



JANUARY NEWSLETTER 2026

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

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
Erin Wolfley
Stephanie Hagemann
Cheryl Schwartzkopf
Ann Rex

Staff Spotlight:

Bailey is a CNA in our Douglas Senior Center Home Services Department. She has been with CCAS since 2020, and her favorite part of her job is "the focus on the meaningful connections."



Bailey Roher

**The next Special District
Board meeting will be at the
Douglas Senior Center at
10:00am on
January 12th**

**The next Management
Board meeting will be at
the Douglas Senior Center
at 1:00pm on
January 13th**

"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."

January

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

Every Week @ CCAS

MONDAYS:

9:30a (DSC) Chair Yoga w/Kim
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 Card Game
12:30p (DSC) Bonanza BINGO

Community Events

Jan 1 First Day Hike at WY Pioneer Museum - Douglas 10a

Jan 1 First Day Hike at Edness K Wilkins State Park - 9:30a Guided Flow, 10a Hike

This Month @ CCAS

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Thu, Jan 1 (CCAS) Closed For New Year's Day

Fri, Jan 2 (DSC/GSC) First Friday Free Lunch 11a

Tue, Jan 6 (CCAS) Road Trip w/Ann: Casper

Lunch at HQ BBQ - Leaving DSC 12p, GSC 12:30p

Tue, Jan 6 (DSC) Hanna's Painting Class 12:30p

Wed, Jan 7 (DSC) Card Making With Ro

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

Thu, Jan 8 (CCAS) Road Trip w/Ann: Cheyenne

Horse Palace Casino - Leaving DSC by 8a

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

(meet there, or call to arrange pick up)

Fri, Jan 9 (DSC) Friday Crafternoon: Fiber Art with Sharon 1:30p

Mon, Jan 12 (GSC) Hand or Foot Massage (By Appointment) 8a

Mon, Jan 12 (DSC) Senior Services District Board Meeting 10a

Mon, Jan 12 (DSC) Cash BINGO:

Doors Open at 5p, Game Starts at 6p

Tue, Jan 13 (DSC) CCAS Management Board Meeting 1p

Tue, Jan 13 (DSC) Artisan Alley Painting Class 1:30p

Wed, Jan 14 (GSC) Artisan Alley Painting Class 2p

Fri, Jan 16 (GSC) Friday Crafternoon: Fiber Art with Sharon 2:30p

Sat, Jan 17 (GSC) Thrift Store Shop Saturday:

Thrift Store Open 11a-2p

Mon, Jan 19 (GSC) Craft With Andrea: Welcome Sign 2p

Mon, Jan 19 (GSC) Cash BINGO:

Doors Open at 5p, Game Starts at 6p

Wed, Jan 21 (GSC) Card Making With Ro 1:30p

Thu, Jan 22 (DSC) Hand or Foot Massage (By Appointment) 8a

Thu, Jan 22 (DSC) Casper Shopping Trip - Leave DSC 10a

(meet there, or call to arrange pick up)

Fri, Jan 23 (DSC) Friday Crafternoon: Fiber Art with Sharon 1:30p

Sat, Jan 24 (CCAS) Road Trip W/ Ann: Manville

Lunch at 3 Sisters, Leaving GSC 10:30a, DSC 11a

Sun, Jan 25 (CCAS) Casper Stage III Theatre Play:

"The Trip to Bountiful" Meet at DSC 12:15p or at GSC 12:45p

Mon, Jan 26 (GSC) Hand or Foot Massage (By Appointment) 8a

Mon, Jan 26 (GSC) Craft With Andrea: Rope Heart Sign 2p

Tue, Jan 27 (CCAS) Road Trip w/Ann: Casper

Lunch at the Hangar, Leaving DSC 12p, GSC 12:30p

Wed, Jan 28 (GSC) Caption Call Info Table 10:30a

Thu, Jan 29 (DSC) Hand or Foot Massage (By Appointment) 8a

Sat, Jan 31 (DSC) Dance 6p-9p:

Featuring The Cory McDaniel Duo & Chad Lore

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).

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Happy Birthday



Karen Shideler 1/1
Sam Torgerson 1/1
Richard Tripp 1/1
Tom Sanchez 1/1
Linda Schiffrs 1/1
Merlen Frye 1/2
Mark Majors 1/2
Jean Schroeder 1/2
Ronald Broten 1/3
Glenda Glasser 1/3
Doris Ottersbach 1/3
Kathy Causton 1/5
Bill Lange 1/5
Betty White 1/5
Tami Chandler 1/8
Cathy Lund 1/8
Deniece Tulloch 1/8
Neal Wolfe 1/8
Robin Cohrs 1/9
Denise Johnson 1/10

Bob Miller 1/10
Sam Scott 1/10
Alice Forney 1/11
Harold Mcvay 1/11
Cheryl Roediger 1/11
Glen Lam 1/12
Everett Bennett 1/12
Cheri Blakeley 1/12
Kay Elisson 1/12
Ethel Austin 1/13
Londa Hinckley 1/14
Pearl Wright 1/15
Kate Genoff 1/16
Nola Coats 1/16
Ellen Johnson 1/16
Margaret Nunn 1/16
Bobbi Spence 1/17
Carol Goins 1/19
Peggy Caldwell 1/19

Karen Graves 1/19
Patty Welch 1/20
Imo Harned 1/20
Jeretta Kayser 1/21
Donald Beamon 1/21
Pat McCullough 1/22
Terrie Wiederich 1/22
Doris Goff 1/22
Mischelle Jordan 1/24
Naomi Rothleutner 1/24
Fred Stephens 1/24
Mary-Leigh Williams 1/24
Curt Anderson 1/25
Nancy Holt 1/25
Janet Little 1/26
Wayne Miller Jr. 1/26
Donn Kuhn 1/27
Allen Davis 1/29
Pam Goodall 1/30
Don Tipton 1/30



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

January



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: _____



Art w/ Hanna

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Snow Girl

January 6th @ 12:30pm

**Douglas Senior Center
Card Room**



Starting in January: Yoga with Kim — Twice a Week, Douglas Senior Center

Curious about yoga but feeling unsure?
You're not alone — and this gentle class was created with you in mind.

Beginning in January, Yoga with Kim meets **Mondays and Wednesdays from 9:30–10:30** and is designed especially for seniors and beginners. This is a comfortable, supportive space where you can move, breathe, and learn at your own pace.

Classes are mostly seated, with the option for chair-supported standing, and focus on slow, steady movement and gentle breathing. Along the way, we'll explore what yoga really is, how it supports everyday life, and share simple seasonal wellness tips inspired by Ayurveda.



No experience is needed.
No getting on the floor.
No pressure to keep up or do it "right."

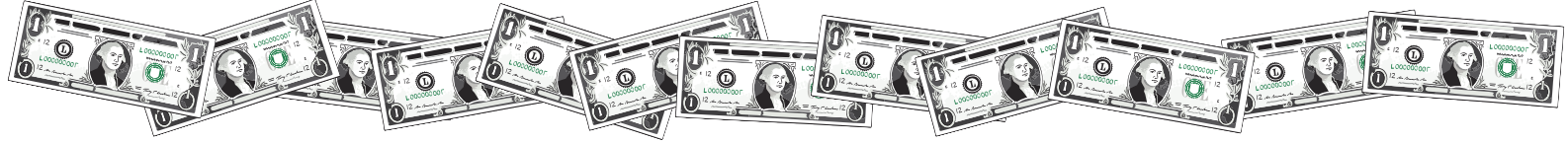
Come as you are.
Move in a way that feels right for your body.
You are always welcome.



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 3/26	Ellen Grabow 4/26	Rita Russell 8/26
Linda Allen 1/26	Marsha Henderson 10/26	Vicki Schmid 4/26
Rex and Sue Asselin 5/26	Barb Ireland 1/27	Cindy & Ed Sheridan 11/26
Gary & Mary Boldt 3/26	Betty James 12/26	M. E. Sherwin 1/27
Gwen Boyer 1/26	Jens & Matilda Jensen 1/26	Mr. & Mrs. Sishc
Jake & Nancy Care 10/30	Carolyn & Jimmie Johnson 6/26	Terri Skeen 6/26
Linda Care-Smith 5/35	Ron & Denise Johnson 4/26	Bobbi J. Spence 3/26
Carol Chizek 7/26	Maxine Kaper 6/27	Buddy & Bella The Dogs
Char Corkill 8/26	Glen Lam 11/26	Charlie Tichy 1/26
Sonia Cottrell 4/26	Sue Mckee 4/26	Tammy Townsend 5/26
Sandy DeBlaker 2/28	Peg Middleton 5/27	Robert & Nancy Wallis 12/26
David & Shirley Eason 10/26	Sylvia Nye 7/26	Kenneth Wasson 4/26
Bob & Boots Faunce 3/27	George & Juanita Ogden	Bill & Betty White 12/26
Trudy Faunce 6/26	Jim Reid Sr. 6/26	Don & Sue White 11/27
Sue Ferns 4/26	Marsha Reizenstein 4/26	Crissie Wobig 6/29
	Dixie Revis-Diaz 5/26	

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: _____

BINGO

Doors open at 5p,
BINGO starts at 6p

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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

PAYOUT:

Bonanza Blackout

\$50

Each Regular
BINGO
\$25

Jackpot
Blackout
\$200

Douglas
Jan. 12

Glenrock
Jan. 19

(PAYOUT IS SPLIT IN CASE OF MULTIPLE WINNERS)

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

Concessions will be available.

Craft with



Mountain Painting

These classes are free to Seniors

(60+ w/ a current AGNES on file) \$35 for guests

Sponsored by
Converse County Bank

Douglas Senior Center
Jan 13 @ 1:30pm



Glenrock Senior Center
Jan 14 @ 2pm

CRAFTING with ANDREA

9

WELCOME SIGN Monday, Jan 19th



2pm @

Glenrock Senior Center

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

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

Monday, Jan 26th
ROPE HEART SIGN



RIDDLE ME THIS



- What's a snowman's favorite snack?
- At my heart dwells the darkest night, and upon my coming, birds take flight. I bite at ears and freeze your tears. What am I?
- What do you get if you cross a snowman and a vampire?

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 **



10 tips

Nutrition Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 find deals right under your nose
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 search for coupons
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 look for savings in newspaper
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 join your store's loyalty program
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 buy when foods are on sale
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 find out if the store will match competitors' coupons
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 stay organized so coupons are easy to find
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 find a coupon buddy
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 compare brands
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 stick to the list
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



DOUGLAS MENU



JANUARY 2026

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MON	TUE	WED	THU	FRI
	Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily		1 Closed 	2 Sloppy Joes, Green Beans, Tater Tots, Tossed Salad, Tropical Fruit
5 Chicken Marsala, Mashed Potatoes, Peas & Carrots, Dinner Roll, Salad Bar, Chocolate Chip Cookies	6 BBQ Pork Sandwich, mixed Veggies, Baked Beans, Fries, Pasta Salad, Banana Pudding	7 Nacho Bar, Refried Beans, Mexican Corn, Taco Salad, Dulce De Leche Cake	8 Steak Fried Rice, Egg Rolls, Broccoli, Mandarin Salad, Angel Food Cake	9 French Toast, Sausage Links, Scrambled Eggs, Home Fries, Fruit Salad
12 Open Faced Roast Beef Sandwich, Mashed Potatoes, Green Beans, Salad Bar, Sugar Cookies	13 Beef Minestrone Soup, Fried Zucchini, Dinner Roll, Caesar Salad, Fruit Jello	14 Chicken Tenders, Potato Wedges, Mixed Veggies, Potato Salad, Cherry Cheesecake	15 Swedish Meatballs over Egg Noodles, Mixed Veggies, Garlic Bread, Tossed Salad, Chocolate Pudding	16 Cajun Chicken Alfredo w/Fettuchini, Asparagus, Salad Bar, Apple Crisp
19 Chicken Cordon Bleu Sandwich, Oven Roasted Potatoes, Strawberry Spinach Salad, Peanut Butter Cookie	20 Spaghetti w/Meat Sauce, Spinach, Garlic Bread, Salad Bar, Cannoli	21 Zuppa Toscana Soup, Breadsticks, Caesar Salad, Pasta Salad, Apricots	22 Meatloaf, Mashed Potatoes & Gravy, Mixed Veggies, Roasted Vegetable Salad, Peach Crisp	23 Breakfast Casserole, Sausage Link, Fruit Salad, Salad Bar
26 Fish Fillet Sandwich, Waffle Fries, Sucatash, Salad Bar, Cookies	27 Chicken Ala King, Roasted Cauliflower, Pea Salad, Brownies	28  Chili Dogs, Steak Fries, Corn on the Cobb, Tossed Salad, Cake & Ice Cream	29 Honey Mustard pork Chops, Mashed Sweet Potatoes, Green Beans, Salad Bar, Fruit Salad	30 Baked Cod, Rice Pilaf, Mixed Veggies, Three Bean Salad, Blueberry Cheesecake

Mon

Tue

Wed

Thu

Fri

Sat/Sun

Douglas January Activities

**For more information,
call the Douglas office at:
307-358-4348**



<div>For more information, call the Douglas office at: 307-358-4348</div>		<div></div>		<div><div>Closed</div><div></div></div>		<div>8:30a N.A.G. 11a First Friday Free Lunch 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO</div>		<div>3/4</div>	
5	6	7	8	9	10/11				
11a Strong Bones 12p Road Trip to Casper Lunch at HQ BBQ 12:30p Dominoes 12:30p Hanna's Painting Class 1p Pinochle 1:30p Artisan Alley Class	9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Card Making w/Ro	8a Road Trip to Cheyenne: Horse Palace Casino 8a Hand/Foot Massage 11a Strong Bones 12:30p Diamond Art	8:30a N.A.G. 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 1:30p Friday Crafternoon						
12	13	14	15	16	17/18				
9:30a Chair Yoga 11a Sewing Group 10a SSD Board Meeting 1p Grocery BINGO 5p Cash BINGO: Doors open Games start at 6p	9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle 1p CCAS Board Meeting 1:30p Artisan Alley	9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle	8:30a N.A.G 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO	17th:11a-2p GSC Thrift Store "Shop Saturday"					
19	20	21	22	23	24/25				
9:30a Chair Yoga 11a Sewing Group 1p Grocery BINGO	9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle	9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle	8a Hand/Foot Massage 10a Casper Shopping Trip 11a Strong Bones 12:30p Diamond Art	8:30a N.A.G. 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 1:30p Friday Crafternoon	24th 11a Road Trip: Manville Lunch 25th: 12:15p Stage III Theatre Play in Casper				
26	27	28	29	30	31				
9:30a Chair Yoga 11a Sewing Group 1p Grocery BINGO	9a Book Group 11a Strong Bones 12p Road Trip to Casper: Lunch at the Hanger 12:30p Dominoes 1p Pinochle	January Birthdays Celebration! 9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle	8a Hand/Foot Massage 11a Strong Bones 12:30p Diamond Art	8:30a N.A.G 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO	6p-9p Dance w/Cory McDaniel Duo & Chad Lore				

GLENROCK MENU

JANUARY 2026

13

MON	TUE	WED	THU	FRI
	Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily		CLOSED 	
5	6	7	8	9
Cheeseburger on a Whole Wheat Bun, Fries, Baked Beans, Sliced Apples, Peanut Butter Cookie	Pork Chop Casserole, mixed Veggies, Cottage Cheese, Cantaloupe, Tossed Salad	French Dip, Seasoned Potato Wedges, Creamed Corn, Cucumber & Tomatoes	Oven Fried Chicken, Mashed Potatoes & Gravy, Carrots, Wheat Roll, Peaches, Tossed Salad	Pancakes, Scrambled Eggs, Bacon, Cottage Cheese, Honeydew Melon
12	13	14	15	16
Pork Chops, Baked Potato, Corn, Wheat Roll, Peach Crisp, Chocolate Pudding	Meat Loaf, Mashed Potatoes & Gravy, Wheat Roll, Applesauce, Tossed Salad	Smothered Chicken & Gravy, Cheesy Potatoes, Green Beans, Garlic Knots, Apple Turn-Overs	White Chicken Chili, Cornbread, Mixed Veggies, Fruit Cocktail, Tossed Salad	French Bread Supreme Pizza, Baked Beans, Celery w/Peanut Butter, Lemon Pudding
19	20	21	22	23
Chicken Bacon Ranch Wrap, Seasoned Potato Wedges, Peas & Carrots, Pickled Beets, Cottage Cheese	Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans, Pears, Tossed Salad	Chicken Quesadillas, Spanish Rice, Refried Beans, Tortilla Chips, Salsa & Sour Cream, Churro	Pork Roast, Diced Potatoes w/Gravy, Cabbage w/Bacon, Wheat Roll, Tropical Fruit, Tossed Salad	Swiss Hamburger Steak, Mashed Potatoes w/Tomato Gravy, Mixed Veggies, Wheat Bread, Pears, Sugar Cookie
26	27	 28	29	30
Stuffed Peppers, Mashed Potatoes, Wheat Roll, Yogurt & Berries	Chicken Dumpling, Mixed Veggies, Pears, Butterscotch Pudding, Tossed Salad	Chicken Fried Steak, Mashed Potatoes & Country Gravy, Mixed Veggies, Wheat Roll, Applesauce, White Cake & Ice Cream	Spaghetti & Meatballs, Green Beans, Garlic Toast, Vanilla Pudding, Tossed Salad	Honey Mustard Chicken, Roasted Potato, Root Veggies, Macaroni Salad, Wheat Roll, Mandarin Oranges

Glenrock

January

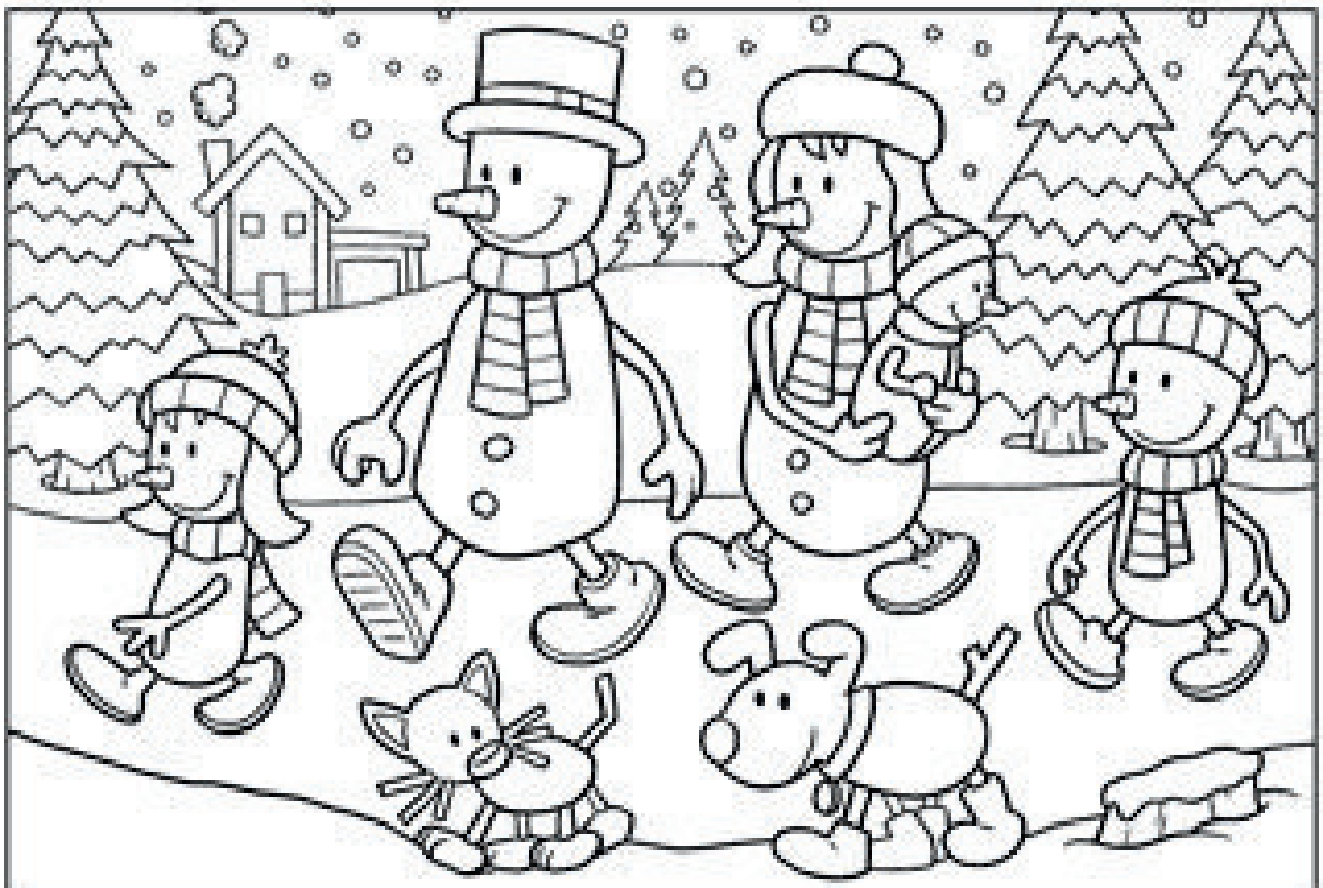
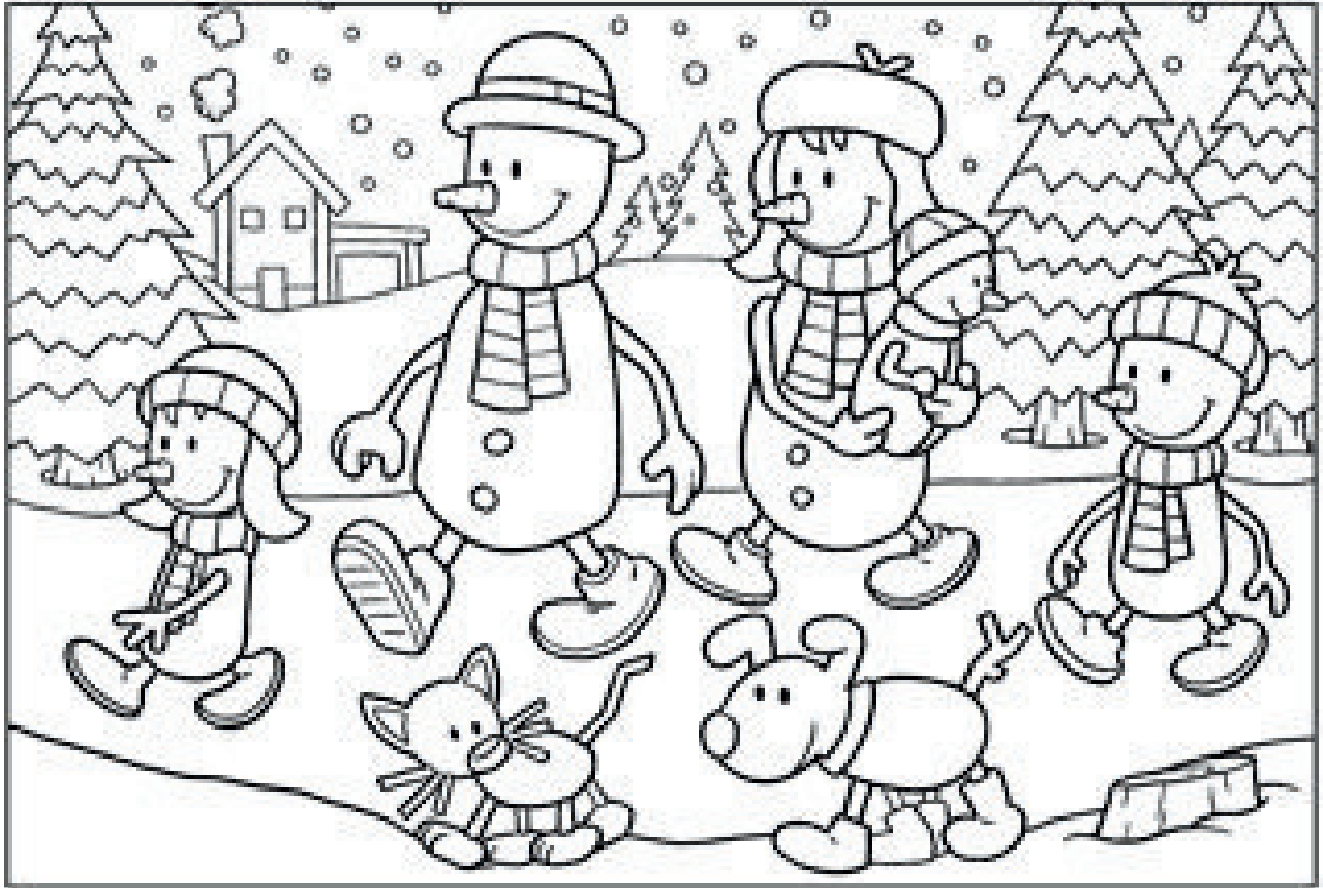
Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>For more information, call the Glenrock office at: 307-436-9442</p>					
5	6	7	8	9	10/11
<p>10a Diamond Art 12:30p Diamond Art 12:30p Road Trip to Casper: Lunch at HQ BBQ</p>	<p>10a Diamond Art 12:30p Diamond Art 1p @ DSC CCAS Board Meeting</p>	<p>9a Grocery BINGO 12:30p Game Day</p>	<p>8a Road Trip to Cheyenne: Horse Palace Casino 10:30a Chair Yoga 12:30p Sit & Stitch</p>	<p>9a Casper Shopping Trip 11:45a Queen of Hearts</p>	
12	13	14	15	16	17/18
<p>8a Hand/Foot Massage 10a @DSC Senior Service District Board Meeting</p>	<p>10a Diamond Art 12:30p Diamond Art 1p @ DSC CCAS Board Meeting</p>	<p>9a Grocery BINGO 12:30p Game Day 2pm Artisan Alley</p>	<p>10:30a Chair Yoga 12:30p Sit & Stitch</p>	<p>11:45a Queen of Hearts 2:30p Friday Craftroom</p>	<p>17th:11a-2p GSC Thrift Store "Shop Saturday"</p>
19	20	21	22	23	24/25
<p>2p Craft w/Andrea 5p Doors open: Cash BINGO Games start at 6p</p>	<p>10a Diamond Art 12:30p Diamond Art</p>	<p>9a Grocery BINGO 12:30p Game Day 1:30p Card Making w Ro</p>	<p>10:30a Chair Yoga 12:30p Sit & Stitch</p>	<p>11:45a Queen of Hearts</p>	<p>24th 10:30a Road Trip: Manville Lunch 25th 12:45p Stage III Play in Casper</p>
26	27	28	29	30	31
<p>10a Diamond Art 12:30p Diamond Art 12:30p Road Trip to Casper: Lunch at The Hangar</p>	<p>10a Diamond Art 12:30p Diamond Art 12:30p Road Trip to Casper: Lunch at The Hangar</p>	<p>9a Grocery BINGO 10:30a Caption Call Lobby Table 12:30p Game Day</p>	<p>10:30a Chair Yoga 12:30p Sit & Stitch</p>	<p>11:45a Queen of Hearts</p>	<p>6p-9p @DSC Dance w/Cory McDaniel Duo & Chad Lore</p>

Spot the Difference

15

Spot 10 differences between the two pictures.



PARTING SHOTS:

