NOVEMBER



2026 NEWSLETTER



DOUGLAS SENIOR CENTER
PO BOX 192
340 1ST ST. WEST
DOUGLAS, WY 82633
(307) 358-4348

GLENROCK SENIOR CENTER
PO BOX 783
615 W. DEER STREET
GLENROCK, WY 82637
(307) 436-9442



OFFICE HOURS

MONDAY - FRIDAY
8:00AM - 4:00PM

FACEBOOK.COM/CCASWY

WWW.CCASWY.ORG

GSC THRIFT STORE HOURS
TUESDAY - FRIDAY
8:30AM - 2:30PM
(Closed for lunch 11AM - 12PM)

We accept donations that are clean and in good condition. Please no large furniture or TVs.

OUR MISSION

To advocate, assist and provide services for Seniors in Converse County. To promote well-being and quality of life with dignity, safety and integrity.

TRANSPORTATION

Services for Seniors, those with disabilities, and the public! Call in advance for scheduling and availability.

Douglas: 307-358-3112
Glenrock: 307-554-0955

CCAS STAFF & BOARDS

DIRECTOR: Mike Slomski
Director@CCASWY.org

CC SENIOR CITIZEN SERVICE DISTRICT BOARD:

- Don Luhrsen
- Tim Ricker
- Cindy Sheridan
- Carolyn Lehner
- JB Wollen



MANAGEMENT BOARD:

- Tara Davidson
- Joleen Warren
- Craig Corley
- Stephanie Hagemann
- Cheryl Schwartzkopf
- Ann Rex

Staff Spotlight:

Originally from Florida. I love food.
I've cooked my way from Florida clear out to Hawaii. Everything from quick service to Michelin Star restaurants.
Always knew I wanted to move back to Wyoming. So I made my way back in 2024 after helping my friend get his BBQ food truck established in Bend, Oregon. And now I have the pleasure of making good food for great people.



Joe Cavanaugh

The next Special District Board meeting will be at the Douglas Senior Center at 10:00am on November 9th

The next Management Board meeting will be at the Douglas Senior Center at 1:00pm on November 10th

"This document was developed under Grant(s) from the U.S. Department of Health and Human Services, Administration on Aging, and the State of Wyoming, Department of Health, Aging Division, Senior Services. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, and the State of Wyoming, Department of Health, Aging Division, Senior Services, and you should not assume endorsement by the Federal or State government."

(DSC) = at Douglas Senior Center
(GSC) = at Glenrock Senior Center

Every Week @ CCAS

MONDAYS:
10:15a (GSC) Chair Yoga
11a (DSC) Sewing Group
1p (DSC) Grocery BINGO

TUESDAYS:
9a (DSC) Book Group
10a (GSC) Diamond Art
11a (DSC) Strong Bones
12:30p (DSC) Dominoes
12:30p (GSC) Diamond Art
1p (DSC) Pinochle

WEDNESDAYS:
9a (GSC) Grocery BINGO
12p (DSC) Queen of Hearts
12:30p (GSC) Weds Wander to EKW
1p (DSC) Pinochle

THURSDAYS:
10a (GSC) Bonanza BINGO
11a (DSC) Strong Bones
12:30p (GSC) Sit & Stitch
12:30p (DSC) Diamond Art

FRIDAYS:
8:30a (DSC) N.A.G. Needle Art Group
11:45a (GSC) Queen of Hearts
12:30p (DSC) Hand & Foot Card Game
12:30p (DSC) Bonanza BINGO
12:45p (DSC) Card Bingo

Every Month @ CCAS

1st Fri, 11a: (DSC/GSC) Free Lunch
Sponsored by the Senior Citizen Service District Board

2nd Mon, 10a: Senior Citizen Service District Board Meeting

2nd Tues, 1p: CCAS Management Board Meeting

(both board meetings are at the Douglas Senior Center this month)

