



DECEMBER 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:

Marilyn has served as a transportation driver for CCAS for many years, taught line dancing to countless folks, and she is finally retireing (again)! THANK YOU MARILYN, for all of your hard work and dedication to the seniors of Converse County! Enjoy your retirement, but be sure to visit often!



Marilyn Hughes

The next Special District Board meeting will be at the Glenrock Senior Center at 10:00am on December 8th

The next Management Board meeting will be at the Glenrock Senior Center at 1:00pm on December 9th

“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.”

December

(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 Card Game
12:30p (DSC) Bonanza BINGO

Community Events

Fri Dec 5 & Sat Dec 6, Douglas Mingle and Jingle Community Christmas Party. Festivities start at 6p Friday.

Sat Dec 6-Sun Dec 7, Christmas at the the Depot. Cookies, Santa and Stories at the Douglas Railroad Museum 10a-4p. Tickets Available at the Douglas Railroad Museum.

This Month @ CCAS

3

- Mon, Dec 1 (GSC)** Hand and/or Foot Massage (By Appointment) 8a
Wed, Dec 3 (DSC) Card Making w/ Ro 1p
Thu, Dec 4 (DSC) Line Dancing 6p
Fri, Dec 5 (DSC/GSC) First Friday Free Lunch 11a
Fri, Dec 5 (DSC) Karaoke 6:30p
Mon, Dec 8 (GSD) Senior Services District Board Meeting 10a
Mon, Dec 8 (DSC) Cash BINGO: Doors Open at 5p, Game Starts at 6p
Tue, Dec 9 (DSC) Casper Shopping Trip-Leave DSC 8a
(meet there, or call to arrange pick up)
Tue, Dec 9 (GSC) CCAS Management Board Meeting 1p
Tue, Dec 9 (DSC) Artisan Alley 1:30p
Wed, Dec 10 (GSC) CCB Senior Services 1p
Wed, Dec 10 (GSC) Artisan Alley 2p
Thu, Dec 11 (DSC) Hand and/or Foot Massage(By Appointment) 8a
Thu, Dec 11 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
Thu, Dec 11 (DSC) 3 Cs of Christmas: Cookies, Cocoa, and Crafts 1p
Fri, Dec 12 (GSC) Casper Shopping Trip-Leave GSC 9a
(meet there, or call to arrange pick up)
Fri, Dec 12 (DSC) Friday Crafternoon: Fiber Art with Sharon 1:30p
Sun, Dec 14 Stage III Theatre Play:
"Every Christmas Story Ever Told (and then some)"
Meet at **DSC** 12:15p or Meet at **GSC** 12:45p
Mon, Dec 15 (GSC) Hand and/or Foot Massage (By Appointment) 8a
Mon, Dec 15 (GSC) Edgewood info table 10:30a
Mon, Dec 15 (GSC) Cash BINGO: Doors Open at 5p,
Game Starts at 6p
Tue, Dec 16 (GSC) 3 Cs of Christmas: Cookies, Cocoa, and Crafts 1p
Thu, Dec 18 (DSC) CCB Senior Services 1p
Thu, Dec 18 (DSC) Line Dancing 6p
Fri, Dec 19 (DSC) Edgewood info table 10:30a
Fri, Dec 19 (GSC) Friday Crafternoon: Fiber Art with Sharon 2:30p
Sat, Dec 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
Sat, Dec 20 (GSC) Thrift Store Shop Saturday-Store Open 11a-2p
Mon, Dec 22 (GSC) Craft with Andrea: Flower Pot Grinch 2p
Wed, Dec 24 Closed For Christmas
Thu, Dec 25 Closed For Christmas
Fri, Dec 26 Closed For Christmas
Mon, Dec 29 (GSC) Craft with Andrea: Winter Snowman 2p
Wed, Dec 31 (DSC) Hand and/or Foot Massage (By Appointment) 8a



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



Estella Crispell 12/1

Beth Crowley 12/1

Lisa Creager 12/1

Doug Olbricht 12/1

Vi Proctor 12/1

Tom Stewart 12/1

Carol Tripp 12/1

Cindy Stevens 12/2

Myrtle Rawdon 12/2

Julia Holler 12/2

Lila Brooks 12/3

Fred Romero 12/3

Lois Case 12/3

Charles Irwin 12/4

Beth Ann Pillen 12/4

Marella Smith 12/4

Randy Fountain 12/4

Jerry Smiley 12/5

Mark Roberts 12/5

Ann Fisher 12/5

Marjorie Porter 12/5

Sue Ferns 12/6

Lucille Taylor 12/6

Donna Underwood 12/6

Connie Middaugh 12/7

Karen Owens 12/7

Willard McMillan 12/8

Lane Day 12/8

Lynn Follum 12/8

Terry Brennan 12/8

Ruth Zellner 12/9

Cheryl Schwartzkopf 12/9

Linda Smiley 12/9

Mark Patceg 12/9

Dennis Duran 12/9

Jean Eden 12/9

Eleanor Christian 12/9

Glenda Burke 12/9

Jane Johnson 12/10

Dennis Dammel 12/10

Richard Bishop 12/12

Max Cox 12/12

Velvet Prach 12/13

Kenneth Wulf 12/13

Jimmie Whiting 12/14

Joyce Lockwood 12/14

Donal Luhrsen 12/14

Merna Blackburn 12/14

Brenda Woltz 12/15

Judith Kershner 12/15

Ken Wasson 12/15

Linda Care-Smith 12/16

Theresa Richardson 12/16

Margie Tummond 12/17

Larry Williams 12/17

Geri Geffen 12/17

Tim Burns 12/17

Tim Byer 12/17

Betty James 12/18

Brenda Smith 12/18

Mikki Dammel 12/18

Peg Bryant 12/19

Rebekka Ferguson 12/20

Shirley Skinner 12/20

Joyce Bryan 12/22

Rita Spiva 12/22

Virginia Oliver 12/22

Sandra Harbarger 12/22

Sally Knisley 12/22

Billy Canaday 12/23

Holly Fultz 12/23

Debbie Preston 12/23

JB Wollen 12/24

Paul Williams 12/24

Susan Kelley 12/24

Nick Kendall 12/24

Barbara Morris 12/24

Art Sims 12/25

Judy Plazyk 12/25

Donna Igo 12/25

Sharon Laird 12/26

Ozzy Patten JR. 12/27

Dolores Leinweber 12/27

Kerry Shaver 12/28

Shakey Shadwick 12/29

Bob Webster 12/29

Cheri Reese 12/29

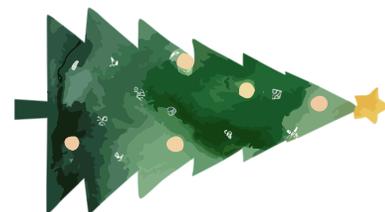
Ellen Lee 12/29

Diane Davis 12/31

Debbie McCoy 12/31



Birthday lunch coupon on next page





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

DECEMBER



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: _____



Join us for:

3 GS of Christmas Cookies x Cocoa x Crafts



DSC Dec 11th @ 1pm

GSC Dec 16th @ 1pm



This is the season for holiday cheer! Come jingle all the way with us for an afternoon of fun, laughter, and festive delights. Christmas outfits encouraged!



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

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

THIS NOTE IS LEGAL TENDER FOR ALL DEBTS, PUBLIC AND PRIVATE

Name: _____ Signature: _____
(Please Print)

Address: _____

Amount Paid: _____ Date: _____

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

BINGO

Doors open at 5p,
BINGO starts at 6p

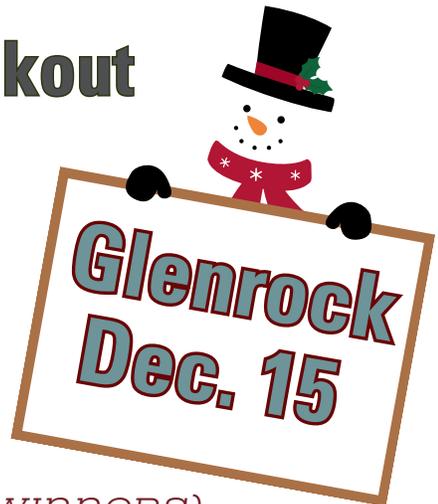
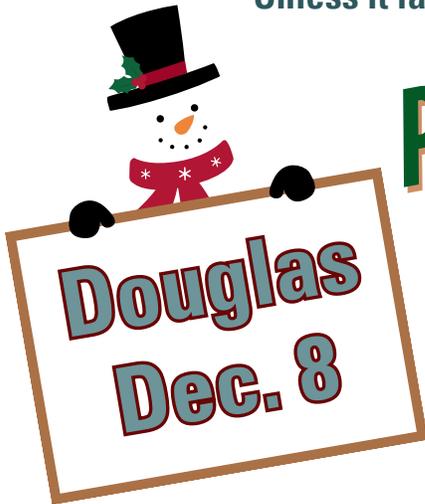
Join us in Douglas on the Second Monday,
and Glenrock on the Third Monday each month* for cash BINGO

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

PAYOUT: Bonanza Blackout
\$50

Each Regular
BINGO
\$25

Jackpot
Blackout
\$200



(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



Christmas Boards

These classes are free to Seniors
(60+ w/ a current AGNES on file) \$35 for guests

Douglas Senior Center
Dec 9 @ 1:30pm



Sponsored by
Converse County Bank

Glenrock Senior Center
Dec 10 @ 2pm

FLOWERPOT GRINCH

Monday, Dec 22nd



2pm @

Glenrock Senior Center

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

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



Monday, Dec 29th

WINTER SNOWMAN

RIDDLE ME THIS



- I come with numerous colors, so lovely and bright. I transform so many homes into beautiful sights. What am I?
- I'm not the most accessible entrance to a house, but I get used on Christmas Eve. What am I?
- What can travel all around the world like Santa Claus, but never leaves its corner?

✂

• _____

• _____

• _____

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 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:
December 1st & 15th

Douglas:
December 11th & 31st

Massage benefits include:

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



Outings with Ann December

Dec 11th BBQ Restaurant in Casper

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

Dec 20th Manville Lunch:

Home Cookin' at 3 Sisters

- leaving Glenrock 10:30a,
- leaving 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

CHRISTMAS CLOSURE & MEAL REQUESTS



The Senior Centers will be closed December 24–26. If you need frozen meals during this time, please contact the office no later than the week of December 15th.



DOUGLAS MENU



DECEMBER 2025



MON	TUE	WED	THU	FRI
1	2	3	4	5
French Dip, Tater Tots, Mac & Cheese, Mixed Veggies, Almond Joy Cookie	Breakfast Casserole, Sausage Links, Asparagus, Fruit Salad	Carne Asada Tacos, Mexican Rice, Black Beans, Tossed Salad, Churro	Loaded Potato Soup, Fried Zucchini, Fruit Salad, Chocolate Pudding	Lasagna, Garlic Toast, Spinach, Caesar Salad, Cannoli
8	9	10	11	12
Fish Filet Sandwich, Potato Wedges, Coleslaw, Broccoli, Chocolate Chop Cookie	Chicken Tenders, Waffle Fries, Mixed Veggies, Potato Salad, Blueberry Muffins	Pork Chops, Mashed Potatoes & Gravy, Brussels Sprouts, Green Beans, Pasta Salad, Blushing Applesauce	Beef Stroganoff w/Noodles, Dinner Rolls, Roasted Veggies, Tossed Salad, Cinnamon Roll	Baked Cod, Rice Pilaf, Asparagus, Fruit Jello
15	16	17	18	19
Chili Dog, Steak Fries, Mixed Veggies, Peanut Butter Cookie	Broccoli Cheddar Soup, Grilled Ham & Cheese, Tossed Salad, Cherry Pie	Baked Chicken, Oven Roasted Potatoes, Cauliflower, Chocolate Cake	Steak Fried Rice, Spring Rolls, Broccoli, Asian Tossed Salad, Angel Food Cake	Apple Cinnamon Pancakes, Home Fries, Sausage Links, Scrambled Eggs, Scones
22	23	24	25	26
Hot Pastrami & Cheddar Sandwich, Tomato Soup, Caesar Salad, Caramel Pecan Cookie	Roast Beef, Mashed Potatoes & Gravy, Asparagus, Mac & Cheese, Tossed Salad, Apple Pie	CLOSED 	CLOSED MERRY CHRISTMAS 	CLOSED 
29	30	31	 Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily	
Burgers w/All the Fixings, Onion Rings, Assorted Cookies	Open Faced Turkey Sandwich w/Mashed Potatoes & Gravy, Green Beans, Cherry Cheesecake	 Spaghetti w/Meat Sauce, Roasted Veggies, Garlic Bread, Cake & Ice Cream		

Douglas DECEMBER Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>1</p> <p>11a Sewing Group 1p Grocery BINGO</p>	<p>2</p> <p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p>	<p>3</p> <p>9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle 1p Card Making with Ro</p>	<p>4</p> <p>8a Hand/Foot Massage 11a Strong Bones 12p Road Trip: BBQ in Casper</p>	<p>5</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>6/7</p>
<p>8</p> <p>10a Special Dist Board Mtng 11a Sewing Group 1p Grocery BINGO 5p Doors open: Cash BINGO Games start at 6p</p>	<p>9</p> <p>8a Casper Shopping Trip 9a Book Group 11a Strong Bones 12:30p Dominoes 1p CCAS Board Meeting GSC 1p Pinochle 1:30p Artisan Alley Class</p>	<p>10</p> <p>9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle</p>	<p>11</p> <p>8a Hand/Foot Massage 11a Strong Bones 12p Road Trip: BBQ in Casper 12:30p Diamond Art 1p 3 Cs of Christmas</p>	<p>12</p> <p>8:30a N.A.G. 12:30p Cards Hand & Foot 12:30p Bonanza BINGO 1:30p Friday Crafternoon</p>	<p>13/14</p> <p>14th: 12:15p Stage III Theatre Play</p>
<p>15</p> <p>11a Sewing Group 1p Grocery BINGO</p>	<p>16</p> <p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p>	<p>17</p> <p>9:30a Chair Yoga 10:30a WY Vet Info Table 12p Queen of Hearts 1p Pinochle</p>	<p>18</p> <p>11a Strong Bones 12p Road Trip: BBQ in Casper 12:30p Diamond Art 1p CCB Senior Services</p>	<p>19</p> <p>8:30a N.A.G 12:30p Cards: Hand & Foot 12:30p Bonanza BINGO 1:30p Friday Crafternoon</p>	<p>20/21</p> <p>20th: 11a-2p GSC Thrift Store "Shop Saturday" 11a Road Trip: Manville Lunch</p>
<p>22</p> <p>11a Sewing Group 1p Grocery BINGO</p>	<p>23</p> <p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27/28</p>
<p>29</p> <p>11a Sewing Group 1p Grocery BINGO</p>	<p>30</p> <p>9a Book Group 11a Strong Bones 12:30p Dominoes 1p Pinochle</p>	<p>31</p> <p>December Birthdays Celebration! 8a Hand/Foot Massage 9:30a Chair Yoga 12p Queen of Hearts 1p Pinochle</p>	<p>Closed For Christmas</p>		
<p>For more information, call the Douglas office at: 307-358-4348</p>					

GLENROCK MENU



DECEMBER

2025



MON	TUE	WED	THU	FRI
1	2	3	4	5
Chicken Fried Chicken, Mashed Potato, Country Gravy, Peas & Carrots, Dinner Roll, Blushing Applesauce	Breakfast Burritos, Country Gravy, Diced Potatoes, Cottage Cheese, Pears, Tossed Salad	Chicken & Broccoli over Rice, Oriental Veggies, Egg Roll, Pickled Beets, Spinach Salad	Tomato Soup, Grilled Cheese Sandwich, Tossed Salad, Strawberry Cheesecake	BBQ Chicken, Baked Potato, Glazed Baby Carrots, Garlic Knot, Broccoli Salad, Peaches
8	9	10	11	12
Beef Enchiladas & All the Fixins, Spanish Rice, Mexican Corn, Fruit Cocktail, Churro	Creamy Pork Chops, Rosemary Potatoes, Pacific Veggies, Dinner Roll, Cantaloupe, Tossed Salad	Liver & Onions, Mashed Potatoes & Gravy, Green Beans, Dinner Roll, Pasta Salad, Chocolate Pudding	Chicken Strips, Scalloped Potatoes, Carrot Coins, Dinner Roll, Tapioca Pudding, Tossed Salad	Patty Melt, Seasoned Potato Wedges, Winter Blend Veggies, Cottage Cheese, Pickled Beets
15	16	17	18	19
Chicken Pot Pie over Biscuits, Seasoned Diced Potatoes, Vanilla Pudding, Cookie	Open Faced Mushroom Swiss Burger, Tater Kegs, Winter Blend Veggies, Apple Crisp, Tossed Salad	Cheeseburger Soup, Ham & Cheese Sliders, Apricots, Carrot Salad, Oatmeal Cookie	Pork Chops, Mashed Potatoes, Mushroom Gravy, Broccoli, Dinner Roll, Mixed Berries & Yogurt, Tossed Salad	Sloppy Joes, Tater Tots, Green Beans w/Bacon, Tomatoes & Cucumbers, Butterscotch Pudding
22	23	24	25	26
Hot Roast Beef, Mashed Potatoes & Gravy, Sicilian Veggies, Cookie, Vanilla Pudding	Chicken Cordon Bleu, Twice Baked Potato, Pacific Veggies, Croissant, Choc. Éclair Cake, Tossed Salad	CLOSED 	CLOSED 	CLOSED 
29	30	31	<p>Meals Served Mon-Fri, 11a-12:30p Menu subject to change. Milk and Salad Bar Available Daily</p> 	
Baked Ham, Au Gratin Potatoes, Mixed Veggies, Dinner Roll, Lemon Bar, Banana Pudding	BBQ Pork Wings, Potato Wedges, Mixed Veggies, Dinner Roll, Pears, Tossed Salad	 Beef Tips over Noodles, Mixed Veggies, Biscuit, Spice Cake, Vanilla Ice Cream		

Glenrock December Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
1 8a Hand/Foot Massage	2 10a Diamond Art 12:30p Diamond Art	3 9a Grocery BINGO 12:30p Game Day	4 10:30a Chair Yoga 12:30p Sit & Stitch	5 11a First Friday Free Lunch 11:45a Queen of Hearts	6/7 13/14
8 10a Senior Service District Board Meeting @ GSC	9 10a Diamond Art 12:30p Diamond Art	10 9a Grocery BINGO 12:30p Game Day 1p CCB Senior Services 2p Artisan Alley Craft	11 10:30a Chair Yoga 12p Road Trip: BBQ in Casper 12:30p Sit & Stitch	12 9a Casper Shopping Trip 11:45a Queen of Hearts	14 th : 12:45p Stage III Theatre Play
15 8a Hand/Foot Massage 10:30a Edgewood Info Table 5p Doors open: Cash BINGO Games start at 6p	16 10a Diamond Art 12:30p Diamond Art 1p 3 Cs of Christmas	17 9a Grocery BINGO 12:30p Game Day	18 10:30a Chair Yoga 12:30p Sit & Stitch	19 9a Casper Shopping Trip 11:45a Queen of Hearts 2:30p Friday Crafternoon	20 th : 11a-2p Thrift Store "Shop Saturday" 10:30a Road Trip: Manville lunch
22 2p Craft w/Andrea	23 10a Diamond Art 12:30p Diamond Art	24 Closed For Christmas	25 Closed For Christmas	26 Closed For Christmas	27/28
29 2p Craft w/Andrea	30 10a Diamond Art 12:30p Diamond Art	31 December Birthdays Celebration 9a Grocery BINGO 12:30p Game Day	 <p>For more information, call the Glenrock office at: 307-436-9442</p>		

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

December Crossword



Across

- 1. Sound of bells often heard in holiday songs
- 3. White, fluffy flakes that fall from the sky in winter
- 4. Striped, cane-shaped candy often found around Christmas
- 6. Holiday celebrated on December 25th
- 8. Worn on the head to keep warm in winter
- 10. Decoration hung on a Christmas tree
- 11. These ring and make a jingle sound
- 13. Place where stockings are hung
- 16. Circle of leaves or flowers hung on doors for decoration
- 19. Worn on hands to keep warm in winter
- 20. Hung by the fireplace for Santa to fill
- 22. Reindeer with a red nose
- 24. Small wax stick that can be lit for light or decoration
- 25. Famous snowman who comes to life
- 27. Song sung during the holiday season

Down

- 2. Type of cookie often shaped like people or houses
- 3. Jolly man who brings gifts on Christmas
- 4. Santa goes down this to deliver presents
- 5. Santa's home
- 7. Each one is unique & falls from the sky in winter
- 9. Another word for gifts
- 12. Santa's vehicle for delivering presents
- 14. Animals that pull Santa's sleigh
- 15. Bird that can't fly & lives in cold places
- 17. Gifts often found under the Christmas tree
- 18. Special time for celebrations in December
- 20. Figure made from snow, often with a carrot nose
- 21. Santa's helpers who make toys
- 23. Frozen water hanging from roofs in winter
- 26. Worn around the neck to keep warm