

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

WHAT'S INSIDE

May Menu	2
Home Delivered Meals	3
Seniors on the Go	4
Transportation	5
Activities, Events, Exercise	6
Activities Chart	7
Senior Connections	8
Dollar A Month Club	9
Word Search Puzzle	10

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



Hello and Happy May!

Do you know the history of May Day? I have always loved the activity of putting together carefully made construction paper cones and filling them with fresh flowers, candies, and sweets and leaving them on a friend's door handle as a surprise. What a wonderful way to welcome Spring, especially here in Wyoming!

In Medieval and modern Europe, May Day was celebrated as the return of spring on May 1st of each year. The observance most likely began in ancient agricultural rituals and festivals which were held by the Greeks and Romans. The celebrations grew to include gathering of wildflowers and green branches, the weaving of floral garlands, and the crowning of a May King and a May Queen. The Maypole was decorated and people danced around the Maypole hoping to be blessed with fertile crops which led to healthy livestock and healthy communities.

CONTINUED ON PAGE 8





Menu

Monday Tuesday Wednesday Thursday Friday

Menu is subject to change	All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Dessert Milk	Chicken Parmesan with Bow Tie Pasta California Veggies Garlic Bread	Pork Medallion with Mushroom Gravy Wild Rice Peas Wheat Bread	Turkey Vegetable Soup Carrot & Raisin Salad Crackers
6	7	8	9	10
Beef Taco Bar w/ lettuce, tomato, cheese Spanish Rice Black Beans	Baked Tilapia Rice Pilaf Vegetable Medley Wheat Rolls	BBQ Chicken Baked Beans Monaco Veggies Wheat Bread	Denver Omelet Bake Oven Diced Potatoes Biscuit	Philly Cheesesteak Baked French Fries Steamed Carrots
13	14	15	16	17
Carrie's Chicken Casserole (Potato, Bacon & Cheese) Tuscan Veggies Wheat Bread	Cheeseburger (Lettuce, Tomato & Onion) Oven Seasoned Potato Capri Veggies	3 Bean Chili Cheddar Cheese Broccoli Cornbread	Spaghetti & Meatballs Italian Veggies Garlic Bread	Cold Turkey Sandwich Wheat Bread Potato Chips Crudité
20	21	22	23	24
Chicken Caesar Wrap Vegetable Soup Spinach and Orange Salad	Potato Bar Chili, Cheese, Bacon Bits, Sour Cream and Broccoli Breadsticks	Mediterranean Cod Brown Rice Green Beans Wheat Rolls	Southern Style Pork Chop Onion & Mushroom Gravy Mashed Potatoes Bahamas Veggies	Mongolian Beef White Rice Oriental Veggies Wheat Bread
27	28	29	30	31
Closed Memorial Day	Chicken Alfredo Fettuccine Root Veggies Wheat Bread	Baked Ham w/ Pineapple and Raisin Sauce Sweet Potato Corn & Wheat Rolls	Turkey Meatball Sub Rosemary Potatoes Germany Blend Veggies	Manhattan Fish Chowder Mixed Veggies Wheat Bread

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?



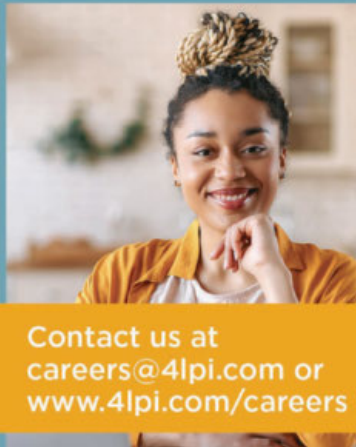
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

SUPPORT OUR
ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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



MAY HIKES

Spring-Summer Hikes: The weather can change dramatically in the summer, especially in the Snowy Range. Wear hiking boots/shoes, clothes that layer easily, and a hat for protection from the high altitude sun. Carry lightweight rain gear in case of inclement weather. Bring water, snacks, sunscreen and bug spray. Know that late spring and early fall hikes may require YakTrax or snowshoes. For questions or to get more Seniors on the Go information email: sotg@eppsoncenter.org

<p>May 3</p>	<p>Hwy 210: Spirit Rock North. Led by Frank & Karla. 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 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. We'll walk across Hwy 210 and cross the fence to make a moderate 4-mile loop. Elevation 7800.</p>
<p>May 10</p>	<p>Curt Gowdy: Canyons to Middle Kingdom. Led by Larry. 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. From the Visitor Center, drive three miles (past the causeway and onto the dirt road) and take the Middle Kingdom turn-off to the left. A short distance down that road is the parking area. We'll be hiking the Middle Kingdom Trail, Canyons Trail and Mahogany Trail. Cross Crow Creek on the wooden bridge and start hiking west. The first two miles of the hike are a steady, moderate incline and the return is a rolling decline. The trail intersections are well marked. The longer hike is about 4.5 miles, but there are two shortcuts for shorter hikes. Elevation 7016 to 7348.</p>
<p>May 17</p>	<p>Hwy 287: Red Mountain Open Space. Led by Rollin A. This beautiful open space area is a 60-mile drive from Laramie and worth the ride. 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. 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. 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</p>
<p>May 31 (Note: No Hike May 24 - Memorial Day Weekend)</p>	<p>Hwy 287: Sportsman Lake Road. Led by Frank & Karla. 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. We will hike to a remarkable rock formation in the shape and size of a ship, about 1.3 miles one way, and it will be cross-country as there is no trail. There are options for extending the hike going or coming back.</p>

Wishing you a Merry Month of May



May flowers always line your path and sunshine light your day.
 May songbirds serenade you every step along the way.
 May a rainbow run beside you in a sky that's always blue.
 And may happiness fill yur heart each day your whole life through.



--Ally Donaldson

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

Need help looking for information?
Wyoming 211 can help!

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

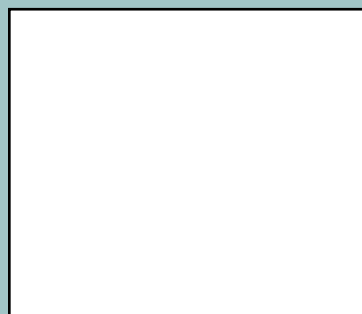
Wyoming
211
Get Connected. Get Help.™

Call 211
Visit www.wyoming211.org
Text your ZIP code to 898211

Gary's
PLUMBING, HEATING, & COOLING

Proudly serving customers for over 46 years!
Let us take care of your plumbing & HVAC Needs
Licensed & Insured

307.745.3223
garysplumbingheating.com




LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Jay Schwartz

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

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 www.medicare4wyoming.com



Jeffrey M. Caron
Medicare Agent

ACTIVITIES, EVENTS, & EXERCISE



TREY SCHROEFEL, COORDINATOR

(307) 745-5116, ext. 114

email: 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.

Remember, the Eppson Center offers fantastic cards available for purchase at the front desk, priced at just 25 cents each. Additionally, we offer bundles of 20 birthday cards for sale at \$3.00,

BEGINNING WATERCOLOR CLASS

FREE! ALL SUPPLIES INCLUDED!

Every Thursday, MAY 2 till JUNE 20th
9:30 AM till 11:30 AM Taught by Lynn Jones



Join Lynn for Watercolor A to Z for 8-weeks at the Eppson Center for Seniors. Every Thursday from May 2nd to June 20th at 9:30 am till 11:30 am we will start at the beginning and make you a real pro by the end! This is a grant funded program by the Wyoming Arts Council so it is FREE with the supplies included! However, you must attend 6 of the 8 sessions to qualify. Learn how to paint still life, florals, landscapes, abstract art and more!

REGISTER TODAY!

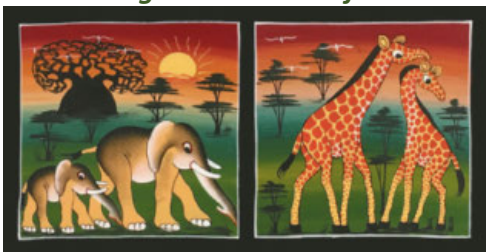
Call or text Lynn Jones at 970-631-7756 ljones@wyoming.com

MELODEES FOLK CONCERT

MAY 13TH
(MONDAY)
12:30
EAST WING

Join after lunch for
a fun performance
by the Eppson
Center's own
Melodees

Elephants, Giraffes, and Iconic Trees: Images From East Africa



Michael Day, educator, and nature photographer has a new slideshow to share. Michael has visited East Africa ten times and taken over 10,000 photos (following many of these trips Michael made presentations at the Eppson Center); he now focuses on a small selection of animals and discusses their fascinating relationship to very special trees.

Friday, May 17, 2024
12:30pm (after lunch)
East Wing of the Eppson Center

BOOK CLUB

Monthly, on the First
Friday.
2:30 in the Wellness
Center

*Must be participating
in the Pronghorn Reads
Program.

May 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				
10:30-11:30AM	Fall Prevention Exercise Class	Feel the Beat Bingo	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) (3 rd 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 Skype			
1:00-2:00PM					Chair Volleyball
1:00-2:30PM					Widows Friendship Group (1 st & 3 rd Friday) <i>*See Below</i>
1:30-2:30PM	Melodees				
1:00-3:00PM			Chicken Foot Dominoes Genealogy Assistance	Biscuits and Jam (1 st & 3 rd Thursday) Rhythm Energy (2 nd and 4 th Thursday)	
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 nd Tuesday)			
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, 6:00-7:15am. • Computers – for use 8am to 4pm. 					
NOTE: ** The Widows Friendship Group will resume on June 7th <ul style="list-style-type: none"> • Foot Care, Medicare Assistance, Beltone Hearing Aid Center - 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.

FROM THE DIRECTOR, TAMMY COMER CONTINUED FROM PAGE 1

Among the many superstitions associated with May Day was the belief that washing the face with dew on the morning of May 1 would beautify the skin. The holiday never became a significant piece of American culture because in the 20th century, May 1st began being associated with the international holiday honoring workers and the labor movement, much like the current Labor Day. I think celebrating the arrival of Spring and friendship and care are a great reason to celebrate May Day!



Miles of Smiles (www.milesofsmilescolorado.org) is bringing free trishaw rides to the Eppson Center for Seniors! What is a trishaw? It's an electric-assisted, pedal-powered pedicab for one or two passengers. We have caring and fun 'pilots' that are trained and insured. The trishaw is specially designed for easy access by mobility impaired individuals so it's accessible to everyone. Enjoy some conversation and the lovely Wyoming sunshine (and probably a little breeze in your hair!) while taking in the sights on a leisurely (4-8 mph) ride on Laramie's greenbelt. Our rides last 40 to 50 minutes and a passenger release is required. Rides will be given at 9am, 10am, and 11am in the summer, and 1pm, 2pm, and 3pm in the fall. Day of the week and other info to be determined, so stay tuned. **Experience the ultimate JOY RIDE!**

See you in June,
Tammy

SENIOR CONNECTIONS



Age Friendly Laramie Community Garden is looking for volunteers! Please reach out to the Center if you have a green thumb and would like to participate with our group to get this garden producing food!



Word Search puzzle from page 10 solution.

FROM THE DOLLAR A MONTH CLUB:



MARILYN AIKEN, STATISTICS COORDINATOR
 (307) 745-5116, ext. 119

The Dollar a Month Club is sponsoring a new activity at the Eppson Center for

Seniors: Beach Ball Chair Volleyball!

This fun game which began Friday, April 12, and is **scheduled every other Friday from 1-2pm in the East Wing**. Come and join in the fun - and laugh like you are a child again! The more the merrier!



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 833-287-3502

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicomunities.com/adcreator

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

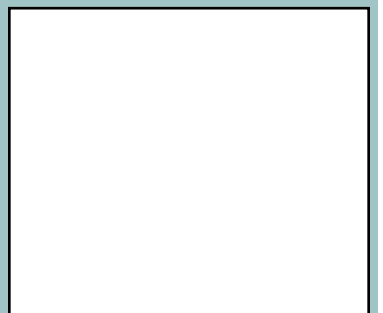
- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4lpi.com or www.4lpi.com/careers

ALBANY COUNTY CHIROPRACTIC CENTER
Helping you feel like yourself again!

Chiropractic care - Dr Darren Bressler
 Massage therapy
 Dry needling • TheraLight Bed
 Deep tissue laser

307-742-6840
acc807@bresnan.net
albanycountychiropractic.com





CINCO DE MAYO WORD SEARCH PUZZLE

MEXICO CULTURE MARIACHI PUEBLA PINATA
HOLIDAY MAY VICTORY MUSIC SOMBRERO
CINCO DE MAYO FOOD BATTLE TRADITION FIESTA

T	B	C	H	I	A	B	S	P	X	N	T	U	U	U
R	C	C	B	T	C	Z	W	U	J	N	G	F	H	J
A	Z	O	K	K	Q	V	V	E	S	K	S	W	X	P
D	S	X	H	S	Y	R	E	B	M	S	O	S	M	U
I	M	U	Z	K	N	V	C	L	B	R	C	D	M	C
T	B	A	T	T	L	E	C	A	Z	Z	B	S	J	E
I	V	N	Y	P	M	E	X	I	C	O	G	Y	B	S
O	U	H	O	C	I	N	C	O	D	E	M	A	Y	O
N	C	W	G	A	S	N	X	V	A	W	I	W	X	M
V	I	C	T	O	R	Y	A	U	V	X	Q	U	U	B
P	V	R	F	H	F	L	Z	T	F	N	R	H	N	R
A	I	T	I	O	N	O	Z	V	A	V	D	U	F	E
G	Y	D	E	L	O	M	A	R	I	A	C	H	I	R
S	W	M	S	I	K	D	M	U	S	I	C	Z	P	O
Q	E	G	T	D	E	M	W	W	L	H	V	E	F	O
M	V	A	A	A	D	J	F	W	C	U	Q	A	K	O
S	B	S	D	Y	C	U	L	T	U	R	E	S	D	R
S	X	V	B	O	B	S	C	K	O	I	P	Z	S	L

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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



My name is Becky Riley. I am a member of the Laramie Quilts of Valor (LQOV) quilting group.

I would like to give you information on how to nominate a veteran to receive a Quilt of Valor (QOV).

The Quilts of Valor Foundation's mission is to cover ALL service members and veterans with a QOV. Each quilt of valor presented to a veteran comes with a pillow case for storage, care instructions, and a certificate. I invite you view pictures at our website.

<https://laramiegov.wixsite.com/laramiegov>

The nomination form is where the presentation process begins. **There are nomination forms at the Eppson Center's reception desk or at our website.** The form requests information about the nominated veteran and the nominator's contact information. Eligible nominees are limited to one quilt of valor. It is an easy form to fill out with overall directions on the back of the form. **PLEASE, if you have a friend or relative who is a veteran, tell them about Quilts of Valor and fill out a nomination form.** Forms can be turned into the reception desk and I will pick the up! **If you have any questions, please contact me at 307-399-1059, please leave a message, or email rileybecky2012@gamil.com**

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

