

**MOVIE  
NIGHT**

**START TIME  
5:30PM**

**FRIDAY  
July 15  
"Radio"**

**AND**

**FRIDAY  
August 26**

movie will be announced

**PIZZA, POP,  
AND POPCORN  
will be served**

**If there is a movie  
you would like to  
see please let us  
know!**

**Jill's CORNER**

I believe that summer may have finally arrived. Now we can begin to plan some outdoor fun.

If you have not joined us for our activities and trips you should come along next time. We have fun from the time we leave until we get back.

Looking ahead, we are planning a day trip to Ft. Laramie. We are also planning a trip to Cody and many people are requesting another trip to Deadwood. We will also have a picnic or two and a fun day at the park with a band, activities, and good food! Watch for details on upcoming events. If you have any suggestions on places you would like to go or things you would like to do please let us know.

August will be here before we know it and with August comes State Fair. We will be having our big fundraiser and we hope you can come and support us. The center will be closed on Monday, August 15. On Tuesday, August 16 - Saturday, August 20 we will not be open for the regular senior center lunch. Instead we will be serving Indian tacos, super burritos, and fry bread from 11:00 a.m. - 7:00 p.m. We will be closed again on Monday, August 22 to give the staff a chance to recuperate from the busy week. Any activities that are planned on Tuesday - Friday will still be scheduled if your group would like to come in. (cards, scrabble, exercise groups, etc.)

We are seeing bigger and bigger crowds for lunch. Bring a friend with you the next time you come. We appreciate all of the support you give the senior center. You make our center great!

Have a safe summer,

Ronni

# Douglas Senior Center

Board of Directors

Chairperson: Faye Perry

Vice Chairperson: Iris Keenan

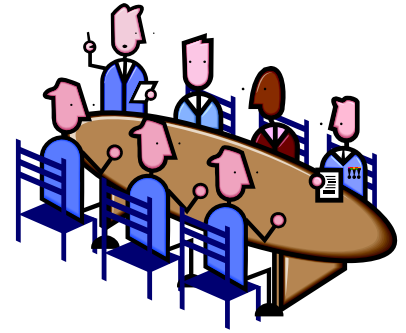
Secretary: Al Lesco

## Board Members

Larry Gubbels, Wayne Porter,  
Ron McNare, Helen Romero,  
Lucy Atkerson, Scott Cobb, & Ed Downs

## Director

Jill Kingston



## Now Accepting Applications For Affordable One Bedroom Apartments



Riverside Plaza I  
315 West Grant Street  
Douglas, WY 82633  
(307) 358-2550 TTY/DD#711



Riverside Plaza II  
405 West Grant Street  
Douglas, WY 82633  
(307) 358-4926 TTY/DD#711

Provides Affordable Housing For  
Seniors 62 Years or Older and the Disabled

Office Hours Monday - Friday  
8:00 am - 4:00pm

Rent is based upon 30% of your income  
Laundry Facilities  
Secured Entry  
Enclosed Walkway to the  
Senior Center

Service Coordinator to assist with benefits/services

PLEASE CALL TO MAKE AN APPOINTMENT  
YOUR BUSINESS IS VERY IMPORTANT TO US



DOUGLAS SENIOR CITIZENS CENTER

340 1st STREET WEST P.O. BOX 192

DOUGLAS, WY 82633

307-358-4348 (PHONE) 307-358-3399 (FAX)

E-MAIL: [dscadmin@qwestoffice.net](mailto:dscadmin@qwestoffice.net)

WEB SITE: [www.DouglasSeniors.com](http://www.DouglasSeniors.com)

HOURS: 8:00 a.m. - 4:30 p.m. Monday - Friday



Meals Served at Noon  
Home Delivered Meals  
Available

Building Rental Available  
For Special Events  
Call the Center to Make Arrangements

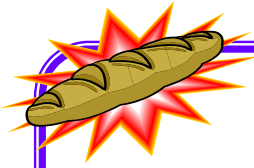
Phone 358-4348 for  
information on any of  
our programs.

Jill Kingston,  
Director

Phone  
358-4348



# SAVE THE DATE!



## COMMODITIES

Thursday, July 28

Thursday, August 25

9:00 a.m. - 1:00 p.m.

Closed 11:45 a.m. - 12:30 p.m. for lunch



### Shatto's School of Dance

Friday, July 22 and Friday, August 26  
11:30 a.m.

Come early for lunch and enjoy a dance performance by 2 year olds - middle school students.

The Senior Center will be closed on the following dates...

Independence Day, 7/4

State Fair 8/15 & 8/22

Labor Day, 9/5

## Tax Refund For the Elderly & Disabled

All paperwork should be completed by August 31.  
You may get paperwork at the Senior Center and fill it out yourself or assistance is available if you prefer.

Guidelines are printed on the following page.

It does not make a difference if you do the paperwork today or August 31, all refunds are sent out at the same time.

Sherards Hearing Aid Center  
will be at the  
Douglas Senior Center  
July 11 and August 8  
(subject to change)  
11 a.m. - 1 p.m.

Indian Tacos & Burritos  
August 16 - 20  
11 a.m. - 7 p.m.

Regular senior center lunch will not be served on these days. We will offer a bus to Glenrock. Please call [358-3112](tel:358-3112) for information.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Registered Dietician Approved</b>  <b>Low Fat, Low Salt</b>		<b>1</b> <b>Oven Baked Fish</b> <b>Herbed Broccoli</b> <b>Parsley Potatoes</b> <b>Coleslaw</b> <b>Strawberry Shortcake</b>
<b>4 Center Closed</b>    <b>Independence Day</b>	<b>5</b> <b>Hamburger on a Bun</b> <b>Potato Salad</b> <b>Baked Beans</b> <b>Tossed Salad</b> <b>Watermelon</b>	<b>6</b> <b>BBQ Chicken Thighs</b> <b>Cabbage Au gratin</b> <b>Oven Browned Potatoes</b> <b>Carrot Salad</b> <b>Apricot Crisp</b>	<b>7</b> <b>Lasagna</b> <b>Green Beans</b> <b>Garlic Bread</b> <b>Salad</b> <b>Pears</b>	<b>8</b> <b>Chicken Nuggets</b> <b>French Fries</b> <b>Peas</b> <b>Cucumber and Tomato Salad</b> <b>Roll</b> <b>Mixed Fruit</b>
<b>11</b> <b>Oven Fried Chicken</b> <b>Scalloped Potatoes</b> <b>Mixed Vegetables</b> <b>Salad</b> <b>Roll</b> <b>Mandarin Oranges</b>	<b>12</b> <b>Swiss Steak with Tomato Gravy</b> <b>Mashed Potatoes</b> <b>California Blend Veggies</b> <b>Salad</b> <b>Roll</b> <b>Applesauce</b>	<b>13</b> <b>Chicken &amp; Dumplings</b> <b>Herbed Broccoli</b> <b>Salad</b> <b>Blueberry Muffin</b> <b>Pears &amp; Cottage Cheese</b>	<b>14</b> <b>Spaghetti w/Meat Sauce</b> <b>Italian Blend Vegetables</b> <b>Garlic Bread</b> <b>Salad</b> <b>Fruit &amp; Marshmallow Cup</b>	<b>15</b> <b>Roast Pork</b> <b>Mashed Potatoes &amp; Country Gravy</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Salad</b> <b>Fruited Jell-O</b>
<b>18</b> <b>Pepper Steak</b> <b>Mashed Potatoes</b> <b>Peas &amp; Carrots</b> <b>Roll</b> <b>Cucumber &amp; Tomato Salad</b> <b>Apple Pie</b>	<b>19</b> <b>Baked Ham</b> <b>Scalloped Potatoes</b> <b>Green Beans</b> <b>Roll</b> <b>Salad</b> <b>Mandarin Oranges</b>	<b>20</b> <b>Liver &amp; Onions or Hamburger Steak</b> <b>Parsley Potatoes</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Salad</b> <b>Cherry Crisp</b>	<b>21</b> <b>Roast Turkey</b> <b>Dressing</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Bread</b> <b>Tossed Salad</b> <b>Cranberry Jell-O</b> <b>Pumpkin Pie</b>	<b>22</b> <b>Oven Fried Chicken</b> <b>Rice Pilaf</b> <b>Mixed vegetables</b> <b>Salad</b> <b>Roll</b> <b>Fluffy Fruit Cup</b>
<b>25</b> <b>BBQ Ribs</b> <b>Rice Pilaf</b> <b>Herbed Green Beans</b> <b>Coleslaw</b> <b>Roll</b> <b>Fruited Jell-O</b>	<b>26</b> <b>Roast Beef</b> <b>Mashed Potatoes and Gravy</b> <b>Carrots</b> <b>Roll</b> <b>Salad</b> <b>Apple Crisp</b>	<b>27 *Birthday Lunch*</b> <b>Herb Baked Chicken</b> <b>Baked Potato</b> <b>Zucchini &amp; Carrots</b> <b>Salad</b> <b>Pineapple Upside Down Cake</b>	<b>28</b> <b>Beef Stroganoff over Noodles</b> <b>California Blend Veggies</b> <b>3 Bean Salad</b> <b>Garlic Bread</b> <b>Mixed Fruit</b>	<b>29</b> <b>Chicken Fried Steak</b> <b>Mashed Potatoes &amp; Country Gravy</b> <b>Corn</b> <b>Carrot Salad</b> <b>Roll</b> <b>Apricots</b>



❧Meal Menu Subject to Change Due to Availability ❧

**Call for Reservations 358-4348**

Congregate Meals Suggested Donation: 60+ \$3.00 Charge for Guests Under 60-\$6.50 Under 6-\$2.50

Meals Served at 12:00 p.m. Monday thru Friday

Home Delivered Meal Suggested Donation-\$3.25 Frozen Dinner Suggested Donation-1.50

