



# 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

October Menu | 2  
Home Delivered Meals | 3  
Seniors on the Go | 4  
Transportation | 5  
Activities, Events,  
Exercise | 6  
Activities Tables | 7  
Statistics' | 9  
Community Engagement | 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

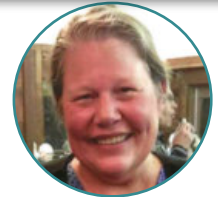
**SECRETARY:** To be determined

**TREASURER:** Linda Allgeier  
David Hammond  
Philip Varca

## DISCLAIMER

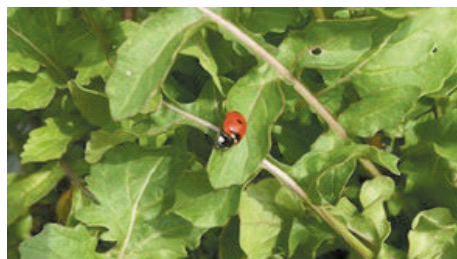
Please note that the Menu, Activities schedules, and Events are subject to change.

## FROM THE DIRECTOR, TAMMY COMER



### What's up October?

Hard to believe it's already October - we had such a great summer and early fall, especially with the addition of the Community Garden's beds and the fabulous veggies and herbs that came from it! We truly enjoyed our partnerships this summer with the Laramie Rivers Conservation District, the Laramie Garden Club, and Feeding Laramie Valley with their Specialty Crops grant over the summer which produced organic lettuces, radishes, and herbs that were used in salads and meals for the Center's Home Delivered Meal Program. Thank you to all of the volunteers who helped plant, weed, water, and harvest our veggies (shout out to you Gardening Grandmas!!!), and thanks to our partner, ARK Industries, for their help with painting pots for our flowers and for Roy's help watering our garden beds and flowers (ROY, what would we have done without your help?). A special thank you to George and Dave for their awesome work, to All in One Plumbing for putting in a last-minute upgrade to improve access to water, and to the donors whose gifts were earmarked for this project! It truly takes a village, and we have learned a lot this summer about what is required to grow crops in Laramie and intend to take that knowledge and improve our gardens next year as well!



Organic pest removal - the ladybugs really enjoyed hanging out in the arugula!



George and Dave's awesome work.

Continued on page 8

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

|                                                                                                                                                                |                                                                                        |                                                                              |                                                                                                   |                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <p><b>A contribution of \$5.00</b><br/>towards the cost of your meal is appreciated if you are 60+.<br/><b>If you are 59 and under, the cost is \$7.00</b></p> |                                                                                        |                                                                              |                                                                                                   |                                                                                |
| <p>All menu items are served with:<br/>1 cup green salad/dressing<br/>1 cup mixed fruit<br/>1 Milk<br/>1 slice Whole Wheat Bread</p>                           |                                                                                        |                                                                              |                                                                                                   |                                                                                |
|                                                                                                                                                                |                                                                                        |                                                                              |                                                                                                   |                                                                                |
| 6                                                                                                                                                              | 7                                                                                      | 8                                                                            | 9                                                                                                 | 10                                                                             |
| Beef Taco Bar<br>Lettuce, Tomato, Cheese<br>Spanish Rice<br>Black Beans                                                                                        | Priscilla's Veggie Chowder<br>Half Sandwich on WW Bread<br>Chips<br>Crudit             | Baked Ham<br>Pineapple and Raisin Sauce<br>Sweet Potato<br>Steamed Corn      | Marry Me Chicken<br>Baked Red Potato<br>Steamed Peas & Carrots<br>Biscuit                         | Shrimp Creole<br>Rice<br>Oriental Veggies<br>Cornbread Muffin                  |
| 13                                                                                                                                                             | 14                                                                                     | 15                                                                           | 16                                                                                                | 17                                                                             |
| Potato Bar with Chili, Cheese, Bacon and Sour Cream<br>Steamed Broccoli<br>WW Bread                                                                            | Hamburger Steak & Gravy<br>Baked Potato<br>Cauliflower & Cheese Sauce<br>WW Bread      | Spinach Mushroom<br>Chicken<br>Brown Rice<br>Steamed Carrot Coins<br>WW Roll | Tortellini with Roasted Veggies and Pesto<br>Garlic Bread                                         | Mediterranean Cod<br>Couscous<br>Steamed Green Beans<br>WW Bread               |
| 20                                                                                                                                                             | 21                                                                                     | 22                                                                           | 23                                                                                                | 24                                                                             |
| Chicken Dorito Casserole<br>Steamed Root Veggies<br>WW Bread                                                                                                   | Southern Style Pork Chop<br>Mashed Potatoes<br>Mushroom Onion Gravy<br>Bahamas Veggies | Chicken Fried Steak<br>Mashed Potatoes & Gravy<br>Peas & Carrots<br>WW Bread | Vegetarian Chili Mac<br>Chicken Apple Sausage<br>WW Bread                                         | Baked Pollock<br>Parmesan Potato Bake<br>Mixed Veggies<br>Biscuit              |
| 27                                                                                                                                                             | 28                                                                                     | 29                                                                           | 30                                                                                                | 31                                                                             |
| Red Beans & Rice<br>Andouille Sausage<br>Monaco Veggies<br>Biscuit                                                                                             | Chicken Cacciatore<br>Pasta<br>5 Way Mixed Veggies<br>WW Bread                         | Healthy Shrimp Scampi<br>Fettucine<br>Steamed Capri Veggies                  | Philly Cheesesteak<br>Peppers & Onions<br>Baked French Fries<br>Steamed Carrots<br>WW Hoagie Roll | Chili Con Carne<br>Cheese & Onions<br>Baked Sweet Potato<br>Mini Cinnamon Roll |
| 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 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.**



**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**



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

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

October 2023 Newsletter | 03

## SENIORS ON THE GO October Hikes



**October 3 - Blair Trail by Brady Rock.** Led by Larry. This hike is a moderate 4.5 mile loop from the picnic area to the area's lesser known climbing walls, along the rugged flank of Green Mountain, and back to the parking area. Average elevation 8200.

**October 10 - Pole Mountain, Twin Mountain Loop.** Led by Sandy. The hike will include all of the Twin Mountain Loop Trail, including the Green Mountain and Skeleton trails. This is a long, moderately difficult hike for a total of 6 miles. If there is a second leader, some hikers may choose a shorter in-and-out hike. Average elevation 8884, with 820' elevation gain.

**October 17 - Pilot Hill, Buck Sullivan Spring.** Led by Rollin. Some of the hike is out in the open through range, including some sagebrush, and the rest is on game trails. The hike will follow the rimrock canyon to the Forest boundary and back by Buck Sullivan spring and tank. The distance is about 4 miles, moderate in difficulty. Elevation 8700 to 8300.

**October 24 - Pilot Hill, Pilot Hill Rec Area to Willett Drive Trailhead.** Led by Larry, Christine, and Sandy. We will take the Pilot Hill Connector Trail (with expansive vistas into Lodgepole Creek and Horse Creek drainages) from the Pilot Hill Road parking area to FR 703G, where we turn down the canyon and go past Laycock Spring and its downstream water tank and troughs, eventually coming to the Old Rock Quarry Road and back to Willett Drive. With six miles of maintained trails, mostly downhill starting at 8600' and ending at 7300', this hike is rated as moderately difficult because of hiking distance. This is an end-to-end hike. When we meet at the Eppson Center, we will decide who will be carpool drivers (as few cars as possible) and who will park at the trailhead at the end of Willett Drive in Laramie.