November @ CCAS

Mon, Nov 2 (GSC) Hand or Foot Massage (By Appointment) 8a
Mon, Nov 2 (CCAS) Movie Monday: "Planes, Trains, and Automobiles" @ The Princess Theater in Douglas 3p
Tue, Nov 3 (DSC) Nail Care Clinic (By Appointment) 8:40a
Tue, Nov 3 (GSC) Line & Swing Dance Class 6p
Thu, Nov 5 (DSC) Hand or Foot Massage (By Appointment) 8a
Thu, Nov 5 (GSC) Nail Clinic (By Appointment) 8a
Fri, Nov 6 (DSC/GSC) First Friday Free Lunch 11a
Mon, Nov 9 (DSC) Senior Services District Board Meeting 10a
Mon, Nov 9 (DSC) Cash Bingo: Doors Open at 5p, Game Starts at 6p
Mon, Nov 9 (GSC) Craft W/Andera 2p
Tue, Nov 10 (DSC) Nail Care Clinic (By Appointment) 8:40a
Tue, Nov 10 (DSC) CCAS Management Board Meeting 1p
Tue, Nov 10 (DSC) Card Making w/ Ro 1p
Wed, Nov 11 (GSC) Nail Clinic (By Appointment) 8a
Thu, Nov 12 (DSC) Hand or Foot Massage (By Appointment) 8a
Thu, Nov 12 (GSC) Casper Shopping Trip - Leave GSC 9a (Meet there, or call to arrange pickup)
Thu, Nov 12 (DSC) Artisan Alley 2p
Fri, Nov 13 (DSC) Friday Crafternoon 1:30p
Fri, Nov 13 (GSC) Artisan Alley 2p
Mon, Nov 16 (GSC) Hand or Foot Massage (By Appointment) 8a
Mon, Nov 16 (GSC) Cash Bingo: Doors Open at 5p, Game Starts at 6p
Tue, Nov 17 (DSC) Nail Care Clinic (By Appointment) 8:40a
Tue, Nov 17 (GSC) Line & Swing Dance Class 6p
Wed, Nov 18 (DSC) Casper shopping trip—Leave DSC 8:30a (Meet there, or call to arrange pickup)
Thu, Nov 19 (DSC) Hand or Foot Massage (By Appointment) 8a
Thu, Nov 19 (CCAS) Casper College Play "Last Train to Nibroc" Leaving DSC 4p, leaving GSC 4:30p, stop for dinner on the way
Fri, Nov 20 (GSC) Nail Clinic (By Appointment) 8a
Fri, Nov 20 (GSC) Friday Crafternoon 2:30p
Sat, Nov 21 (DSC) Game Day 2p
Mon, Nov 23 (GSC) Nail Clinic (By Appointment) 8a
Mon, Nov 23 (GSC) Craft W/Andera 2p
Tue, Nov 24 (DSC) Handmade W/Hanna 12:30p
Tue, Nov 24 (GSC) Line & Swing Dance Class 6p
Wed, Nov 25 (DSC) Book Club W/ Brittney 1P
Thu, Nov 26 & Fri Nov 27 (CCAS) Closed Happy Thanksgiving!

CONVERSE COUNTY AGING SERVICES

OFFERED THROUGH THE DOUGLAS AND GLENROCK SENIOR CENTERS

MEALS

Congregate Meals

Meals are served at both centers Monday through Friday, from 11am-12:30pm. We offer a variety of menu choices. Suggested donation for those 60+ (with a current AGNES on file) is $5.00. Cost for anyone 13-59 is $10.00; 4-12 is $7.00; 3 & under is free. Meal tickets can be purchased for $45.00 for ten meals. The tickets do not expire, and they make a great gift!

You can also call to order carry-out. Due to the volume of calls, please call the center nearest you before 9:00am to request a meal. Pick up your carry-out between 11am and 12:30pm.

Home Delivered Meals

Home delivered meals are available to eligible participants. Meals are delivered Monday through Friday, with frozen meals available for the weekends, if requested. You can request daily meals, submit a menu monthly with your choices, or call in for delivery, for a suggested donation of $4.50. Due to the volume of calls, please call the center nearest you before 9am to request a meal. This can be a long-term option for those who are homebound or a short-term option for those with temporary medical issues. Call for more information.

TRANSPORTATION

We offer public transportation to those who need a ride. We are a CURB-to-CURB service around town, as well as offering scheduled rides out of town.

Call Glenrock at (307) 554-0955

Call Douglas at (307) 358-3112

Schedule your ride today!

WyHS

Personal Care

Our CNAs can help clients with bathing, dressing and grooming, skin care, eating, ambulating and exercise, vital signs and glucose monitoring.

Homemaking

Our homemakers can help with housekeeping inside the home, laundry, chores, meal preparation and shopping.

Respite Care

We offer in-home care to give caregivers of individuals with disabilities and other special needs some time off. Respite care is only provided on weekdays and is dependent on the availability of staff.

OTHER SERVICES

Loan Closet

We have medical items such as wheelchairs, shower chairs, walkers, canes, commodes, knee scooters and more that are available for loan to anyone in our community.

Support

Foot Care/Diabetic Foot Care - by appointment.

Blood Pressure Checks - daily at each center.

Call for more information:

Glenrock Senior Center (307) 436-9442

Douglas Senior Center (307) 358-4348

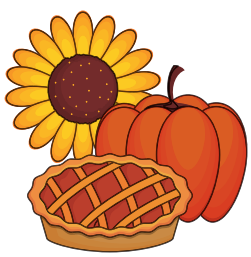
Please join us for lunch on the last Wednesday of the month as we celebrate this month's birthdays with a special birthday dessert and a drawing for birthday flowers.



Happy Birthday!

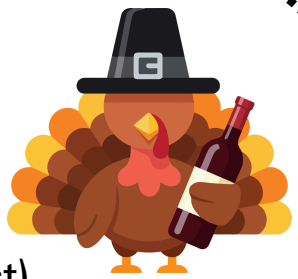


Bruce MacLeod 11/1
Raymond Hoopman 11/2
Aaron Donner 11/2
Ann Rex 11/2
Steven Sorell 11/2
Aleta Torgerson 11/2
CJ Allington 11/3
John Lund 11/3
Jim Osborn 11/4
Kathy Poellot 11/4
Lois Judd 11/4
Laine Anderson 11/5
Jim Grimes 11/5
Jerry Hodge 11/5
Dorthy Eaton 11/5
Al Schmoldt 11/5
Scott Howe 11/6
Mary Martin 11/6
Terry Currey 11/7
Pam Wilson 11/7
Elaina Zempel 11/7
Whitey Boesflug 11/8
Bradley Geffeb 11/8
Enola Snyder 11/8
Fish Kio 11/9
Nancy Arnoldt 11/10
Diana Emery 11/10
Ron Hull 11/10
Sharyl Norman 11/10
Cheryl North 11/10
Bill Nunn 11/10
Marilyn Nida 11/11
Beverly Reed 11/11
Rose Pistulka 11/12
Rex Lungren 11/12
Msry Heinen 11/12
Dale Williams 11/13
Nellie Bowdish 11/13
Frank Wise 11/14
Ramona Banuelos 11/14
Willis Follum 11/14
Deb Flaherty 11/15
Everett Ridenour 11/15
Heidi Neuharth 11/16
John Mercer 11/17
Ed Morris 11/18
Stephanie Hagemann 11/18
Rob Hammond 11/18
Bonnie Hulshizer 11/19
Sybil Hooper 11/20
Lynda Thompson 11/20
Dixi Revis-Diaz 11/20
Gisela McClellan 11/21
Timothy Momerak 11/21
Lorna Sapp 11/21
Izzy Anderson 11/22
James Ortega 11/22
Tom Phelps 11/22
Lana Richardson 11/22
Christine Eyestone 11/23
Dan Dixon 11/24
Richard Moffitt 11/24
Thelma Earle 11/25
Janet Caylor 11/25
Marry Pearson- Fischer 11/25
Lisa Esterline 11/26
Eleanore Montoya 11/26
Lynn Fischer 11/26
Terry Hart 11/26
Matilda Jensen 11/26
Deb Lewis 11/26
Ginny Jackson 11/28
Marion Kern 11/28
Michael Marshall 11/28
Nena Grilley 11/29
Monte Harris 11/29
Dave Daniels 11/29
Connie Williams 11/29
Sherry Johnson 11/30



If you are **60 or older** and have a bithday in

November



Bring this coupon to Converse County Aging Services

(Glenrock - 615 W. Deer) or (Douglas - 340 1st St. West)

For a ***free meal*** courtesy of: **Newcomer Funeral Home**

Name:_____ Birth Date:

BINGO

Join us in Douglas on the Second Monday, and Glenrock on the Third Monday each month* for cash BINGO

*Unless it falls on a holiday, then the schedule will be adjusted accordingly

Doors open at 5p, BINGO starts at 6p

Douglas Nov 9

Open to the Public, must be 18 years old to play.

PAYOUT

(PAYOUT IS SPLIT IN CASE OF MULTIPLE WINNERS)

Bonanza Blackout	Regular BINGO	Jackpot Blackout
$50	$25 each	$200

Glenrock Nov 16

Concessions will be available.

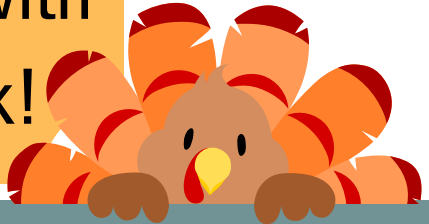
Thank You to:



CCB

CONVERSE COUNTY BANK for sponsoring Thanksgiving Lunch, Pie & BINGO!

Join us for lunch at 11am in Glenrock on Nov 24th, or in Douglas on Nov 25th for lunch, pie, and BINGO with Converse County Bank!



