

DOUGLAS SENIOR CENTER

PO Box 192
340 1st St. West
Douglas, WY 82633
(307) 358 - 4348

GLENROCK SENIOR CENTER

PO Box 783
615 West Deer
Glenrock, WY 82637
(307) 436 - 9442



OFFICE HOURS

Monday-Friday
8:00a-4:00p

... OUR MISSION ...

"To advocate, assist and provide services for Seniors in the communities of Douglas and Glenrock and promote well-being and quality of life with dignity, safety and integrity."

'LIKE' us on FACEBOOK:

** NEW PAGE **

"Converse County Aging Services"

TRANSPORTATION

HOURS

Monday-Friday
8:00a-3:00p

Services for:

Elderly...Disabled...Public

Please CALL in ADVANCE for

SCHEDULING and to

CHECK AVAILABILITY:

Douglas (307) 358-3112

Glenrock (307) 554-0955

Management Board

Casper Smith
Cheryl Schwartzkopf
Ann Rex
Deb Shuler
George Smith
Cindy Porter
Michelle Huntington

Special District Board

Kathy Patceg
Tim Ricker
Lucille Taylor
Don Luhrsen
Rita Redig

Director

Kristen Shaw

July Newsletter 2024

?? WHAT'S INSIDE ??

- ◆ 'From The Staff'
- ◆ Things To Remember
- ◆ Lunch Menus
- ◆ Senior Birthdays & **FREE MEAL Coupon**
- ◆ Activities / Events / Announcements
- ◆ Health / Nutrition / Recipes / Safety
- ◆ Hidden Picture & **FREE MEAL Drawing**
- ◆ Funnies / Games / Puzzles
- ◆ History / Fun Facts / Trivia / ??

GSC THRIFT STORE HOURS

Tuesday-Friday
8:30a-2:30p
closed for lunch
11:00a-12:00p

* donations accepted *
call for details of acceptable items

all days / times are subject to change

!! MEETINGS !!

SPECIAL DISTRICT BOARD

will meet:

Monday, July 8th
10am (DSC)

MANAGEMENT BOARD

will meet:

Tuesday, July 30th
2pm (GSC)

Converse County Aging Services, Inc.

(Glenrock & Douglas Senior Centers)

615 West Deer Street Glenrock, WY 82637 (307)436-9442

340 1st Street West Douglas, WY 82633 (307)358-4348

ANNUAL DUCK RACE & COMMUNITY BBQ

FRIDAY - AUGUST 23, 2024

11:00am - 12:30pm ... Community BBQ

1:30pm ... Duck Race Begins

>> FIRST PLACE DUCK wins \$500.00 <<

>> LAST PLACE DUCK wins \$500.00 <<

Duck Race tickets are on sale now!!

Contact Glenrock or Douglas Senior Centers
for more information on how & where to

ADOPT YOUR DUCK!

Tickets are \$5.00 ea.

Transportation for the BBQ will be available from GSC (call ASAP for seating availability). The BBQ/Duck Race are sharing the Town Park with the Shepherders' Rendezvous again this year (Pavilion #1) ...

'Thank You' Shepherders! The duck race will take place at the creek!!



A huge 'THANK YOU' to our Sponsors

** GLENROCK HEALTH CENTER and D&S EXPRESS **



Hope you're enjoying your Summer! ... the Staff!



THINGS to REMEMBER in JULY

ACTIVITIES / EVENTS / MEETINGS:

- ♦ Friday, July 5th ... **FREE LUNCH @ 11a-12:30p (GSC / DSC)**
(sponsored by CCAS Management Board)
- ♦ Friday, July 5th ... **FIESTA LUAU PARTY @ 11a-12:30p (GSC)**
- ♦ Monday, July 8th ... **SPEC. DISTRICT MEETING @ 10a (DSC)**
 - ♦ Tuesday, July 9th ... **SHOPPING DAY**
(bus leaves **DSC @ 8:30a & GSC @ 9a**)
- ♦ Friday, July 12th ... **ANNUAL SENIOR SUMMER PICNIC @ 11a (Ayres Natural Bridge) Transportation Available!!**
*** congregate dining at DSC & GSC will be closed***
 - ♦ Monday, July 15th ... **DERBY CLUB DAY @ 11:30a**
- ♦ Tuesday, July 16th ... **CPD PRESENTATION by OFFICER SHANE PIERCE @ 10:30a (GSC)**
- ♦ Wednesday, July 17th ... **TALK-to-TEXT ASSISTANCE by/ CAPTION CALL @ 11a (DSC)**
 - ♦ Friday, July 19th ... **DANCE "BUNKY CHRISTIANSON" @ 6p-9p (DSC)**
 - ♦ Friday, July 19th ... **TALK-to-TEXT ASSISTANCE by/ CAPTION CALL @ 11a (GSC)**
 - ♦ Monday, July 22nd ... **'GNOME' CRAFT @ 1:30p (GSC)**
- ♦ Saturday, July 27th ... **DOUGLAS GAME DAY @ 2p-5p (DSC)**
- ♦ Tuesday, July 30th ... **MGMT. BOARD MEETING @ 2p (GSC)**
- ♦ Tuesday, July 30th ... **DINNER & MAGIC SHOW w/ CODY LANDSTROM, MAGICIAN @ 5p (GSC)**
- ♦ **GROCERY STORE BINGO** ... Every Wednesday @ 9:30a (**GSC**)
... Every Monday @ 1p (**DSC**)
 - ♦ **QUEEN OF HEARTS** ... Every Friday @ 11:45a (**GSC**)
... Every Wednesday @ Noon (**DSC**)
 - ♦ **GLENROCK GAME DAY** ... Every Wednesday @ 12:30 (**GSC**)

HOLIDAYS / NOTABLE DATES:

- ♦ Thursday, July 4th ... **Independence Day (DSC/GSC will be CLOSED)**

COMMUNITY:

- ♦ (Douglas-Washington Park) First Responders Freedom Fest & 5k (7/4)
 - ♦ (Glenrock-Town Square) Rock the Glen Concert Series w/ Rhett Haney (7/19)



OUR SERVICES

CLINICS / SUPPORT:

- > **FOOT CARE / DIABETIC FOOT CARE ...** Available @ Both Centers (**appt. needed**)
- > **BLOOD PRESSURE CLINIC...** Available @ Both Centers

SERVICES / PROGRAMS:

- > **CCAS HOME SERVICES:** A program designed to keep clients living in their homes while receiving services that can assist them with activities associated with daily living. CCAS provides a range of services including: **Care Coordination, Blood Pressure Monitoring, Personal Care, Homemaking, Chores, Respite and Loan Closet.**

Services are available at Douglas and Glenrock Senior Centers.

Call for more information and/or to make an appointment.

(Douglas (307) 358-4348 Glenrock (307) 436-9442)

- > **PUBLIC TRANSPORTATION:** Douglas and Glenrock Senior Centers offer transportation services for the **Elderly, Disabled and General Public.** Transportation hours are Monday through Friday 8:00am-3:00pm. Transportation services have picked up, therefore, **we must have a MINIMUM 24-48 hour ADVANCE NOTICE on all requests.**

(ie - limited doctor, post office, banking, socialization, stores, personal, etc)

Call Douglas Transportation (307) 358-3112 or Glenrock Transportation (307) 554-0955


for more information, service availability and cost.*

- > **MEALS:** We provide **congregate dining** and, for qualifying individuals, **meal delivery** services daily. These meal services are available at both Senior Centers. Congregate meals are served daily (Mon-Fri 11:00am-12:30pm). **Cost of meals for seniors (60+) is \$5.00* ... 10-meal punch cards are \$45.00*** (punch card can be used at both Senior Centers) For individuals (under 60) or seniors without an **AGNES**** on file, the cost of a meal is \$10.00.

**** If you are a Senior (60+) and receive any of our services, including meals, WE MUST HAVE A FULLY COMPLETED AGNES ON FILE TO COMPLY WITH THE STATE OF WYOMING**
Don't know what an AGNES is? ... Please ask and we will be happy to explain!

*** suggested donations (Seniors only)**

July **** GLENROCK **** Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HONEY MUSTARD PORK TENDERLOIN RICE PILAF PEAS WHEAT BREAD PEACHES	2 BEEF & BROCCOLI over RICE EGG ROLLS ASIAN SPINACH SALAD MANDARIN ORANGES APPLE TURNOVERS	3 BRAT on WHOLE WHEAT BUN w/ KRAUT BAKED BEANS SEASONED POTATO WEDGES RED/WHITE/BLUE FRUIT SALAD BLT PASTA SALAD	4 HAPPY INDEPENDENCE DAY!! CLOSED	5 NACHO BAR w/ CHIPS, CHEESE, TACO MEAT, PINTO BEANS, SALAD PINEAPPLE UPSIDE DOWN CAKE ICE CREAM "Fiesta Luau"
8 CHICKEN FRIED STEAK MASHED POTATOES w/ COUNTRY GRAVY CORN WHOLE GRAIN BREAD FRUIT COCKTAIL SUGAR COOKIE	9 SAVORY BAKED CHICKEN w/ GRAVY STUFFING CALIFORNIA BLEND VEGGIES STRAWBERRY FRUITED JELLO WHOLE WHEAT ROLL	10 MILD JAMBALAYA w/ BROWN RICE, CHICKEN, SMOKED SAUSAGE & SHRIMP CHEDDAR GARLIC BISCUITS LIME POKE CAKE SALAD	11 SPAGHETTI w/ MEAT SAUCE GREEN BEANS GARLIC TOAST MARSHMALLOW FRUIT CUP TOSSED SALAD	12 NATURAL BRIDGE PICNIC HAMBURGERS HOT DOGS PASTA SALAD CHIPS WATERMELON (congregate dining closed - home deliveries will run)
15 MUSHROOM SWISS BACON CHICKEN BREAST HERB GARLIC BUTTER RED POTATOES BROCCOLI & CAULIFLOWER BREAD STICK BANANA PUDDING POKE CAKE	16 PIZZA BURGER w/ BUN SWEET POTATO WEDGES CHEESY BROCCOLI & CAULIFLOWER FRESH FRUIT TOSSED SALAD	17 CRISPY CHICKEN SANDWICH w/ AMERICAN CHEESE & ALL the TRIMS! TATER TOTS MANDARIN ORANGES w/ PINEAPPLE MACARONI SALAD	18 PHILLY CHEESE STEAK SANDWICH FRENCH FRIES CARROTS FRUIT CUP TOSSED SALAD	19 CRISPY PARMESAN CHICKEN over NOODLES MARINARA SAUCE GREEN BEANS GARLIC TOAST STRAWBERRY CHEESECAKE SALAD TOSSED SALAD
22 REUBEN w/ KRAUT on MARBLE RYE CREAMY POTATO SOUP THREE BEAN SALAD FRUIT JELLO	23 BBQ BEEF on a BUN WAFFLE FRIES BROCCOLI SALAD MELON CUP	24 PORK ROAST MASHED POTATOES w/ GROWN GRAVY ASPARAGUS TOSSED SALAD WHEAT ROLL YELLOW CAKE & VANILLA ICE CREAM	25 CHICKEN & SHRIMP ALFREDO w/ TORTELLINI CALIFORNIA BLEND VEGGIES GARLIC BREAD STICK BANANA PUDDING	26 SUB SANDWICH BAKED BEANS PICKLED BEETS BROWNIES TOSSED SALAD
29 BEEF & CHEDDAR SPINACH WRAP CORN & POTATO CHOWDER w/ BACON FRUIT CUP	30 CREAMY GARLIC PORK CHOPS AU GRATIN POTATOES CALIFORNIA BLEND VEGGIES MANDARIN ORANGES LEMON BARS	31 SMOTHERED BEEF & BEAN BURRITO w/ GREEN CHILI SAUCE SPANISH RICE CHIPS & SALSA MANDARIN & PINEAPPLE CHURRO		



Meal Menu Subject to Change Due to Availability

(Meals Served 11:00a-12:30p Monday thru Friday)

MILK & SALAD BAR AVAILABLE DAILY

Congregate Meals Suggested Donation (60+) \$5.00
Home Delivery Suggested Donation (60+) \$4.50
Frozen Meals Suggested Donation \$2.50

Charge for Guests:
0-3 yrs Free - 4-12 yrs \$7.00
13-59yrs \$10.00





Transportation
will be available!!

FRIDAY - JULY 12, 2024

11:00AM - ???

AYRES NATURAL
BRIDGE

(shelters 2 & 3 reserved)

CCAS, INC. ANNUAL SENIOR SUMMER PICNIC

Transportation from both Senior Centers (Glenrock/Douglas) will be available on this day. Let us know as soon as possible if you will require transportation.

Transportation:

Glenrock 554-0955 Douglas 358-3112

Contact GSC or DSC to let us know if you will be joining us for the picnic so we can get an approximate head count for lunch!

Main Offices:

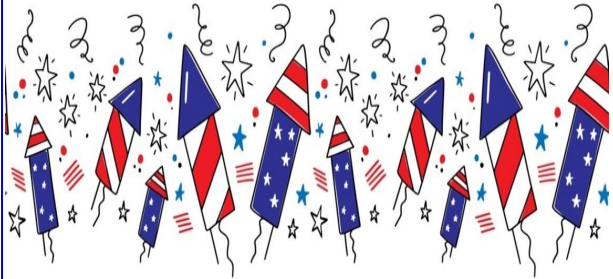
Glenrock 436-9442

Douglas 358-4348



CONGREGATE DINING
at both the Glenrock &
Douglas Senior Centers
will be CLOSED on this day.
HOME DELIVERED MEALS
will be DELIVERED
AS USUAL!!

July **DOUGLAS** Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SMOTHERED BEEF & BEAN BURRITO SPANISH RICE SNICKERDOODLE COOKIE	2 FRENCH DIP FRENCH FRIES w/ BROWN GRAVY STRAWBERRY SHEET CAKE	3 BBQ CHICKEN STUFFED SWEET POTATOES VEGGIES HAWAIIAN MACARONI SALAD NO BAKE LEMONADE PIE	4 HAPPY INDEPENDENCE DAY!! CLOSED	5 BRATS w/ BUN POTATO WEDGES COCONUT MACARON CHERRY BOMB 4th of JULY JELLO CUP
8 CHICKEN & STEAK KABOBS w/ BABY POTATOES ZUCCHINI SQUASH PINEAPPLE BANANA SPLIT KABOBS	9 REUBEN SLIDERS SWEET POTATO FRIES PEACH COOL WHIP PIE	10 PINEAPPLE GLAZED HONEY HAM TWICE-BAKED MASHED POTATOES CORN	11 CHICKEN, GUACAMOLE & BEAN TOSTADA GRILLED PINEAPPLE w/ WHIPPED CREAM CHIPS & SALSA	12 NATURAL BRIDGE PICNIC HAMBURGERS HOT DOGS PASTA SALAD CHIPS WATERMELON (congregate dining closed - home deliveries will run)
15 SLOPPY JOES COLESLAW FRENCH FRIES SUGAR COOKIES	16 HONEY MUSTARD PORK TENDERLOIN RICE PILAF PEAS WHEAT BREAD PEACHES	17 BEEF & BROCCOLI over RICE EGG ROLLS ASIAN SPINACH SALAD MANDARIN ORANGES APPLE TURNOVERS	18 BRAT on WHOLE WHEAT BUN w/ KRAUT BAKED BEANS SEASONED POTATO WEDGES RED/WHITE/BLUE FRUIT SALAD BLT PASTA SALAD	19 NACHO BAR w/ CHIPS, CHEESE, TACO MEAT, PINTO BEANS, SALAD PINEAPPLE UPSIDE DOWN CAKE
22 CHICKEN FRIED STEAK MASHED POTATOES w/ COUNTRY GRAVY CORN WHOLE GRAIN BREAD FRUIT COCKTAIL TOSSED SALAD SUGAR COOKIE	23 SAVORY BAKED CHICKEN w/ GRAVY STUFFING CALIFORNIA BLEND VEGGIES STRAWBERRY FRUITED JELLO WHOLE WHEAT ROLL	24 MILD JAMBALAYA w/ BROWN RICE, CHICKEN, SMOKED SAUSAGE & SHRIMP CHEDDAR GARLIC BISCUITS LIME POKE CAKE SALAD	25 SPAGHETTI w/ MEAT SAUCE GREEN BEANS GARLIC TOAST TOSSED SALAD MARSHMALLOW FRUIT CUP	26 SMOTHERED BEEF & BEAN BURRITO w/ GREEN CHILI SAUCE SPANISH RICE CHIPS & SALSA MANDARIN & PINEAPPLE CHURRO
29 MUSHROOM SWISS BACON CHICKEN BREAST HERB GARLIC BUTTER RED POTATOES BROCCOLI & CAULIFLOWER BREAD STICK BANANA PUDDING POKE CAKE	30 PIZZA BURGER w/ BUN SWEET POTATO WEDGES CHEESY BROCCOLI & CAULIFLOWER FRESH FRUIT	31 CRISPY CHICKEN SANDWICH w/ AMERICAN CHEESE & ALL the TRIMS! TATER TOTS MANDARIN ORANGES w/ PINEAPPLE MACARONI SALAD		



Meal Menu Subject to Change Due to Availability

(Meals Served 11:00a-12:30p Monday thru Friday)

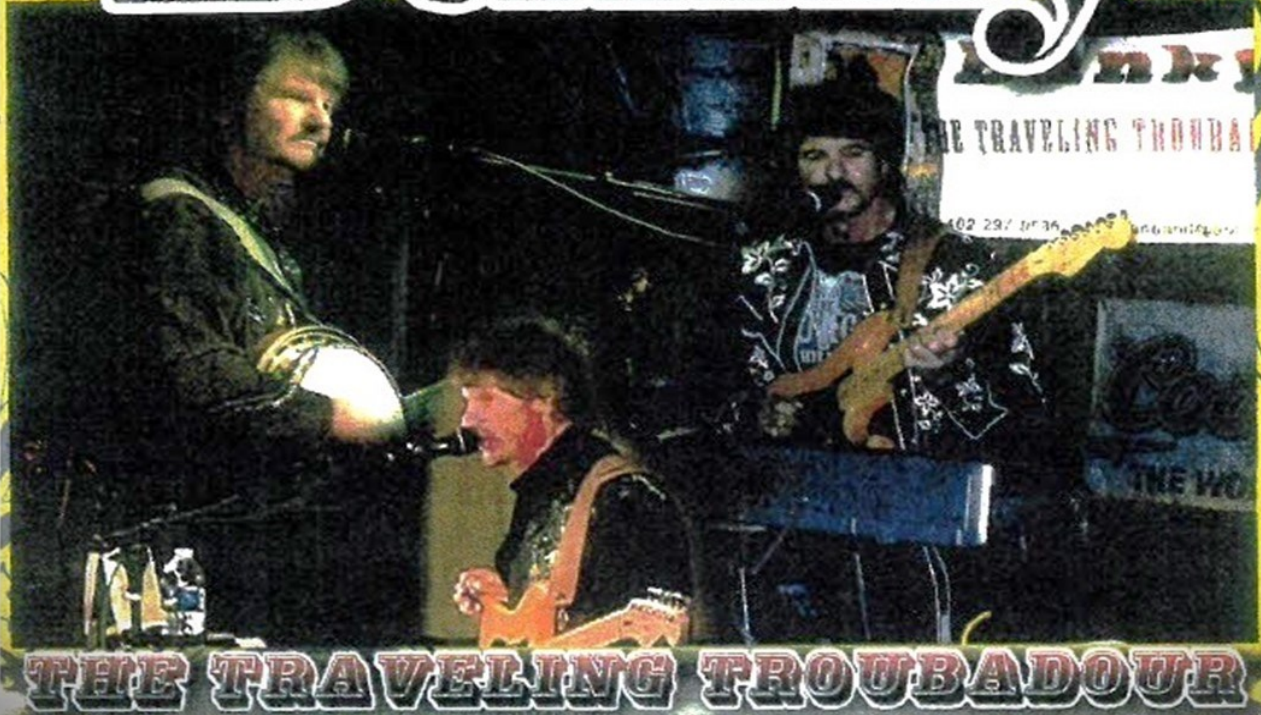
MILK & SALAD BAR AVAILABLE DAILY

Congregate Meals Suggested Donation (60+) \$5.00
Home Delivery Suggested Donation (60+) \$4.50
Frozen Meals Suggested Donation \$2.50

Charge for Guests:
0-3 yrs Free - 4-12 yrs \$7.00
13-59yrs \$10.00



Bunky



Join us at the
DOUGLAS SENIOR CENTER
FRIDAY, JULY 19th

6pm - 9pm



for **MUSIC & DANCING** with
the anticipated annual return of
BUNKY CHRISTIANSON

There will be **REFRESHMENTS** and,
as always, **NO COVER CHARGE!!**

Bring the family ...

friends ... neighbors ...

ENJOY GREAT MUSIC & HAVE SOME FUN!!

Glenrock & Douglas Centers

Dining Rooms/Meeting Rooms available
for your PARTIES, MEETINGS, ETC!!

to reserve your date and
for more information, please call...

DOUGLAS (307) 358-4348
GLENROCK (307) 436-9442

or stop by your local office between
8:00am-4:00pm

QUEEN OF HEARTS

50/50 Jackpot

Fridays @ 11:45am
(Glenrock Senior Center)

Wednesdays @ Noon
(Douglas Senior Center)

Come play for your chance
to WIN & SUPPORT our
Senior Centers!!

GLENROCK SENIOR CENTER

GAME DAY
EVERY WEDNESDAY

12:30pm - 3:30pm

**PLAY GAMES!! ... or ... watch TV, read
books from our library, socialize, do
puzzles & just have some fun!!**

Call 436-9442 for more details
bring your friends!!

Let The
GAMES
Begin

**BRAND
NEW**



Beginning July 1st,

meal costs for
children joining us for
lunch, at both the
Douglas & Glenrock
Senior Centers,
will be lowered!

DOUGLAS SENIOR CENTER

GAME DAY w/ DAWN
last Saturday of each month

2:00pm - 5:00pm

**GAMES, FRIENDS,
FOOD & FUN!!**

Call 358-4348 for more details

CHILDREN

3yrs & under .. FREE
4yrs-12yrs .. \$7.00

We want to encourage
sharing this time
with family
whenever possible!!

BARNEY & NANCY MIESSE

are back with their
Summer Tour!

Welcome them as they join us for
lunch and entertain us with their
good-ole style music!!

>> *Douglas Senior Center* <<
July 17th & August 14th

>> *Glenrock Senior Center* <<
TBD

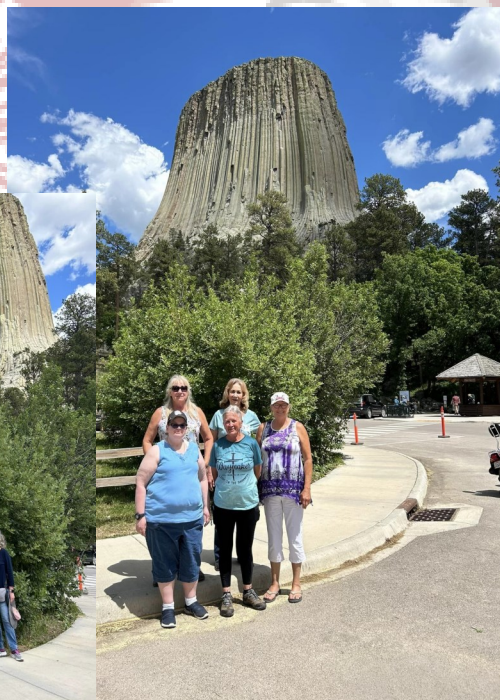
(watch for more information)



- ♥ CLASSIC
- ♥ COUNTRY
- ♥ 50's / 60's
- ♥ GOSPEL



TRIPS!



FIESTA LUAAU



(GLENROCK SENIOR CENTER)

(FREE) FRIDAY ... JULY 5TH



SAY 'ALOHA' OR 'OLA' AND

ENTER CONTEST BY DRESSING IN

YOUR 'FIESTA' OR 'ISLAND' ATTIRE

FOR YOUR CHANCE TO WIN A



FREE MEAL CARD!!



WE'LL BE SERVING (11 - 12:30)

**** NACHO BAR ****

**** PINEAPPLE UPSIDE DOWN CAKE ****

& WE'RE STILL LOOKING FOR A WINNER IN OUR



QUEEN OF HEARTS!!



DESIGN YOURS ANY WAY YOU'D LIKE!!

Example pic below:



**MONDAY, JULY 22nd
GLENROCK**

SENIOR CENTER

**Please join us for a
fun afternoon
of CRAFTING!!**

**Our last two classes
have been a big success!**

COST FOR SENIORS IS \$10.00

**Sign-up sheets are in the
DSC & GSC offices ...**

PLEASE SIGN UP BY 4PM

FRIDAY, JULY 19th

**WE NEED A COUNT TO PREP
MATERIALS AND HAVE THEM READY
FOR MONDAY!!**

(Call or come in for more info or to sign up)

**Beginning at 1:30, we will create
TWO(2) ADORABLE GNOMES ...**

**Everything is supplied,
including instructor!**

**When you are finished,
THEY ARE YOURS TO KEEP!!**

**The DERBY CLUB invites
ALL CCAS, Inc. SENIORS
to join them for
PLAY & LUNCH DAY
every 3rd Monday of
the month @ 11:30am!!**

**This month:
MONDAY, JULY 15th**



Please let us know

BY THURSDAY, JULY 11th

if you'll be attending

**so we can get a lunch count! Sign up sheets are
in DSC/GSC lobbies, or give us a call ...**

If you need transportation, call:

Glenrock 554-0955

Douglas 358-3112

TO CHECK AVAILABILITY ...

**Or, you can
meet us there!!**

(\$10 FREE play w/ your \$10 buy)

BIRTHDAYS THIS MONTH

DOUGLAS

HENRY LAYHER 7/2
LOIS MARKWARDT 7/2
CAROL CHIZEK 7/5
JOANNE MCELDERRY 7/5
RON HALSTEAD 7/8
WILLIAM BRUNER 7/9
CHARLES WRIGHT JR. 7/9
KIM HISER 7/10
EMMA ERICKSON 7/11
JENNIE MARTIN 7/11
GAIL KIRKLAND 7/15
DEB NELSON 7/15
RUSS VARGAS 7/18
JAMES CHAPIN 7/19
CINDY PORTER 7/19
RITA PRAGER 7/19
NANCY WALLIS 7/19
MILAN YOUNG 7/20
JEFF BRUCELLA 7/21
JERRY LENZEN 7/21
DON WHITE 7/21
JUDY CAMPBELL 7/22
DEB HANSEN 7/22
TAMMU TOWNSEND 7/22
LAURIE SEIPEL 7/23

Birthstone:



RUBY

GISELLE GRIMES 7/24
DAWNELLA HENDRYX 7/24
EDITH REED 7/24
ROGER CATTLES 7/25
DEB KEELER 7/25
VICKY KIRKEGAARD 7/25
JAMES STUART TOLFORD 7/26
NANCY WINTERMOTE 7/26
CONNIE PEPLINSKI 7/27
JAMES CURLEY 7/28
DOUG HARDEE 7/28
MARILYN MANNING 7/28
JAMES BENGE 7/30
JESSE HERNANDEZ 7/30
WALLY HINCKLEY 7/30
MILTON KNIGHT 7/31

Birth Flower:



LARKSPUR

GLENROCK

BEVERLY WOLLEN 7/1
JANET MAINES 7/5
RICHARD BLAKELEY 7/6
SANDY SCHNORF 7/12
MARY BOLDT 7/12
ARLENE JACKSON 7/14
SCOTT COTTON 7/15
LAWRENCE FLEETWOOD 7/15
LYNNE VARELA 7/16
WILLIAM ROSALES 7/17
SANDY DEBLAKER 7/18
LORETTA HINTON 7/18
VICTOR OHMAN 7/19
RAMONA KUHN 7/19
STEVE RICHARDSON 7/21
CHARLIE TICHY 7/23
GREG SAUL 7/24
MARY YOUNG 7/27
ROSE MIRACLE 7/27
EARL MANSFIELD 7/28
KENNETH JOHNSON 7/29

Happy Birthday to You!!

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

DU**L**Y

BRING THIS COUPON TO: Converse County Aging Services, Inc.
615 W. Deer (Glenrock Senior Center) or 340 1st St. West (Douglas Senior Center)
for a ***free meal*** courtesy of: **NEWCOMER FUNERAL HOME**
A Tradition of Caring® Since 1893

Name: _____

Birth Date: _____

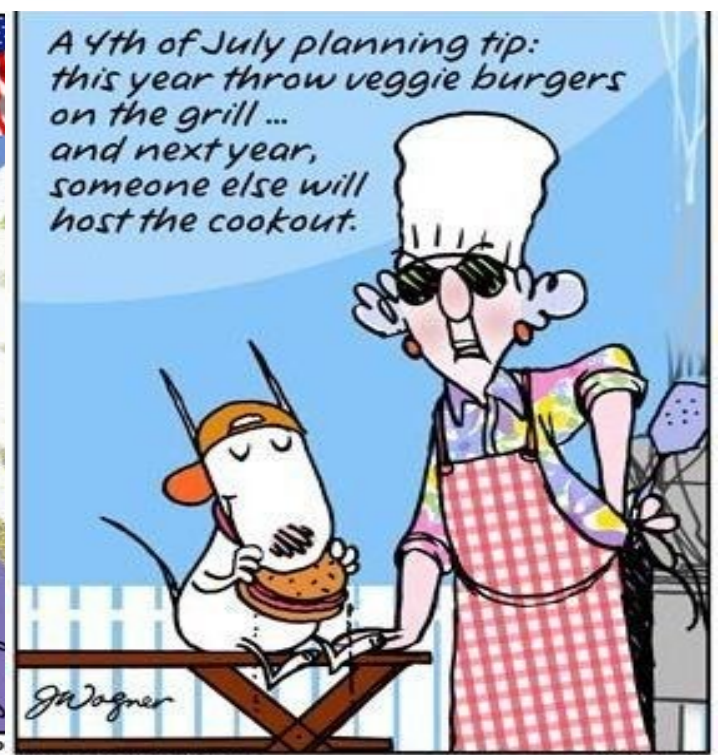
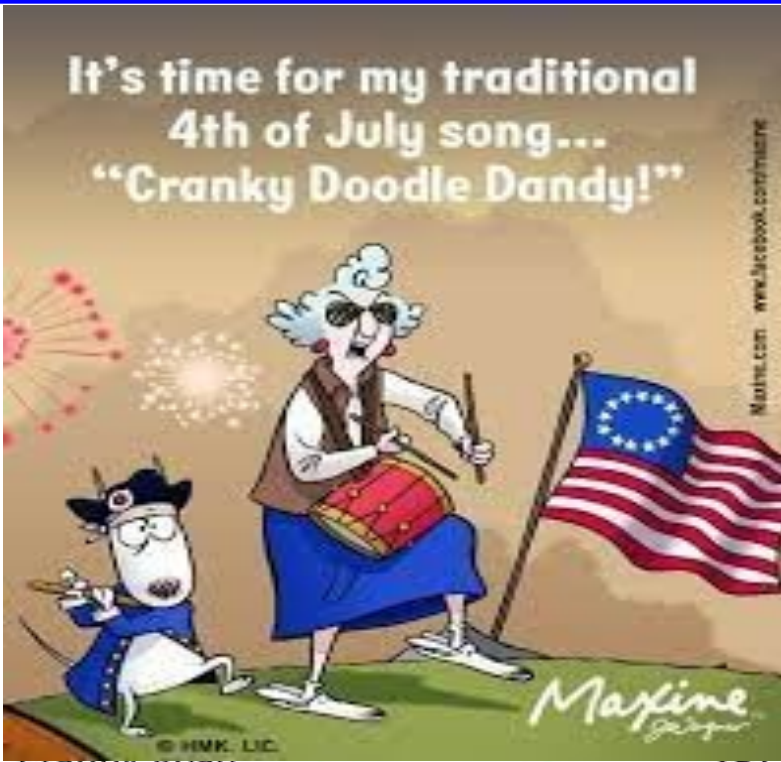


MAXINE'S TAKE on JULY 4th



Crabby Road

6-28-11



Fourth of July

WORD SEARCH

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

United States
Liberty
States
Parade

Independence
America
Stars
Flag

Revolution
Freedom
Flag
Summer

Fireworks
Picnic
Patriotic
July

DAILY ACTIVITIES AT THE CENTERS

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Room 8AM-3PM Billiards 8AM-3PM GROCERY STORE BINGO 1PM	Exercise Room 8AM-3PM Billiards 8AM-3PM Bible Study 9:30AM-11AM Strong Bones Exercise 11AM Dominoes 11:30PM Pinochle 12:30PM	Exercise Room 8AM-3PM Billiards 8AM-3PM QUEEN OF HEARTS NOON Pinochle 12:30PM	Exercise Room 8AM-3PM Billiards 8AM-3PM Strong Bones Exercise 11AM Line Dance 7PM-9PM <i>(1st & 3rd Thursday of the month)</i>	Exercise Room 8AM-3PM Billiards 8AM-3PM Hand & Foot 1PM
Douglas		GROCERY STORE BINGO 9:30AM GAME DAY 12:30PM-3:30PM	Board Games 8AM-3PM Hand & Foot / Cards 12:30PM-4PM	Board Games 8AM-3PM QUEEN OF HEARTS 11:45AM Hand & Foot / Cards 12:30PM-4PM
			Glenrock	

*** LOAN CLOSET ***

We have: **Walkers ... Shower Chairs ... Toilet Risers ... Wheelchairs ... & More!!**

For more information or to check availability, please call:

GLENROCK (307) 436-9442 DOUGLAS (307) 358-4348

" GIVE ME LIBERTY, OR ... "

... at least help find the Liberty Bell!? It's hiding in our Newsletter!
 If you find it, fill this out and put your name in the drawing for your
chance to win a free meal!! *(Drawings are every Monday throughout the month)*

Where: _____

Name: _____

**ONLY ONE ENTRY per person / per month ...
multiple entries will be removed from drawing.**



Cody's performance is suitable for **any age, any occasion!** With shows designed for each individual audience, you will experience a memorable time filled with **laughter, mystery, fun and audience participation!** Cody has worked with and learned from some of the best in the business. His **close-up magic** has lots of interaction, laughs and a strong impact on the audience. **Demonstrations**, ancient and modern gambling scams and the infamous 3-card monte swindle are presented with a **'tongue and cheek'** and **'lead-em-down-the-garden-path'** style that will leave you amazed and wanting more! Cody combines the skills of **comedy magic, astonishing sleight of hand and masterful juggling** into his performances ...



Join us for a
**UNIQUE & 'MAGIC'(al)
 DINNER & SHOW**
 at the
Glenrock Senior Center
 615 W. Deer
Tuesday, July 30th



DINNER SERVED: 5:00 - 6:00 pm

SHOW BEGINS: 6:00 - 7:00 pm

COST OF DINNER & SHOW:

Seniors (60+) \$5.00

Guests (13-59yrs) \$10.00

(4 - 12yrs) \$7.00

(0-3yrs) Free

(Sign up sheets in lobbies of Glenrock & Douglas Senior Centers, or call)

... he even **works some people from the crowd right into his act**, adding to the **fun for everyone**. Cody has an extensive background as an **entertainer and performer**, including several years with **USO tours**. In 1987, he teamed up with others to form "Funny Business" (a **vau-deville style**, juggling, magic and comedy show that performed all over the West). On his own since 1989, **Cody's performances for corporations, celebrities, and others, have left audiences laughing and mystified!!**

Todd Olsen, HIS

Director of Hearing Healthcare

Douglas Clinic
340 First Street West
Douglas, WY 82633
307-776-0885



MY HEARING CENTERS
We Change Lives Through Better Hearing



**CONVERSE
COUNTY
BANK**

This Bank Cares! 307-358-5300 Douglas, WY

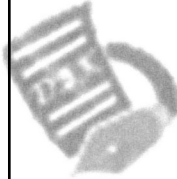


307-436-9206

307-436-7116

"health care from people who care"

W. Birch St. Glenrock, WY



*Dolly's Bookkeeping
& Payroll*

307-358-5813



RE/MAX
Horizon Realty

DOUGLAS OFFICE
307-358-3765

GLENROCK OFFICE
307-559-0004

Barber Apartments

Elderly Housing (Age 62 or Older or Disabled)



307-436-2725

ghaba@msn.com



**You can advertise
your services here!!**
For more information please call:
(307) 436-9442 (Glenrock)
(307) 358-4348 (Douglas)

**You can
advertise
your services
here!!**

For more
information please call:

(307) 436-9442 (Glenrock)
(307) 358-4348 (Douglas)



POINTS WEST
Community Bank

1632 E. Richards St. Douglas
307.358.0688 pwcbank.com