



**Laramie County
Senior Services**

Our organization operates two Title III Programs under the Wyoming Department of Health, Aging Division

- IIIC1 – Nutrition
- IIIB – Social Services



Nutrition



Social Services



WHAT DO WE OFFER?

MOST COMMON QUESTION:

- Fitness
 - Yoga
 - Tai-Chi
 - Zumba
 - Outings
 - Afternoon Movies
 - Informational Presentations
 - Dementia Support Group
 - Bridge
 - Bingo
 - Bunco
 - Art Classes
 - Cribbage
 - Crochet
 - Dominoes
 - Mahjong
 - Meditation
 - Monthly Socials
 - Poker
 - Pool Tables
- We have a SHIP (State Health Insurance Program) Counselor on staff to help with Medicare – all year round

Coming Soon:
More exercise classes
(offered in the afternoon)

More movie in our theatre
room

More Games!

Medical Loan Closet

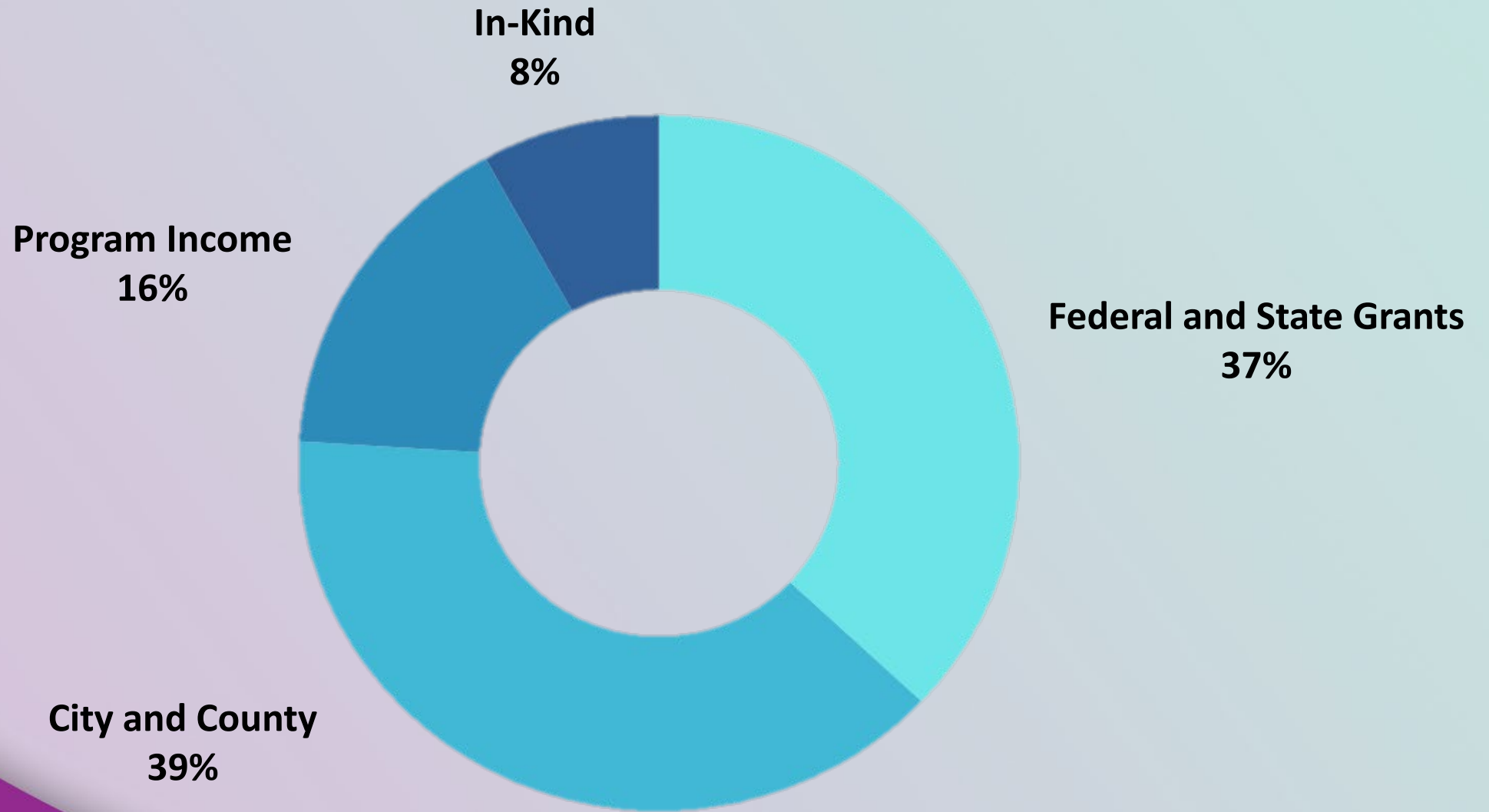
Wheelchairs, transport, Wheelchairs, Walkers, Toilet risers



Shower Chairs AND Incontinence Supplies



Funding



Laramie County
Senior Services

Upcoming Events



MONDAY, SEPTEMBER 22, 2025

Governor Gordon to proclaim the month of September 2025 to be Senior Center Month

Proclamation to take place at 2:00pm in the
Governor's Ceremonial Conference Room.

If you would like to attend - please arrive by
1:45pm

Any questions, please reach out to Erin LeBlanc
307-635-2435



2025 AGE WELL CONFERENCE

TUESDAY, SEPTEMBER 23, 2025

BREAKOUT SESSIONS:

FROM OVERWHELMED TO ORGANIZED:
A Step-by-Step Guide to Downsizing

OLDER ADULTS in the workplace

VETERANS BENEFITS - Are you Getting
Everything You Are Entitled To

AGEISM - WHAT IS IT

**BEREAVEMENT: Coping With the Loss of a
Parent, Friend, Child, Spouse**



**FREE EVENT FOR SENIORS,
BABY BOOMERS,
ADVOCATES AND
PROFESSIONALS TO LEARN,
SHARE AND DISCUSS THE
LATEST ON AGING ISSUES,
RESEARCH AND
INNOVATION.**

**REGISTRATION STARTS AT
8:30AM FIRST BREAK-OUT
SESSION STARTS AT 9:30AM**

CONFERENCE IS FREE

**SEVERAL LUNCH OPTIONS
WILL BE AVAILABLE FOR
PURCHASE**

**LOCATION OF CONFERENCE:
LCCC PATHFINDER BUILDING
1400 E. COLLEGE DRIVE**

Laramie County Senior Services/Laramie
County Senior Activity Center

Monthly Business Lunch

Thursday, October 9th
(2nd Thursday of each month)
11:00am - 1:00pm

**DEEP FRIED TACO
RICE & BEANS
CHURRO
BOTTLED WATER**

\$12.00

Free delivery for 4+ orders
Call to place your order: 635-2435

Deliveries made between 10:30am - 12:30pm

More of what is happening at the Laramie County Senior Activity Center!



OUR TEAM !!!

