



NOVEMBER NEWSLETTER 2025

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

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
Erin Wolfley
Stephanie Hagemann
Cheryl Schwartzkopf
Ann Rex

Staff Spotlight:

Kim will be joining the CCAS team on Nov. 3rd as the CCAS Activities Director. Kim's will be coordinating the fun at both Douglas and Glenrock Senior Centers.



Kim Martin

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

The next Management Board meeting will be at the Douglas Senior Center at 1:00pm on November 11th

"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."

NOVEMBER



This Month @ CCAS

3

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

Every Week @ CCAS

MONDAYS:

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
9:30a **(DSC)** Chair Yoga w/ Kim
12p **(DSC)** Queen of Hearts
12:30p **(GSC)** Game Day
1p **(DSC)** Pinochle

THURSDAYS:

10:30a **(GSC)** Chair Yoga w/Melinda
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
12:30p **(DSC)** Bonanza BINGO

Community Events:

Sat, Nov 15, 5pm Casino Night at the Glenrock Rec Center to benefit the Glenrock Veterans Park.

Thu, Nov 20, 7pm Douglas - Mule Deer Palooza at College In Bar.

Sat, Nov 29 Small business Saturday - Check out Shop Local events, including Glenrock Winterfest

Mon, Nov 3 (GSC) Hand and/or Foot Massage (By Appointment) 8a

Wed, Nov 5 (DSC) Card Making w/ Ro 1p

Thu, Nov 6 Road Trip to Buc-ee's in CO

Bus leaves **GSC** at 8:30a and **DSC** at 9:00a

be here 15 minutes before scheduled departure

Thu, Nov 6 (DSC) Line Dancing 6p

Fri, Nov 7 (DSC/GSC) First Friday Free Lunch 11a

Fri, Nov 7 (DSC) Karaoke 6:30p

Mon, Nov 10 (DSC) Senior Services District Board Meeting 10a

Mon, Nov 10 (DSC) Cash BINGO: Doors Open at 5p, Game Starts at 6p

Tue, Nov 11 (DSC) Casper Shopping Trip-Leave DSC 8a

(meet there, or call to arrange pick up)

Tue, Nov 11 (DSC/GSC) Veterans Day Lunch 11a

Tue, Nov 11 (DSC) CCAS Management Board Meeting 1p

Tue, Nov 11 (DSC) Artisan Alley 1:30p

Wed, Nov 12 (GSC) Artisan Alley 2p

Thu, Nov 13 (DSC) Hand and/or Foot Massage (By Appointment) 8a

Thu, Nov 13 Road Trip Outings with Ann - Casper BBQ

Bus leaves **DSC** at 12:00p and **GSC** at 12:30p

be at either center 15 minutes before scheduled departure

Fri, Nov 14 (GSC) Casper Shopping Trip-Leave GSC 9a

(meet there, or call to arrange pick up)

Fri, Nov 14 (DSC) Friday Crafternoon: Fiber Art with Sharon 1:30p

Sat, Nov 15 (GSC) Thrift Store Shop Saturday - Store Open 11a - 2p

Sat, Nov 15 (DSC) Dance with Larry Phillips 6p - 9p

Mon, Nov 17 (GSC) Hand and/or Foot Massage (By Appointment) 8a

Mon, Nov 17 (GSC) Edgewood info table 10:30a

Mon, Nov 17 (GSC) Craft with Andrea: Shadow Boxes 2p

Mon, Nov 17 (GSC) Cash BINGO: Doors Open at 5p, Game Starts at 6p

Thu, Nov 20 (DSC) Edgewood info table 10:30a

Thu, Nov 20 Road Trip Outings with Ann - Manville Lunch

Bus leaves **GSC** at 10:30a and **DSC** at 11:00a

be at either center 15 minutes before scheduled departure

Thu, Nov 20 (DSC) Line Dancing 6p

Fri, Nov 21 (DSC) Paint w/ Glenda 1p

Fri, Nov 21 (GSC) Friday Crafternoon: Fiber Art with Sharon 2:30p

Mon, Nov 24 (GSC) CCB Thanksgiving Lunch 11a and BINGO 12:30p

Mon, Nov 24 (GSC) Craft with Andrea: Photo Frame Flower Arrangement 2p

Wed, Nov 26 (DSC) Hand and/or Foot Massage (By Appointment) 8a

Wed, Nov 26 (DSC) CCB Thanksgiving Lunch 11a and BINGO 12:30p

Thu, Nov 27 (CCAS) Closed for Thanksgiving

Fri, Nov 28 (CCAS) Closed for Thanksgiving

Sat, Nov 29 (GSC) Glenrock Winterfest - GSC Thrift Store open 9a-2p

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 (donated by Debbie Arnold).