**October 31 - Pole Mountain, Happy Jack/Haunted Forest (Point-to-Point)/** Led by David. This hike begins on the Headquarters Trail, then continues on the Haunted Forest to Aspen, ending at the Happy Jack trailhead. Distance is around 4 miles. For those who want a longer hike of 6+ miles (and if there is someone to lead them), they could take Lower Haunted Forest instead of Aspen. 8200 to 8800 elevation. Wear a costume if you dare!



Tri Shaw Rides

Contact Angie to Sign Up 307-745-5116



9/22  
@ 1:00, 2:00  
OR  
3:00 PM



**DNA Presentation  
Understanding Ethnicity  
Estimates  
Thursday, October 2  
Classroom 1-2:30 pm**

# 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.

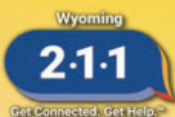
**Pick-Up hours:** Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

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

Text your ZIP code to 898211



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

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

**jschwartz@4LPi.com**  
**(800) 477-4574 x6801**



**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)



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

October 2020 Newsletter 100



**Last Wishes Week: Planning with Purpose and Peace of Mind**

Join us for **Last Wishes Week** during the final week of October — a special series of events focused on thoughtful end-of-life planning and meaningful conversations. We'll explore topics such as living wills, DNRs, estate planning, funeral choices, and more, with guidance from professionals including a death doula. These sessions are designed to empower our community with clarity, confidence, and compassion.

Having these conversations now ensures your wishes are known and honored

and it's one of the greatest gifts you can give your loved ones. We warmly encourage residents to invite family members to attend these sessions together.

We'll close the week with some fun and laughter at our **Halloween Karaoke Party on Friday, October 31** — costumes welcome!

**Angie**

## What does a Doula do?

*The doula model of end  
of life care and services  
presentation*

**Monday, October 27**  
**12:30**  
**Classroom**



Wondering about arrangements,  
trends, ideas, choices????

Tia from  
Montgomery Stryker  
Funeral Home  
will be here to help!!!!

**Wednesday, October 29**  
**12:30-1 pm**  
**East Wing**

# ONGOING ACTIVITIES



| Eppson Center for Seniors Activities                                                                                                                                                                                                                                                                                                                                                                                                     |                                       |                                |                                |                                                               |                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------|--------------------------------|---------------------------------------------------------------|--------------------------------|
| Time                                                                                                                                                                                                                                                                                                                                                                                                                                     | Monday                                | Tuesday                        | Wednesday                      | Thursday                                                      | Friday                         |
| 8:00-9:00                                                                                                                                                                                                                                                                                                                                                                                                                                |                                       | Ear Acupuncture (last Tuesday) |                                |                                                               |                                |
| 8:00-12:00                                                                                                                                                                                                                                                                                                                                                                                                                               | Quilting Group (1st and 3rd)          |                                |                                |                                                               |                                |
| 8:45AM                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                       |                                |                                |                                                               | SOTG Hiking Group              |
| 9:00-9:30 AM                                                                                                                                                                                                                                                                                                                                                                                                                             | New Member Coffee (1st Monday)        |                                | Chair Yoga                     |                                                               | Chair Yoga                     |
| 9:00-10:00 AM                                                                                                                                                                                                                                                                                                                                                                                                                            | Line Dancing                          |                                | Level 1 Line Dancing           |                                                               | Line Dancing                   |
| 9:30-11:30 am                                                                                                                                                                                                                                                                                                                                                                                                                            |                                       |                                |                                | Colored Pencil Class                                          | 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        | 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 |                                |                                |                                                               |                                |
| 12:30-1:30 PM                                                                                                                                                                                                                                                                                                                                                                                                                            |                                       | Good Book Club                 |                                |                                                               | Tech Help                      |
| 12:30-2:00 PM                                                                                                                                                                                                                                                                                                                                                                                                                            |                                       |                                |                                |                                                               | Chair Volleyball               |
| 12:30-4:00 PM                                                                                                                                                                                                                                                                                                                                                                                                                            | Pinocle                               | Duplicate Bridge               |                                | Watercolor Workshop                                           | Drawing Class-Intermediate     |
| 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> & 4 <sup>th</sup> Thursday)    |                                |
| 1:00-3:30PM                                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                |                                | Mexican Train Dominoes                                        |                                |
| 1:00-3:45 PM                                                                                                                                                                                                                                                                                                                                                                                                                             |                                       | Mahjong                        | Bridge Lab                     |                                                               |                                |
| 1:30-2:30 pm                                                                                                                                                                                                                                                                                                                                                                                                                             | Melodees                              |                                |                                |                                                               |                                |
| 2:00-3:30 pm                                                                                                                                                                                                                                                                                                                                                                                                                             |                                       |                                |                                |                                                               | Drawing Class - Beginner       |
| <b>All day every day</b> <ul style="list-style-type: none"> <li>• Too Fit To Quit (gym equipment usage) - MUST complete an orientation w/Activities Coordinator, prior to equipment use.</li> <li>• Billiards in the Pool Room – lessons and games Game Cabinet - available any time to play board/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> </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> <li>• Veterans Service Officer (1st Tuesday) 11:00-1:00</li> <li>• Laramie Fiber Guild (2nd Tuesday) 6:30-8:30pm</li> <li>• Take a book to read or puzzle to complete at home!</li> </ul>                                                                               |                                       |                                |                                |                                                               |                                |

## October Special Activities

| Sunday | Monday                                                                               | Tuesday | Wednesday                                         | Thursday                                                   | Friday                                                          | Saturday                                                                 |
|--------|--------------------------------------------------------------------------------------|---------|---------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------|
|        |                                                                                      |         | 1<br>10-11:30<br>Printmaking Starts               | 2 DNA class<br>Understanding Ethnicity<br>Estimates 1-2:30 | 3                                                               | 4                                                                        |
| 5      | 6<br>9-10 New Member Coffee<br>Quilt Group 8-12<br>Tri Shaw Rides 1:00 & 2:00 & 3:00 | 7       | 8                                                 | 9                                                          | 10                                                              | 11 AARP Shredding Event at Territorial Prison 9-12 shred up to two boxes |
| 12     | 13 Indigenous People Day<br>Smudge Sticks                                            | 14      | 15                                                | 16<br>5:30 Dinner out<br>TBD                               | 17                                                              | 18                                                                       |
| 19     | 20<br>Quilt Group 8-12<br>Tri Shaw Rides 1:00 & 2:00 & 3:00                          | 21      | 22                                                | 23                                                         | 24                                                              | 25                                                                       |
| 26     | 27<br>12:30-1:30<br>Death Doula Presentation                                         | 28      | 29<br>12:30-1:30<br>Funeral Planning Presentation | 30<br>12:30-1:30<br>Estate Planning                        | 31<br>12:30-1:30<br>Halloween / Karaoke Party<br>Scary Stories! |                                                                          |



Erica and the SALAD for HDM.



Our lovely garden – mural, flowers, shed & bench



First harvest!

solid roof over our heads!  
I'm looking forward to Last Wishes Week at the Center between October 27 and October 31st – please join us for information about choices and planning as we dive into what all is involved. We will also celebrate Halloween and Dia de Muertos at the Center as in past years! I look forward to seeing you and celebrating with you!

WOW – you really came through in a pinch!!! We are delighted to announce that



this year's MidYear Campaign, held June through the end of August, brought in over \$50,000 for Roof Repairs! We are beyond grateful to everyone who helped

us during this time! Not only were we able to pay the \$25,000 deductible, we also were able to pay for additional repairs that insurance would not cover, including repairs to the flat membrane roof above the lobby and offices and the garage roof! We truly appreciate each and every donation to this campaign as well as donations made on WyoGives Day that included a challenge from the Laramie Duplicate Bridge Club! Thank you so much for helping us to get a