CONVERSE COUNTY AGING SERVICES

DOLLAR-A-MONTH CLUB



Thanks to all of the Dollar-A-Month Club contributors!

The funds you donate are used for services at the Senior Centers. If your name is not listed, and you have contributed, please sign the permission slip below and return it to the office. We must have this slip to publish your name.

(The date following each name is the month/year contribution expires)

Glenda Albertson 3/27
Linda Allen 7/27
Carole Aspinwall 10/27
Sue Asselin 6/27
Judy Behunin 10/27
Ronald Boespflug 1/27
Gwen Boyer 1/27
Jake & Nancy Care 10/30
Linda Care-Smith 5/35
Char Corkill 2/28
Pat Corkill 2/27
Sonia Cottrell 6/28
Sandy DeBlaker 2/28
Ed & Pam Downes 1/27
Joseph Duesler 6/27
Lori & Ted Durst 7/27
Bob & Boots Faunce 3/27
Trudy Faunce 6/27
Ann Fisher 3/27

Brian and Ellen Grabow 5/27
Chris & Diane Gray 4/28
Allen Hineman 8/27
Barb Ireland 1/27
Betty James 12/26
Maxine Kaper 6/27
Glen Lam 11/26
Mike & Karla Lee 6/30
Cordie Lyon 4/27
Sue Mckee 4/27
Peg Middleton 5/27
Sylvia Nye 7/27
George & Juanita Ogden
Dawn & Tim Pexton 4/27
Dick & Jacque Pexton 6/27
Jim Reid Sr. 2/28
Quentin & Lana Richardson 1/27
Helen & Fred Romero 1/27
Judy Schepis 9/27

Vicki Schmid 4/27
Lori Schultz 7/27
Cindy & Ed Sheridan 11/26
M. E. Sherwin 1/27
Mr. & Mrs. Sishc
Terri Skeen 6/27
Ben W Smith 3/27
Robert & Enola Snyder 12/26
Candace Stoll 6/27
Charlie Tichy 7/27
Tammy Townsend 7/27
Buddy & Bella The Dogs
Dennis & Beverly Voyzey 7/27
Robert & Nancy Wallis 12/26
Bill & Betty White 12/26
Don & Sue White 11/27
Crissie Wobig 6/29
Susan Zahrowski 1/27
Beta Sigma Phi Zeta Masters 4/28

Yes! I would like to support Converse County Aging Services, Inc. programs by joining the **Dollar-A-Month Club**! *($12 per member, per year)*

Name: _____
(Please Print)

Signature: _____

by signing, I give my permission for CCAS to publish my name in the monthly newsletter for as long as I continue my donation.

Address: _____

Amount Paid: _____

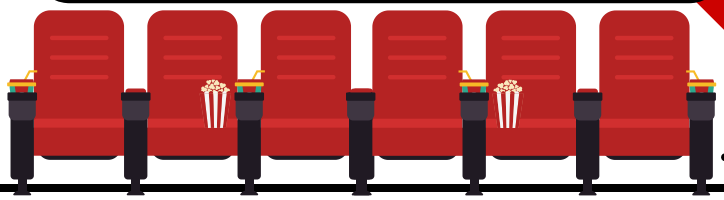
Date: _____

MOVIE MONDAY

PLANES, TRAINS & AUTOMOBILES

Nov 2nd @ 3pm
Princess Theater
104 N 3rd St, Douglas

Free admission for Converse County Aging Services members. Concessions will be available for purchase.



MEDICARE OPEN ENROLLMENT HAS BEGUN!

Wyoming Senior Citizens Inc.
A Private Nonprofit Agency

Now through December 7, beneficiaries decide which of dozens of private plans offer the best coverage.

Even if you are happy with your current coverage, plans are modified each year so it is a good idea to review the plans for the upcoming year.

Contact shiphelp.org for free, unbiased help!

SMP Senior Medicare Patrol
SMPRESOURCE.ORG



You can contact your local SHIP through the SHIP National Technical Assistance Center at www.shiphelp.org or call the Wyoming Senior Medicare Patrol at 1 800 856-4398.

Get Active!

yoga

Glenrock Senior Center:
Chair Yoga, Mondays & Fridays @ 10:15am

wednesday wander:

Spend an hour wandering through Edness K Wilkins State park.
Bus leaves the Glenrock Senior Center Wednesday's @ 12:30pm. Dogs welcome on the bus!

strong bones

Douglas Senior Center
Tuesdays and Thursdays @ 11:00am

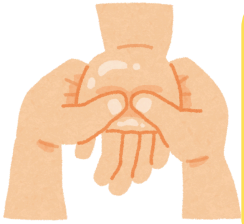
Sunshine Massage

Hand and/or Foot Massage

Sign up sheets available in the lobbies for a 15 minute hand or foot massage with Brittany Elliott of Sunshine Massage.

DOUGLAS 8AM-4PM
Thu,Nov 5th
Thu, Nov 12th
Thu, Nov 19th





GLENROCK 8AM-4PM
Mon, Nov 2nd
Mon, Nov 16th

Attn: Douglas Senior Center!

Yoga with Kim

is returning

- with even more!

Kim would like to offer:

- Chair Yoga
- Restorative Yoga
- Cardio Drumming

See flyers for more details. If any of these interest you, please talk to the front desk. We are gathering interest now and will schedule classes based on that.

No experience needed!
All levels welcome!

PIE MAZE



Food Safety Tips for Holiday Feasts

The federal Centers for Disease Control and Prevention estimates that **48 million illnesses**, **128,000 hospitalizations, and 3,000 deaths** annually in the United States are related to foodborne diseases – don't be one of them! Follow these simple safety tips so you and your guests can enjoy the holidays in good health.





DANGER ZONE

Bacteria reproduce rapidly at temperatures between 41° and 135 °F

Cook Foods to Proper Temperatures

- Always use a meat thermometer to ensure that meat is thoroughly cooked.

Food Item	Minimum Internal Temperature
Turkey, other poultry or ground poultry	165 °F / 74 °C
Beef, pork, veal, and lamb steaks, roasts and chops	145 °F / 63 °C With a three-minute rest time
Ground beef, veal and lamb	160 °F / 71 °C
Stuffed meat, poultry and fish and any food stuffed with fish, meat or poultry	165 °F / 74 °C
Eggs and foods containing raw eggs	Cook eggs until yolk and white are firm; Cook dishes containing raw eggs to 160 °F / 71 °C
Seafood including fin fish, shellfish , shrimp, crab, lobster, etc.	145 °F / 63 °C
Leftovers **Cooking times in microwaves may vary. Cooking whole, stuffed poultry in a microwave is not recommended. Foods cooked or reheated in microwaves should be stirred or turned occasionally to ensure that all parts of the food are thoroughly cooked.*	165 °F / 74 °C or until hot and steaming throughout

Refrigerating and Thawing Foods

- Refrigerate or freeze meat, poultry and seafood promptly after purchase.
- Perishable items, such as eggs, fresh fruit juices and pre-packaged fruits and vegetables, salad mixes, or fresh soup must be stored under refrigeration.
- Thaw frozen meat, poultry and seafood inside the refrigerator in its original wrapping.
- Thawing a turkey may take two to four days. Turkeys can also be thawed by placing the frozen turkey in a watertight wrapper and immersing it in cold—not hot or warm—water until the meat is pliable. Change the water every half hour.
- Turkey may be defrosted in the microwave, but must be cooked immediately after microwave thawing.

Keep Hands and Food Contact Surfaces Clean

- Always wash your hands with warm, soapy water before and after handling raw foods.
- Thoroughly clean all work surfaces, utensils and dishes with hot soapy water and rinse with hot water before and after each use.

Don't Cross Contaminate

- Always wash fruits and vegetables in clean sinks under running water.
- Keep fruits and vegetables away from all raw meats, poultry, eggs, and fish.
- When taste-testing food, ladle a small amount of it into a dish and taste with a clean spoon.

COUNTRY SWING & LINE DANCE

KICK UP YOUR HEELS!

Join us for an evening of dancing and fun!

🎶 Dance Lessons Start at 6pm

📅 Every Tuesday in November

📍 Glenrock Senior Center

625 W. Deer Street, Glenrock

💲 Cost: Free to CCAS members

DSC Monthly Game Day

November's Game Day has been moved from the 28th to the 21st so everyone can play before the holiday!

Join us in Douglas from 2pm - 5pm for some fun!







RIDDLE ME THIS

I am somthing you can give but never physically hold

I can be worth more than silver or gold

The more you share me, the more I grow

At Thanksgiving, I'm somthing we all should show. What am I?

- _____
- _____
- _____

Name _____

Drawings will be held weekly throughout the month.

Turn your answer(s) in at the centers to be entered in a drawing for a free meal **

**** Only one entry per person per month - any extra entries will remove you from the drawing!**

CREATE WITH US!

All Classes and groups are free for Members of CCAS. Please call for guest pricing, or with other questions.