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Douglas Senior Citizen's Center 340 1st Street West P.O. Box 192</p> <p>358-4348</p>		<p>1 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool</p>	<p>2</p>
<p>3 Pool- 5:45pm</p>	<p>4 Center Closed</p>  <p>Independence Day</p>	<p>5 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 1-Scrabble</p>	<p>6 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Slim N Trim Exercises 1-Pinochle 5:45-Pool 7- Jam Session</p>	<p>7 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge</p>	<p>8 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool</p>	<p>9</p>
<p>10 Pool- 5:45pm</p>	<p>11 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 12:45 - Grocery Bingo</p>	<p>12 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12 - Caregivers Support Group 1 -Scrabble</p>	<p>13 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Slim N Trim Exercises 1-Pinochle 5:45-Pool 7- Jam Session</p>	<p>14 Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge</p>	<p>15 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05-Slim N Trim Exercises 1-Scrabble 5:30-Movie Night 5:45-Pool</p>	<p>16</p>
<p>17 Pool- 5:45pm</p>	<p>18 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 12:45 - Grocery Bingo</p>	<p>19 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 1-Scrabble</p>	<p>20 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session</p>	<p>21 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge</p>	<p>22 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 11:30 Dance Performance 1-Scrabble 5:45-Pool</p>	<p>23</p>
<p>24 Pool- 5:45pm  Pool 5:45pm</p>	<p>25 Adult Day Care 8:00 am-4:00 pm 10-Low Impact Aerobics 11-BL Pressure 11:05-Slim N Trim Exercises 12:45-Grocery Bingo</p> <p>31</p>	<p>26 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 1-Scrabble</p>	<p>27 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session</p>	<p>28 Adult Day Care 8:00am-4:00pm 9-Wellness Breakfast 9-1 Commodities 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge</p>	<p>29 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool</p>	<p>30</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Lasagna Italian Vegetables Tossed Salad Melon Cup Garlic Bread	<b>2</b> BBQ Chicken Oven Brownd Potatoes Mixed Vegetables Tossed Salad Fruit & Marshmallow Cup Roll	<b>3</b> Meatloaf Mashed Potatoes Carrots Tossed Salad Fruited Jell-O Roll	<b>4</b> Roast Pork Scalloped Potatoes Green Beans Tossed Salad Fruit Cup Roll	<b>5</b> Swedish Meatballs over Noodles Broccoli Bean Salad Apricot Crisp
<b>8</b> Oven Fried Chicken Mashed Potatoes and Gravy Mixed Vegetables Peaches Roll	<b>9</b> Spaghetti with Meat Sauce Green Beans Tossed Salad Fluffy Fruit Cup Garlic Bread	<b>10</b> Salisbury Steak Parsley Potatoes Cabbage Au gratin Tossed Salad Pears Roll	<b>11</b> Roast Beef Mashed Potatoes & Gravy Baby Carrots Tossed Salad Applesauce	<b>12</b> Baked Fish Rice Pilaf Broccoli & Cauliflower Coleslaw Fruited Jell-O
<b>15</b> <b>Closed</b> For State Fair	<b>16</b> No Regular Senior Lunch Served "Indian Taco & Burrito Fundraiser" 11 a.m. - 7 p.m.	<b>17</b> No Regular Senior Lunch Served "Indian Taco & Burrito Fundraiser" 11 a.m. - 7 p.m.	<b>18</b> No Regular Senior Lunch Served "Indian Taco & Burrito Fundraiser" 11 a.m. - 7 p.m.	<b>19</b> No Regular Senior Lunch Served "Indian Taco & Burrito Fundraiser" 11 a.m. - 7 p.m.
<b>22</b> <b>Closed</b> For State Fair	<b>23</b> Chili Tossed Salad Cinnamon Roll Mixed Fruit	<b>24</b> Herb Baked Chicken Scalloped Potatoes Peas Tossed Salad Apricots Roll	<b>25</b> Swiss Steak with Tomato Gravy Mashed Potatoes Green Beans Tossed Salad Peach Crisp Roll	<b>26</b> BBQ Ribs Baked Potato Peas Coleslaw Strawberry Shortcake
<b>29</b> Chicken Salad Tomato Wedges Macaroni Salad Tossed Salad Mandarin Oranges	<b>30</b> Hamburger on a Bun Potato Salad Baked Beans Tossed Salad Watermelon	<b>31 *Birthday Lunch*</b> Baked Ham Scalloped Potatoes Lima Beans Tossed Salad Roll		<b>Registered Dietician            Approved</b>  <b>Low Fat, Low Salt</b>

☞ Meal Menu Subject to Change Due to Availability ☞

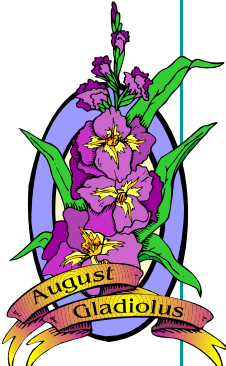
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Meals Served at 12:00 p.m. Monday thru Friday

Home Delivered Meal Suggested Donation-\$3.25 Frozen Dinner Suggested Donation-\$1.50

To Order or Cancel Meals on Wheels Please Call 358-3112.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b> Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05– Slim N Trim Exercises 12:45 - Grocery Bingo	<b>2</b> Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12-Caregivers Support Group 1 -Scrabble	<b>3</b> Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05 Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session	<b>4</b> CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	<b>5</b> Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure Ctr 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool	<b>6</b>
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<b>14</b> Pool- 5:45pm	<b>15</b> Center Closed For State Fair	<b>16</b> Adult Day Care 8:00am-4:00pm 11-1 Indian Taco Fundraiser 11-Strong Bones Exercise Class 1 -Scrabble	<b>17</b> Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-1 Indian Taco Fundraiser 11:05 Slim N Trim Exercises 1-Pinochle 5:45-Pool	<b>18</b> CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-1 Indian Taco Fundraiser 11-Strong Bones Exercise Class 1-Bridge	<b>19</b> Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-1 Indian Taco Fundraiser 11 BI Pressure Ctr 11:05-Slim N Trim Exercises 1-Scrabble 5:45-Pool	<b>20</b> 11-1 Indian Taco Fundraiser
<b>21</b> Pool- 5:45pm	<b>22</b> Center Closed For State Fair	<b>23</b> Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12-Caregivers Support Group 1-Scrabble	<b>24</b> Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session	<b>25</b> Adult Day Care 8:00am-4:00pm 9-Wellness Breakfast 9-1 Commodities 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	<b>26</b> Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure Ctr 11:05-Slim N Trim Exercises 11:30 Dance Performance 1-Scrabble 5:30-Movie Night 5:45-Pool	<b>27</b>
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# JULY & AUGUST

THE DOLLAR-A-MONTH CLUB IS MADE UP OF MEMBERS WHO DONATE ONE DOLLAR PER PERSON A MONTH TO THE DOUGLAS SENIOR CITIZENS INC. THE MONEY RECEIVED GOES TO SUPPORT THE VARIOUS PROGRAMS OFFERED BY THE SENIOR CENTER. YOU DO NOT HAVE TO BE A SENIOR CITIZEN TO JOIN. WE APPRECIATE YOUR DONATIONS.

Mary Arellano  
Phil Atkerson  
M/M Gerald Banks  
M/M Fred Bingemer  
Veronica Boespflug  
Gwen Boyer  
M/M Chester Brock  
Kay Burgener  
M/M Frank Burrell  
Pat Carolus  
Clair Cathcart  
Eva Coffee  
Faun Cole  
M/M Donald Corbett  
M/M Bud Corson  
M/M Enis Crofutt  
Bill DeRycke  
M/M John Dilts  
Frida Dixon  
Douglas Civic Club  
Miriam Fawcett  
Phyllis Freeman  
Dennis Gilman  
Shirley Goodrich  
Juanda Gropp  
M/M Duane Haefele  
Caroline Higgins  
Marjorie Hollon  
Flora Holm  
M/M Ray Hoopman  
Joyce Johnson  
Al Jonas  
Ruby Kant

Iris Keenan  
M/M Hale Kreycik  
M/M Bill Larsen  
M/M Hans Larsen  
M/M Al Lesco  
Billie Lindberg  
Wilda Macy  
Ruth Mahnke  
Vera Martin  
Jean McIntosh  
Sue McKee  
Viola Mecham  
Lenora Merchen  
M/M Bud Middleton  
M/M Howard Miessler  
M/M Jerry Miller  
M/M Pete Moore  
Marge Morris  
M/M Melvin Nelson  
Genevieve Ortega  
M/M Barry Park  
Faye Perry  
Sharon Peters  
Dorothy Petranovich  
M/M Dick Pexton  
M/M Larry Philbrick  
Doris Pittillo  
M/M Wayne Porter  
Leda Price  
Frank Prohaska

Nellie Ramsey  
Ranchero Lanes  
Robert Schwartzkopf  
Vaughn Rasch  
Ella Robinson  
Marguerite Rohlff  
M/M Fred Romero  
Addie Schultheis  
M/M Earl Shatto  
Betty Shelden  
M/M Joe Shinmori  
M/M Jack Showalter  
M/M Art Sims  
Billie Snell  
Jerry Steele  
M/M Charles Stock  
Helen Strange  
Dick Strock  
Dean Sturdivant  
Mary Sullivan  
Rose Taylor  
M/M Bud Turner  
Liz Uhler  
M/M Bill Vollman  
Don Wagoner  
Genevieve Wagoner  
Ray Warnock  
Bud Watson  
Walter Whitaker  
M/M Jimmie Whiting  
Nina Wiker  
Sharon Willford  
Barbara Wise

## DOLLAR OF THE MONTH CLUB

Yes, I would like to support the Douglas Senior Center programs by joining the Dollar of the Month Club.  
\$12 per year, per member/ \$24 per couple

Name \_\_\_\_\_

Address \_\_\_\_\_

I give my permission for the Douglas Senior Center to publish my name in their newsletter for as long as I donate.

Signature: \_\_\_\_\_

JULY & AUGUST

## Trivia About the Bald Eagle

1. Benjamin Franklin, John Adams, and Thomas Jefferson served on the committee that picked the eagle for the national seal. (Franklin wanted the turkey)
2. Bald eagles have few natural enemies and live only in North America.
3. Bald eagles get their white head and tail feathers at about 4 - 5 years of age.
4. Bald eagles are not, and never were bald. The term comes from when "bald" meant "white-headed".
5. The maximum speed of a bald eagle is 40 mph or over 100 mph while in a dive.
6. Bald eagles can lift roughly half their body weight.
7. The bald eagle is no longer considered endangered. They are now classified as threatened.

For those who have been lucky enough to grow up as kids...

We survived being born to mothers who took aspirin, ate blue cheese dressing and tuna from a can, and after this we were put to sleep on our tummies in cribs covered with bright, lead-base paint.

We had no childproof lids or locks on cabinets. We rode bicycles in caps and not helmets.

Riding in the back of a truck on a warm day was a special treat.

We drank water from a garden hose, not a bottle. We drank Kool-Aid made with real white sugar and we were not overweight. Why? Because we played outside!

We spent hours building go-carts out of scraps and rode them down the hill without breaks.

We did not have cell phones, video games, satellite or cable television, personal computers, internet, or chat rooms. We had friends!

We fell out of trees, broke bones, lost teeth, and there were no lawsuits because of the accidents.

We got spankings with wooden spoons, switches, ping pong paddles, belts, or a bare hand and no one called to report abuse.

We rode bikes or walked to a friends house.

Little League had tryouts and not everyone made the team. Those who didn't had to learn that life has disappointments.

We had freedom, failure, success, and responsibility. We learned how to deal with it all.

This is how we grew up before our lives became regulated for our own good. Kind of makes you want to run through the house with scissors, doesn't it?



### July

- George Baker
- Ellen Barker
- Jeanine Bennett
- Joy Brow
- Lib Brow
- Rose Corson
- Larry Crummer
- Emma Erickson
- Nick Koenigs
- John Love
- Stan Lundberg
- Carol Menter
- Richard Middleton
- Thomas Mills
- Bud Naughton
- Nina Naughton
- Eva Jane Northness
- Ella Robinson
- Sharon Sanderson
- Hazel Shaw
- Dean Sturdivant
- Rose Taylor
- Walt Whittaker
- Billie Whiting
- Violet Whitten
- Nancy Wintermote



### August

- Helen Anderson
- Barb Bingemer
- Russ Broderdorp
- Desanka Brown
- Richard Carbona
- Pat Carolus
- Freida Dixon
- William Ewel
- Shirley Haskins
- Sandy McWilliams
- Carol Morvee
- Barbara Penfield
- Sharon Peters
- Dorothy Petranovich
- Phyllis Price
- Shirley Reed
- Charles Reese
- Lawrence Rex
- Dorothy Ricker
- Georgia Riehle
- Laurel Robidoux
- Helen Romero
- Lucille Sturdivant
- Elizabeth Uhler
- Gayle Ulibarri
- Janet Unnerstall
- Linda Vangelli
- Ruth Warnock
- Bud Watson
- Nina Wiker

If you have a birthday in July or August and you are not on our list please let us know. We want to send you a birthday dinner invitation!

# THANKS FOR YOUR HELPING HANDS! VOLUNTEERS

## Seniors

LUCY ATKERSON  
DEE BOLLIN  
DeSANKA BROWN  
PAT CAROLUS  
CLAIR CATHCART  
FAUN COLE  
ANITA CORSON  
BARBARA CROFUTT  
BILL DeRYCKE  
ED DOWNES  
CHARLOTTE EDEN  
ELLA ELSTEN  
MIRIAM FAWCETT  
PHYLLIS FREEMAN  
LES GRANTHAM  
NADINE GRANTHAM  
GEORGIA GRAVES  
LARRY GUBBELS  
BETTY HOVDA  
JOYCE JOHNSON  
FERN LADWIG  
HAROLD LADWIG  
RUTH LANKER  
KATHIE LeBAR  
AL LESCO

## NON-SENIORS

Laura Borgardt  
Scott Cobb  
Justin Davis  
Iris Keenan  
Trina Krepcik  
Ron McNare  
Dee Reagan  
Jake Wagner



**VOLUNTEERS... YOU MUST  
FILL OUT THE VOLUNTEER  
SHEETS WITH YOUR HOURS  
AND TURN THEM IN MONTHLY  
FOR YOUR TIME TO BE  
COUNTED**

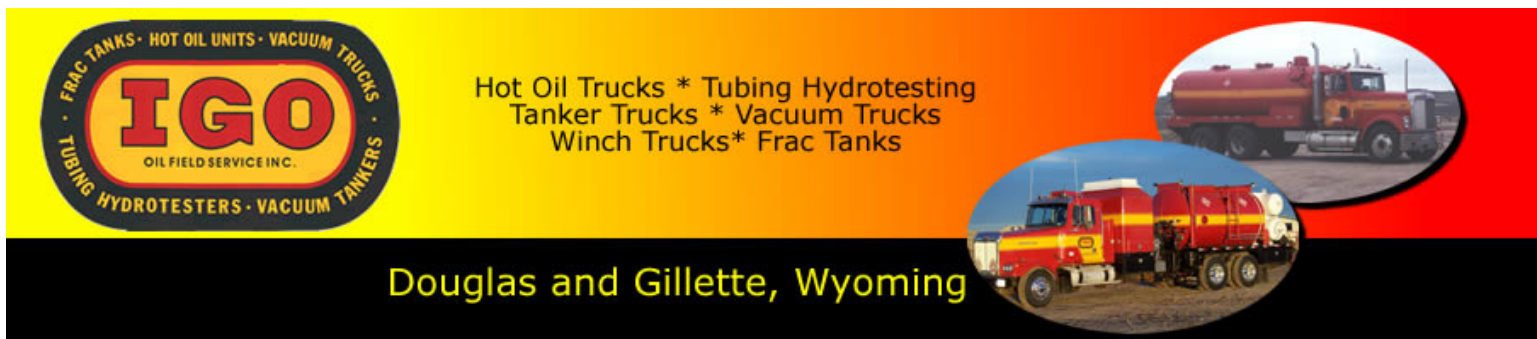
**WE LOVE OUR  
VOLUNTEERS  
THANK YOU FOR  
ALL YOU DO!!**