Happy Birthday



Ann Rex 11/2
Steven Sorell 11/2
Aleta Torgerson 11/2
Ray Hoopman 11/2
C.J. Allington 11/3
John Lund 11/3
Jim Osborn 11/4
Lois Judd 11/4
Linda Massey 11/4
Al Schmoltdt 11/5
Laine Anderson 11/5
Dorothy Eaton 11/5
Jim Grimes 11/5
Marie Mcdonald 11/6
Sandy Alley 11/6
Scott Howe 11/6
Mary Martin 11/6
James Ritter 11/7
Shirley Lythgoe 11/7
Terry Currey 11/7
Pam Wilson 11/7
Nola Snyder 11/8
Ron Boespflug 11/8

Ron Hull 11/10
Steve Nunez 11/10
Cheryl North 11/10
Diana Emery 11/10
Bev Reed 11/11
Tom Bruner 11/11
Marilyn Nida 11/11
Rose Pistulka 11/12
Mary Heinen 11/12
Dale Williams 11/13
Willis Follum 11/14
Frank Wise 11/14
Betty Allison 11/15
Everett Ridenour 11/15
Ramona Banuelos 11/14
Deb Flaherty 11/15
Ed Morris 11/18
Stephanie Hageman 11/18
Bonnie Hulshizer 11/19
Lynda Thompson 11/20

Nacy Arnoldt 11/10
Bill Nunn 11/10
Sylvia Wohletz 11/20
Sybil Hooper 11/20
Dixie Revis-Diaz 11/20
Marcia Fleetwood 11/20
Tim Momerak 11/21
Lorna Sapp 11/21
Jana Tyler 11/22
Janice Pope 11/22
Lana Richardson 11/22
Thomas Phelps 11/22
Izy Anderson 11/22
Ada Pauline 11/23
Richard Moffitt 11/24
Thema Earle 11/25
Betty Lund-Adams 11/25
Gary Spencer 11/25
Matilda Jensen 11/26
Deb Lewis 11/26
Virginia Jackson 11/28
Marion Kern 11/28
Russ Hineman 11/28
Connie Williams 11/29



If you are **60 or older** and have a birthday 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: _____

An Unexpected Call From Medicare? 6

If you get an unexpected call and they say they are from Medicare, Social Security, or the IRS, hang up. Do not give out personal information to someone who calls you claiming they are from Medicare or other government agencies. These places won't call you. If you're unsure if it's *really* them, call them back and ask if anyone was trying to reach you.

Medicare
1-800-633-4227



Social Security Admin
1-800-722-1213

IRS
1-800-829-1040

Wyoming Senior Citizens Inc.
A Private Nonprofit Agency

IT'S OKAY TO LET IT RING.

www.SMPRESOURCE.ORG 877.808.2468

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$5,013,776 with 0% federal funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by ACL/HHS, or the U.S. Government.



CCB Thanksgiving Lunch and BINGO



We are grateful to Converse County Bank for sponsoring lunch, pie, and BINGO at both centers!


 **Glenrock Senior Center: November 24th**
Lunch at 11am & BINGO at 12:30pm

 **Douglas Senior Center: November 26th**
Lunch at 11am & BINGO at 12:30pm

Cash BINGO

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

**Douglas
Nov. 10**

**Glenrock
Nov. 17**

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

Each game
PAYOUT:

**Bonanza
Blackout
\$50**

**BINGO
\$25**

**Jackpot
Blackout
\$200**

(PAYOUT SPLITS, IF MULTIPLE WINNERS)

Must be 18 years old to play, concessions will be available.

>> Doors open at 5pm. BINGO starts at 6pm <<

>> WE ARE OPEN TO THE PUBLIC <<



Craft with



These classes are free to Seniors (60+ w/ a current AGNES on file)

\$35 for guests

**Douglas Senior Center
Nov 11th @ 1:30pm**



Resin Tumbler

Sponsored by
Converse County Bank

**Glenrock Senior Center
Nov 12th @ 2pm**

CRAFTING with ANDREA

SHADOW BOX Monday, Nov 17th



Monday, Nov 24th

PHOTO FRAME FLOWER ARRANGEMENT

2pm @ Glenrock Senior Center

Sign up in the GSC lobby, or call (307) 436-9442

Senior (w/AGNES) cost is FREE, others \$35.



RIDDLE ME THIS



- What did one leaf say to the other?
- I wear a colorful coat in the autumn and am carefree and easy going. Every fall, I let loose. What am I?
- What falls but never breaks?



Name _____

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

Drawings will be held weekly throughout the month.

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





Medicare

Help

Open enrollment starts
October 15 and ends Dec 7.

What we can help with: signing up,
setting up drug plans, and supplements.

Please see staff to set up an appointment!

Call or stop by the office at the Douglas or
Glenrock Senior Center to schedule now,
appointments are filling up fast!



HAND and/or FOOT MASSAGE



Available at both Douglas and Glenrock Senior Centers!
Sign up sheets available in the lobbies for a
15 minute hand or foot massage with
Brittany Elliott of Sunshine Massage.



Glenrock:
November 3rd & 17th

Douglas:
November 13th & 26th

Massage benefits include:

- pain relief
- stress relief
- improved circulation
- increased flexibility



Outings with Ann November

Nov 6th Trip to Buc-ee's in CO

- leaving Glenrock at 8:30a, Douglas 9a

Nov 13th BBQ Restaurant in Casper

- leaving Douglas at 12p, Glenrock at 12:30p

Nov 20th Manville Lunch: Home Cookin' at 3 Sisters

- leaving Glenrock 10:30a, Douglas 11a

For more info, call Ann at 307-351-2633
sign up in the lobby



The ride is on us,
meals are at rider's expense

November 11th



Join us in recognizing all of our Seniors
who are Veterans. On Tuesday, Nov. 11th
we will offer lunch on CCAS for those who
are Veterans - just let the staff at the desk
know that you served.



Thank You
for your Service

SHOP SATURDAY



GLENROCK SHOP LOCAL @ WINTERFEST

At the Glenrock Senior Center

11/15 Thrift Store 11/29

11am-2pm

We'll be open TWO Saturdays this month!

9am-2pm

Regular hours:

Tues-Fri, 8:30a - 2:30pm

closed for lunch from 11-12

Winterfest: keep your receipt for a chance to get a Swag Bag from Elevate Glenrock, and there will be a gift-wrapping station available.



November Arts & Crafts Activities:

Sewing Group

@ DSC, Every Mon at 11a



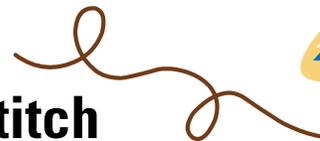
Card Making with Ro

@ DSC, Weds, Nov 5 at 1p



Sit & Stitch

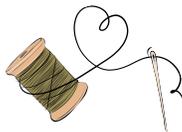
@ GSC Every Thurs at 12:30p



Diamond Art

@ GSC Every Tues before & after lunch

@ DSC Every Thurs at 12:30p



Friday Crafternoon (Fiber Arts with Sharon of Jackalope City Spinners)

@ DSC, Nov 14 at 1:30p

@ GSC, Nov 21 at 2:30p



N.A.G. (Needle Arts Group)

@ DSC Every Fri at 8:30a

Painting with Glenda

@ DSC Fri, Nov 21 at 1p



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 3/26 | Ellen Grabow 4/26 | Marsha Reizenstein 4/26 |
| Linda Allen 1/26 | Barb Ireland 1/27 | Dixie Revis-Diaz 5/26 |
| Rex and Sue Asselin 5/26 | Jens & Matilda Jensen 1/26 | Rita Russell 8/26 |
| Gary & Mary Boldt 3/26 | Ron & Denise Johnson 4/27 | Vicki Schmid 4/26 |
| Gwen Boyer 1/26 | Carolyn & Jimmie Johnson 6/26 | Cindy & Ed Sheridan 11/26 |
| Linda Care-Smith 5/35 | Maxine Kaper 6/27 | M. E. Sherwin 1/27 |
| Carol Chizek 7/26 | Robert Kassner 11/25 | Mr. & Mrs. Sishc |
| Char Corkill 8/26 | Glen Lam 11/26 | Terri Skeen 6/26 |
| Sonia Cottrell 4/26 | Sue Mckee 4/26 | Bobbi J. Spence 3/26 |
| Sandy DeBlaker 2/28 | Peg Middleton 5/27 | Buddy & Bella The Dogs |
| David & Shirley Eason 10/26 | Sylvia Nye 7/26 | Charlie Tichy 1/26 |
| Jean Eden 11/25 | Dave Ogden 11/25 | Tammy & Mark Townsend 5/26 |
| Bob & Boots Faunce 3/27 | George & Juanita Ogden | Kenneth Wasson 4/26 |
| Trudy Faunce 6/26 | Jim Reid Sr. 6/26 | Bill & Betty White 11/25 |
| Sue Ferns 4/26 | | Crissie Wobig 6/29 |

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)

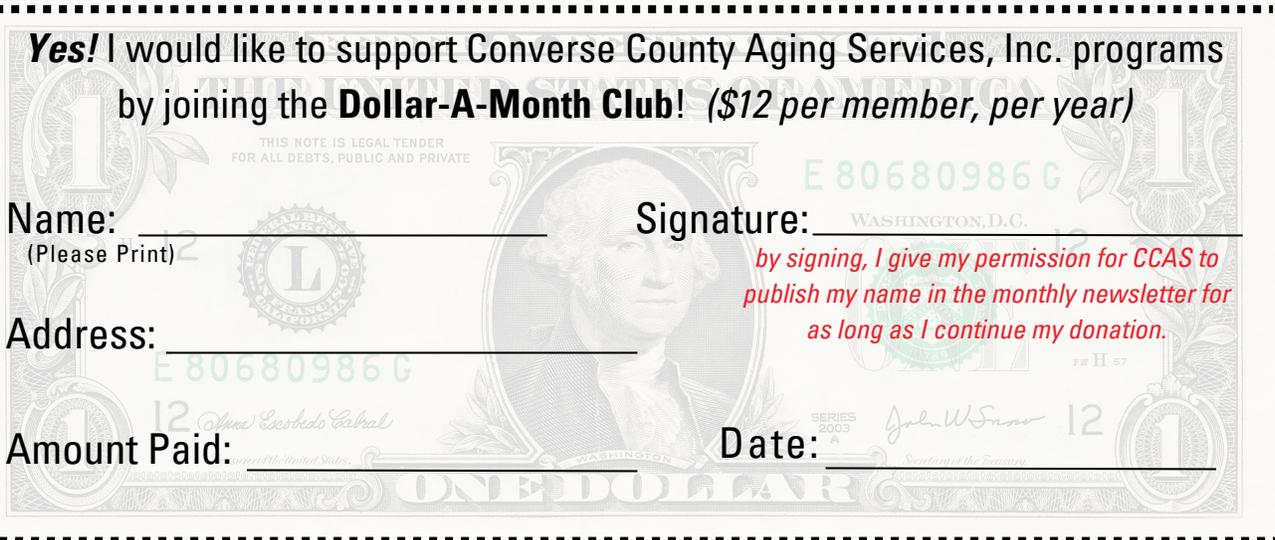
Signature: _____

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: _____



THANKSGIVING



Puzzle of the Month

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



WORD BANK

WWW.ALWAYSTHEHOLIDAYS.COM

- | | | | | |
|------------|----------|-----------|---------------|---------------|
| BEANS | DINNER | GRATITUDE | PILGRIMS | THURSDAY |
| BLESSINGS | FALL | HARVEST | PLYMOUTH ROCK | TURKEY |
| CORN | FAMILY | LEAVES | PUMPKIN | TURTLE ISLAND |
| CORNUCOPIA | FEAST | MAYFLOWER | STUFFING | WAMPANOAG |
| CRANBERRY | FOOTBALL | NOVEMBER | THANKFUL | YAMS |

FALL



DOUGLAS MENU



NOVEMBER

2025

MON	TUE	WED	THU	FRI	
3	4	5	6	7	
Philly Cheese Steak, Tater Tots, Mixed Veggies, Chocolate Chip Cookies	Carnitas (Pork) Tacos, Spanish Rice, Pinto Beans, Taco Salad, Cinnamon Rolls	Fried Chicken, Mashed Potatoes & Gravy, Cauliflower, Tossed Salad, Fruit Jello	Beef Stew, Cornbread, Tossed Salad, Blushing Applesauce	Spaghetti w/Meat Sauce, Garlic Toast, Spinach, Caesar Salad, Brownies	
10	11	12	13	14	
Polish Dogs, Mac & Cheese, Mixed Veggies, Salad, White Chocolate Macadamia Nut Cookies	Chicken Fried Steak, Mashed Potatoes, Green Beans, Garden Salad, Cherry Cheesecake	Breakfast Casserole, Sausage Links, Tossed Salad, Banana Nut Muffins	Chef's Choice Soup of the Day, Roasted Veg Salad, Bread Pudding	Beef Tips, White Rice, Broccoli, Pasta Salad, Apricots	
17	18	19	20	21	
Burgers, Onion Rings, Potato Salad, Mixed Veggies, Almond Joy Cookies	Shrimp Étouffée, Fried Okra, White Rice, Cinnamon Streusel	Honey Ham, Mashed Potatoes, Glazed Carrots, Strawberry Spinach Salad, Coffee Cake	Chicken Fajitas, Cheese Potatoes, Black Beans, Tossed Salad, Dulce De Leche Cake	Blueberry Pancakes, Scrambled Eggs, Sausage Links, Hashbrowns, Garden Salad, Fruit Salad	
24	25	26	27	28	
Fried Chicken Sandwich, Potato Wedges, Tossed Salad, Lemon Cookies	Pork Fried Rice, Egg Roll, Broccoli, Tomato Cucumber Salad, Angel Food Cake		CLOSED	CLOSED	
		<p>Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily</p>			

Douglas November Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
 <p>3</p>	<p>For more information, call the Douglas office at: 307-358-4348</p>  <p>4</p>	<p>5</p>	 <p>6</p>	 <p>7</p>	<p>1/2</p>
<p>11a Sewing Group 1p Grocery BINGO</p> <p>10</p>	<p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p> <p>11</p>	<p>9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle</p> <p>12</p>	<p>9a Road Trip: CO Buc-ee's 11a Strong Bones 12:30p Diamond Art 6p Line Dancing</p> <p>13</p>	<p>8:30a N.A.G. 11a First Friday Free Lunch 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO 6:30p Karaoke</p> <p>14</p>	<p>8/9</p>
<p>10a Special Dist Board Mtng 11a Sewing Group 1p Grocery BINGO 5p Doors open: Cash BINGO Games start at 6p</p> <p>17</p>	<p>8a Casper Shopping Trip 9a Book Group 11a Strong Bones 11a Veterans Day Lunch 12:30p Dominoes 1p CCAS Board Meeting DSC 1p Pinochle 1:30p Artisan Alley Class</p> <p>18</p>	<p>9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle</p> <p>19</p>	<p>8a Hand/Foot Massage 11a Strong Bones 12p Road Trip: BBQ in Casper 12:30p Diamond Art</p> <p>20</p>	<p>8:30a N.A.G. 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO 1:30p Friday Crafternoon</p> <p>21</p>	<p>15/16</p>
<p>11a Sewing Group 1p Grocery BINGO</p> <p>24</p>	<p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p> <p>25</p>	<p>8a Hand/Foot Massage 9:30a Chair Yoga 11a CCB Thanksgiving Lunch and BINGO (12:30p) 12p Queen of Hearts 1p Pinochle</p> <p>26</p>	<p>10:30a Edgewood Info Table 11a Strong Bones 11a Road Trip: Manville lunch 12:30p Diamond Art 6p Line Dancing</p> <p>27</p>	<p>12:30p Cards: Hand & Foot 12:30p Bonanza BINGO 1p Paint with Glenda</p> <p>28</p>	<p>22/23</p>
<p>11a Sewing Group 1p Grocery BINGO</p> <p>24</p>	<p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p> <p>25</p>	<p>8a Hand/Foot Massage 9:30a Chair Yoga 11a CCB Thanksgiving Lunch and BINGO (12:30p) 12p Queen of Hearts 1p Pinochle</p> <p>26</p>	<p>Closed for Thanksgiving</p>  <p>27</p>	<p>29th 9a-2p GSC Thrift Store open for Glenrock Winterfest</p> <p>28</p>	<p>29/30</p>

GLENROCK MENU



NOVEMBER 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
Biscuit & Gravy, Sausage Link, Hashbrowns, Peaches, Cottage Cheese	Cheeseburgers w/All the Fixings, Curly Fries, Baked Beans, Tossed Salad, Pickled Beets, Chocolate Pudding	Sweet & Sour Chicken over White Rice, Egg Roll, Oriental Veggies, Cottage Cheese, Fruit Dessert	Pork Chops, Diced Potatoes w/Brown Gravy, Peas & Pearl Onions, Dinner Roll, Fruit Cocktail, Tossed Salad	Split Pea & Ham Soup, Roast Beef Slider, Cookies, Mandarin Oranges
10	11	12	13	14
Polish Sausage & Saurkraut on a Bun, Roasted Potato, Mixed Veggies, Butterscotch Pudding, Chocolate Chip Cookie	Chicken Taco Soup, Mexican Corn, Garlic Knots, Tapioca Pudding, Tossed Salad	Beef Roast, Carrots, Potatoes, Sliced Apples, Dinner Roll, Cheesecake	Spaghetti & Meat Sauce, Green Beans, Garlic Toast, Tropical Fruit, Tossed Salad	Fish, Rice Pilaf, California Veggies, Dinner Roll, Tomato & Cucumber Salad, Pears
17	18	19	20	21
Pork Cutlets, Scalloped Potatoes, Roasted Root Veggies, Pea Salad, Dinner Roll, Banana Pudding	Garlic Steak Bites, Baked Potato, Pacific Veggies, Tossed Salad, Dinner Roll, Peaches	Frito Taco Salad with All the Fixings, Refried Beans, Salsa, Sour Cream, Lemon Pudding, Churro	BBQ Pork on a Bun, Baked Beans, Sweet Potato Wedges, Tossed Salad, Apricots	Chicken Alfredo, Mixed Veggies, Garlic Toast, Spinach Salad
24	25	26	27	28
Turkey, Mashed Potatoes & Gravy, Stuffing, Green Bean Casserole, Cranberry Sauce, Dinner Roll, Pie	Beef Teriyaki over Rice, Egg Roll, Asian Salad, Applesauce		CLOSED	CLOSED
	<p>Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily</p>		 <p><i>Happy Thanksgiving</i></p>	

Glenrock November Activities

Mon

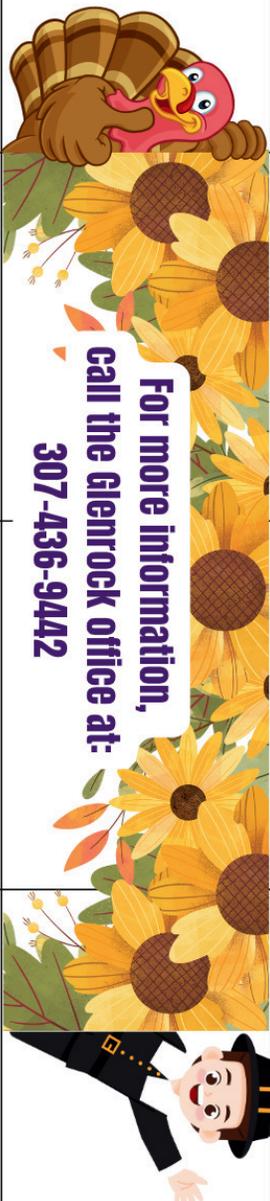
Tue

Wed

Thu

Fri

Sat/Sun



	3	4	5	6	7	8/9			
8a Hand/Foot Massage	10a Diamond Art 10a Koinonia Book Group 12:30p Diamond Art	9a Grocery BINGO 12:30p Game Day	8:30a Road Trip: Buc-ee's in CO 10:30a Chair Yoga 12:30p Sit & Stitch	11a First Friday Free Lunch 11:45a Queen of Hearts					
10a Senior Service District Board Meeting @ DSC	10a Diamond Art 10a Koinonia Book Group 11a Veterans Day Lunch 12:30p Diamond Art	9a Grocery BINGO 12:30p Game Day 2p Artisan Alley Craft	10:30a Chair Yoga 12:30p Sit & Stitch 12:30p Road Trip: BBQ in Casper	9a Casper Shopping Trip 11:45a Queen of Hearts					
17	18	19	20	21	22/23				
8a Hand/Foot Massage 10:30a Edgewood Info Table 2p Craft w/Andrea	10a Diamond Art 10a Koinonia Book Group 12:30p Diamond Art	9a Grocery BINGO 12:30p Game Day	10:30a Chair Yoga 10:30a Road Trip: Manville lunch 12:30p Sit & Stitch	11:45a Queen of Hearts 2:30p Friday Crafternoon					
24	25	26	27	28	29/30				
11a CCB Thanksgiving Lunch and BINGO (12:30p) 2p Craft w/Andrea	10a Diamond Art 10a Koinonia Book Group 12:30p Diamond Art	9a Grocery BINGO 12:30p Game Day	<p>Closed for Thanksgiving</p>			29th 9a-2p Thrift Store open for Glenrock Winterfest			



Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



List more tips

PARTING SHOTS:



If you have photos you'd like to share, get them to the staff - we may feature them in future newsletters!

