Laramie County Senior Services

In Just One Lifetime Newsletter

October, November and December 2021

www.cheyennehousing.org
307-635-2435

In The Know!!

Laramie County Senior Services Staff Members

Phone: (307)635-2435
Fax: (307)635-0708

Senior Services Director
Erin LeBlanc ext. 13

Administrative Asst.
Julie Ayala, ext. 10

Data Entry Specialist
Lyndia Moralez

Food Service Manager
Carol Duran, ext. 34
Site Cook: Foxcrest : Bernice Candelaina
Site Cook: IHM : Margie Duran
Site Cook: Stanfield Cheryl Garcia

Family Caregiver Program Coordinator
Michele Herrera, ext. 16

Family Caregiver Program Asst.
Lyndia Moralez , ext. 17

Receiving/Food Delivery
Jerry Rivera

Custodian
Martin

Center Hours

Activity Center, 2101 Thomes Ave.
Monday thru Friday - 8:00am to 4:00pm
Saturday - 10:00am to 12:00pm
Sunday - 10:00am to 1:00pm

Congregate Meals

Breakfast is available at the Senior Activity Center Monday through Friday, 8:00am-9:00am, and noon meals are provided at all locations for a suggested donation of $4.00.

Activity Center Lunch hours
11:00am to 1:00pm, Monday-Friday
11:00am to 12:00pm, Saturday
11:30am to 1:00 pm, Sunday

Satellite Sites Lunch hours

Indian Hills Manor, 615 Storey Blvd.
Monday thru Friday - 11:00am to 12:00pm
Stanfield Manor, 604 Shoshoni St.
Monday thru Friday - 11:30am to 12:30pm
Foxcrest, 4125 Cox Ct.
Monday thru Friday - 11:00am to 12:00pm

Holiday Office Closures
Thursday, November 11th—Veterans Day
Thursday, November 25th & Friday, November 26th in Observance of —Thanksgiving
Friday, December 24th - Christmas Eve Day

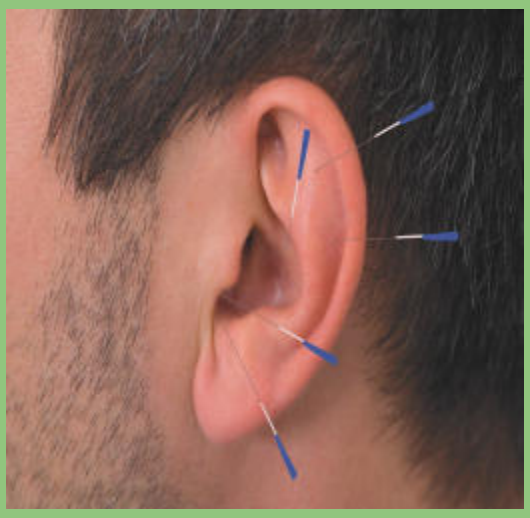
Satellite Sites Holiday Closures
Please check with your individual site

A HUGE Thank You to all our Volunteers That help every day at all the meal sites— WE APPRECIATE YOU!!!

Come down and experience what **Ear Acupuncture** can do for you.

Helps with relaxation, detoxing of the body, depression, anger, grief and addictive cravings. The NADA protocol is the gentle placement of 3-5 sterilized needles placed in the Sympathetic, Shen Men, Kidney, Liver and Lung points. The recipient then sits quietly for 30-45 minutes allowing the treatment to take effect.

(alternatives available if you do not want acupuncture needles)



Tuesdays @ 11:00am

Laramie County Senior Activity Center
2101 Thomes Avenue

Donations based

CHEYENNE TRANSIT PROGRAM

Our bus system is professional, courteous, efficient and helpful. Our mission is to provide safe, reliable public transportation to members of the community.

17th St, Between
Pioneer & Carey Avenue

CTP
CHEYENNE TRANSIT PROGRAM

307-637-6253

Mon-Fri 6AM-7PM
Sat 10AM-5PM

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Parties & Events

Friday, October 22nd at 1:00pm
Come celebrate all things nuts!!
Refreshments (including a variety of Nuts) and trivia

UGLY SWEATER DAY
Friday, December 17th at 1:00pm
Cookies, hot cocoa and trivia
Wear your ugliest Christmas Sweater and be

HOLIDAY GATHERINGS

November 18th
Thanksgiving Lunch 11:00am—1:00pm
Happy Thanksgiving

December 16th
Christmas Lunch 11:00am—1:00pm
Happy Holidays!!!

Monthly Birthday Party/Bingo

Enjoy cake, ice cream & play Bingo.
Birthday guests will receive a card with a special gift inside & a ticket for a chance to win a birthday gift.

Activity Center, 1:00pm

October 20th
November 17th
December 15th

October 11th—29th
Come check out and VOTE on staff pumpkins. Vote as many times as you like.

In Remembrance: **Margaret Lopez Alzheimer's Support Group**

For any Caregiver of an adult, for anyone grieving the loss of a loved one or caring for a person with Dementia, Parkinson's, Alzheimer's or any other related disease.

1st & 3rd Monday of each month (starting October 4th)
6:00pm—7:00pm
At the Laramie County Senior Activity Center
Park in the structure that is south of the building and walk up the ramp, straight into the door

Facilitated by Lou Lopez (307) 640-7578

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• Respite Care
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Property Improvements LLC
Landscaping & Handyman Jobs
Lyle Ravenkamp, Parishioner
719-740-2202
lravenkamp@gmail.com

Get Connected Get Help
Wyoming COVID-19 Aging Network (CAN)
In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.
Visit www.wyoming211.org or dial 2-1-1 to get connected.
2-1-1
Wyoming Department of Health

Games and Activities

Poker

Texas Hold'em

Activity Center

Every Tuesday at 1:00pm
Tournament Dates: 3rd Thursday of each month @ 1:00pm

Pool

3 Pool Tables to chose from
Hours: 8am—3pm

Duplicate Bridge

Activity Center Games

Do you want to learn?
Lessons—every Tuesday @ 5:30pm

Tuesday	Game starts	6:30pm
Thursday game starts		6:30pm
Fridays	Game starts	12:30pm

$2.00

Bingo

Activity Center

Please check the calendar for current dates

Looking for BINGO Callers… see Erin

Puzzle Table

We have a puzzle table in the dining room for your leisure to work your brain.

Yoga

Tuesdays and Thursdays

Activity Center

Yoga Ukatasana - 10:00am

Would you like to Increase your Strength, Flexibility & Energy? Improve your Balance, Concentration & Coordination? Or maybe just Feel Better? All while sitting comfortably in a chair or on a yoga mat! Sign-up now in the lobby at the Senior Activity Center.

Tai Chi

Free Of Charge

Class size is limited to 10 people
Mondays & Wednesdays / Activity Center / 2:00-3:00pm

Weight & Equipment Room

Open Monday - Friday
Activity Center
8:00am-3:00pm
Cost: $15.00 a month or $40.00 for 3 months

BOWLFEX MACHINE
TREADMILLS
STAIR STEPPERS

Fitness Class

Free Of Charge

Mon/Wed/Fri
Activity Center,
11:00–12:00pm

Get into shape and have fun while exercising at the Senior Activity Center.

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Session 1:
Starting October 4th
2x a week for 4 weeks
Mondays & Fridays from 9am—11am

Session 2:
To Be Announced

Please RSVP to 635-2435

Check out our Classes!

Upcoming Trips: OCTOBER

Estes Park Elk Rutting Season…

We will drive to Estes Park, have lunch and see the changes on nature and see if we can spot some elk. We will eat lunch at Wild Rose Restaurant (on your own).

Thursday, October 21st
Trip Fee $10.00
Leave Activity Center at 8:00am

Tuesday, October 26th
Cost: $50.00
Leave Activity Center at 8:00am

IMMERSIVE VAN GOGH - an art experience like no other. A multi-sensory experience !!!

We have been limited to 6 tickets—reserve your spot!

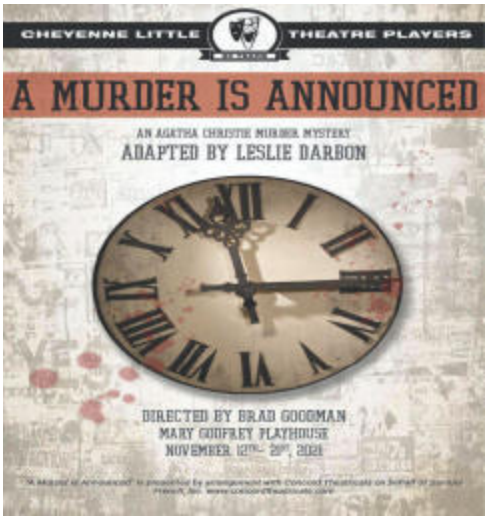
"Blockbuster digital experience that has taken the art world by storm!" – Artnet news

"A completely new way of encountering Art!" – CTV

From creators of the blockbuster exhibit seen by over 2 million visitors in Paris and after a sold-out run in Toronto, the Immersive Van Gogh Exhibit makes its mark at a historic Venue in the heart of Denver!

Lose yourself in 500,000 cubic feet of monumental projections animating Vincent van Gogh's oeuvre. Wander through entrancing, moving images that highlight brushstrokes, detail, and color – truly illuminating the mind of the genius.

Trip fees are non-refundable unless your seat can be sold to another traveler. If you are due a refund, please pick up your money within 30 days after scheduled trip or you will lose your refund, Thank you.



An announcement in the local paper states the time and place when a murder is to occur in Miss Blacklock's Victorian house. The victim is not one of the house's several occupants, but an unexpected and unknown visitor. What follows is a classic Christie puzzle of mixed motives, concealed identities, a second death, a determined Inspector grimly following the twists and turns, and Miss Marple on hand to provide the final solution at some risk to herself in a dramatic confrontation just before the final curtain.

Cheyenne Little Theatre Players/Playhouse
Sunday, November 14th (2:00pm matinee)

Leaving Senior Center @ 1:00pm
Cost: $25.00 (includes ticket price) - must RSVP no later then <u>November 1st</u>

All Outings are subject to be changed or cancelled due to increment weather

Monthly Gambling Trips

October 14th, November 18th
December 9th
Trip fee: $10.00 per trip
Leave Activity Center - <u>8:00am</u>

Drop off is at Bull Durham Casino, in Blackhawk, Colorado where you will receive a coupon book. Lots of good luck to you. We will leave casino at 5:00pm.

Sign up any or all three gambling trips.
Price includes Trip

Upcoming Trips: DECEMBER

- For two weekends every December, the historic town of Georgetown transforms into a bustling Christmas scenery is reminiscent of holidays long ago. Adorned with lights, greenery and a blanket of snow, you will find roasted chestnuts, holiday shopping, horse-drawn wagon rides, and other magical sights and smells. Carolers in Victorian costumes, dancers, and other family entertainment provide memorable performances.

- **Saturday, December 4th**
- **Trip Fee $10.00**
- **Leave Activity Center @ 7:00am—returning early evening**

Public Service Announcement Space

Do you have information about a program or upcoming event that you would like us to print in this publication

Paparazzi Jewelry will be here, Friday October 1st from 10:00am—2:00pm Everything is $5.00.

Paparazzi Accessories are always fabulous, always fashionable, and always $5. With new styles added daily, you can shop anytime and look like a million without breaking the bank! Find that perfect pop of color, fall in love with a new statement piece, or step out of your comfort zone and try one of the hottest trends of the season - the choice is yours.

Event will be at the Laramie County Senior Center in the dining room

2101 Thomes Avenue

Afternoon Movies....

Tuesday, October 5th	"Patch Adams"
Tuesday, October 19th	"The Shawshank Redemption"
Tuesday, November 2nd	"Night At The Museum"
Tuesday, November 16th	"Narnia"
Tuesday, November 30th	"The King and I"
Tuesday, December 14th	"Elf"
Tuesday, December 28th	"Home Alone"

TV Room at the Laramie County Senior Activity Center—movies start at 2:00pm

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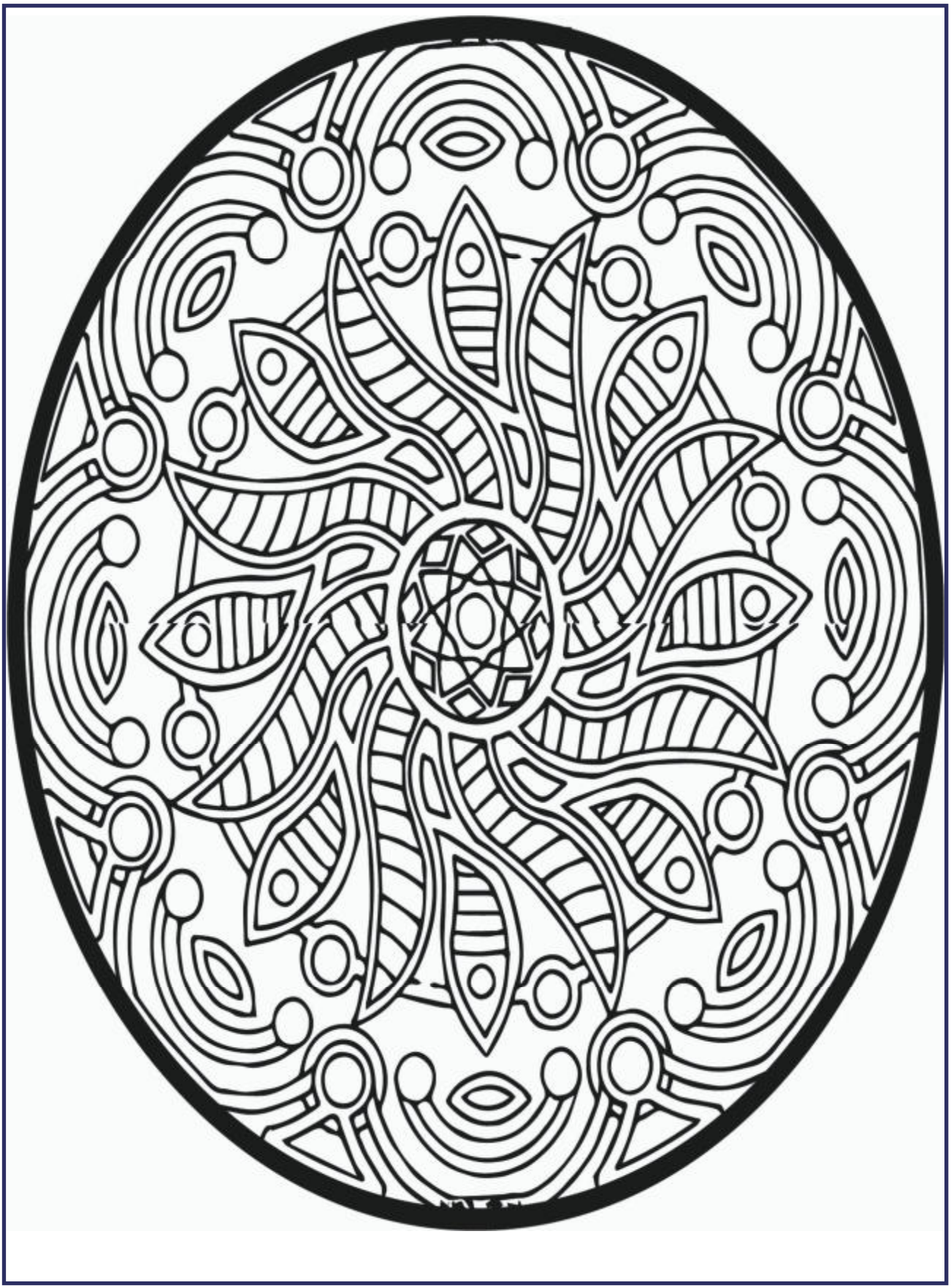

Strain Your Brain

Food for Thought

Medicare Open Enrollment
What does it mean? What should YOU do??

Open Enrollment for Medicare Part D (Medications) takes place the same time every year: **October 15th—December 7th.** Medicare allows, and encourages you, to check your Drug Plans to make sure it is still going to cover your needed medications at the least out of pocket cost to you, the consumer.

Medicare plans providing prescription drug coverage can change each calendar year. The list of covered prescription drugs (i.e., formulary), prescription drug out-of-pocket expenses such as deductibles, copayments and coinsurance as well as premiums are all subject to annual revision. Additionally, new plans may be introduced annually and some existing plans may no longer be available. It's important to review your Medicare prescription drug coverage options every year to ensure you are enrolled in the best plan for your circumstances. Switching plans is not difficult at all if you do decide to make a change.

During this time of year, you will begin to see (MANY) commercials on television, and may receive things in the mail with all these additional benefits that you can sign up for. Most of those advertisements are posted Nationally and therefore are probably not available throughout Wyoming.

Comparing Medicare Part D plans is quick and simple, you can easily do it yourself on Medicare.gov or you can visit a certified SHIP (State Health Insurance Program) Counselor. SHIP counselors are **highly trained and certified to help Medicare beneficiaries**, their families, and caregivers with: Informing about Medicare Advantage, Medicare Prescription Drug Coverage, and Medigap plan comparison or enrollments. In the past, some of you may have visited with Cathy Carlisle, so you have experienced a SHIP Counselor. As more and more individuals realize the great benefit of this **FREE service**, we are getting more and more busier each year.

I have over 12 years experience of being a certified SHIP Counselor.

If you would like to compare your drug plans, please call me at the Senior Activity Center for an appointment and I would be happy to assist you, with this, or any other questions you may have. A reminder, this is a FREE service, we do not get any kick-backs from pharmacies or drug companies of Medicare. You'll be shown what is available and how much you could possibly save and you choose what plan you want to enroll in.

Erin LeBlanc
(307) 635-2435 ext. 13

I will be on vacation the week of November 22nd

We have all seen these commercials with the famous athlete that plays all the time, and even more often during Open Enrollment. These are NATIONAL commercials—Wyoming is one state that DOES NOT offer advantage plans. They are enticing because they say they offer Vision and Dental. Hopefully in the future, we will have the opportunity to join a Medicare Advantage Plan in Wyoming, but we do not have one at this time.

Erin LeBlanc
SHIP Counselor

We would like to encourage you to consider voting YES on the November 2nd ballot under **Proposition 9** for a small portion of 6th Penny funds to be allocated to a new senior activity center here in Cheyenne. This would allow us to grow and serve all the seniors in Laramie County with more rooms and parking!! We have (draft) drawings of the new center available in the lobby of the current senior activity center.

Healthful Aging Tips From Kate Kelly

Let's talk about health and nutrition secrets that can change your life. These handy tips may help make you live longer and healthier. As usual, talk to your doctor about any changes you make in your diet and exercise routine. Here are some tips: 1) ***Dietary Fiber*** -- According to a new study from Australia, people who had the highest intake of fiber from foods such as whole grains, fruits, vegetables, nuts or beans had an almost 80% greater chance of living a long and healthy life. They were less likely to suffer from hypertension, diabetes, dementia, depression and functional disability.; 2) ***Boost Your Memory With Exercise*** -- People who increased the number of steps they took in a day from 1000 to 3000 reduced their mortality risk by 12% and those who hit 10,000 steps cut their risk by 46%. As for your memory: a new study shows that higher aerobic fitness is linked to improved cognitive function; and, 3) ***Think Like a 60-Year-Old When You're 70*** -- Staying active and protecting your mind and memory can be improved with a little physical activity. One study showed that participants who were the most active showed the least cognitive decline -- the equivalent of 10 years of mental aging. Getting regular exercise may be protective, helping older adults to keep their cognitive abilities longer and that's critical for staying independent.

Make sure to check the newsletter for exercise classes that are offered throughout the week at the LCSC. It's a great way to meet people and stay fit. And never lose your sparkle!

LOAN CLOSET

The Caregiver Program Loan Closet accepts items, such as wheelchairs, front wheel walkers, walkers with seats, shower benches, & shower transfer benches. If you or someone you know that is willing to donate any of these items please contact The Family Caregiver Program,(307) 635-2435 ext. 16 or 17. We also loan out items, free of cost, any of the above items.

We also maintain a great little library in the lobby of the Senior Activity Center with a variety of books and puzzles. Please feel free to donate, or pick up something at any time.

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Christine Nicholls to place an ad today!
cnicholls@lpicommunities.com or (800) 950-9952 x5841

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Habitat for Humanity provides a low cost way for Senior Homeowners to repair or modify their homes so that they can continue to live safely and independently.

Ruben's Metals
Scrap Metal & Container Service
307-635-1820

October Menu

SUN	MON	TUES	WED	THURS	FRI	SAT
Milk Garden Salad & Bread Offered At Every Meal	**Menu Subject To Change**				1 BBQ Chicken White Rice Brussel Sprouts Apricots	2 Pizza Pockets Cheese Sticks Green Beans Peaches
3 Hot Dogs Pork & Beans Chips Banana	4 Sausage/Biscuit Gravy-Egg Bake Green Beans Pineapples	5 Meatloaf Baked Potato Corn Mixed Fruit	6 Pork Chops White Rice Peas Applesauce	7 Spaghetti Meat Sauce Mix Veggies Banana Banana Pudding	8 Beef & Bean Tostada Fideo Lettuce Toma- to Pears	9 Tuna Salad Sandwiches Celery Sticks Peaches
10 Sloppy Joes French Fries Carrots Pears	11 Lasagna Spinach Peaches Garlic Bread	12 Ham & Cheese Wraps Tater Tots Green Beans Mixed Fruit	13 Salisbury Steak Mashed Potatos Brussel Sprouts Apricots	14 Polish Sausage Baked Beans Potato Salad Fruit Cocktail	15 Hot Beef Sandwich Steak Fries Broccoli Applecrisp	16 Chicken Strips Macaroni Salad Carrot Celery Sticks Pears
17 Grilled Cheese Sandwiches Chicken Noodle Soup Apples	18 Baked Chicken Rice Corn Pineapple	19 Tilapia Wild Rice Broccoli Mandarin Oranges	20 Sub Sandwiches Chicken Noodle Soup Cucumber Slices Plums	21 Cheeseburger French Fries Lettuce/Tomato Applesauce Chocolate Pudding	22 Soft Shell Taco Lettuce Tomato Spanish Rice Peaches	23 Corn Dogs Chips Peas Orange
24 Egg Salad Sandwich Macaroni Salad Green Beans Applesauce	25 Beef Stroganoff Peas Pears	26 Tater Tot Casserole Peas Apricots Vanilla Pudding	27 Chicken Fried Steak Mash Potatoes Corn Mixed Fruit	28 Roast Beef Steak Fries Carrots Celery Pineapples	29 Nachos Pinto Beans Lettuce/ Tomato Pears	30 Ham & cheese Sandwiches Baked Beans Peaches
31 Spaghetti Meat Sauce Broccoli Apples						

October Events

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 **10:00am—2:00pm Paparazzi Here!!!** 11:00am-Fitness Class 12:30pm-Bridge	**2**
3	**4** **9:00am—MATTER OF BALANCE** 11:00am-Fitness Class 2:00pm-Tai Chi **6:00pm—Alzheimer's Support Group**	**5** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00pm-Texas Hold-em **2:00 pm—Afternoon Movie** 6:30pm-Bridge	**6** 10:00am-Arts and Crafts with Donna 11:00am-Fitness Class 2:00pm-Tai Chi	**7** 10:00am-Yoga **1:00pm—Brain Stimulators** 1:00pm—Texas Hold-em 6:30pm-Bridge	**8** **9:00am—MATTER OF BALANCE** 11:00am-Fitness Class 12:30pm-Bridge **1:00pm—BINGO**	**9**
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17	**18** **9:00am—MATTER OF BALANCE** 11:00am-Fitness Class 2:00pm-Tai Chi **6:00pm—Alzheimer's Support Group**	**19** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00pm Texas Hold-em **2:00pm—Afternoon Movie** 6:30pm-Bridge	**20** 11:00am-Fitness Class **1:00pm-Birthday Party Bingo** 2:00pm-Tai Chi	**21** **8:00am—Outing** 10:00am-Yoga 1:00pm-Texas Hold'em Tourna-ment 6:30pm-Bridge	**22** **9:00am—MATTER OF BALANCE** 11:00am-Fitness Class 12:30pm-Bridge **1:00pm—BINGO** **1:00pm—Nut Social**	**23**
24	**25** **9:00am—MATTER OF BALANCE** 11:00am-Fitness Class 2:00pm-Tai Chi	**26** **8:00am—Outing** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00pm Texas Hold-em 6:30pm-Bridge	**27** 10:00am—Arts and Crafts with Donna 11:00am-Fitness Class 2:00pm-Tai Chi	**28** 10:00am-Yoga **1:00pm—Brain Stimulators** 1:00pm—Texas Hold-em 6:30pm-Bridge	**29** **9:00am—MATTER OF BALANCE** 11:00am-Fitness Class 12:30pm-Bridge	**30**
31						

November Menu

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	1 Chili Burger French Fries Mix Veggies Mandarin Oranges	2 BBQ Ribs White Rice Brussel Sprouts Apricots	3 Pork Roast Yams Carrots Plums	4 Fried Chicken Baked Potato Spinach Grapes	5 Beef & Bean- Burrito Lettuce/tomato Cheese Avocado Pineapple	6 Turkey Sandwich Tater Tots Corn Pears
7 Chicken Salad Sandwiches Tomato Soup Orange	8 Ham & Beans Green Beans Pineapples Cornbread	9 Beef Stew Peas/Carrots Mixed Fruit	10 Ham & Cheese Wraps Tater Tots Lettuce/tomato Peaches	11 ALL MEAL SITES CLOSED	12 Fish Sandwich Steak Fries Broccoli Pears	13 Chicken Tenders Macaroni Salad Peas Mandarin Oranges
14 Philly Cheese Steak Chips Green Beans Plums	15 Chili Beans French Fries Fruit Cocktail Cinnamon Toast	16 Chicken & Dumplings Corn Pineapples	17 Polish Dogs Potato Salad Carrots Celery Sticks Mandarin Oranges	18 Turkey Mashed Potatoes Yams Corn Cranberry Sauce	19 Chicken Chipotle Burritos Spanish Rice Lettuce/ Tomato Oranges	20 Spaghetti with Meat Sauce Broccoli Grapes
21 Pig in a Blanket Onion Rings Carrots Applesauce	22 Pork Chops Baked Potato Spinach Apricots	23 Talapia Tater Tots Green Beans Peaches	24 Grilled Cheese Sandwiches Chips Tomato Soup Carrots/Celery Cookie	25 Holiday Closed	26 ALL MEAL SITES CLOSED	27 Sloppy Joe Steak Fries Baked Beans Pears
28 Sub Sandwich Chicken Noodle Soup Chips Peaches	29 Milk Can Dinner Kielbasa Corn/Potato Pineapples Vanilla Pudding	30 Meatloaf Mashed Potatoes Brussel Sprouts Mandarin Oranges			Menu Subject To Change	Milk Garden Salad & Bread Offered At Every Meal

November Events

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	1 11:00am-Fitness Class 2:00pm-Tai Chi **6:00pm—Alzheimer's Support Group**	**2** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00 Texas Hold-em **2:00pm—Afternoon Movie** 6:30pm-Bridge	**3** 10:00am—Arts and Crafts with Donna 11:00am-Fitness Class 2:00pm-Tai Chi	**4** 10:00am-Yoga **1:00pn—Brain Stimulators** 1:00pm—Texas Hold-em 6:30pm-Bridge-	**5** 11:00am-Fitness Class 12:30pm-Bridge **1:00pm-Bingo**	**6**
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14 **12:30pm—Outing**	**15** 11:00am-Fitness Class 2:00pm-Tai Chi **6:00pm—Alzheimer's Support Group**	**16** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00 Texas Hold-em **2:00pm—Afternoon Movie** 6:30pm-Bridge-	**17** 10:00am—Arts and Crafts with Donna 11:00am-Fitness Class **1:00pm-Birthday Party Bingo-AC** 2:00pm-Tai Chi	**18** **8:00am-Bull Durham Casino** 10:00am-Yoga **11:00am— 1:00pm Thanksgiving Lunch** 1:00pm-Texas Hold'em Tourna-ment 6:30pm Bridge	**19** 11:00am-Fitness Class 12:30pm-Bridge **1:00pm-Bingo**	**20**
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December Menu

SUN	MON	TUES	WED	THURS	FRI	SAT
Milk Garden Salad & Bread Offered At Every Meal	Menu Subject To Change		1 Tuna Noodle Casserole Peas Apricots	2 Liver & Onions Brussel Sprouts Peaches or Salisbury Steak	3 Smothered Burritos Lettuce/ Tomato Fideo Avocado Pears	4 Pizza Pockets Cheese Sticks Green Beans Apples
5 Tuna Salad Sandwiches Tater Tots Applesauce	6 Sausage Biscuit/ Gravy Egg Bake Pineapples	7 Roast Beef Baked Potato Corn Banana Banana Pudding	8 Cheeseburger Onion Rings Lettuce Tomato Orange	9 French Dip French fries Mix Veggies Grapes	10 Spaghetti with Meat Sauce Brussel Sprouts Applecrisp Garlic Toast	11 Polish Dogs Potato Salad Pork & Beans Pears
12 Ham & Cheese Wraps French Fries Carrot & Celery Sticks Apples	13 Chicken Pot Pie Peas Fruit Cocktail	14 Salmon Wild Rice Green Beans Pineapple	15 Lasagna Spinach Peaches Chocolate Pudding Garlic Bread	16 Ham Appetizers Fruit Salad	17 Tacos Spanish Rice Lettuce Tomato Cheese Tropical Fruit	18 Grilled Cheese Sandwiches Chips Banana
19 Chef Salad Ham/Turkey Cheese Tomato Soup Pears	20 Beef Fajitas Pinto Beans Lettuce Tomato Fruit Cocktail	21 BBQ Ribs White Rice Green Beans Mandarin Oranges Cookie	22 Beef Stew Peas/Carrots Applesauce Crackers	23 Chicken Fried Steak Mashed Potatoes White Gravy Corn Peaches Butterscotch Pudding	24 Holiday	25 Holiday
26 Chicken Salad Macaroni Salad Peas/carrots Plums	27 Baked Chicken Steak Fries Spinach Apricots	28 Chef Salad Ham/Turkey Cheese Chicken Noodle Soup Pineapple	29 Fish Sandwich Onion Rings Broccoli Applecrisp	30 Chili Beans Tater Tots Carrots Celery Sticks Peaches Cinnamon Toast	31 Corn Dogs French Fries Pork & Beans Orange Chocolate Pudding	

December Events

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 10:00am—Arts and Crafts with Donna 11:00am-Fitness Class 2:00pm-Tai Chi	**2** 10:00am-Yoga **1:00pn—Brain Stimulators** 1:00pm—Texas Hold-em 6:30pm-Bridge-	**3** 11:00am-Fitness Class 12:30pm-Bridge **1:00pm-Bingo**	**4** **7:00am-Outing**
5	**6** 11:00am-Fitness Class 2:00pm-TaiChi **6:00pm—Alzheimer's Support Group**	**7** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00 Texas Hold-em 6:30pm-Bridge	**8** **10:00am—Crafting (Diamond Dot Ornaments)** 11:00am-Fitness Class 2:00pm-Tai Chi	**9** **8:00am-Bull Durham Casino** 10:00am-Yoga 1:00pm—Texas Hold-em 6:30pm-Bridge	**10** 11:00am-Fitness Class 12:30pm-Bridge	**11**
12	**13** 11:00am-Fitness Class 2:00pm-Tai Chi	**14** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00 Texas Hold-em-AC **2:00pm—Afternoon Movie** 6:30pm-Bridge	**15** 10:00am—Arts and Crafts with Donna 11:00am-Fitness Class **1:00pm-Birthday Party Bingo** 2:00pm-Tai Chi	**16** 10:00am-Yoga 6:30pm-Bridge **11;00am—1:00pm Christmas Lunch** 1:00pm-Texas Hold'em Tourna-ment	**17** 11:00am-Fitness Class 12:30pm-Bridge **1:00pm-Bingo** **1:00pm—Ugly Sweater Social**	**18**
19	**20** 11:00am-Fitness Class 2:00pm-Tai Chi **6:00pm—Alzheimer's Support Group**	**21** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00 Texas Hold-em 6:30pm-Bridge	**22** 11:00am-Fitness Class 2:00pm-Tai Chi	**23** 10:00am-Yoga **1:00pm—Brain Stimulators** 1:00pm—Texas Hold-em 6:30pm-Bridge	**24** **Senior Center Closed**	**25**
26	**27** 11:00am-Fitness Class 2:00pm-Tai Chi	**28** 10:00am-Yoga 11:00am—Ear Acupuncture 1:00 Texas Hold-em **2:00pm—Afternoon Movie** 6:30pm-Bridge	**29** 11:00am-Fitness Class 2:00pm-Tai Chi	**30** 10:00am-Yoga **1:00pm—Brain Stimulators** 1:00pm—Texas Hold-em 6:30pm-Bridge	**31** **Center Closing 1/2 day**	

Arts and Crafts with Donna

October 6

Rose Necklace and Earrings $8 material fee

Roses are made out of parliament clay. Then we put on jewelry findings to make a beautiful necklace and earring set.

October 27

Ice Cream Cone Necklace and Earrings $8 material fee

Ice cream cone pendants are made out of parliament clay. Then we put on jewelry findings to make a beautiful necklace and earring set.

November 3

Vase and Flowers out of Music Sheets $2 material fee

With this craft, we will use recycled items and napkins with decoupage to create a vase and then use music sheets to make some flowers to showcase our new vase.

November 17

Harvest Pumpkin Door Welcome Hanger $8 material fee

A harvest pumpkin door hanger with leaves, flowers and pine cones to make a beautiful door hanger

December 1

Acrylic Painting $3 material fee

A 5x6 inch canvas will be provided along with the supplies needed to make your painting of either flowers or a butterfly. You can choose to bring an additional larger canvas at your own expense if you wish (you can find larger canvases at the Dollar Tree).

December 15

Picture Frame $5 material fee

Picture frames with a heart for a photo, paint the wooded frame and decorate. This would make a great Christmas present !!

Classes start at 10:00am and end at 10:55am

Interested in the Senior Center hosting a class or training? Give us a call and let us know about it!!!

DIAMOND DOT PAINTING!!!

Lets make **ornaments** with this fun process

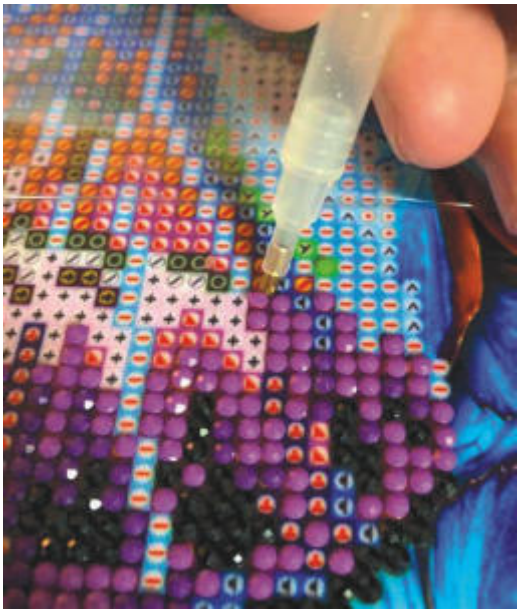
November 10th

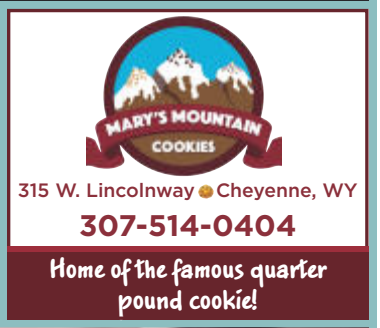
10:00-11:00am

December 8th

10:00-11:00am

Cost $2.00— Please RSVP 635-2435





CAREGIVER PROGRAM

Note from Michele

SUPPORT GROUP:
OCTOBER– No Support Group

NOVEMBER 10th 1:00pm—Enjoy Light Refreshments while visiting with other Caregivers in our "Let's Talk " Meeting.

DECEMBER– No Support Group

LOAN CLOSET; TRAINING MATERIALS; INFORMATION & REFERRALS

Are you looking for assistance in caring for a relative, loved one or friend? The Caregiver Program may be able to help with in-home assistance, assistive devices, medical equipment, training materials, information, support and referrals. Give us a call at (307) 635-2435 ext. 16 or 17.

Senior Companion Program

Senior Companion Volunteers can visit homebound, frail elderly or lonely people. They can take people to buy groceries, pick up prescriptions or go to Dr. visits and the service is free of charge. The Senior Companion Program is looking for men and women over 55 to volunteer. You can earn a non-taxable stipend and mileage reimbursement of about $350.00 a month. Call Nita to apply 634-1010.

Let's Do Some Brain Teasers Trivia

Brain Stimulators

Thursdays @ 1:00pm

October 7th
October 28th

November 4th

December 2nd
December 23rd
December 30th

As we grow older, our bodies rely upon exercise to stay fit and strong. If we do not use our bodies, then we will lose the ability to physically function the way we desire. The mind is the same way. Seniors must exercise their minds through mental stimulation to ensure they remain sharp and maintain their cognitive skills.

Cheyenne Housing Authority
www.cheyennehousing.org

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Greg Hancock

Board of Directors

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Vice Chairman:	Brittany Winges
Secretary/Treasurer:	Lori Schoene
Members:	Kristen Lee
	Stephanie McMakin

CHA Board Meetings are held the 3rd Thursday of each month, 7:30am, 3304 Sheridan Street.

Laramie County Senior Services Advisory Council

President:	Jackie Fulkrod
Vice President:	Pat Bates
Secretary:	Shannon Howshar
Treasurer:	currently vacant

Members:
- Robert Palmer
- Mary Fulkrod
- Barbara Harris
- Wendy Moore
- Jim Greer

Public Advisory Meetings are held the 2nd Tuesday of every month, 12:00pm. at Foxcrest Community Center 4125 Cox Ct.

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EQUAL HOUSING OPPORTUNITY

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