OCTOBER NEWSLETTER

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

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

OFFICE HOURS

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

FACEBOOK.COM/CCASWY

WWW.CCASWY.ORG

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

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

OUR MISSION

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

TRANSPORTATION

Services for Seniors, those with disabilities, and the public! Call in advance for scheduling and availability.
Douglas: 307-358-3112
Glenrock: 307-554-0955

CCAS STAFF & BOARDS

DIRECTOR: Jim Fletcher
Director@CCASWY.org

CC SENIOR CITIZEN SERVICE DISTRICT BOARD:

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



MANAGEMENT BOARD:

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

Staff Spotlight:

Darci has been with the Douglas Senior Center for 5 years. Her favorite part of the Center is getting to know every senior and that we offer the help and support the community needs. Her quest for working here is to continue helping the seniors to the best of her abilities!



Darci Torgerson

The next Management Board meeting will be at the Glenrock Senior Center at 1:00pm on October 13th

The next Special District Board meeting will be at the Glenrock Senior Center at 10:00am on October 12th

"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

October@ CCAS

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 Glenrock Senior Center this month)

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

Thu, Oct 1 (DSC) Hand or Foot Massage (By Appointment) 8a
Fri, Oct 2 (CCAS) First Friday Free Lunch 11a
Mon, Oct 5 (GSC) Hand or Foot Massage (By Appointment) 8a
Mon, Oct 5 (CCAS) Movie Monday "9 to 5" @ The Princess Theatre in Douglas 3p
Tue, Oct 6 (DSC) Nail Care Clinic (By Appointment) 8:40a
Tue, Oct 6 (GSC) Line & Swing Dance Class 6p
Thu, Oct 8 (GSC) Casper Shopping Trip-Leave GSC 9a (meet there, or call to arrange pick up)
Fri, Oct 9 (DSC) Friday Crafternoon 1:30p
Fri, Oct 9 (CCAS) Tea on the Train @ Railroad Museum 3p
Sun, Oct 11 (CCAS) Senior Homecoming @ Hotel LaBonte 5p
Mon, Oct 12 (GSC) Senior Service District Board Meeting 10a
Mon, Oct 12 (DSC) Cash Bingo: Doors Open at 5p, Game starts at 6p
Tue, Oct 13 (DSC) Nail Care Clinic (By Appointment) 8:40a
Tue, Oct 13 (GSC) CCAS Management Board Meeting 1p
Tue, Oct 13 (DSC) Artisan Alley 1:30p
Tue, Oct 13 (GSC) Line & Swing Dance Class 6p
Wed, Oct 14 (GSC) Artisan Alley 2p
Thu, Oct 15 (GSC) Nail Care Clinic (By Appointment) 8a
Fri, Oct 16 (CCAS) Ellis Harvest Home Trip Leaving GSC@7a & DSC@7:30a
Fri, Oct 16 (GSC) Friday Crafternoon 2:30p
Sat, Oct 17 (GSC) Thrift Store Shop Saturday: Thrift Store Open 11a-2p
Mon, Oct 19 (GSC) Craft w/ Andrea: Wood Chicken 2p
Mon, Oct 19 (GSC) Cash Bingo: Doors Open at 5p, Game starts at 6p
Tue, Oct 20 (DSC) Nail Care Clinic (By Appointment) 8:40a
Tue, Oct 20 (DSC) Craft w/Brittney 1p
Tue, Oct 20 (GSC) Line & Swing Dance Class 6p
Wed, Oct 21 (GSC) Nail Care Clinic (By Appointment) 8a
Wed, Oct 21 (GSC) CCB Senior Services 11a
Wed, Oct 21 (DSC) Card Making w/Ro 1p
Thu, Oct 22 (DSC) Casper Shopping Trip-Leave DSC@8:30a (meet there, or call to arrange pick up)
Thu, Oct 22 (DSC) CCB Senior Services 11a
Fri, Oct 23 (GSC) Nail Care Clinic 8a
Fri, Oct 23 (DSC) Handmade w/Hanna Prep Class 12:30p
Sat, Oct 24 (DSC) Game Day 2p
Sun, Oct 25 (CCAS) Stage III Play Leaving DSC@12:30p & GSC@1p
Mon, Oct 26 (GSC) Craft w/ Andrea: Wood Duck 2p
Tue, Oct 27 (DSC) Nail Care Clinic 8:40a
Tue, Oct 27 (DSC) Handmade w/ Hanna 12:30p
Tue, Oct 27 (GSC) Line & Swing Dance Class 6p
Wed, Oct 28 (DSC) Book Club w/Brittney 1p
Thu, Oct 29 (DSC) Hand or Foot Massage (By Appointment) 8a
Thu, Oct 29 (DSC) Origami w/Dave 3p
Fri, Oct 30 (GSC) Nail Care Clinic 8a
Fri, Oct 30 (DSC) Down Town Trick-or-Treat (Check Location)
Sat, Oct 31 (GSC) Halloween Carnival

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!



Peggy Katen 10/1
Edie Stepanick 10/1
Greta Peppersack 10/1
Cindy Wollen 10/2
Mona Griffiths 10/3
Lyle Reizenstein 10/3
Ben Kirk 10/3
Richard McElderry 10/3
Judy Schepis 10/4
Mike Colling 10/4
Rose Hullinger 10/4
Donna Cumpton 10/5
Christine Fleming 10/5
Laura Mills 10/7
Phyllis Jaeger 10/8
Diane Lapage 10/8
Carolyn Johnson 10/9
Carolyn Kirsch 10/9
Ronda Lange 10/9
Albert Rothleutner 10/9
Joyce Barton 10/9
Ruth Fulton 10/10
Kebbeth Hinckley 10/11
Mark Uhrich 10/11
Babara Crofutt 10/11
Thomas Harbour 10/12
Derrell Hullinger 10/13
Janeen Oliver 10/13
Carolyn Buff 10/13
Mike Davenport 10/13
Maggie Esselman 10/13
Gregory Wehler 10/13
Shirley Vargas 10/14
Bill Coats 10/14
Candy Whitaker 10/15
Carroll Andrew 10/15
Joanne Bell 10/15
Jim Lambert 10/16
Rosa Olson 10/16
Helga Alexander 10/16
Amy Frye 10/16
Scott Blakeley 10/16
Jen Smathers 10/16
Carol Reile 10/17
Dixie Wills 10/18
Harry Richards 10/18
Mickey Hammell 10/18
Carol Bolinger 10/19
Maxine Kaper 10/19
Mary Lenzen 10/19
Tucker Tucker 10/19?
Rex Asselin 10/20
Ann Rohlff 10/20
Kriss Stoll 10/20
Ron Chojnacky 10/20
Casey Glynn 10/20
Delores Halstead 10/20
Donna Hiser 10/20
Vernon Velasquez 10/21
Bob Wallis 10/21
Steve Schaneman 10/21
Susan Bennington 10/21
Marilyn Hughes 10/21
Carolyn Layher 10/21
Gator McClellan 10/21
Alan Goossen 10/22
Mary Broten 10/24
Aaron Lore 10/24
Valli Musselman 10/24
Mark Nicol 10/24
Barb Cain 10/25
Cynthia Cox 10/25
Lynn Richens 10/27
Linda Allen 10/28
Tami Boyer 10/28
Andrea Chojnacky 10/28
Rosemary Heron 10/28
Donna Sole 10/29
Mike Preston 10/29
James Willox 10/29
Mary Alice Hand 10/30
Pat Corkill 10/30
Ed Sheridan 10/31



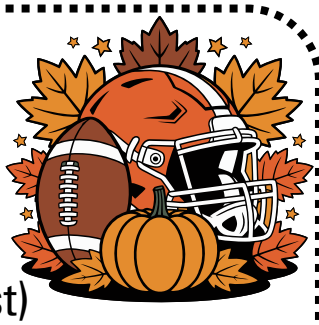
If you are **60 or older** and have a bithday in

October

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

(PAYOUT IS SPLIT IN CASE OF MULTIPLE WINNERS)

Douglas Oct 12

Glenrock Oct 19

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

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

Concessions will be available.

ANNUAL ELLIS HARVEST HOME TRIP

🍂 Annual Trip to Ellis Harvest Home 🍂

Join us Friday, October 16th for our annual fall trip!

🚌 Departure Times

- Glenrock Senior Center: 7:00 AM
- Douglas Senior Center: 7:30 AM

🌾 Our Stops

Golden Prairie Delight – Mennonite Store

Our first stop will be Golden Prairie Delight. If you plan to shop, please remember that they accept cash only.

Lira's Mexican Restaurant

We'll stop for lunch at Lira's Mexican Restaurant. Please bring money for your lunch.

Ellis Harvest Home 🎃

We'll finish our trip at Ellis Harvest Home, where you can enjoy the corn maze, pumpkin patch, and other fun fall activities!

Come enjoy a fun day of shopping, lunch, and fall fun with us! 🍁🎃



CONVERSE COUNTY AGING SERVICES

DOLLAR-A-MONTH CLUB



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

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

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

Glenda Albertson 3/27
Linda Allen 7/27
Sue Asselin 6/27
Ronald Boespflug 1/27
Gwen Boyer 1/27
Jake & Nancy Care 10/30
Linda Care-Smith 5/35
Char Corkill 2/28
Pat Corkill 2/27
Sonia Cottrell 6/28
Sandy DeBlaker 2/28
Ed & Pam Downes 1/27
Joseph Duesler 6/27
Lori & Ted Durst 7/27
David & Shirley Eason 10/26
Bob & Boots Faunce 3/27
Trudy Faunce 6/27
Ann Fisher 3/27
Brian and Ellen Grabow 5/27

Chris & Diane Gray 4/28
Marsha Henderson 10/26
Allen Hineman 8/27
Barb Ireland 1/27
Betty James 12/26
Maxine Kaper 6/27
Glen Lam 11/26
Mike & Karla Lee 6/30
Cordie Lyon 4/27
Sue Mckee 4/27
Peg Middleton 5/27
Sylvia Nye 7/27
George & Juanita Ogden
Dawn & Tim Pexton 4/27
Dick & Jacque Pexton 6/27
Jim Reid Sr. 2/28
Quentin & Lana Richardson 1/27
Helen & Fred Romero 1/27
Judy Schepis 9/27

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

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

Name: _____
(Please Print)

Signature: _____

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

Address: _____

Amount Paid: _____

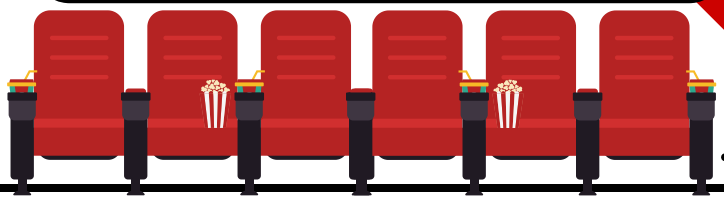
Date: _____

MOVIE MONDAY

9 TO 5

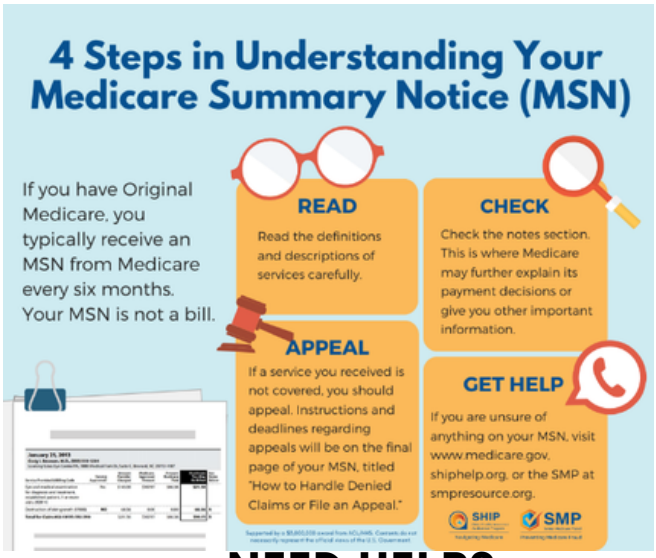
Oct 5th, 3pm
Princess Theater
104 N 3rd St, Douglas

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



Wyoming Senior Citizens Inc.
A Private Nonprofit Agency

UNDERSTANDING YOUR MEDICARE SUMMARY NOTICE (MSN) CAN BE DONE IN FOUR STEPS.



NEED HELP?
CALL 1 800 856 4398

Get Active!

yoga

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

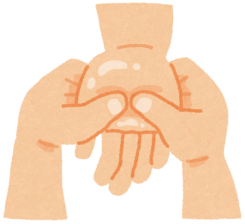
Sunshine Massage

Hand and/or Foot Massage

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

DOUGLAS
Thu, October 1st
Thu, October 29th





GLENROCK
Mon, October 5th

Afternoon Tea ON THE TRAIN

Step back in time and enjoy a delightful afternoon of tea and treats aboard the historic dining car at the Douglas Train Museum!

Date: October 9th

Time: 3:00 PM

Location: Douglas Train Museum – Dining Car

Details:

Join us for a relaxing and elegant afternoon featuring tea, light refreshments, and great company in a unique vintage setting.

Cost:

Free for current members of Converse County Aging Services

Hosted by: Converse County Aging Services & Douglas Railroad Museum



For more information or to reserve your spot:

Douglas Senior Center 307-358-4348

Glenrock Senior Center 307-436-9442

Space may be limited—reserve early!





DOUGLAS RAILROAD MUSEUM & VISITOR'S CENTER

CONVERSE COUNTY AGING SERVICES

Senior Homecoming

Sunday, October 11th
5:00 PM - 8:00 PM

Featuring
the music of
🎶 Larry Phillips 🎶

Hotel La Bonte
206 Walnut St.
Douglas, Wyoming

Join us for a wonderful evening filled with music, dancing, laughter, and good company!
Whether you're ready to dance the night away or simply enjoy the music and visit with friends, we'd love to have you join us.

❤️ **ADMISSION**
FREE for current members of Converse County Aging Services
Donations will be graciously accepted.
Seniors 60+
Come as you are and make some memories with us!
We can't wait to celebrate with you!

CONVERSE COUNTY AGING SERVICES

🍴 Finger Foods & Refreshments Provided
🍹 Cash Bar Available
✨ Dress Up or Come Comfortable! ✨
Want to dress up for a special night out? Go for it!
Prefer to come in your favorite comfortable outfit?
That's perfectly fine too!



COUNTRY SWING & LINE DANCE



KICK UP YOUR HEELS!

Join us f or an evening of dancing and fun!

🎶 Dance Lessons Start at 6pm

📅 Every Tuesday in September

📍 Glenrock Senior Center

625 W. Deer Street, Glenrock

💲 Cost: Free to CCAS members

CCB CONVERSE COUNTY BANK

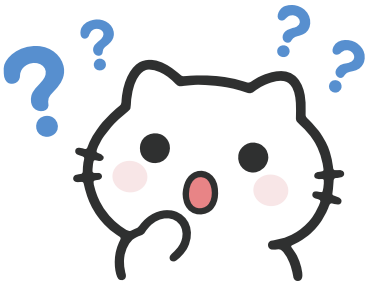
Services for Seniors

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

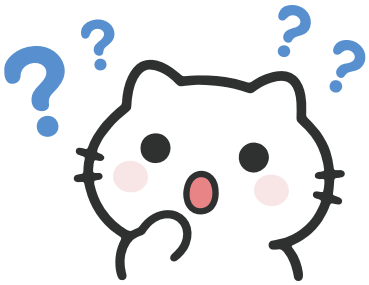
-Notary Services
-Basic Tech Support
-Scam Prevention & Intervention
-Account Structuring & Beneficiary Guidance
-CCB Customer Support

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

Douglas Senior Center, Oct 22nd 11a
Glenrock Senior Center, Oct 21st 11a



RIDDLE ME THIS



I am often buried with fabulous wealth, which makes me a little wrapped up in myself. What am I?

What has 13 hearts but no other organs?

The more you take, the more of me there are. 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:

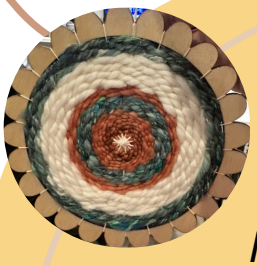
Sewing Group - Mon, 11a - Douglas
Diamond Art - Tues, 10 a - Glenrock
Diamond Art - Thurs, 12:30p - Douglas
Sit & Stitch - Thurs, 12:30p - Glenrock
N.A.G. (Needle Art Group) - Fri, 8:30a - Douglas





Artisan Alley

In Douglas: Tue, Oct 13th at 1:30p
In Glenrock: Wed, Oct 14th at 2p



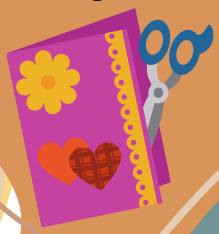
Friday Crafternoon

Fiber Art Project

In Douglas: Oct 9th at 1:30p
In Glenrock: Ocr 16th at 2:30p

Card Making

In Douglas: Oct 21st at 1:00p



Crafting w/Andrea

In Glenrock:

Wood Chicken

Oct 19th at 2p





Wood Duck

Oct 26th at 2p

Handmade w/Hanna

In Douglas: Prep Oct 23rd at 12:30p & Oct 27th at 12:30p
Halloween-themed mason jar lights

Please bring your own Jar



Origami w/Dave

In Douglas: Oct 29th at 3p.



DOUGLAS MENU OCTOBER 2026

MON	TUE	WED	THU	FRI
	Meals Served Mon-Fri, 11a-12:30p **Menu subject to change.** **Milk and Salad Bar Available Daily**		1 Chicken Philly, Sweet Potato Fries, Roasted Cauliflower, Fruit Salad, Apricots	2 Swiss Steak, Mashed Potatoes, Peas & Carrots, Dinner Roll, Tossed Salad, Brownies
5 French Dip, Onion Rings, Brussels Sprouts, Pasta Salad, Cookies	6 Baked Salmon, White Rice, Asparagus, Tossed Salad, Fruit Jello	7 Fried Chicken, Mashed Potatoes, Green Beans, Caesar Salad, Dinner Roll, Fruit Cocktail	8 Nacho Bar, Refried Beans, Taco Salad, Blushing Applesauce	9 Chicken Tenders, Steak Fries, Mixed Veggies, Assorted Pie
12 Tuna Salad Sandwich, Potato Wedges, Mixed Veggies, Garden Salad, Cherry Crisp	13 Polish Dogs, Oven-Roasted Potatoes, Broccoli, Slaw, Peaches	14 Grilled Pastrami & Cheddar, Tomato Soup, Potato Salad, Lemon Bars	15 Apple Cinnamon Pancakes, Sausage Link, Scrambled Eggs, Hashbrowns, Fruit Salad, Scones	16 Chicken Tikka Masala, Naan Bread, White Rice, Tossed Salad, Fresh Fruit
19 Gyros, Lemon Potatoes, Eggplant, Cucumber Tomato Salad, Cookies	20 Loaded Potato Soup, Zucchini Fries, Caesar Salad, Peaches,	21 Beef Tips over Egg Noodles, Mixed Veggies, Dinner Roll, Salad Bar, Pears	22 Steak Fajitas, Spanish Rice, Pinto Beans, Tossed Salad, Cinnamon Roll	23 Fish & Chips, Roasted Root Veggies, Carrot Salad, Dinner Roll, Fruit Cocktail
26 Chicken Marsala, Sweet Potato Mash, Mixed Veggies, Dinner Roll, Salad Bar, Assorted Pie	27 Burger w/All the Fixings, Tater Tots, Baked Beans, Potato Salad, Tropical Fruit Salad	28 Baked Cod, Oven-Roasted Potatoes, Asparagus,Dinner Roll, Apple Salad, Cake & Ice Cream	29 Open-Faced Roast Beef Sandwich, Mashed Potatoes & Gravy, Mixed Veggies, Chocolate Pudding	30 Taco Bar, Spanish Rice, Black Beans, Taco Salad, Churros

Douglas OCTOBER Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
CONVERSE COUNTY AGING SERVICES DOUGLAS	**For more information, call the Douglas office at: 307-358-4348**		**1** **8a** Hand/Foot Massage **11a** Strong Bones **12:30p** Diamond Art	**2** **8:30a** N.A.G. **11a First Friday Free Lunch** **12:30p** Cards Hand & Foot **12:30p** Bonanza BINGO **12:45** Card Bingo	**3/4**
5 **11a** Sewing Group **1p** Grocery BINGO **3p** Movie Monday: Princess Movie Theatre	**6** **8:40a** Nail Care Clinic **9a** Book Group **11a** Strong Bones **12:30p** Dominoes **1p** Pinochle	**7** **12p** Queen of Hearts **1p** Pinochle	**8** **11a** Strong Bones **12:30p** Diamond Art	**9** **8:30a** N.A.G. **12:30p** Cards Hand & Foot **12:30p** Bonanza BINGO **12:45** Card Bingo **1:30p** Friday Crafternoon **3p** Tea on the Train	**10/11** **11th: 5p-8p** Senior Homecoming @ Hotel La Bonte
12 **10a@GSC SSD** Board Meeting **11a** Sewing Group **12:30p** Grocery BINGO **5p Cash BINGO:** Doors open Games start at 6p	**13** **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	**14** **12p** Queen of Hearts **1p** Pinochle	**15** **11a** Strong Bones **12:30p** Diamond Art	**16** **7:30a** Ellis Farm Trip **8:30a** N.A.G **12:30p** Cards: Hand & Foot **12:30p** Bonanza BINGO **12:45p** Card Bingo	**17/18** **17th:11a-2p** GSC Thrift Store "Shop Saturday" **17th:11a-1p** Brews & Tattoos @ The Moose
19 **11a** Sewing Group **1p** Grocery BINGO	**20** **8:40a** Nail Care Clinic **9a** Book Group **11a** Strong Bones **12:30p** Dominoes **1p** Pinochle **1p** Craft w/Brittney	**21** **12p** Queen of Hearts **1p** Pinochle **1p** Card Making w/Ro	**22** **8:30a** Casper Shopping Trip **11a** Strong Bones **11a** CCB Senior Services **12:30p** Diamond Art	**23** **8:30a** N.A.G. **12:30p** Cards Hand & Foot **12:30p** Bonanza BINGO **12:45p** Card Bingo **12:30p** Handmade w/Hanna Prep Class	**24/25** **24th:2p-5p** Game Day **25th: 12:30p** Stage III Play
26 **11a** Sewing Group **1p** Grocery BINGO	**27** **8:40a** Nail Care Clinic **9a** Book Group **11a** Strong Bones **12:30p** Dominoes **12:30p** Handmade w/ Hanna **1p** Pinochle	**28** **October Birthdays Celebration!**  **12p** Queen of Hearts **1p** Pinochle **1p** Book Club w/Brittney	**29** **8a** Hand/Foot Massage **11a** Strong Bones **12:30p** Diamond Art **3p** Origami w/Dave	**30** **8:30a** N.A.G. **12:30p** Cards Hand & Foot **12:30p** Bonanza BINGO **12:45p** Card Bingo **2p-5p** Downtown Trick-or-Treat	**31** 

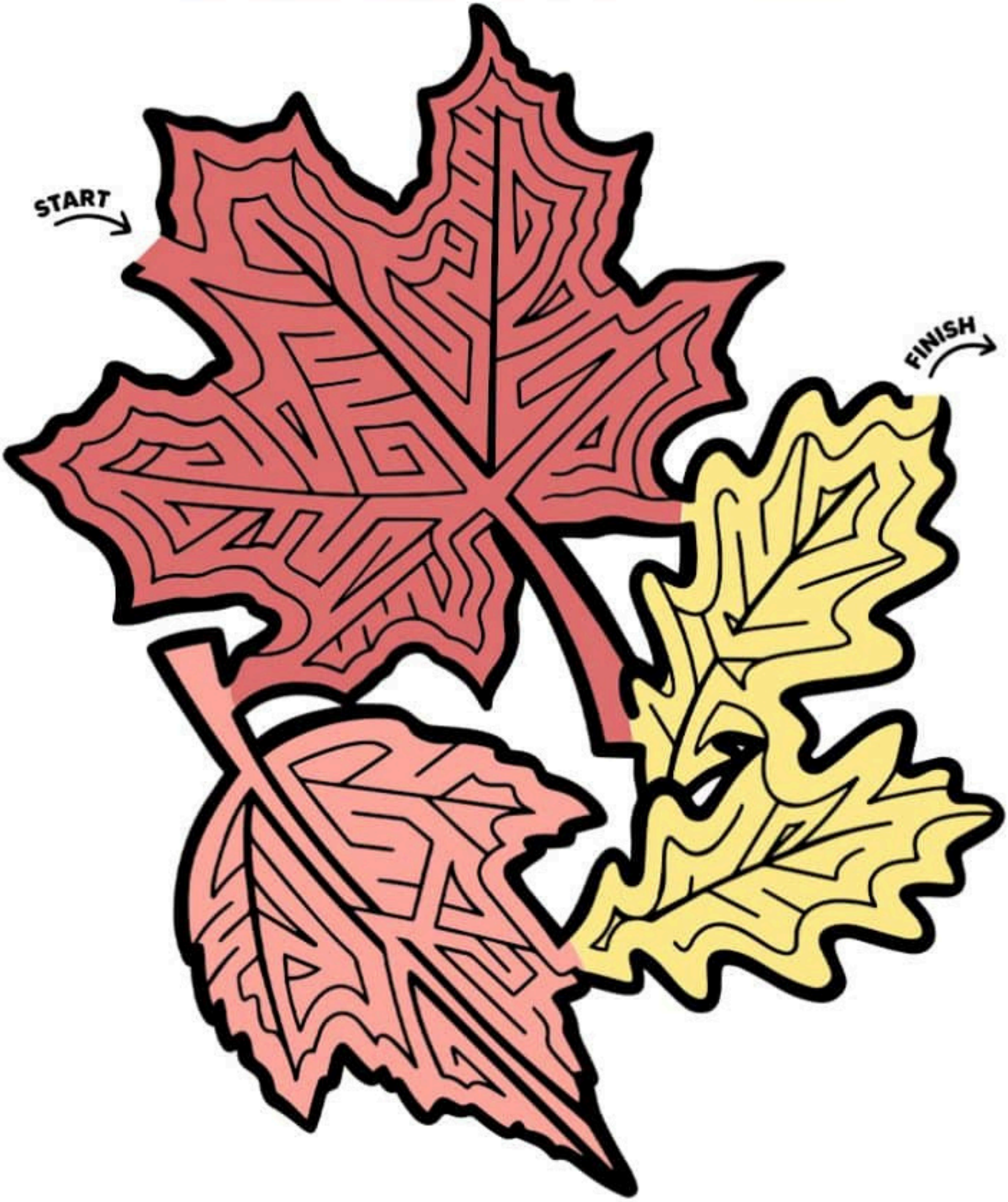
GLENROCK MENU OCTOBER 2026

MON	TUE	WED	THU	FRI
	Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily		1 Ham w/ Raisin Sauce, 4-Way Veggies, baked Potato, Dinner Roll, Vanilla Pudding, Tossed Salad	2 Goulash, Italian Veggies, Garlic Toast, Cottage Cheese, Pineapple Tidbits
5 Hot Beef Sandwich, Roasted Potatoes, Winter Blend Veggies, Chocolate Pudding, Fruit Cocktail, Sugar Cookie	6 Crispy Chicken Sandwich, Corn, Oven Fries, Apple Sauce, Chips, Tossed Salad	7 BBQ Pork Chops, AuGratin Potatoes, Mediterranean Veggies, Dinner Roll, Potato Salad, Cantaloupe	8 Sweet & Sour Chicken over Brown Rice, Oriental Veggies, Egg Roll, Tropical Fruit, Tossed Salad	9 French Dip Sandwich, Curly Fries, Cali Blend Veggies, Banana Pudding, Tomatoes & Cucumbers
12 Open-Faced Mushroom Swiss Burger, Tater Tots, Broccoli, Cottage Cheese, Peaches	13 Baked Chicken Breast, Roasted Sweet Potatoes, Asparagus, Biscuit, Honeydew Melon, Tossed Salad	14 Beef Nachos w/All the Fixings, Spanish Rice, Pinto Beans, Salsa, Sour Cream, Apple Sauce, Tapioca Pudding	15 Honey Mustard Pork Chops, Potato Wedges, Creamy Lima Beans, Apricots, Garlic Knots, Tossed Salad	16 Swiss Hamburger Steak, Mashed Potatoes & Tomato Gravy, Peas & Carrots, Dinner Roll, Cucumber & Tomato Salad, Fruit Cocktail
19 Oven-Fried Chicken, Potato Wedges, Cheesy Cauliflower, Dinner Roll, Peaches, Coleslaw	20 Hot Hamburger, Mashed Potatoes & Gravy, Green Beans w/Bacon, Chocolate Chip Cookie, Fruit Cocktail, Tossed Salad	21 Biscuit & Gravy, Scrambled Eggs, Hashbrown Patties, Sugar Cookie, Sliced Apples	22 Pork Roast, Carrots & Potatoes, Dinner Roll, Tropical Fruit, Tossed Salad	23 Chicken Fried Steak, Mashed Potatoes & Gravy, Pacific Blend Veggies, Pickled Beets, Dinner Roll, Apple Pie
26 Chicken Cordon Bleu, Tater Kegs, Winter Blend Veggies, Croissant, Lemon Pudding, Celery & Peanut Butter	27 Cheeseburger, Potato Wedges, Peas & Pearl Onions, Pears, Tossed Salad	28 BBQ Ribs, Baked Potato, Baked Beans, Mac Salad, Chocolate Eclair Cake, Vanilla Ice Cream	29 Liver & Onions, Mashed Potatoes & Brown Gravy, Wheat Roll, Cherry Turn-Overs, Tosssed Salad	30 White Chicken Chili, Mexican Corn, Churros, Mandarin Oranges

Glenrock October Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
CONVERSE COUNTY AGING SERVICES GLENROCK	**For more information, call the Glenrock office at: 307-436-9442**		1 **8a-11a** Flu Shot Clinic **12:30p** Sit & Stitch	2 **9a** Weekly Wander @ EKW **11a First Friday Free Lunch** **11:45a** Queen of Hearts	3/4
5 **8a** Hand/Foot Massage **10:15a** Chair Yoga **3p** Movie Monday	6 **8a** Nail Care Clinic **10a** Diamond Art **12:30p** Diamond Art **6p** Line & Swing Dance Class	7 **9a** Grocery BINGO **12:30p** Game Day	8 **9a** Casper Shopping Trip **12:30p** Sit & Stitch	9 **9a** Weekly Wander @ EKW **11:45a** Queen of Hearts **3p** Tea on the Train	10/11 **11th: 5p-8p** Senior Homecoming @ Hotel La Bonte
12 **10a @ GSC** Senior Service District Board Meeting	**10a** Diamond Art 13 **12:30p** Diamond Art **1p @ GSC** CCAS Board Meeting **6p** Line & Swing Dance Class	14 **9a** Grocery BINGO **12:30p** Game Day **2p** Artisan Alley	15 **8a** Nail Care Clinic **12:30p** Sit & Stitch	16 **7a** Ellis Farm Trip **11:45** Queen of Hearts **2:30p** Friday Crafternoon	17/18 **19th:11a-2p** GSC Thrift Store "Shop Saturday"
19 **2p** Craft w/ Andrea: Wood Chicken **5p** Doors open: Cash BINGO, Games start at 6p	20 **10a** Diamond Art **12:30p** Diamond Art **6p** Line & Swing Dance Class	21 **8a** Nail Care Clinic **9a** Grocery BINGO **11a** CCB Senior Services **12:30p** Game Day	22 **12:30p** Sit & Stitch	23 **8a** Nail Care Clinic **9a** Weekly Wander @ EKW **11:45a** Queen of Hearts	24/25
26 **2p** Craft w/ Andrea: Wood Duck	27 **10a** Diamond Art **12:30p** Diamond Art **6p** Line & Swing Dance Class	**October Birthdays Celebration!** 28  **9a** Grocery BINGO **12:30p** Game Day	29 **12:30p** Sit & Stitch	30 **8a** Nail Care Clinic **9a** Weekly Wander @ EKW **11:45a** Queen of Hearts	31 Happy Halloween **5p-7p** Halloween Carnival

FALL LEAVES MAZE



PARTING SHOTS:

























