



AUGUST 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

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

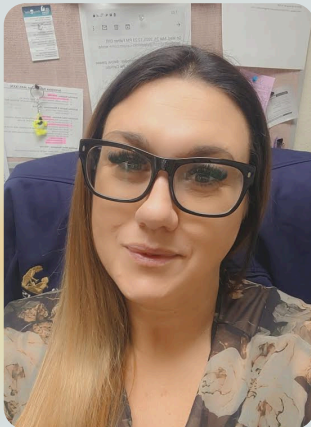


MANAGEMENT BOARD:

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

Staff Spotlight:

Please join us in welcoming Heather as the new Site Manager for the Glenrock Senior Center! Heather brings more than 15 years of experience working in senior care facilities and is passionate about serving older adults. She is excited to continue supporting the senior community in her new role and is looking forward to getting to know everyone in Glenrock. Be sure to stop by, introduce yourself, and give Heather a warm welcome!



Heather Olson

**The next Special District
Board meeting will be at the
Glenrock Senior Center at
10:00am on
August 10th**

**The next Management
Board meeting will be at
the Glenrock Senior Center
at 1:00pm on
August 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."

(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:

10a (GSC) Garden Club
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
Glenrock Senior Center this month)*

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

August@ CCAS

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Mon, Aug 3 (GSC) Hand or Foot Massage (By Appointment) 8a

Mon, Aug 3 (CCAS) Movie Monday "Big Fish"

@ The Princess Theatre in Douglas 3p

Tue, Aug 4 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Aug 4 (DSC) Card Making w/ Ro 1p

Wed, Aug 5 (GSC) Nail Care Clinic (By Appointment) 8a

Wed, Aug 5 (GSC) Line & Swing Dance Class 5:30p

Thu, Aug 6 (DSC) Hand or Foot Massage (By Appointment) 8a

Fri, Aug 7th (CCAS) First Friday Free Lunch 11a

Mon, Aug 10 (GSC) Senior Service District Board Meeting 10a

Mon, Aug 10 (DSC) Cash Bingo: Doors Open at 5p, Game starts at 6p

Tue, Aug 11 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Aug 11 (GSC) CCAS Management Board Meeting 1p

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

Tue, Aug 11 (DSC) Candidate Meet & Greet 5:30p

Wed, Aug 12 (GSC) Meet & Greet Glenrock Candidates 12:30p

Wed, Aug 12 (GSC) Artisan Alley 2p

Wed, Aug 12 (GSC) Line & Swing Dance Class 5:30p

Thu, Aug 13 Senior Day @ State Fair

Thu, Aug 13 (DSC) Hand or Foot Massage (By Appointment) 8a

Thu, Aug 13 (GSC) Casper Shopping Trip-Leave GSC 9a

(meet there, or call to arrange pick up)

Sat, Aug 15 (CCAS) State Fair Parade 9a, BBQ @DSC after Parade

Mon, Aug 17 (GSC) Hand or Foot Massage (By Appointment) 8a

Mon, Aug 17 (GSC) Cash Bingo: Doors Open at 5p, Game starts at 6p

Tue, Aug 18 (GSC) Nail Care Clinic 8a

Tue, Aug 18 (DSC) Nail Care Clinic (By Appointment) 8:40a

Tue, Aug 18 (DSC) Handmade W/ Hanna: Planter Painting 1p

Wed, Aug 19 (GSC) CCB Senior Services 11a

**Wed, Aug 19 (DSC) Diabetes Prevention Class Info Session & Sleep
Deprivation Class 1p**

Wed, July 8 (DSC) Casper Shopping Trip-Leave DSC 8:30a

(meet there, or call to arrange pick up)

Wed, Aug 12 (GSC) CCB Services for Seniors 11a

Thu, Aug 20 (DSC) Hand or Foot Massage (By Appointment) 8a

Thu, Aug 20 (DSC) Casper Shopping Trip-Leave DSC@8:30a

(meet there, or call to arrange pick up)

Thu, Aug 20 (DSC) CCB Senior Services

Fri, Aug 21 (CCAS) Sheepherder's Rendezvous Community Picnic
@ Glenrock Town Park 11a

Fri, Aug 21 (CCAS) Friday Crafternoon @ Glenrock Town Park 2:30p

Mon, Aug 24 (GSC) Craft w/ Andrea: Wood Pig 2p

Tue, Aug 25 (DSC) Nail Care Clinic 8:40a

Tue, Aug 25 (DSC) Craft w/ Brittney 10a

Wed, Aug 26 (DSC) Diabetes Prevention Class

Wed Aug 26 (GSC) Line & Swing Dance Class 5:30p

Thu, Aug 27 (DSC) Book Club w/ Brittney

Thu, Aug 27 (DSC) Origami w/ Dave 3p

Fri, Aug 28 (GSC) Nail Care Clinic 8a

Sat, Aug 29 (DSC) Dance Featuring Chad Lore 6p

**Sat, Aug 30 (CCAS) Stage III Play *Between the Lines*, Leaving
Leaving DSC@12:15 GSC@12:45**

Mon, Aug 31 (GSC) Craft w/ Andrea: Wood Cow 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.



Happy Birthday



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Jim Cain 8/1
 Julie Gomez 8/1
 Julia Lee 8/1
 Larry Phillips 8/1
 Helmer Pedersen 8/2
 Sharon Peters 8/2
 Donald Ireton 8/2
 Penny Kendall 8/2
 Charlotte Holzhausen 8/3
 Jane Irwin 8/3
 Mike James 8/3
 Danny Creager 8/2
 Frida Dixon 8/2
 Kim Cain 8/3
 Helen Romero 8/4
 Linda Staley 8/5
 Sharon Terzich 8/5
 Peg MacAskill 8/5
 Lil Kirk 8/6
 Martha Pace 8/6
 Kevin Grilley 8/7
 Dorthy Ricker 8/7
 Gary Steinbach 8/7
 Caroline Stull 8/7
 Gayle Ulibarri 8/7
 Bob Young 8/7
 Chuck Davis 8/8
 Cal Lawton 8/8
 Marilyn Morgan 8/8
 Phyllis Elston 8/9

Boots Faunce 8/9
 Orlinda Sanchez 8/9
 Jane Simpson 8/9
 Don Coy 8/10
 Mona Hunter 8/10
 Dave Angiolillo 8/11
 Deb Mcvay 8/11
 Mike Blower 8/12
 Cindy Edwards 8/13
 Linda Hageman 8/14
 Marlene Burns 8/14
 Frank Harbarger 8/14
 Carol Sidmore 8/14
 Pat Carolus 8/14
 Angie Carty 8/14
 Kathy Hutton 8/15
 Sheri Blakeley 8/16
 Nacy Crane 8/17
 Rebecca Ladwig 8/17
 Sandie Nunn 8/17
 Linda Mcguire 8/18
 David Hamilton 8/18
 JoAnn Heron 8/18
 Sandy Lange 8/18
 Elton Andrew 8/19
 Tilman Carty 8/19
 Debra Genger 8/19
 Diane Gray 8/19
 Janet Bailey 8/20

Marvin Sik 8/20
 Connie Glenn 8/20
 Howard Huxtable 8/21
 Bob York 8/21
 Raymond Kumpula 8/22
 Bonnie Smith 8/22
 Lanny Heflin 8/23
 Louis Grimes 8/23
 Debra Roe 8/23
 Less Peterson 8/24
 Pamela Dahl 8/24
 Robert Stinson 8/25
 Char Corkill 8/25
 Peg Wasson 8/26
 Pat Yates 8/27
 Barbara Zahn 8/27
 Wendy Lemons 8/27
 Mary Lee 8/27
 Trina Schellinger 8/28
 Dale Heinen 8/29
 Janet Myer 8/29
 Larry Heron 8/30
 Ann Benbo 8/30
 Keith Bowers 8/30
 Joseph Broderdorp 8/30
 Judy Medlin 8/30
 Ginger Sinnard 8/30
 Beverly Kulisz 8/31
 Rita Redig 8/31
 Sue White 8/31

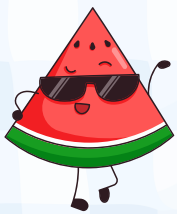
If you are **60 or older** and have a birthday in

August

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

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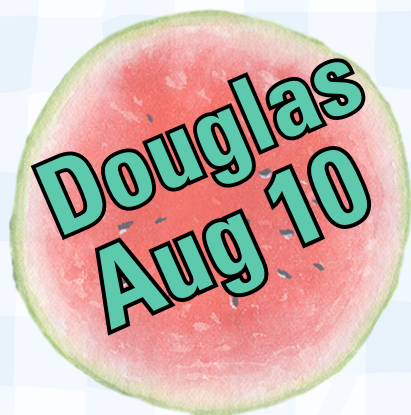
Join us in Douglas on the Second Monday,
and Glenrock on the Third Monday each month* for cash BINGO

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

Doors open at 5p,
BINGO starts at 6p



(PAYOUT IS SPLIT IN
case
OF MULTIPLE
winners)



Jackpot
Blackout
\$200

Regular
BINGO
\$25 each

Bonanza
Blackout
\$50



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

Concessions will be available.



Come meet the candidates
and learn more about the
individuals seeking to serve
our community.

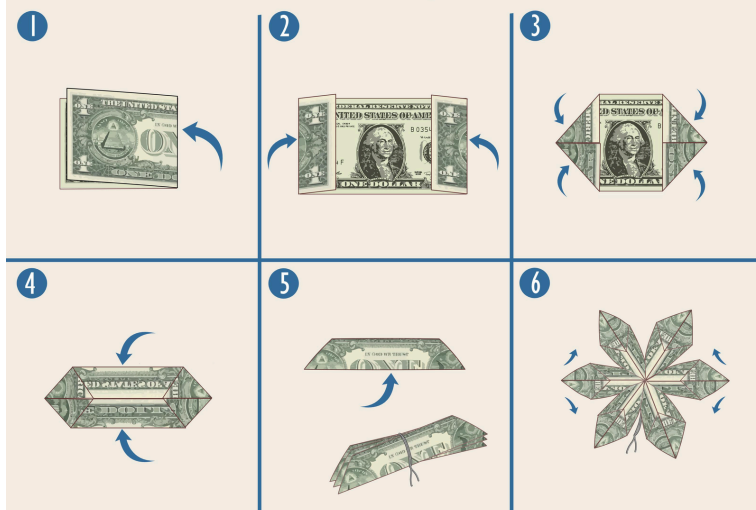
Tuesday, August 11
5:30 PM – 7:00 PM

Douglas Senior Center
340 1st St. W, Douglas, WY

Origami w/ Dave

Douglas Senior Center
August 27th @ 3:00pm

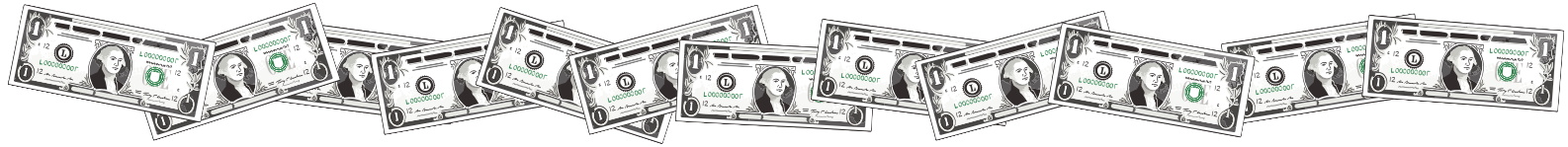
Easy Dollar Bill Origami Flower



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

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: _____

MOVIE MONDAY

BIG FISH

August 3rd, 3pm
Princess Theater
104 N 3rd St, Douglas

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

**WATCH OUT FOR OFFERS OF FREE FOOD OR MONEY
IN EXCHANGE FOR YOUR SIGNATURE.**

Hospice Scam Alert

Free food
and \$200 for
just signing a
paper?

Actually, it was
signing up for
hospice services.

 SMPRESOURCE.ORG 



Preventing Medicare Fraud

SMPs are getting reports from folks that they have been signed up for hospice when they thought they were signing up for free food. If you have recently signed up for free food, money, or milk in exchange for your Medicare number, report it to the WY Senior Medicare Patrol at 800-856-4398.

Get Active!



Douglas Senior Center:

Chair Yoga,

Wednesdays, 9am

Glenrock Senior Center:

Chair Yoga, Mondays 10:15am



weekly wander

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, August 6th

Thu, August 13th

Thu, August 20th



GLENROCK

Mon, August 3rd

Mon, August 17th

Stronger than Sarcopenia



What is Sarcopenia?

Starting at age 30, the body naturally starts to lose 3–5% of muscle per decade. If muscle loss continues, it can advance to a condition called sarcopenia. Sarcopenia (saar-ko-pee-ni-uh) is the loss of muscle and strength that can happen when someone gets older and does less physical activity. This may cause trouble with daily activities like standing from a chair, walking, twisting the lid off a jar, or carrying groceries. Over time, loss of strength can lead to falls or other injuries.

Many different factors can contribute to sarcopenia, including physical inactivity, physical changes associated with aging, decreased levels of muscle-building hormones, and changes in the body's ability to absorb protein.



Despite being common among older adults, most adults and many health care professionals are not aware of sarcopenia or how important prevention is. As a result, it is underdiagnosed and undertreated. In 2016, sarcopenia was officially recognized as a condition and was assigned an International Classification of Diseases (ICD-10) code as a clinical disease for diagnosis. This allows health care professionals to screen for, discuss, and treat sarcopenia as an insured condition.

Sarcopenia is quite common—especially due to inactivity after an injury or illness or because of preventive distancing and isolation during the COVID-19 pandemic. About 10–20% of older adults have sarcopenia. The prevalence of sarcopenia could be higher because diagnosing and treating sarcopenia is not yet common practice in health care settings. Older adults, people of lower socioeconomic status, and underweight or overweight individuals are at greater risk of developing sarcopenia.

Treatment and Management

Doing exercise that moves and uses your muscles, like lifting weights or doing push-ups, and eating a healthy diet can help you stay strong and reduce your risk of getting sarcopenia. There are some foods—especially those high in protein—that are the most important part of your diet to remain strong.

Currently, there are no prescription drugs to treat sarcopenia, but some supplements may help. While more research is needed, protein, amino acids, fish oil, vitamin D, selenium, magnesium, and omega-3 supplements have all shown promising effects to prevent muscle loss, especially in combination with diet and exercise.

Any exercise is beneficial for overall health, but for sarcopenia prevention, exercise or activities that use and move muscles show the most promise to maintain or regain strength.

The benefits of exercise, particularly strength and resistance training, include a better chance to remain healthy, better balance, and fewer falls and fractures. Exercise that challenges your muscles will support independence, quality of life, mental health, and overall confidence and well-being.



A healthy diet is important in the treatment and management of sarcopenia. Eating a high-protein diet—above the recommended daily allowance—helps build and maintain muscle strength. For example, someone weighing 150 pounds should consume 90–120 grams of protein a day. The USDA offers some guidance on the [importance of protein](#) to help guide your nutrition decisions.

Staying active is important at all ages and helps decrease your risk of getting sarcopenia. It is never too late to rebuild your strength. You can begin or restart physical activity at any time to help increase your muscle strength.



Screening Patients for Sarcopenia

Currently, there is no unified standard for the early screening of sarcopenia. However, the most common early screening tool used for both research and clinical practice is the SARC-F. The SARC-F screening test is a questionnaire developed to assess ability with strength, walking, standing when seated, climbing stairs, and risk of or experienced falls. Each of the five items has two points for a total of 10 points, and a total score of four points or more indicates a higher risk of sarcopenia.

Early recognition and intervention are key to improving outcomes for those with sarcopenia. Screening patients to assess their physical function and activities of daily living should be a routine part of health care visits for older adults. Nutritional screening and nutrition care plans should also be used to prevent or manage Sarcopenia.

Tips to Get Started

Resources are available from [Move Your Way](#), [AARP](#), and the [National Council on Aging](#) to help find an exercise program that works best for older adults.

It can be hard for people to start a new exercise routine and change eating habits. Here are some recommendations to help you get started.

- Try a manageable strength training routine that you think you can do regularly, starting with 1–2 days per week. Be sure to include all the major muscle groups.
- Eat a high-protein diet—above the recommended daily allowance—to build and maintain muscle strength.
- Enlist a friend or partner to join you. By having a partner in this effort, you can help each other stay motivated.

Connect with Us!

To learn more, please visit [womenshealth.gov/sarcopenia](https://www.womenshealth.gov/sarcopenia).



The "Stronger than Sarcopenia" campaign is funded by the U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office on Women's Health under contract HHSP233201500111 to Manhattan Strategy Group. While supported by OASH, the recommendations and opinions in this campaign may not reflect the positions of the agency or its representatives.



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

 Wednesdays, August 5th, 12th & 26th

 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, Aug 20th 11a
Glenrock Senior Center, Aug 19th 11a



RIDDLE ME THIS



I rise early in summer, lighting the sky. I make things warm; no need to ask why. What am I?

I dance on the lawn in a sparkling spray, cooling kids who run my way. What am I?

I blink in the dusk with a tiny gold light, flickering softly through warm summer night. What am I?

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, Aug 11th at 1:30p
In Glenrock: Wed, Aug 12th at 2p

Serving Tray Painting

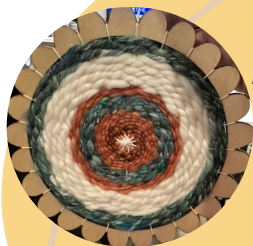


Friday Crafternoon

Fiber Art Project

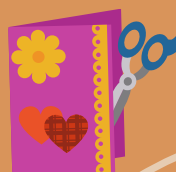
In Douglas: No Class, See You at the State Fair.

In Glenrock: Aug 21st at 2:30p



Card Making

In Douglas: August 4th at 1:00p

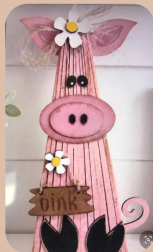


Crafting w/Andrea

In Glenrock:

Wood Pig

Aug 24th at 2p



Wood Cow
Aug 31st at 2p



Hand Made w/Hanna

In Douglas: August 18th at 1:00p.

Planter Painting



DOUGLAS MENU

AUGUST 2026



13

MON	TUE	WED	THU	FRI
3 Baked Cod, Gnocchi w/Citrus Cream Sauce, Brussels Sprouts, Apple Salad, Cookie	4 Tomato Soup, Grilled Ham & Cheese Sandwich, Caesar Salad, Fruit Jello	5 Chicken & Rice Casserole, Asparagus, Dinner Rolls, Tossed Salad, Fruit Cocktail	6 Tuna Fish Sandwich, Potato Wedges, Mixed Veggies, Potato Salad, Apricots	7 Italian Sausage Hoagie, Fried Zucchini, Cauliflower, Roasted Veggie Salad, Cannoli
10 Sweet & Sour Chicken, White Rice, Broccoli, Crab Rangoon, Cucumber & Tomato Salad, Angel Food Cake	11 Burgers w/all the Fixings, Steak Fries, Corn on the Cob, Tossed Salad, Blushing Applesauce	12 Tacos, Black Beans, Spanish Rice, Tossed Salad, Churro	13 French Toast, Scrambled Eggs, Sausage Links, Hashbrowns, Tossed Salad, Fruit Salad	14 Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Diner Roll, Pea Salad, Pears
17 Hot Turkey Bacon Swiss Sandwich, Oven Roasted Potatoes, Mixed Veggies, Potato Salad, Cookie	18 Chicken Fried Steak, Mashed Potatoes & Gravy, Peas & Carrots, Dinner Rolls, Berry Salad, Tossed Salad	19 Chili Dogs, Onion Rings, Mixed Veggies, Broccoli Salad, Pie	20 Jambalaya, Fried Okra, Hush Puppies, Pasta Salad, Fruit Cocktail	21 Smothered Pork Chops, Roasted Root Veggies, Corn, Tossed Salad, Applesauce
24 Fried Chicken Sandwich, Sweet Potato Fries, Roasted Zucchini, Slaw, Blueberry Cheesecake	25 Tuscano Zuppa Soup, Dinner Rolls, Caesar Salad, Roasted Veggie Salad, Peaches	 26	27 Spaghetti w/Meat Sauce, Spinach, Garlic Bread, Garden Salad, Apricots	28 Huevos Rancheros, Tossed Salad, Cinnamon Walnut Muffins, Fruit Salad
31 Chicken Tenders, Waffle Fries, Mixed Veggies, Pasta Salad, Cookie		Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily		



Douglas

AUGUST

Activities


Mon
Tue
Wed
Thu
Fri
Sat/Sun

3 11a Sewing Group 12:30p Grocery BINGO 3p Movie Monday, Princess Theater	4 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle 1p Card Making w/ Ro	5 9a Chair Yoga 12p Queen of Hearts 1p Pinochle	6 8a Hand/Foot Massage 11a Strong Bones 12:30p Diamond Art	7 8:30a N.A.G. 11a First Friday Free Lunch 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 12:45 Card Bingo	8/9
10 9a Chair Yoga 10a@GSC SSD Board Meeting 11a Sewing Group 1p Grocery BINGO 5p Cash BINGO: Doors open Games start at 6p	11 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 1p@GSC CCAS Board Meeting 1p Pinochle 1:30p Artisan Alley 5:30p Candidate Meet & Greet	12 9a Chair Yoga 11a BMO Bank Fraud Support 12p Queen of Hearts 1p Pinochle	13 Senior Day @ State Fair 8a Hand/Foot Massage 11a Strong Bones 12:30p Diamond Art	14 8:30a N.A.G. 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 12:45 Card Bingo	15/16 15 th : 9am State Fair Parade Line- Up. BBQ following parade @ DSC
17 11a Sewing Group 1p Grocery BINGO	18 8:40a Nail Care Clinic 9a Book Group 11a Strong Bones 12:30p Dominoes 12:30p Handmade w/ Hanna 1p Pinochle	19 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class Info Session & Sleep Deprivation Class	20 8a Hand/Foot Massage 8:30a Casper Shopping Trip 11a CCB Senior Services 11a Strong Bones 12:30p Diamond Art	21 8:30a N.A.G. 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO 12:45p Card Bingo	22/23
24 11a Sewing Group 1p Grocery BINGO	25 8:40a Nail Care Clinic 9a Book Group 10a Craft w/Brittney 11a Strong Bones 12:30p Dominoes 1p Pinochle	26 August Birthdays Celebration! 9a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Diabetes Prevention Class	27 10a Book Club w/Brittney 11a Strong Bones 12:30p Diamond Art 3p Origami w/Dave	28 8:30a N.A.G. 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 12:45p Card Bingo	29/30 29th: 6p-9p Dance featuring Chad Lore 30 th : Stage III Play leaving DSC@12:15p
31 11a Sewing Group 1p Grocery BINGO				For more information, call the Douglas office at: 307-358-4348	

GLENROCK MENU

AUGUST 2026



15

MON	TUE	WED	THU	FRI
3 Patty Melt, Sweet Potato Fries, 4-way Veggies, Pickled Beets, Cottage Cheese	4 Beef Enchiladas, Spanish Rice, Pinto Beans, Churro, Chips & Salsa, Tossed Salad	5 Pork Shepherd's Pie, Cornbread, Vanilla Pudding, Macaroni Salad	6 Chicken ala King, Biscuit, Peas & Carrots, Roasted Potatoes, Cantalope, Tossed Salad	7 Hot Pork Sandwich, Mashed Potatoes & Gravy, Cali Blend Veggies, Peaches, Monster Cookie
10 Spaghetti w/ Meat Sauce, Italian Veggies, Garlic Toast, Butterscotch Pudding	11 Lemon Pepper Chicken, Cauliflower, Baked Potato, Apple Crisp, Cheesy Breadstick, Tossed Salad	12 Pork Fritters, Mashed Potatoes w/Country Gravy, Country Blend Veggies, Applesauce, Wheat Roll	13 Chili, Carrot Coins, Mandarin Oranges, Cinnamon Roll, Tossed Salad	14 Beef Hoagie Sandwich, Tater Tots, Cheesy Broccoli, Blushing Pears, Cottage Cheese
17 Sausage Links, Hashbrown Patties, Scrambled Eggs, Biscuit, Honeydew Melon	18 Pork Chops w/Brown Gravy, Mashed Potatoes, Green Beans, Tropical Fruit, Dinner Roll, Tossed Salad	19 Hamburger Pepper Steak, Baked Potato, Pacific Veggies, Garlic Knots, Tapioca Pudding	20 Country Gravy Smothered Breakfast Burrito, Hash Brown Patty, Cottage Cheese, Lemon Pudding, Tossed Salad	21 *HDM Only Picnic Lunch at Sheepherder's Rendezvous in Town Park 11-12:30* Hamburger, Oven Fries, Green Beans, Cottage Cheese, Chocolate Chip Cookie, Peaches 
24 Honey Mustard Chicken, Rosemary Potatoes, Peas, Lemon Pudding, Cucumber & Tomato Ranch Salad, Dinner Roll	25 Beef & Broccoli over White Rice, Egg Roll, Fruit Cocktail, Tossed Salad	 26 Green Chili Burgers, French Fries, Mexican Corn, Sliced Apples, Spice Cake, Vanilla Ice Cream	27 Mushroom Pork Chops, Baked Potato, Cauliflower, Sugar Cookie, Dinner Roll, Tossed Salad	28 Baked Cod, Rice Pilaf, Green Beans w/Bacon, Coleslaw, Apricots, Dinner Roll
31 Chicken Fried Steak, Mashed Potatoes & Gravy, Mixed Veggies, Dinner Roll, Chocolate Pudding		Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily		



Glenrock

August

Activities



Mon

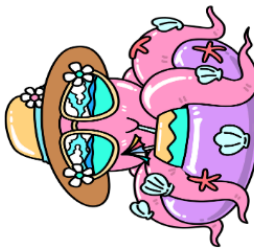
Tue

Wed

Thu

Fri

Sat/Sun

3 8a Hand/Foot Massage 10:15a Chair Yoga 3p Movie Monday: Douglas Princess Theater	4 10a Diamond Art 12:30p Diamond Art	5 8a Nail Care Clinic 9a Grocery BINGO 12:30p Game Day 5:30p Line & Swing Dance Class	6 10a Garden Club 12:30p Sit & Stitch	7 8a Weekly Wander @ EKW 11a First Friday Free Lunch 11:45a Queen of Hearts	8/9
10 10a @ GSC Senior Service District Board Meeting	11 10a Diamond Art 1p @ GSC CCAS Board Meeting 12:30p Diamond Art 5:30p Candidate Meet & Greet @ DSC	12 9a Grocery BINGO 12:30p Game Day 12:30p Candidate Meet & Greet (Glenrock Candidates) 2p Artisan Alley 5:30p Line & Swing Dance Class	13 Senior Day @ State Fair 9a Casper Shopping Trip 10a Garden Club 12:30p Sit & Stitch	14 8a Weekly Wander @ EKW 11:45a Queen of Hearts	15/16 15th:9am State Parade Line-Up. BBQ following parade @ DSC
17 8a Hand/Foot Massage 10:15a Chair Yoga 5p Doors open: Cash BINGO, Games start at 6p	18 8a Nail Care Clinic 10a Diamond Art 12:30p Diamond Art	19 9a Grocery BINGO 11a CCB Senior Services 12:30p Game Day	20 10:00a Garden Club 12:30p Sit & Stitch	21 8a Weekly Wander @ EKW 11a Sheephearder Rendezvous BBQ @ Glenrock Town Park 2:30p Friday Crafternoon	22/23
24 10:15a Chair Yoga 2p Craft w/ Andrea: Wood Pig	25 10a Diamond Art 12:30p Diamond Art	26  August Birthdays Celebration! 9a Grocery BINGO 12:30p Game Day 5:30p Line & Swing Dance Class	27 10:00a Garden Club 12:30p Sit & Stitch	28 8a Nail Care Clinic 8a Weekly Wander @ EKW 11:45a Queen of Hearts	29/30 30 th :Stage III Play @ Casper leaving GSC@12:45p
31 10:15a Chair Yoga 2p Craft w/ Andrea: Wood Cow		For more information, call the Glenrock office at: 307-436-9442			 16

BEACH VACATION

WORD SEARCH

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

BEACH	LIGHTHOUSE	SEAGULL	SUNSHINE	UMBRELLA
FLIP FLOPS	OCEAN	SEASHELLS	SWIM SUIT	VACATION
HAT	POOL	SUMMER	SWIMMING	WAVES
HOT	SAND	SUNGLASSES	TIDE	
JELLYFISH	SANDCASTLES	SUNSCREEN	TOWEL	

PARTING SHOTS:

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