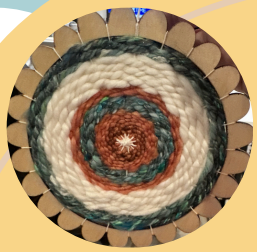


Artisan Alley

In Douglas: Thurs, Nov 12th at 2:00p
In Glenrock: Fri, Nov. 13th at 2:00p

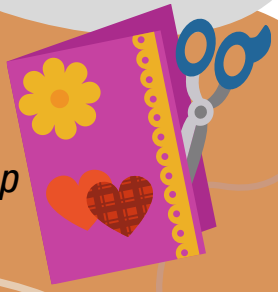
Weekly:

Sewing Group - Monday's @ 11:00am - DSC
Diamond Art - Tuesday's @ 10:00am & 12:30pm - GSC
Diamond Art - Thursday's @ 12:30pm - DSC
Sit & Stitch - Thursday's @ 12:30pm - GSC
N.A.G. (Needle Art Group) - Friday's @ 8:30am - DSC



Friday Crafternoon
Fiber Art Project
Nov. 13th @1:30pm-DSC
Nov. 20th @ 2:30pm-GSC

Card Making
In Douglas: Nov 10 at 1:00p



Crafting W/Andrea
GSC:
Wood Snowman
Nov 9th @ 2:00pm





Christmas Wooden Block Stack
Nov 23rd @ 2:00pm

Handmade w/Hanna
DSC: *November 24 @ 12:30pm*
pinecone flower arrangement.

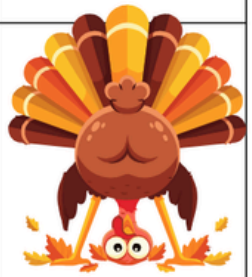
Bring your favorite fall vase to put your arrangement in



DOUGLAS MENU NOVEMBER 2026

MON	TUE	WED	THU	FRI
2 Spaghetti w/Meat Sauce, Galic Toast, Spinach, Fruit Cocktail, Caesar Salad, Cookies	**3** Lentil Soup, Wheat Roll, Tossed Salad, Blushing Applesauce	**4** Jambalaya, Fried Okra, Hushpuppies, Pasta Salad, Peaches, Assorted Pie	**5** Sloppy Joes, Tater Tots, Mixed Veggies, Garden Salad, Diced Pears	**6** Smothered Pork Chops, Mashed Potatoes, Brussels Sprouts, Dinner Roll, Roasted Veggie Salad, Apricots
9 Chicken Cordon Bleu Sandwich, Waffle Fries, Pea Salad, Fruit Salad, Cherry Cheesecake	**10** Sweet & Sour Pork, White Rice, Spring Rolls, Broccoli, Asian Tossed Salad, Fruit Jello	**11** Honey Ham, Mashed Potatoes, Glazed Carrots, Strawberry Spinach Salad, Spice Cake	**12** Chicken Tenders, Steak Fries, Dinner Roll, Tropical Fruit Salad, Tossed Salad	**13** Pasta Primevera, Garlic Bread, Cauliflower, 3 Bean Salad, Berry Parfait
16 Tuscan Zuppa, Dinner Rolls, Fruit Cocktail, Cucumber & Tomato Salad, Cookie	**17** Blueberry Pancakes, Sausage Links, Scrambled Eggs, Hashbrowns, Salad Bar, Fruit Salad	**18** Pulled Pork Sandwich, Mac & Cheese, Baked Beans, Slaw, Assorted Pie	**19** Chicken & Dumplings, Peas & Carrots, Pears, Potato Salad	**20** Burgers w/All the Fixings, Ove-Roasted Potatoes, Pasta Salad, Peaches & Cream
23 Fried Chicken, Mashed Potatoes & Gravy, Mixed Veggies, Salad Bar, Lemon Bar	**24** Baked Cod, Rice Pilaf, Dinner Roll, Asparagus, Kale Caesar Salad, Fruit Cocktail	**25** Oven-Roasted Turkey, Sweet Potato Casserole, Green Bean Casserole, Dinner Rolls, Cranberry Sauce, Tossed Salad, Pie & Ice Cream	**26** Closed for Thanksgiving 	**27**
30 Steak Fajitas, Spanish Rice, Pinto Beans, Apple Salad, Churros		**Meals Served Mon-Fri, 11a-12:30p** **Menu subject to change.** **Milk and Salad Bar Available Daily**		CONVERSE COUNTY AGING SERVICES DOUGLAS

Douglas November 2026 Activities

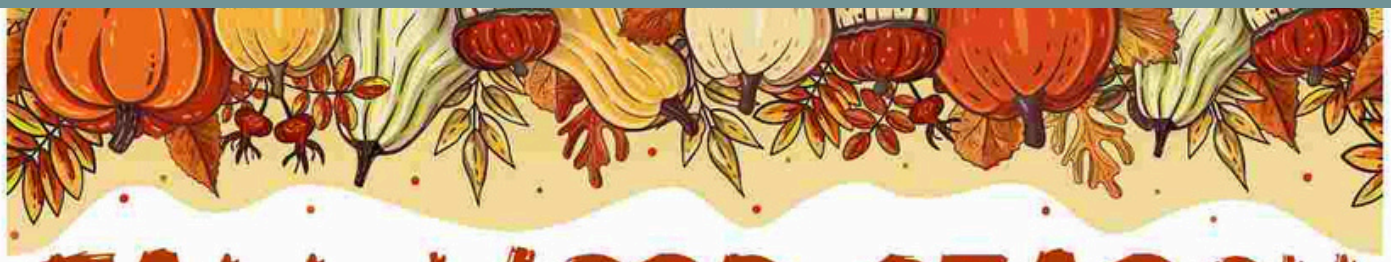
Mon	Tue	Wed	Thu	Fri	Sat/Sun
2 **11a** Sewing Group **1p** Grocery Bingo **3p Movie Monday** @ Princess Theater (Planes, Trains, & Automobiles)	**3** **8:40a Nail Care Clinic** **9a** Fellowship Group **11a** Strong Bones **1p** Pinochle	**4** **10:30a Love Your Lenses** **12p** Queen of Hearts **1p** Pinochle	**5** **8a Hand/Foot Massage** **11a** Strong Bones **12:30p** Diamond Art	**6** **8:30a** N.A.G. **11a First Friday Free Lunch** **12:30p** Cards: Hand & Foot **12:30p** Bonanza Bingo **12:45p** Card Bingo	**7/8**
9 **10a Special Dist Board Mtng** **11a** Sewing Group **1p** Grocery BINGO **5p** Doors open: **Cash BINGO** Games start at 6p	**10** **8:40a Nail Care Clinic** **9a** Fellowship Group **11a** Strong Bones **1p** Pinochle **1p CCAS Board Mtng (DSC)** **1p Card Making W/Ro**	**11** **12p** Queen of Hearts **1p** Pinochle	**12** **8a Hand/Foot Massage** **11a** Strong Bones **12:30p** Diamond Art **2p Artisan Alley**	**13** **8:30a** N.A.G. **12:30p** Cards: Hand & Foot **12:30p** Bonanza Bingo **12:45p** Card Bingo **1:30p Friday Crafternoon**	**14/15**
16 **11a** Sewing Group **1p** Grocery BINGO	**17** **8:40a Nail Care Clinic** **9a** Fellowship Group **11a** Strong Bones **1p** Pinochle	**18** **8:30a Casper Shopping Trip** **12p** Queen of Hearts **1p** Pinochle	**19** **8a Hand/Foot Massage** **11a** Strong Bones **12:30p** Diamond Art **4p Dinner in Casper & "Last Train to Nibroc" Play**	**20** **8:30a** N.A.G. **12:30p** Cards: Hand & Foot **12:30p** Bonanza Bingo **12:45p** Card Bingo	**21/22** **Sat 2-5p Game Day**
23 **11a** Sewing Group **1p** Grocery BINGO	**24** **8:40am Nail Care Clinic** 9:00am Fellowship Group 11:00am Strong Bones **12:30pm Handmade W/Hanna** 1:00pm Pinochle	**25** **11a CCB Thanksgiving Lunch** **12:30p CCB Thanksgiving BINGO** 12:00pm Queen of Hearts 1:00pm Pinochle **1:00pm Book Club W/Brittney**	**26** Closed for Thanksgiving 	**27**	**28/29**
30 **11a** Sewing Group **1p** Grocery BINGO		For more information, call the Douglas office at: 307-358-4348			

GLENROCK MENU NOVEMBER 2026

MON	TUE	WED	THU	FRI
2 Baked Ham, Scalloped Potatoes, Carrot Coins, Cornbread, Blushing Pears	**3** Spaghetti & Meat Sauce, Green Beans, Garlic Toast, Peaches, Tossed Salad	**4** Biscuit & Gravy, Sausage Links, Hashbrowns, Pineapple Cottage Cheese	**5** Red Chili, Wheat Roll 4-Way Mixed Veggies, Cinnamon Roll, Tossed Salad	**6** Chicken Alfredo over Noodles, Broccoli, Peas Salad, Cheesy Breadstick, Sliced Apples
9 Open-Faced Green Chili Burger, Oven Fries, Peas & Pearl Onions, Vanilla Pudding, Pears	**10** Chicken Strips, Tater Tots, Green Beans w/Bacon, Lemon Bars, Tossed Salad	**11** BBQ Pork Sandwich, Baked Beans, Mixed Veggies, Mandarin Oranges, Cucumber-Tomato Salad	**12** Meat Loaf, Mashed Potatoes & Gravy, Sicilian Veggies, Garlic Knots, Fruit Cocktail, Tossed Salad	**13** Baked Cod, California Veggie Mix, Rice Pilaf, Wheat Roll, Fruit Salad, Cottage Cheese
16 Beef Pot Pie over Biscuit, Baked Potato, Tropical Fruit, Vanilla Pudding	**17** Tuna Noodle Casserole, Peas & Carrots, Wheat Roll, Peaches, Tossed Salad	**18** Baked Pork Chops, Potato Wedges, Cheesy Cauliflower, Biscuit, Apple Slices, Coleslaw	**19** Egg Salad Sandwich, Chicken Rice Soup, Corn, Applesauce, Lemon Pudding, Tossed Salad	**20** Savory Chicken Breast, Baked Potato, Pacific Veggies, Wheat Roll, Carrot Raisin Salad, Tropical Fruit
23 Bacon Cheeseburger, Mac & Cheese, Baby Carrots, Coleslaw, Mixed Berries	**24** Turkey, Mashed Potatoes & Gravy, Stuffing, Green Bean Casserole, Dinner Roll, Cranberry Sauce, Pumpkin Pie, Vanilla Ice Cream	**25** BBQ Beef on a Bun, Baked Beans, Potato Wedges, Cantaloupe, Tossed Salad	**26** Closed for Thanksgiving 	**27**
30 Pork Fritters, Mashed Potatoes & Gravy, Cali Blend Veggies, Wheat Roll, Tapioca Pudding	CONVERSE COUNTY AGING SERVICES GLENROCK	**Meals Served Mon-Fri, 11a-12:30p** **Menu subject to change.** **Milk and Salad Bar Available Daily**		

Glenrock November 2026 Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
2 **8a Hand/Foot Massage** **10:15a** Chair Yoga **3p Movie Monday** "Planes, Trains, & Automobiles" @ Princess Theater in Douglas	**3** **10a** Diamond Art **12:30p** Diamond Art **6p Line & Swing Dance Class**	**4** **9a** Grocery Bingo **12:30p** Weds Wander @EKW	**5** **8a Nail Clinic** **10a** Bonanza Bingo **12:30p** Sit & Stitch **1:30p** Women's Fellowship	**6** **10:15a** Chair Yoga **11a First Friday Free Lunch** **11:45a** Queen of Hearts	**7/8**
9 **10a Special Dist Mtng @ DSC** **10:15a** Chair Yoga **2p** Craft W/Andrea	**10** **10a** Diamond Art **12:30p** Diamond Art **1p CCAS Board Mtng @ DSC**	**11** **8a Nail Clinic** **9a** Grocery Bingo **12:30p** Weds Wander @EKW	**12** **9a Casper Shopping Trip** **10a** Bonanza Bingo **12:30p** Sit & Stitch **1:30p** Women's Fellowship	**13** **10:15a** Chair Yoga **11:45a** Queen of Hearts **2p Artisan Alley Class**	**14/15**
16 **8a Hand/Foot Massage** **10:15a** Chair Yoga **5p Cash BINGO** Doors Open, Games Begin at **6p**	**17** **10a** Diamond Art **10:30a Love your Lenses** **12:30p** Diamond Art **6p Line & Swing Dance Class**	**18** **9a** Grocery BINGO **12:30p** Weds Wander @EKW	**19** **10a** Bonanza Bingo **12:30p** Sit & Stitch **1:30p** Women's Fellowship **4:30p Dinner in Casper & "Last Train to Nibroc" Play**	**20** **8a Nail Clinic** **10:15a** Chair Yoga **11:45a** Queen of Hearts **2:30p Friday Crafternoon**	**21/22**
23 **8a Nail Clinic** **10:15a** Chair Yoga **2p** Craft W/Andrea	**24** **10a** Diamond Art **11a CCB Thanksgiving Lunch** **12:30p CCB Thanksgiving BINGO** **12:30p** Diamond Art	**25** **9a** Grocery BINGO **12:30p** Weds Wander @EKW	**26** Closed for Thanksgiving	**27**	**28/29**
30 **10:15a** Chair Yoga			For more information, call the Glenrock office at: 307-436-9442		



FALL WORD SEARCH

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PARTING SHOTS:























