



SEPTEMBER

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



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.

[FACEBOOK.COM/CCASWY](https://www.facebook.com/ccaswy)



[WWW.CCASWY.ORG](http://www.ccaswy.org)

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

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CC SENIOR CITIZEN SERVICE DISTRICT BOARD:

Don Luhrsen
Tim Ricker
Cindy Sheridan
Carolyn Lehner
JB Wollen

DIRECTOR: **Jim Fletcher**
Director@CCASWY.org



MANAGEMENT BOARD:

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

Staff Spotlight:

Sherri has been with the Douglas Senior Center for 12 years, come this October. Sherri's favorite part of her job is "interacting and talking with the seniors; they have a lot of interesting things to talk about!" And of course, she is Douglas's famous bingo caller for the last 8 years!



Sherri Jackson

**The next Management
Board meeting will be at
the Douglas Senior Center
at 1:00pm on
September 8th**

**The next Special District
Board meeting will be at the
Douglas Senior Center at
10:00am on
September 14th**

"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 w/Brittany
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) Game Day
1p (DSC) Pinochle

THURSDAYS:

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

FRIDAYS:

8:30a (DSC) N.A.G. Needle Art Group
9a (GSC) Weekly Wander to EKW
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)*

3rd Sat, 11a-2p: (GSC) Thrift Store
Shop Saturday

September@ CCAS

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Tue, Sep 1 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Sep 1 (DSC) Card Making w/ Ro 1p

Tue, Sep 1 (GSC) Line & Swing Dance Class 5:30p 1:30

Wed, Sep 2 (DSC) Diabetes Prevention Class 1p

Thu, Sep 3 (DSC) Hand or Foot Massage (By Appointment) 8a

Fri, Sep 4 (CCAS) First Friday Free Lunch 11a

Mon, Sep 7 (CCAS) Closed in Observance of Labor Day

Tue, Sep 8 (GSC) Nail Care Clinic (By Appointment) 8a

Tue, Sep 8 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Sep 8 (DSC) Handmade w/ Hanna 12:30p

Tue, Sep 8 (DSC) CCAS Management Board Meeting 1p

Tue, Sep 8 (GSC) Line & Swing Dance Class 5:30p

Wed, Sep 9 (DSC) Diabetes Prevention Class 1p

Thu, Sep 10 (DSC) Hand or Foot Massage (By Appointment) 8a

Thu, Sep 10 (GSC) Casper Shopping Trip-Leave GSC 9a
(meet there, or call to arrange pick up)

Fri, Sep 11 (CCAS) Grandparents Day Ice Cream Social

Fri, Sep 11 (DSC) Friday Crafternoon 1:30p

Mon, Sep 14 (GSC) Hand or Foot Massage (By Appointment) 8a

Mon, Sep 14 (DSC) Senior Service District Board Meeting 10a

Mon, Sep 14 (CCAS) Movie Monday "Lethal Weapon"

@ The Princess Theatre in Douglas 3p

Mon, Sep 14 (DSC) Cash Bingo: Doors Open at 5p, Game starts at 6p

Tue, Sep 15 (GSC) Nail Care Clinic (By Appointment) 8a

Tue, Sep 15 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Sep 15 (DSC) Handmade w/ Hanna 12:30p

Tue, Sep 15 (GSC) Line & Swing Dance Class 5:30p

Wed, Sep 16 (DSC) Diabetes Prevention Class 1p

Thu, Sep 17 Zoo Trip, Leaving DSC@7:30a GSC@7a

Thu, Sep 17 (DSC) Casper Shopping Trip-Leave DSC 8:30a
(meet there, or call to arrange pick up)

Fri, Sep 18 (GSC) Friday Crafternoon 2:30p

Sat, Sep 19 (GSC) Thrift Store Shop Saturday:

Thrift Store Open 11a-2p

Mon, Sep 21 (GSC) Craft w/ Andrea: Welcome Sign 2p

Mon, Sep 21 (GSC) Cash Bingo: Doors Open at 5p, Game starts at 6p

Tue, Sep 22 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Sep 22 (DSC) Artisan Alley 1:30p

Tue, Sep 22 (GSC) Line & Seing Dance Class 5:30p

Wed, Sep 23 (GSC) CCB Senior Services 11a

Wed, Aug 12 (GSC) Artisan Alley 2p

Wed, Sep 23 (DSC) Diabetes Prevention Class 1p

Thu, Sep 24 (DSC) Hand or Foot Massage (By Appointment) 8a

Thu, Sep 24 (DSC) Casper Shopping Trip-Leave DSC@8:30a
(meet there, or call to arrange pick up)

Thu, Sep 24 (DSC) CCB Senior Services 11a

Thu, Sep 24 (DSC) Origami w/ Dave 3p

Fri, Sep 25 (GSC) Nail Care Clinic (By Appointment) 8a

Fri, Sep 25 (DSC) Book Club w/Brittany 2p

Mon, Sep 28 (GSC) Hand or Foot Massage (By Appointment) 8a

Mon, Sep 28 (GSC) Craft w/ Andrea: Porch Sign 2p

Tue, Sep 29 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Sep 29 (GSC) Line & Swing Dance

Wed, Sep 30 (GSC) Nail Care Clinic (By Appointment) 8a

Wed, Sep 30 (DSC) Diabetes Prevention Class 1p

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!

Don Corbett 9/1
Marshalleen Hranckak 9/1
Elaine Halstead 9/2
Lorri Plumb 9/2
Crespin Hernandez 9/2
Sue Mckee 9/2
Lydia Cordova 9/3
Kenneth Taylor 9/3
Bert Emery 9/4
Marcia Ireton 9/4
Fred Duran 9/6
Tory McFarlin 9/6
Lila Miller 9/6
Waynette Nichols 9/6
Valjean Park 9/6
Ramona Brown 9/7
Marie Koppa 9/7
JoAnne Howe 9/8
Kathleen Lebar 9/9
Richard Sapp 9/9
Betty Selden 9/10
Cheryl Pollo 9/10
Casper Smith 9/11
Dennis Voyzey 9/11

Edward Mitchell 9/11
Lorna Duncan 9/12
Sharon Wolff-Kemp 9/12
Marsha Reizenstein 9/13
Frederick Green 9/14
Darlene Lesco 9/14
Douglas Olson 9/14
Mona Henson 9/15
Ray Ray Johnson 9/15
Max Fuller 9/16
Jacque Pexton 9/16
Jewel Reed 9/16
Paul Holzhausen 9/17
Trudy Martinez 9/17
Tim Glasser 9/18
Greer Good 9/18
Jan Johnson 9/19
Carla Brown 9/20
Allen Haygood 9/20
Lenora Merchen 9/20
Donaleta Stewart 9/20
Dorothy Taylor 9/21
Robert Lindmier 9/22

Sammy Norman 9/22
Maxine Pollock 9/22
Robert Snyder 9/23
Pauline Gordon 9/23
Nona Landen 9/23
Linda Bullock 9/24
Kenneth Gaukel 9/24
Crissie Wobig 9/24
Joaine Gonzales 9/24
Debra Casalenda 9/25
Lynn Dampman 9/25
Esther Wollen 9/26
Carolyn Fischer 9/26
Sheri Holmes 9/27
Les Loos Jr 9/27
Doris Pittman 9/27
Donna Craig 9/28
Neal Wolfe 9/28
Carol Heyd 9/29
Cathy McIntyre 9/29
Kathy Skilbred 9/29
Jim Mollman 9/29
Linda Nehrer 9/29
Michael Ottersbach 9/29

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



September

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

(PAYOUT IS SPLIT IN
CASE
OF MULTIPLE
WINNERS)

**Douglas
Sep 14**

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

PAYOUT

Regular
BINGO
\$25 each

Jackpot
Blackout
\$200

Bonanza
Blackout
\$50

**Glenrock
Sep 21**

Concessions will be available.



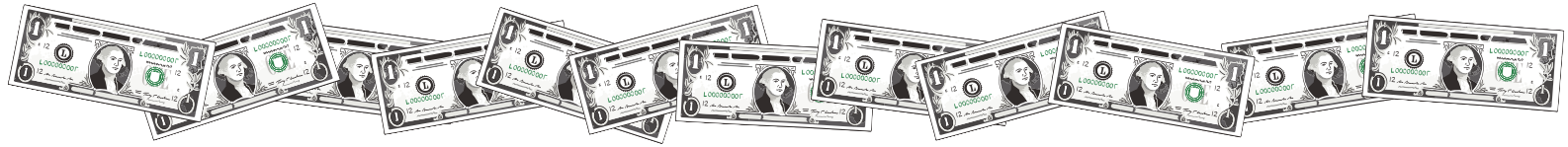
❄️ Don't Forget About Our
Frozen Meals! ❄️

Need a meal for later? We have frozen meals available for just \$1.50 each! Frozen meals can be included with your home-delivered meal or picked up at either Senior Center. Stock up and have a convenient meal ready whenever you need one!

CONVERSE COUNTY AGING SERVICES

DOLLAR-A-MONTH CLUB

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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	Brian and Ellen Grabow 5/27	Vicki Schmid 4/27
Linda Allen 7/27	Chris & Diane Gray 4/28	Lori Schults 7/27
Sue Asselin 6/27	Marsha Henderson 10/26	Cindy & Ed Sheridan 11/26
Ronald Boespflug 1/27	Allen Hineman 8/27	M. E. Sherwin 1/27
Gwen Boyer 1/27	Barb Ireland 1/27	Mr. & Mrs. Sishc
Jake & Nancy Care 10/30	Betty James 12/26	Terri Skeen 6/27
Linda Care-Smith 5/35	Maxine Kaper 6/27	Ben W Smith 3/27
Char Corkill 8/27	Glen Lam 11/26	Robert & Enola Snyder 12/26
Pat Corkill 2/27	Mike & Karla Lee 6/30	Candace Stoll 6/27
Sonia Cottrell 6/28	Cordie Lyon 4/27	Charlie Tichy 7/27
Sandy DeBlaker 2/28	Sue Mckee 4/27	Buddy & Bella The Dogs
Ed & Pam Downes 1/27	Peg Middleton 5/27	Dennis & Beverly Voyzey 7/27
Joseph Duesler 6/27	Sylvia Nye 7/27	Robert & Nancy Wallis 12/26
Lori & Ted Durst 7/27	George & Juanita Ogden	Bill & Betty White 12/26
David & Shirley Eason 10/26	Dawn Pexton 4/28	Don & Sue White 11/27
Bob & Boots Faunce 3/27	Dick & Jacque Pexton 6/27	Crissie Wobig 6/29
Trudy Faunce 6/27	Jim Reid Sr. 2/28	Susan Zahrowski 1/27
Ann Fisher 3/27	Quentin & Lana Richardson 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

LETHAL WEAPON

Sept 14, 3pm
Princess Theater
104 N 3rd St, Douglas

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



A Private Nonprofit Agency

BE AWARE!

PROTECT YOUR MEDICARE

Three tips to remember:

1. Medicare will never call you.
2. Never share your Medicare number with anyone except your provider.
3. Medicare will never send you a plastic card.



NEED HELP?

CALL 1 800 856 4398

Get Active!



Douglas Senior Center:

Chair Yoga,

Wednesdays, 9am

Glenrock Senior Center:

Chair Yoga, Mondays 10:15am



Spend an hour wandering through

Edness K Wilkins State park.

Van leaves the Glenrock Senior Center

Fridays at 8:00am

strong bones

Douglas Senior Center

Tuesdays and Thursdays 11:00am



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

Thu, September 3rd

Thu, September 10th

Thu, September 24th



GLENROCK

Mon, September 14th

Mon, September 28th

● Grandparents Day ●

ICE CREAM SOCIAL

11
SEPT

12
PM



Grandparents Day Ice Cream Social! 🍦



Join us for a fun-filled Grandparents Day celebration with
ice cream, laughter, and good company!

September 11th at 12:00 PM at both the Glenrock and
Douglas Senior Centers.

Bring your grandkids and enjoy a sweet afternoon
together! We hope to see you there! 🎉 🍦

WILD ADVENTURE ZOO DAY



**Road Trip!!
Scottsbluff, NE**

**THURSDAY,
SEPTEMBER 17TH**

**Leaving GSC 7am
Leaving DSC 7:30am**



Join us for a fun day at the zoo in Scottsbluff, Nebraska! Enjoy a day with friends as we explore the exhibits and see a variety of animals from around the world.

Lunch will be provided and enjoyed at the zoo. Space may be limited, so be sure to sign up early! There is no cost for current members of Converse County Aging Services. For more information, contact the Senior Center. DSC 307-358-4348, GSC 307-436-9442.

