

Thank You

Appreciation Donations:

Carmen Trujillo
Jim Wooden
Rose & Rubel Muniz
Johanna Karstoft
Joanie Jereb
Rick & Joyce
Vandersloot
Cliff & Beverly
Boevers
Roberta Cordova
Harold Chase
Maria Debortoli
Terry & Irene Knudsen
Charles Winter
Bruce Thomson
Alma O'Hare
Doris & Leonard
Wegner
Ruth & Jerry Howe
Mary Ruth Jereb
Larry & Joan Domson
Ray & Mary Hardy
Spiro & Katherine
Varras
Steve & Dorothy
Logan
Ruth Boudreault
John & Viki Aaron
Helene Ghormley
Tom & Linda
Kottenstette
Raymond Wissel
Henry Brown
Robin Rynio
Mary Leisch
Ginger Bate
John Gatti
Kathleen Tucker
Sharon Mattinson
Emilia Henderson
Randy & Misty Hanson

General Donations:

Carrie Guse
Stefanie Bolles
Mr & Mrs Kevin Kolar

Home Delivered Meals:

In Memory of:

Kaylou Lightner

Alma O'Hare

Carl Pearson

Alma O'Hare

Jack Jereb

Richard & Ruth Kriest

Everett Johnson

Sharon Mattinson

Margaret & Donald
Kinder

Jackie Menghini

Richard & Rose
Bergandi

Young at heart

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

www.youngatheartcenter.org

www.facebook.com/youngatheartcommunitycenter

Hours 8:00 to 3:00 Monday - Friday



A big thanks to the TOPS club
of Rock Springs for their
donation in memory of Kaylou Lightner

Join us FOR
**THE LUCKY LEPRECHAUN
SCAVENGER HUNT**
March 14th-18th

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>monday</p> 	<p>tuesday</p> <p>1</p> <p>8:00 AM Pool</p> <p>10:00 AM TOPS</p> <p>10:00 AM Tech Tutor</p> <p>12:30 PM Cards</p> <p>1:00 PM Stretch & Move</p>	<p>wednesday</p> <p>2</p> <p>8:00 AM Pool</p> <p>9:00 AM Ageless Grace</p> <p>9-11:30 PM Craft Class</p> <p>12:00 Duplicate Bridge</p> <p>12:30 PM Painting</p> <p>1:00 PM Mexican Train</p>	<p>thursday</p> <p>3</p> <p>8:00 AM Pool</p> <p>9:00 AM Quilting</p> <p>11:00 AM Zumba</p> <p>12:30 PM Pinochle</p> <p>1:00 PM Stretch & Move</p>	<p>friday</p> <p>4</p> <p>8:00 AM Pool</p> <p>9:30 AM Wii Bowling</p> <p>12:30 PM Hand & Foot</p> <p>12:30 PM Poker</p>
<p>7</p> <p>8:00 AM Pool</p> <p>9:00 AM Painting</p> <p>10:30 Daily Theme Fitness</p>	<p>8</p> <p>8:00 AM Pool</p> <p>10:00 AM TOPS</p> <p>10:00 AM Tech Tutor</p> <p>12:30 PM Cards</p> <p>1:00 PM Stretch & Move</p>	<p>9</p> <p>8:00 AM Pool</p> <p>9:00 AM Ageless Grace</p> <p>9-11:30 PM Craft Class</p> <p>12:00 Duplicate Bridge</p> <p>12:30 PM Painting</p> <p>1:00 PM Mexican Train</p>	<p>10</p> <p>8:00 AM Pool</p> <p>9:00 AM Quilting</p> <p>11:00 AM Zumba</p> <p>12:30 PM Pinochle</p> <p>1:00 PM Stretch & Move</p>	<p>11</p> <p>8:00 AM Pool</p> <p>9:30 AM Wii Bowling</p> <p>12:30 PM Hand & Foot</p> <p>12:30 PM Poker</p>
<p>14</p> <p>8:00 AM Pool</p> <p>9:00 AM Painting</p> <p>10:30 Daily Theme Fitness</p>	<p>15</p> <p>8:00 AM Pool</p> <p>10:00 AM TOPS</p> <p>10:00 AM Tech Tutor</p> <p>12:30 PM Cards</p> <p>1:00 PM Stretch & Move</p>	<p>16</p> <p>8:00 AM Pool</p> <p>9:00 AM Ageless Grace</p> <p>9-11:30 PM Craft Class</p> <p>12:00 Duplicate Bridge</p> <p>12:30 PM Painting</p> <p>1:00 PM Mexican Train</p>	<p>17</p> <p>8:00 AM Pool</p> <p>9:00 AM Quilting</p> <p>11:00 AM Zumba</p> <p>12:30 PM Pinochle</p> <p>1:00 PM Stretch & Move</p>	<p>18</p> <p>8:00 AM Pool</p> <p>9:30 AM Wii Bowling</p> <p>12:30 PM Hand & Foot</p> <p>12:30 PM Poker</p>
<p>21</p> <p>8:00 AM Pool</p> <p>9:00 AM Painting</p> <p>10:30 Daily Theme Fitness</p>	<p>22</p> <p>8:00 AM Pool</p> <p>10:00 AM TOPS</p> <p>10:00 AM Tech Tutor</p> <p>12:30 PM Cards</p> <p>1:00 PM Stretch & Move</p>	<p>23</p> <p>8:00 AM Pool</p> <p>9:00 AM Ageless Grace</p> <p>9-11:30 PM Craft Class</p> <p>12:00 Duplicate Bridge</p> <p>12:30 PM Painting</p> <p>1:00 PM Mexican Train</p>	<p>24</p> <p>8:00 AM Pool</p> <p>9:00 AM Quilting</p> <p>11:00 AM Zumba</p> <p>12:30 PM Pinochle</p> <p>1:00 PM Stretch & Move</p>	<p>25</p> <p>8:00 AM Pool</p> <p>9:30 AM Wii Bowling</p> <p>12:30 PM Hand & Foot</p> <p>12:30 PM Poker</p>
<p>28</p> <p>8:00 AM Pool</p> <p>9:00 AM Painting</p> <p>10:30 Daily Theme Fitness</p>	<p>29</p> <p>8:00 AM Pool</p> <p>10:00 AM TOPS</p> <p>10:00 AM Tech Tutor</p> <p>12:30 PM Cards</p> <p>1:00 PM Stretch & Move</p>	<p>30</p> <p>8:00 AM Pool</p> <p>10:00 AM TOPS</p> <p>10:00 AM Tech Tutor</p> <p>12:30 PM Cards</p> <p>1:00 PM Stretch & Move</p>	<p>31</p> <p>8:00 AM Pool</p> <p>9:00 AM Quilting</p> <p>11:00 AM Zumba</p> <p>12:30 PM Pinochle</p> <p>1:00 PM Stretch & Move</p>	<p>activities calendar</p>

Begin
Writing
Your
Memoir



**Spring 2022 WWCC Memoir
Writing Workshop**
1:00-3:45 Tuesday & Thursday
**Young at Heart Community
Center**

March 8th—April 28th

Register for this workshop through WWCC
WWCC ENGL 2065-F1
Senior Tuition Waiver available.

COMMUNITY BREAKFAST

Friday March 4th 8:00 am– 1:00 pm



Scrambled Eggs Grilled Onions & Peppers Bacon or Sausage

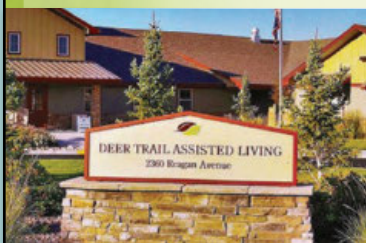


2400 Reagan Avenue
307-352-6737

\$7.00 for adults 59 and
younger
\$5.00 for adults 60 and over*
\$2.00 for children
* With completed AGNES
form.



DEER TRAIL
ASSISTED LIVING



2360 Reagan Ave • Rock Springs, WY
307-362-0100

www.DeerTrailAssistedLiving.com

"You're Home."

Deer Trail Assisted Living is much more
than an exceptional assisted living
and memory care community.

**"Strong Family Values and Kind Hearted
Neighbors Offering a Helping Hand"**

Hospice of Sweetwater County
A Special Kind of Caring Since 1983

333 Broadway, Ste. 220 • Rock Springs, WY
(307) 362-1990 • (307) 872-6315 • myhsc.org

- Individualized End-of-Life Care
- Grief & Bereavement Support

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Bill Clough** to place
an ad today!
wclough@lpicommunities.com or
(800) 950-9952 x2635



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Young At Heart Senior Center, Rock Springs, WY

A 4C 05-1096

<div>monday</div> <div>  </div>	<div>tuesday</div> <div> 1 Carrot Raisin Salad Cabbage Patch Stew Hot Roll Applesauce Cake </div>	<div>wednesday</div> <div> 2 Carrot Salad Seasoned Parmesan Chicken Scalloped Potatoes Asparagus with Parsley WW Roll Pineapple Upside-down Cake </div>	<div>thursday</div> <div> 3 Lettuce & Tomato Salad Wheat Crackers Baked Chicken Potatoes, Au Gratin Green Beans Hot Roll Very Berry Tart </div>	<div>friday</div> <div> 4 COMMUNITY BREAKFAST V-8 juice Scrambled Egg Grilled Onions & Peppers Bacon or Sausage French Toast Fruit Cocktail </div>
<div>7</div> <div> Mixed Relish Tray Chili Dog on WW Bun Sides Lettuce/Tomatoes/ Pickles, & Onion Fruit Cup </div>	<div>8</div> <div> Perfection Salad Turkey A La King, Lite Over Noodles California Blend Vegetables Pineapple Whip </div>	<div>9</div> <div> Chef Salad w Carrot Stick garnish Chocolate Chip Cookie Strawberry & Bananas Roll </div>	<div>10</div> <div> Vegetable Stew Buffalo Chicken Oven Browned Potatoes Italian Vegetables Irish Soda Bread Fruit Cup </div>	<div>11</div> <div> Chicken Fried Steak with Gravy Whipped Potatoes Capri Blend Veggies Pineapple Tidbits Birthday Cake & Ice Cream PROVIDED BY DEER TRAIL ASSISTED LIVING </div>
<div>14</div> <div> 49 er Salad Stuffed Green Pepper Tomato Gravy Whipped Potatoes Fruit Crisp </div>	<div>15</div> <div> Carrot Salad, Lite Braised Pork Chop Scalloped Potatoes Green Beans Banana Bread Fluffy Fruit Salad </div>	<div>16</div> <div> Greek Relish Tray Chicken & Herb Fettuccini Dilly Cauliflower Hot Roll, WW Berry Pie </div>	<div>17</div> <div> Tossed Salad Corned Beef/Cabbage Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad </div>	<div>18</div> <div> Cole Slaw Tuna Noodle Casserole Seasoned Zucchini Peach Cobbler </div>
<div>21</div> <div> Broccoli & Cheese Soup Egg Salad Sandwich Pearl Onions, Peas & Carrots Strawberry & Bananas Cookie </div>	<div>22</div> <div> 49 er Salad Chicken and Vegetable Pasta with orange sauce Bread whole wheat Brownie </div>	<div>23</div> <div> Mixed Relish Tray Tacos, Soft Shell, salsa Refried Beans Fluffy Fruit Cup Churro </div>	<div>24</div> <div> Cole Slaw BBQ Spareribs Herbed Broccoli Baked Potato/S. Cream French Bread Chilled Fruit </div>	<div>25</div> <div> Cole Slaw Baked Fish Cheddar Mashed Potatoes Carrots Banana Bread Chilled Fruit Cocktail </div>
<div>28</div> <div> Creamy Coleslaw Hamburger/ Sides French Fries Baked Beans Pear Crisp Ice Cream </div>	<div>29</div> <div> Carrot & Celery Sticks Beef & Spinach Wrap Granola Bar Fresh Fruit or Fruit Cup Chocolate Pudding </div>	<div>30</div> <div> Garden Vegetable Salad Roast Pork Mashed Potatoes, Gravy Broccoli Garlic Bread </div>	<div>31</div> <div> Mixed Relish Tray Parmesan Chicken Mashed Garlic Potatoes Seasoned Zucchini Fresh Fruit </div>	<div> ***We do our best to ensure accurate information on every edition of this newsletter.*** ***Be aware menu items are subject to change without notice.*** </div>

Potluck

Everyone Brings Something to the Table.

Date: Monday, March 14th

Time: 5:30 P.M.

**Bring your favorite dish
to share!**

**Young at Heart
2400 Reagan Avenue**



Happy Birthday

March Babies

**Come and enjoy lunch on us!
March 11th, 2022**

**Lunch Served at 11:30 am.
Birthday Cake provided by:
Deer Trail Assisted Living**



WHITE MOUNTAIN LUMBER & RENTAL

Party Rentals



Lawn Care Rentals

Lawn Combers Aerators
Sod rollers Sod cutters
Tillers Trenchers
and more!



Decking & Railing

270 E Flaming Gorge Way • Green River, WY 82935
307-875-3601 • www.whitemountainlumber.com



**Finding the
resources you
need can be
challenging.**

Wyoming

2-1-1

Get Connected. Get Help.™

DIAL 2-1-1

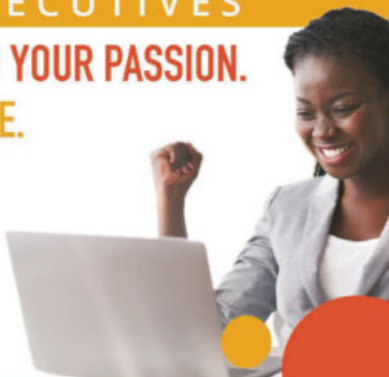
www.wyoming211.org

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
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!



AmeriCorps
Seniors

CALL 307-223-1051



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Young At Heart Senior Center, Rock Springs, WY

B 4C 05-1096



GREEN BEERS
SERVED WITH LUNCH

SAINT PATRICKS DAY
MARCH SEVENTEENTH

DAILY THEME FITNESS

Start your day with some active exercise! This class is designed to get everybody up on their feet and move their bodies! We'll combine a little bit of walking or marching, a bit of dancing, and classic aerobic moves into an easily adaptable class that anyone can follow. This class is designed to be fun for all fitness levels.

MONDAYS AT 10:30 AM

FIT
is not a
DESTINATION.
it's a
WAY OF LIFE



POKER
EVERY TUESDAY AND FRIDAY
12:30

NEW
PLAYERS
WELCOME

BINGO MARCH 8TH

DOORS OPEN AT 4:30PM
BINGO STARTS AT 5:00 PM

\$15 per bingo packet
\$2 for extra blackout

Bring a dessert to share if you like.
Bring your own dinner if you are hungry.
Call the center the day of to make sure bingo is still
on – 307-352-6737.

FREE LUNCHTIME BINGO!

THURSDAY MARCH 3RD, 10TH, AND 17TH.

Starts at 12
One card per person, 3 games played
Prizes will be awarded
Fun times are free

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com





2400 Reagan Avenue
Rock Springs, WY 82901

Non-Profit

Organization

U.S. Postage Paid

Permit Number 27

Return Service Requested

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 Lored
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 Lored
Outreach Coordinators-
Misty Wilson & Jamie Lored

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