

# Thank You

## Appreciation donations:

Miriam & Isaac Soto

Marko Begovich

## In Memory of:

### Kaylou Lightner

Diane & Dave Divis

### Jim Van Gilder

Jeanine & William Cox

Linda Unger

### Anitra Kruljac

Jeanine & William Cox

### Bill Domson Jr.

Ray & Mary Hardy

### Carl Pearson

Rudy & Susan Magagna

Linda Unger

Ken Pirnar

Ginny Mantos

John & Von Profaizer

## General Donations:

Eva Phillips

Scott & Rebecca Nelson

John Nelson

John & Mary Lou Jessen

Rotary Club of Rock Springs

Sandi Pearson

Kathy Vasa

## In Honor of Alma O'Hare's 90th Birthday

John & Mary Lou Jessen

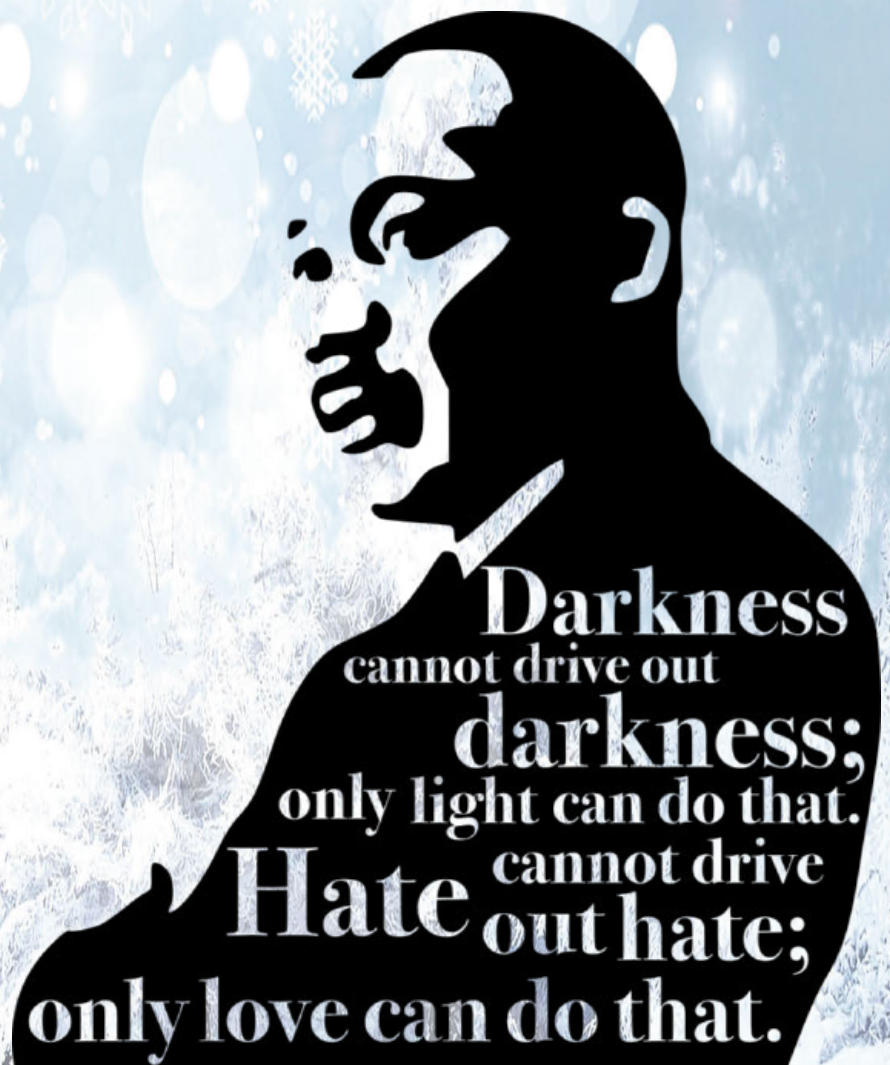
# Young At Heart

2400 Reagan Avenue- Rock Springs- 307-352-6737

[www.youngatheartcenter.org](http://www.youngatheartcenter.org)

[www.facebook.com/youngatheartcommunitycenter](https://www.facebook.com/youngatheartcommunitycenter)

Hours 8:00 to 3:00 Monday - Friday



\*\*\*We do our best to ensure accurate information on every edition of this newsletter. Be aware activities & events are subject to change without notice.\*\*\*



<p>3</p> <p><b>CLOSED</b></p>	<p>4</p> <p>8:00 AM Pool 10:00 AM TOPS 12:30 PM Cards 1:00 PM Stretch &amp; Move</p>	<p>5</p> <p>8:00 AM Pool 9-11:30 PM Craft Class 12:00 Duplicate Bridge 12:30 PM Painting 1:00 PM Mexican Train</p>	<p>6</p> <p>8:00 AM Pool 9:00 AM Quilting 12:30 PM Pinochle 1:00 PM Stretch &amp; Move</p>	<p>7</p> <p>8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand &amp; Foot 12:30 PM Cards</p>
<p>10</p> <p>8:00 AM Pool 9:00 AM Painting</p>	<p>11</p> <p>8:00 AM Pool 10:00 AM TOPS 12:30 PM Cards 1:00 PM Stretch &amp; Move</p>	<p>12</p> <p>8:00 AM Pool 9-11:30 PM Craft Class 12:00 Duplicate Bridge 12:30 PM Painting 1:00 PM Mexican Train</p>	<p>13</p> <p>8:00 AM Pool 9:00 AM Quilting 12:30 PM Pinochle 1:00 PM Stretch &amp; Move</p>	<p>14</p> <p>8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand &amp; Foot 12:30 PM Cards</p>
<p>17</p> <p><b>CLOSED</b></p> <p><i>MLK Day</i></p>	<p>18</p> <p>8:00 AM Pool 10:00 AM TOPS 12:30 PM Cards 1:00 PM Stretch &amp; Move</p>	<p>19</p> <p>8:00 AM Pool 9-11:30 PM Craft Class 12:00 Duplicate Bridge 12:30 PM Painting 1:00 PM Mexican Train</p>	<p>20</p> <p>8:00 AM Pool 9:00 AM Quilting 12:30 PM Pinochle 1:00 PM Stretch &amp; Move</p>	<p>21</p> <p>8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand &amp; Foot 12:30 PM Cards</p>
<p>24</p> <p>8:00 AM Pool 9:00 AM Painting</p>	<p>25</p> <p>8:00 AM Pool 10:00 AM TOPS 12:30 PM Cards 1:00 PM Stretch &amp; Move</p>	<p>26</p> <p>8:00 AM Pool 9-11:30 PM Craft Class 12:00 Duplicate Bridge 12:30 PM Painting 1:00 PM Mexican Train</p>	<p>27</p> <p>8:00 AM Pool 9:00 AM Quilting 12:30 PM Pinochle 1:00 PM Stretch &amp; Move</p>	<p>28</p> <p>8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand &amp; Foot 12:30 PM Cards</p>
<p>31</p> <p>8:00 AM Pool 9:00 AM Painting</p>				



January 11th, 2021

**DOORS OPEN @ 5:00 PM**

**BINGO STARTS @ 5:30 PM**

**15 GAMES**

**\$100 BLACKOUT!**

## COMMUNITY BREAKFAST

Friday January 7th 8:00 am- 1:00 pm



Scrambled Ham & Egg

Grilled Hash Browns



\$6.00 for adults 59 and younger

\$4.00 for adults 60 and over\*

\$2.00 for children

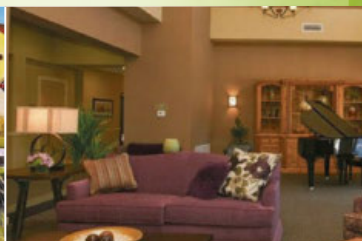
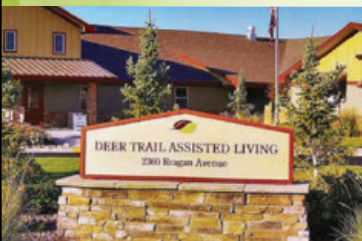
\* With completed AGNES form.

2400 Reagan Avenue

307-352-6737



**DEER TRAIL**  
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Rehabilitation Therapy • Post Acure Care • Memory Care



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- Grief & Bereavement Support

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Young At Heart Senior Center, Rock Springs, WY

A 4C 05-1096

<p>3</p> <p><b>CLOSED</b></p>	<p>4</p> <p>Spring Salad Almond Crusted Fish Baked Sweet Potatoes Seasoned Zucchini Homemade Corn Bread Apple Spread Fast Fruit Salad</p>	<p>5</p> <p>Lettuce Salad Beef Stroganoff over Pasta Noodles Herbed Broccoli Cindy's Rolls Fluffy Fruit Cup</p>	<p>6</p> <p>Mixed Relish Tray Chicken with BBQ Sauce Potato Salad Peas Applesauce or Apple Slices</p>	<p>7 <b>COMMUNITY BREAKFAST</b> V-8 Juice Scrambled Egg Biscuit &amp; Gravy Orange Sauced Peaches &amp; Granola</p>
<p>10</p> <p>The Everything Salad Tuna Salad Sandwich Orange Sauced Peaches Sugar Wafer Cookies</p>	<p>11</p> <p>Tossed Green Salad Lasagna Italian Vegetables French Bread Melon Cup</p>	<p>12</p> <p>Vegetable Tossed Salad Chicken Nuggets Baked Hash Browns Zucchini Carrots &amp; Basil Fruit Sundae, Blueberry</p>	<p>13</p> <p>Spinach Mushroom Salad Sweet and Sour Pork Steamed Rice Peas &amp; Carrots Egg Roll Sliced Bananas</p>	<p>14</p> <p>Lettuce &amp; Tomato Salad Chicken Fried Steak Cream Style Gravy Whipped Garlic Potatoes Roasted Italian Vegetables <b>CAKE &amp; ICE-CREAM PROVIDED BY DEER TRAIL ASSISTED LIVING</b></p>
<p>17</p> <p><b>CLOSED</b> MLK Day</p>	<p>18</p> <p>Cream of Potato Soup Tuna Salad Wrap Shredded Lettuce Tomato Hard Boiled Egg Apple Slices</p>	<p>19</p> <p>Spring Salad Hot Turkey Sandwich With Gravy Mashed Potatoes Spinach Pineapple Upside-down Cake</p>	<p>20</p> <p>Tossed Green Salad BBQ Pork Boston Baked Beans/ Bacon Peas &amp; Carrots Applesauce</p>	<p>21</p> <p>Garden Vegetable Salad Stuffed Green Pepper Tomato Gravy Baked Potato, Sour Cream Fruit Crisp</p>
<p>24</p> <p>Vegetable Soup Beef Wrap w/ Spinach Tomato &amp; Cucumber Salad Orange Wedges Sugar Wafers</p>	<p>25</p> <p>Ham &amp; Beans Cut Broccoli Parslied Carrots Orange Juice Cornbread</p>	<p>26</p> <p>Chicken Cordon Bleu Rice Pilaf Italian Vegetables Apple Crisp &amp; Ice Cream</p>	<p>27</p> <p>Carrot Celery &amp; Cucumber Salad Rancher's Meat Loaf Mashed Sweet Potatoes Asparagus Wheat Drop Biscuits Chilled Pears</p>	<p>28</p> <p>Tortilla Soup Chicken Enchiladas Salsa Garden Vegetable Salad Refried Beans Sliced Melon</p>
<p>31</p> <p>Tomato Soup Grilled Cheese WW Bread Deli Salad Melon Cup Ice Cream Sundae</p>				

# Potluck

Everyone Brings Something to the Table.

*We hope you can join us!*

**DATE:** Monday, January 10th

**TIME:** 5:30 P.M.

**LOCATION:** Young at Heart  
2400 Reagan Avenue

**INSTRUCTIONS:** Bring your favorite dish!



# Happy Birthday to You

## January Babies

Come and enjoy lunch on us!

January 14th, 2021

Lunch Served at 11:30 am.

Birthday Cake provided by:

Deer Trail Assisted Living



**WHITE MOUNTAIN LUMBER & RENTAL**

Stop in to get ready for *Winter!*

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Finding the resources you need can be challenging.

Wyoming

**2-1-1**

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DIAL 2-1-1  
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## WE'RE HIRING

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- Some Travel
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- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## EARN WHILE THEY LEARN!

FOSTER GRANDPARENTS OF THE WYOMING ROCKIES IS LOOKING FOR PEOPLE 55 AND BETTER WHO WANT TO MAKE A DIFFERENCE IN THE LIFE OF A CHILD.

If you are 55+ with a limited income contact us to see how you can earn a tax-free stipend and other benefits while working with children in your community!



### CALL 307-223-1051



# Supporting our community



## How it works

- PURCHASE A BALL AND PICK AN AVAILABLE NUMBER 1-200,
- BALLS ARE \$50.00 EACH.

First Place Prize  
**\$ 2,500.00**

Second Place Prize  
**\$ 1,500.00**

Third Place Prize  
**\$ 1,000.00**

Drawing date **FEBRUARY 11TH 2022**

- You do not have to be present to win, unlimited amount of ball purchases.
- Participants must be 18+ to play.

THE FUNDS RAISED WILL HELP PAY FOR THE ADA HANDICAP DOORS FOR THE RESTROOMS



200 Club



## Suggested Donation Rate Increase

Due to an increase in the cost of congregative meals, our prices have unfortunately increased as well.

Did you know the average cost for us to provide a meal is **\$13.77**? With our grants we are reimbursed at a rate of \$3.91 a meal. With a requested donation of \$4.00 per meal we lose \$5.86 per meal that we serve. Just as you have seen the cost of food increase at the local grocery stores, we have experienced the same at the center. As of January 1, 2022 the requested donation will increase to **\$5.00 per meal** to help us cover the increasing costs.



YOU'RE INVITED TO YOUNG AT HEART'S SWEETHEARTS  
**DANCE**

February  
11th

YOUNG AT HEART  
2400 REAGAN AVENUE, ROCK SPRINGS

Doors open  
at 5:30 pm

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





2400 Reagan Avenue  
Rock Springs, WY 82901

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Organization  
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## Young at Heart Staff

**Executive Director - Rachelle Morris**  
**Early Learning Center Director - Brianna Romero**  
**Home Health Director- Billie Seneshale**  
**Receptionist - Louise Webb**  
**Center Bookkeeper - Misty Wilson**  
**Activities Coordinator - Jamie Loreda**  
**Kitchen Manager / Home Delivered Meals -  
Daphne Palmer**  
**In Home Services Supervisor -Emmy Nielsen**  
**In Home Services Bookkeeper- Cindy Stensgard**  
**Access Care Coordinator-Jenica Slaugh**  
**Secretary - Jamie Loreda**  
**Outreach Coordinators-  
Misty Wilson & Jamie Loreda**



## Our Board of Directors

**Diana Jessop**  
**Suzette Williams**  
**Jim Rafferty**  
**Kent Porenta**  
**Doc Wendling- County Liaison**  
**Richard Vandersloot**  
**Dixie Arnett**  
**Kathy Gilbert**  
**Mary Philann Lux**  
**Kevin Maloney**  
**Sue Riggs**  
**Wanda Bobo-Ferber**