike is north of Tie Siding, driving distance about 19 miles. Go south on Hwy 287 and start measuring the distance at the entry ramps onto I-80. Drive for 15.6 miles, just past the place where 287 becomes a 4-lane road. Turn right at the sign indicating Sportsman Lake Road and continue for 3.5 miles. The first 3 miles are well-maintained and there's a cattle guard to drive over. Then the road is non-maintained and there are a number of holes and ditches to carefully drive around and through. Shortly after the cattle guard, the road continues in two directions; stay on the right. Parking will be along the road. The road is fairly wide and there is very little traffic along the road, so any number of cars should be fine.
- May 23 NO HIKE (Memorial Day Weekend)**
- May 30 John/Annie Woodhouse Recreation Area (780 acres of WY Game and Fish land).** Led by Larry. This is a difficult 2-mile in-and-out hike (one mile up and one mile down, elevations between 6900 and 7500 feet) to the top of Table Mountain, on a very steep dirt road with loose rocks, so sturdy footwear is advised. Features include tall limestone and sandstone cliffs, spring wildflowers, and incredible panoramic views. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Hwy 210. Drive about 22.3 miles, and at mile marker 16, turn left onto Road 9 (you will see a sign for the recreation area before the turn). If you see the Bunkhouse Restaurant on the left you missed the turn; go back about a mile. We'll meet at the parking area adjacent to the mailboxes on the right side of Road 9, count heads and then caravan seven miles to our trailhead at the recreation area. After the hike, check out the Bunkhouse for an optional lunch. For interesting information on the area, read the following article and all the comments. The links within the article and the comment section no longer lead to a downloadable pdf map. <http://www.awayfromthegrind.com/>

What do you call a bee born in May?

May bee

Which crime-fighter likes May the most?

Robin

If April showers bring May flowers, what do May flowers bring?

Pilgrims

What season is it when you are on a trampoline in May?

Spring-time

Can February March?

No, but April May

Why are oak trees so forgiving?

Every May they "turn over a new leaf."

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.

Need help looking for information?
Wyoming 211 can help!

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

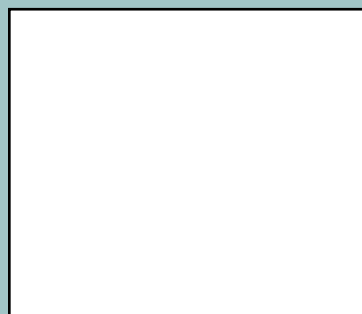
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Jeffrey M. Caron
Medicare Agent





May is Older Americans Month - Let's Flip the Script on Aging!

This May, we're celebrating **Older Americans Month** with the powerful theme: **"Flip the Script on Aging."** It's time to challenge outdated stereotypes and recognize the strength, wisdom, and vibrancy that older adults bring to the community every day. We all know

that aging is not about slowing down—it's about embracing life in new and meaningful ways. Join us in the many activities we have! It's your month and we want you to continue to grow, thrive, and redefine what it means to age!




TAMMY COMER CONTINUED FROM PAGE 1

The most wonderful thing about this Community Garden is that we are able to collaborate with different groups, supporters, and allies to make this garden an amazing place to relax, reflect, learn, and get connected to the earth. We will partner with ARK Regional Services to help tend and water the garden and will be educating our helpers on proper food safety and procedures, to ensure the best outcomes.

Our Friends at the Laramie Garden Club have also awarded us a grant to obtain flowerpots, flowers, and paint so that our partners at ARK will be able to get involved with the project on an artistic level as well as an educational one. The grant will allow us to have a shade tree and bushes that will add to the serenity of the garden space and also bring pollinators our way! A big thank you to each of our partners on this amazing project! We couldn't do it without you, and we can't wait to see how our garden grows!

Until Next Month,

Tammy



Birds and Bees in
YOUR Wyoming Garden
Presentation
May 21
12:30-1:30
East Wing



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'?



Join us for a Kentucky Derby Party
Friday, May 2 from 1-3 in
the Dining Room
Hat Contest
Horse Race
(see Angie to get your horse)



KENTUCKY DERBY HATS

FIESTA TIME!!!

Cinco de Mayo Party
and
Enchilada Kick-Off
1-3 pm
Dining Room



- Chips and Salsa
- Margaritas
- Entertainment

10% discount if you order
your Enchiladas
from Bryr at the Fiesta

May 6 Topic:
Credit Freezes
and
Medicare Notifications
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

NEW YORK ALLIANCE

Eppson Center for Seniors

The logo for the New York Alliance for Seniors, featuring a computer monitor and a smartphone. The text "NEW YORK ALLIANCE" is on the monitor, and "Eppson Center for Seniors" is on the phone. There are also logos for "Eppson" and "Wyoming InterNet" at the bottom.

Scam Slam Bingo



Wednesday, May 7
12:30-1:30 pm
Classroom
Scam Slam Bingo
presented by

Contact
Drew.Thompson@anbbank.com or
Cynthia.Stephens@anbbank.com
to sign up. Space is limited



Tea at 2!!!

Dollar of the Month Club invites you to a special tea party in the dining room 2 o'clock! May 9

You're invited to bring an heirloom teacup and you'll have the opportunity to tell a story about it.

NEXT AARP Safe Drivers Course

Wednesday, May 21

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



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Thank you to all those you participated in Volunteer Appreciation Week! A special thank you and shout out as well to all the local businesses that donated- Papa Murphy's, The Chocolate Cellar, Night Heron Books and Coffeehouse, Laramie Recreation Center, The Big Dipper, and Big Hollow Food Co-Op. Be sure to show them your thanks by checking these awesome businesses out! Our community has been so generous to us for this event, so let's show them our support back.

It's almost that time of the year! Our **Enchilada Sale kicks off May 5th, 1:00-3:00**, with a Cinco de Mayo party. We will have margaritas, snacks, entertainment, AND a 10% discount for those who purchase their enchiladas **in person** during the event! We will also be offering a 10% discount to anyone purchasing enchiladas **in person** that day from 8:00-6:00. You have to be at

the Center in person in order to receive your discount on that day.

As a reminder, our enchiladas are \$30 per dozen. When you break down the cost, it comes out to \$5 per two enchiladas. That's a whole meal for less than just about any fast food you can get these days! Not only are they delicious, but they also freeze well, making for a cost effective AND grab-and-go meal. Don't want enchiladas? No problem! You can make a donation in any amount of your choosing to help offset production costs. Make a "general donation" online through our website or drop off cash or check in the Center.

In addition to our sale, we need volunteers! Please check out our website under the "Get Involved" tab to see and sign up for specific shifts, or stop by my office for more information. This is our biggest fundraiser of the year- let's get all hands on deck!

DOLLAR A MONTH CLUB

We would like to take a moment to express our deepest gratitude for your participation in our April Bake Sale.

Your generosity, time and delicious contributions helped make this event a wonderful success.

Upcoming Dollar a Month Club Event
You are cordially invited to join us for our upcoming **"Tea at Two"** event on **Friday, May 9, at 2:00 PM in the Eppson Center Dining Room.** Thanks to your generous donations, this **FREE** event is open to all Eppson Center patrons and their guests. We will be offering a choice of teas and goodies along with

two door prizes and a take home treat. Look for the "Tea at Two" sign-up sheet located in the Eppson Center foyer or call the Front Desk to sign-up.



Tea at 2!!!

Dollar of the Month Club
invites you to a special tea
party in the dining room
2 o'clock!

May 9

You're invited to bring an heirloom teacup
and you'll have the opportunity to tell a
story about it.

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

May Dinner Out
 Thursday
 May 15th
 5:30 pm

Library Sport's Grille & Brewery
 Sign up by 5/12
 if you need a ride



May Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 1-3 Kentucky Derby Party	3
4	5 9-10 New Member Coffee 1-3 Cinco de Mayo Party Enchiladas Kickoff	6 10:30 Tech Talk #2 Credit Freezes & Medicare Notification Office	7 12:30-1:30 ANB Bank Scam Slam Bingo	8	9 2-4 Tea at 2 (DAMC)	10
11	12	13	14	15 12:30-1:30 - Celebrate May Birthdays 5:30 Dinner/ Library	16 12:30-1:30 Musical Theater Performance	17 Quilts for Veterans Sewing
18	19	20	21 9-2 AARP Safe Driving Class 12:30 Nature's Bees	22	23	24
25 1:30 Walk w/a Doc	26 Closed f/Memorial Day	27	28 National Senior Health & Fitness Day w/ Rec Center 2-Comedy Improv Starts	29	30	31

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