## Seniors

DARLENE LESCO  
JAMIE LICURSI  
BILLIE LINDBERG  
PAULINE LOGAR  
SANDY McWILLIAMS  
BONNIE MOORE  
MARGE MORRIS  
DONA PATTERSON  
FAYE PERRY  
SHARON PETERS  
DWAYNE PHILO  
MARGE PORTER  
WAYNE PORTER  
SIBYL PRAGER  
BETTY RAMER  
VAUGHN RASCH  
ALICE REED  
CHERI REESE  
LAUREL ROBIDOUX  
HELEN ROMERO  
FRED ROMERO  
FRANCES SAFFELS  
LES SHULER  
ANN VonSAVOYE  
DEAN STURDIVANT  
FRANK WESCOTT  
ED WRIGHT

**The Douglas Senior Center would like to thank Northwinds of Wyoming, Inc. and IGO Oil Field Service, Inc. for their generous donations. Their donations will help off-set the cost of publishing our Newsletter**



**Douglas 307-358-4905 / Gillette 307-682-3141**

## ***Welcome to Igo Oil Field Service, Inc.***

Igo Oil Field Service provides the oil and gas industry with excellent equipment and knowledgeable well trained employees. Igo is the most well rounded service company in the area. We supply pressure hot oil units, vac trucks, vac tankers, tubing hydrotesters, winch trucks, trailers, and frac tanks. Quality equipment and friendly operators are available 24 hours a day----365 days a year. Pride is taken in being early to the job site, doing things right, and completing the job in a safe and timely manner. In order to serve our customers in the most efficient way, Igo's equipment is up to date, reliable, and well maintained. We always strive to offer the best service available. A special emphasis is put on safety, hard work, good attitudes, and going above and beyond in everything we do. There is no job too big or small for us.



The Igo's have been servicing the oil industry since 1957 and bring many generations of experience and knowledge to our valued customers. Every effort is made to maintain a "family" type of atmosphere with employees as well as with our clientele. The current Igo's and their dedicated employees will continue to work hard at keeping up these family traditions. Fourth generation member of the Igo family currently operate the business and will continue to fuel America with pride, honesty and quality service. We look forward to serving you!

**If you are interested in advertising your business in the newsletter, contact the Senior Center 358-4348 for information on sizes and prices**

**In accordance with Federal Law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write:**

**USDA Director, Office of Civil Rights,  
Room 326-W Whitten Building, 1400 Independence Avenue SW, Washington, DC (202) 720-5964 (voice and TDD).  
USDA is an equal opportunity provider and employer.**

# Preventive Health Services

## Five Preventive Health Tips to Lower Your Health Bill

Here are some very basic principles on how to stay healthy by taking the cautious approach.

1. **Washing Your Hands:** Warm water and soap is all you need. Try and get under your fingernails and between your fingers. Many illnesses spread by respiratory droplets which means they sit on your hands until you touch your nose or mouth and start the process of developing the infection. Washing your hands often will prevent this process from occurring.
2. **Sneeze or Cough Into the Elbow:** Do not sneeze into your hands. Still wash your hands afterward.
3. **When to Stay Home:** If you have a fever, significant runny nose, cough, vomiting, or diarrhea you should stay home.
4. **Leave Your Face Alone:** Your eyes, nose, and mouth have lots of mucous membranes which is where the infectious organisms love to enter the body. If we keep our hands away from our face the chance of developing an infection is reduced.
5. **Stay Away From Sick People:** Easier said than done as you never know who is ill. If you have plans with a friend who is ill, just reschedule.

### STRONG BONES EXERCISE CLASS:

TUESDAY & THURSDAY 11:00 a.m. - 11:45 a.m.

SLIM N TRIM EXERCISES: MONDAY, WEDNESDAY, FRIDAY 11:05 a.m. - 11:35 a.m.

### BLOOD PRESSURE CLINIC:

DOUGLAS SENIOR CENTER MON/WED/FRI 11 - NOON

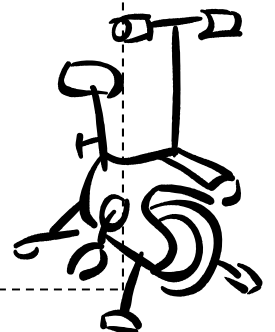
IRWIN TOWERS TUESDAY 10 - 10:30

WELLNESS BREAKFAST: JULY 28 & AUGUST 25 AT 9:00 A.M.

PLEASE SIGN UP AT THE SENIOR CENTER or CALL 358-4348

HOSTED BY: BERNIE DAVIS, LPN

FITNESS EQUIPMENT AT THE SENIOR CENTER 8 a.m. - 4 p.m. (check in at office)



**LIVE UNITED**



Thank you  
to the

Master Gardeners and  
“Fun in Your Own  
Backyard”

summer program for your  
hard work in making the  
senior center grounds more  
beautiful!

We appreciate all of you!

**The Douglas Senior Citizens  
Inc. wishes to thank the United  
Way of Converse County for  
the generous donations they  
make every year to our  
organization. We truly  
appreciate their continued  
support.**

**THANK YOU TO ALL WHO  
DONATED ITEMS IN MAY  
AND JUNE**

**Wilma Ballard  
Doris Boyson  
Kim Campbell  
Shirley Dutton  
Flora Holm  
Marie Jones  
Jamie Licursi  
Madeline Meehan  
Becky Moore  
Marie Ogg  
Ginny Ortega  
Don & Doulie Pfaff  
Faye Perry  
Laurel Robidoux  
Vaughn Rasch  
Addie Schultheis  
Art & Joy Sims  
Bobbie Spence  
Don & Genevieve Wagoner  
Thank You Very Much**

**Thank You  
to the  
Knisley Foundation  
for your  
contributions to the  
Douglas Senior  
Center!**

Thank you to the Senior Foundation  
for our beautiful sign!



## **CRISIS RESOURCE**

**Solutions for Life operates a 24/7 crisis call line. If needed, you can call 358-2846. During the normal work hours, 8am-7pm your call will be received by office staff.**

**After hours, weekends and holidays, your call will be received by the agency's answering service and the on-call therapist will be contacted. Your call will be returned immediately. If necessary the on-call therapist will respond to a specific location. Also the National Suicide Prevention Lifeline is 1-800-273 TALK (8255).**

**911 emergency call can also be contacted.**



**The Caregivers/Dementia Support Group  
is now meeting at  
The Douglas Senior Center  
340 1st Street West  
We meet on the 1st and 3rd Tuesdays  
of Every Month  
at 12:00 Noon**

**Community base In-Home Services (CBIHS)**

**\*In Home Care**

**help with cleaning, bathing, certified nursing assistant, lifeline**

**\*Adult Care Center**

**Monday - Friday 8:00 a.m. - 4:00 p.m.**

**Bernie Davis, LPN ACC Monday - Friday 8 a.m. - 4:30 p.m.**



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

America  
Blue  
Capital  
Eagle

Fireworks  
Flag  
Fourth  
July

Patriotic  
Red  
Stars  
Stripes

Summer  
Washington  
White

### Wyoming Facts

1. Wyoming was the first state to give women the right to vote.
2. Yellowstone was the first official National Park in 1872.
3. Devils Tower was the first National Monument in 1906.
  4. JC Penney stores were started in Kemmerer.
5. The horse on the Wyoming license plate has a name, "Old Steamboat". It is named after a bronc that could not be ridden back in the oughts or teens.
6. Wyoming has the lowest population of all 50 states.
7. In 1925 Nellie Tayloe Ross was elected governor of Wyoming, becoming the nation's first woman governor.

Rhubarb Bread

Batter:

- 1 1/2 cups brown sugar
- 2/3 cup liquid shortening
- 1 egg
- 1 cup buttermilk
- 1 tsp vanilla
- 1 tsp salt
- 2 1/2 cups flour
- 1 tsp baking soda
- 1 1/2 - 2 cups diced rhubarb
- 1/2 cup chopped nuts

Combine sugar and shortening. Beat well. Add egg and beat until fluffy. Stir in buttermilk and vanilla. Add dry ingredients, rhubarb, and nuts. Pour dough into two greased and floured loaf pans. Crumble topping below on top of batter.

Topping:

- 1/2 cup sugar
- 1/2 tsp cinnamon
- 1 Tbsp melted butter

Bake at 325° F for 40 - 55 minutes. Let cool in pans.

Recipe compliments of: Ruth Bartel, daughter of Delores Leinweber

Indian Taco and Burrito Fundraiser

Tuesday, August 16 - Saturday, August 20  
11 a.m. - 7 p.m.



- Indian Tacos \$6
- Super Burritos \$6
- Fry Bread \$2

Red or Green Chili and all the fixin's

Come support the senior center and enjoy a delicious meal too!

We will not be serving regular senior center lunch on these days. Scheduled activities will still be happening so come on over to play cards, scrabble, exercise, etc.



For beautiful eyes look for the  
good in others,  
For beautiful lips speak only  
words of kindness,  
And for poise, walk with the  
knowledge that you are  
never alone.

Douglas Transportation  
358-3112

**Casper Trips:**

\*First and Third Thursday of each month.

\*Schedule by 10:00 a.m. the day before the trip.

Please call **358-3112**

**Bus Fare:**

\* \$10.00 round trip from the Douglas Senior Center

\* \$11.00 round trip from your home

- ◆ Front door drop off and pick up at your favorite spots.
- ◆ Let us carry your packages.
- ◆ You don't have to worry about traffic or parking.
- ◆ A different eating location each trip.

Ride along for doctor appointments, shopping, visit friends, or anything else you may have in mind. Treat yourself to a day out!

# DOUGLAS PUBLIC TRANSPORTATION

**Douglas on the Go**

**DoGo**

**Located at the Douglas Senior Center**

**340 1st St. West**

**358-3112 to schedule appointments**

*Operating Hours  
7:30 a.m.—5:00 p.m.  
Monday—Friday  
Appointments begin at  
8:30 a.m.  
Curb to Curb Service  
With a Smile!*

**Scheduling Procedure:** Schedule a day in advance by calling **358-3112**

**Phone lines are open 7:30 a.m.—3:30 p.m.**

Phone lines for return trips are open until 4:20 p.m.

Cancellations must be made at least 45 minutes  
before pick-up time

**Pick-up Procedure:**

The bus may arrive **15 minutes** before or after your scheduled  
time and still be considered prompt. Bus wait time is  
**3 minutes**. If you are not ready when the bus arrives  
you will have to reschedule your appointment.

**\$Bus Fare\$**

**Payment due at boarding. Please have correct fare... no  
change is given.**

**Within Douglas city limits:** \$1 one way, \$2 round trip  
each additional stop \$1

**Outside Douglas city limits:** \$3 under 5 miles round trip  
\$5 for 5–10 miles round trip

**Monthly Passes:** Individual \$35  
Family \$50

Unlimited rides within the city limits... not good for special  
events outside of regular operating hours.

**Tickets:** \$20 good for 20 one way trips or 10 round trips

**No Shows** are charged \$1... Including those who have passes

- ⇒ BUSES ARE HANDICAPPED ACCESSIBLE WITH LIFTS,  
SERVICE ANIMALS WELCOME
- ⇒ PACKAGES LIMITED TO 14 ITEMS, NO LARGE OR HEAVY ITEMS
- ⇒ PARENTS MUST PROVIDE AGE APPROPRIATE CAR SEATS
- ⇒ SAME DAY SCHEDULING FOR LUNCH AT THE CENTER IS ALLOWED  
UNTIL 10:00 AM... LUNCH PICKUP BEGINS AT 10:15 AM
- ⇒ HAVE SIDEWALKS/DRIVEWAYS CLEARED IN ICY OR SNOWY WEATHER,  
WE WILL NOT TRANSPORT IF SAFETY IS AN ISSUE
- ⇒ RIDES ARE SCHEDULED DEPENDING ON DRIVER AND BUS  
AVAILABILITY AND SCHEDULE OPENINGS

# INFORMATION... YOU MAY FIND HELPFUL

## Lunch For \$1 For Seniors



Every Monday through  
September 2011

Great food, friendly faces, and all  
for just one dollar...

### New Driver's License ID Rules

New identification requirements start June 1 for people getting or renewing their driver's license in Wyoming. Anyone renewing or applying for a driver's license will need to have an acceptable form of identification.

Such forms of ID include a certified birth certificate, valid U.S. passport, consular report of birth abroad, certificate of citizenship, or certificate of naturalization.

People born in Wyoming can get a certified copy of their birth certificate from the Wyoming Department of Health for \$13.

Applicants are also required to verify their Social Security number and provide at least two documents to verify legal residence in Wyoming.

## Lower Meal Prices

Our meal tickets are now a suggested donation of \$23 for 10 meals.

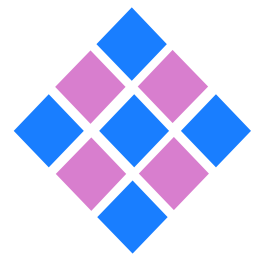
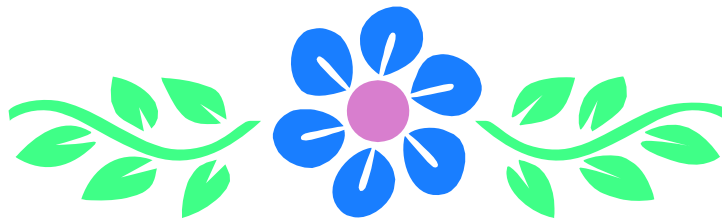
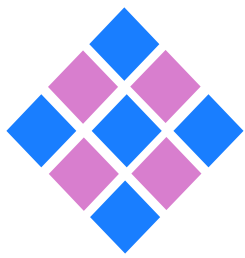
That is only \$2.30 for each meal!

Meals with no lunch ticket are now a suggested donation of \$3 and home delivered meals are now a \$3.25 suggested donation.

Non-senior guests of seniors (ages 6 - 59) are \$6.50

Come join us for lunch. We would love to share a meal with you!





In Loving Memory of



Betty Smith  
Mother of Kathie LeBar  
Mother-in-Law of Karen Smith



Clarence Ramseier  
Father of Tom Schirmer



Thelma Kay "Lu" Andrews  
Mother of Jill Kingston

**"When Tomorrow Starts Without Me"**

When tomorrow starts without me,  
and I'm not there to see;  
If the sun should rise and find your eyes,  
all filled with tears for me;  
I wish so much you wouldn't cry,  
the way you did today,  
while thinking of the many things,  
we didn't get to say.

I know how much you love me,  
as much as I love you,  
and each time that you think of me,  
I know you'll miss me too;  
But when tomorrow starts without me,  
please try to understand,  
that an angel came and called my name,  
and took me by the hand,  
and said my place was ready,  
in Heaven far above,  
and that I'd have to leave behind,  
all those I dearly love.

So when tomorrow starts without me,  
don't think we're far apart,  
for every time you think of me,  
I'm right here, in your heart.