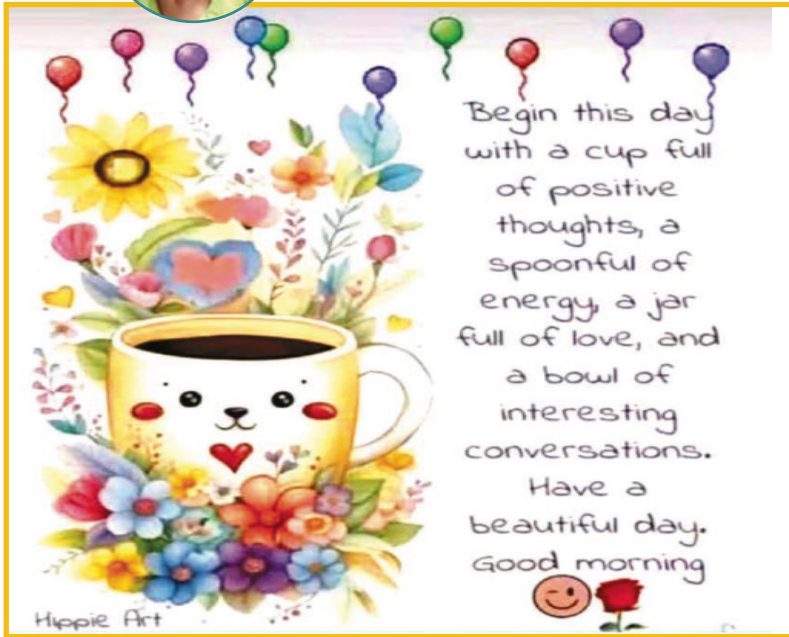
Until November,

*Tammy*



## STATISTICS

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



**Please welcome  
Lynn Broughton  
to our team as the  
morning Receptionist.**

If you don't already know her, please stop by and introduce yourself! She's here from 8:00am until 12:30pm each day to help you out at the Front Desk!



**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
- Organizing and decluttering
- Respite and resources
- FREE Consultation



**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

October 2025 Newsletter | 99



### Happy October!

Thank you to all those that have volunteered with the Loan Closet! Remember that we are always looking for volunteers for this awesome opportunity. We have one hour shifts available, and you will likely have some downtime to read a book, the newspaper, or work on a project. It's truly a win-win, and we're so grateful to all the individuals who have been helping us out and acting as our guinea pigs as we continue to solidify this opportunity!

As the winter months creep up on us, remember to get out and enjoy these last few sunny and beautiful days, and what better way than to join us for a

meal or activity! And as it does get colder and colder, remember that you don't have to stay inside and isolated. The Eppson Center is here rain or shine to put the social back in your life!

Thank you!  
*Rachelle*



VS.



### Living Will vs. DNR Know the Difference

**Tuesday, October 28**  
**12:30-1:30**  
**East Wing**



**Estate Planning**  
**Wednesday, October 30**  
**12:30-1:30**  
**East Wing**

# 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

### Join the Dollar-a-Month Club

**(DAMC)** and help us support the Eppson Center! With a contribution of just \$1.00 per month or \$12.00 a year, you can directly fund vital projects and necessities not covered by our regular budget. In 2024-2025 alone, our members have made a significant impact by:

- Purchasing carpet cleaners for the Center and Transportation Department. Ice Tea Machine, Electric Slicer and knife sharpening for the Kitchen
- Helping to fund popular community events like the “Tea for Two” Event, Parking Lot Sale & Pancake Breakfast, and “Sweet Treats” Bake Sale.

- Making a \$2,000 donation toward the new Eppson Center roof.
- Sponsoring the weekly Chair Volleyball activity.
- Providing refreshments for the Veteran’s Day Recognition and Christmas gift bags for home-delivery meals.

To become a member, simply drop off your contributions with the receptionist at the Eppson Reception Desk or at the membership table when it is located in the lobby.



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