Please dress comfortably and be prepared for changing Wyoming and Nebraska weather conditions.



COUNTRY SWING & LINE DANCE

KICK UP YOUR HEELS!

Join us for an evening of dancing and fun!

 Line Dancing Lessons – 5:30 PM

 Swing Dance Lessons – 6:30 PM

 Every Tuesday in September

 Glenrock Senior Center

625 W. Deer Street, Glenrock

 Cost: Free to CCAS members



CONVERSE COUNTY BANK

Services for Seniors

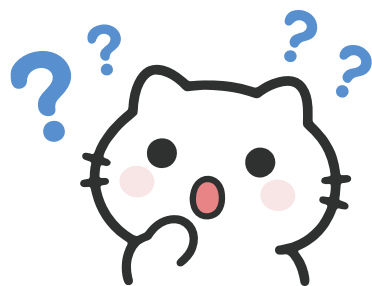
Staff from Converse County Bank will be here to help with a variety of services, including:

- Notary Services
- Basic Tech Support
- Scam Prevention & Intervention
- Account Structuring & Beneficiary Guidance
- CCB Customer Support

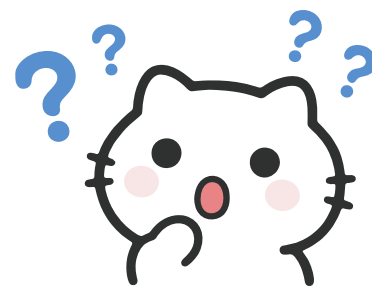
You do not have to be a CCB Customer to receive this free help.

Douglas Senior Center, Sept 24th 11a

Glenrock Senior Center, Sept 23rd 11a



RIDDLE ME THIS



What must fall in the autumn before it can rise in the spring?

What changes color without using paint?

Who-who-who asks a question that is never answered?

Drawings will be held weekly throughout the month.

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

Name _____

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

CREATE WITH US!



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

Weekly:

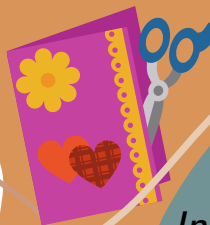
Sewing Group - Mon, 11a - Douglas
Diamond Art - Tues, 10 a - Glenrock
Diamond Art - Thurs, 12:30p - Douglas
Sit & Stitch - Thurs, 12:30p - Glenrock
N.A.G. (Needle Art Group) - Fri, 8:30a - Douglas



In Douglas: Thu, Sep 22nd at 1:30p
In Glenrock: Wed, Sep 23rd at 2p

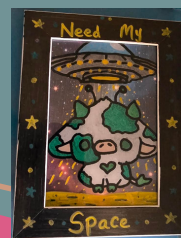
Card Making

In Douglas: Sept 1st at 1:00p



Handmade w/Hanna

In Douglas: September 8 at 12:30 p
Decorating Picture Frames



Crafting w/Andrea

In Glenrock:

Welcom Sign

Sept 21st at 2p



Porch Sign

Sept 28th at 2p



Origami w/Dave

In Douglas: September 24th at 3p.



DOUGLAS MENU SEPTEMBER 2026

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MON	TUE	WED	THU	FRI
	1 Beef & Broccoli, White Rice, Egg Rolls, Tossed Salad, Angel Food Cake	2 Fish Sandwich, Tater Tots, Green Beans, Kale Caesar Salad, Apricots	3 Biscuits & Gravy, Bacon, Hashbrowns, Fruit Salad, Scones	4 Pulled Pork, Mac & Cheese, Potato Wedges, Broccoli Salad, Fresh Fruit
Closed 7 	8 Broccoli Cheese Soup, Grilled Ham & Cheese, Potato Salad, Assorted Cookies	9 Lasagna, Mixed Veggies, Garlic Bread, Caesar Salad, Fruit Cocktail	10 Shrimp Tacos, Spanish Rice, Black Beans, Elote Salad, Fresh Fruit	11 French Dip, Onion Rings, Mixed Veggies, Caprese Pasta Salad, Bread Pudding
14 Grilled Chicken Sandwich, Oven Roasted Potatoes, Cauliflower, Salad Bar, Assorted Pie	15 Shrimp & Grits, Fried Okra, Asparagus, French Bread, Fruit Jello	16 Beef Ravioli w/ Red Sauce, Broccoli, Garlic Bread, Roasted Veggie Salad, Blushing Applesauce	17 Meatloaf, Mashed Potatoes & Gravy, Green Beans, Dinner Rolls, Garden Salad, Brownies	18 Fish & Chips, Hushpuppies, Corn on the Cob, Apple Fennel Salad, Peaches
21 Meatball Sub, Fried Zucchini Sticks, Mixed Veggies, Caesar Salad, Cookies	22 Chicken Salad Sandwich, Fries, Mixed Veggies, Salad Bar, Pasta Salad, Fruit Cocktail	23 Beef Stew, Dinner Rolls, Tossed Salad, Apple Crisp	24 Breakfast Casserole, Sausage Link, Asparagus, Salad Bar, Fruit Salad	25 Honey Mustard Pork Chops, Mashed Sweet Potatoes, Mixed Veggies, Diced Pears
28 Patty Melt on Rye, Mac & Cheese, Peas & Carrots, Pasta Salad, Assorted Pie	29 Green & Red Chili, Corn Bread, Potato Wedges, Salad Bar, Chocolate Pudding	 30 Steak Fried Rice, Crab Rangoons, Broccoli, Asian Tossed Salad, Cake & Ice Cream	Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily	



Douglas

September

Activities



Mon

Tue

Wed

Thu

Fri

Sat/Sun

	1 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle 1p Card Making w/ Ro	2 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class	3 8a Hand/Foot Massage 11a Strong Bones 12:30p Diamond Art	4 8:30a N.A.G. 11a First Friday Free Lunch 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 12:45 Card Bingo	5/6
7 CLOSED 	8 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Handmade w/ Hanna 12:30p Dominoes 1p@DSC CCAS Board Meeting 1p Pinochle	9 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class	10 8a Hand/Foot Massage 11a Strong Bones 12:30p Diamond Art	11 8:30a N.A.G. 12p Grandparents Day Ice Cream Social 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 12:45 Card Bingo 1:30p Friday Craftersnoon	12/13
14 10a@DSC SSD Board Meeting 11a Sewing Group 12:30p Grocery BINGO 3p Movie Monday 5p Cash BINGO : Doors open Games start at 6p	15 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle 1p Tile Painting w/Arts & Culture	16 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class	17 Zoo Trip Leaving DSC@7:30a 11a Strong Bones 12:30p Diamond Art	18 8:30a N.A.G. 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO 12:45p Card Bingo	19/20 19th:11a-2p GSC Thrift Store "Shop Saturday"
21 11a Sewing Group 1p Grocery BINGO	22 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle 1:30p Artisan Alley	23 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class	24 8a Hand/Foot Massage 8:30a Casper Shopping Trip 11a CCB Senior Services 11a Strong Bones 12:30p Diamond Art 3p Origami w/Dave	25 8:30a N.A.G. 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 12:45p Card Bingo 2pm Book Club w/ Britney	26/27 26th:2p-5p Game Day
28 11a Sewing Group 1p Grocery BINGO	29 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle	30 September Birthdays Celebration! 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class		For more information, call the Douglas office at: 307-358-4348	

GLENROCK MENU

SEPTEMBER 2026

MON	TUE	WED	THU	FRI
	1 Chicken Strips, Baked Potato, Corn, Dinner Roll, Vanilla Pudding, Tossed Salad	2 Open-Faced Mushroom Swiss Burger, AuGratin Potatoes, Peas, Sugar Cookie, Applesauce	3 Sweet & Sour Pork over Brown Rice, Egg Roll, Mandarin Oranges, Pickled Beets, Tossed Salad	4 Tuna Salad Sandwich, 4-Way Veggies, Rice Pilaf, Fruit Cocktail, Cottage Cheese
Closed 7 	8 Chicken & Dumplings, Peas & Carrots, Tropical Fruit, Tossed Salad	9 Baked Potato Bar, Cheesy Broccoli, Cheesy Breadstick, Pears	10 Chicken Bacon Ranch Wrap, Sweet Potato Fries, Mixed Veggies, Chocolate Pudding, Tossed Salad	11 Honey Mustard Pork Chops, Baked Potato, 5-Way Veggies, Peaches, Dinner Roll, Celery & Peanut Butter
14 Bacon Cheeseburger, Oven Fries, Green Beans, Tapioca Pudding, Pickled Beets	15 BBQ Chicken Breast, Baked Potato, Cheesy Broccoli & Cauliflower, Biscuit, Peaches, Tossed Salad	16 Bacon, Scrambled Eggs, Hashbrown Patty, English Muffin, Cottage Cheese, Honeydew Melon	17 Taco Salad w/All the Fixings, Spanish Rice, Refried Beans, Chips & Salsa, Churro, Tossed Salad	18 Ham & Bean Soup, Peas & Carrots, Cornbread, Apple Turnovers, Cottage Cheese
21 Country Pork Cutlets, Mashed Potatoes & Bacon Gravy, Cali Mix Veggies, Dinner Roll, Apricots	22 Garlic Steak Bites over Egg Noodles, Broccoli, White Roll, Vanilla Pudding, Tossed Salad	23 Polish Dog w/Kraut, Baked Beans, Mediterranean Veggies, Potato Salad, Yogurt Parfait	24 Chicken Fried Steak, Mashed Potatoes & Country Gravy, Corn, Wheat Roll, Pears, Tossed Salad	25 Honey Mustard Chicken, Winter Blend Veggies, Roasted Potatoes, Garlic Knot, Blueberry Crisp
28 Reuben Sandwich, Sweet Potato Fries, Mixed Veggies, Butterscotch Pudding, Cottage Cheese	29 Lasagna, Green Beans, Garlic Toast, Applesauce, Tossed Salad	30  Philly Steak Sandwich, Potato Wedges, Carrot Coins, Cantaloupe, Orange Poke Cake, Vanilla Ice Cream	Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily	

Mon

Tue

Wed

Thu

Fri

Sat/Sun

Glenrock September Activities



1	2	3	4	5/6
10a Diamond Art 12:30p Diamond Art 5:30p Line & Swing Dance Class	9a Grocery BINGO 12:30p Game Day	12:30p Sit & Stitch	8a Weekly Wander @ EKW 11a First Friday Free Lunch 11:45a Queen of Hearts	



7	8	9	10	11	12/13
8a Nail Care Clinic 10a Diamond Art 1p @ DSC CCAS Board Meeting 12:30p Diamond Art 5:30p Line & Swing Dance Class	8a Nail Care Clinic 10a Diamond Art 12:30p Diamond Art 5:30p Line & Swing Dance Class	9a Grocery BINGO 12:30p Game Day	9a Casper Shopping Trip 12:30p Sit & Stitch	8a Weekly Wander @ EKW 11:45a Queen of Hearts 12p Grandparents Day Ice Cream Social	

14	15	16	17	18	19/20
8a Hand/Foot Massage 10a @ DSC Senior Service District Board Meeting 10:15a Chair Yoga 3p Movie Monday	8a Nail Care Clinic 10a Diamond Art 12:30p Diamond Art 5:30p Line & Swing Dance Class	9a Grocery BINGO 12:30p Game Day	Zoo Trip Leaving GSC @ 7a 12:30p Sit & Stitch	8a Weekly Wander @ EKW 2:30p Friday Crafternoon	19th: 11a-2p GSC Thrift Store "Shop Saturday"
21	22	23	24	25	26/27
10:15a Chair Yoga 2p Craft w/ Andrea: Welcome Sign 5p Doors open: Cash BINGO, Games start at 6p	10a Diamond Art 12:30p Diamond Art 5:30p Line & Swing Dance Class	9a Grocery BINGO 11a CCB Senior Services 12:30p Game Day 2p Aisan Alley	12:30p Sit & Stitch	8a Nail Care Clinic 8a Weekly Wander @ EKW 11:45a Queen of Hearts	

28	29	30			
8a Hand/Foot Massage 10:15a Chair Yoga 2p Craft w/ Andrea: Porch Sign	10a Diamond Art 12:30p Diamond Art 5:30p Line & Swing Dance Class	8a Nail Care Clinic 9a Grocery BINGO 12:30p Game Day	September Birthdays Celebrations! 		

For more information,
call the Glenrock office at:
307-436-9442



Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?



PARTING SHOTS:

