

Thank you!

Appreciation Donations:

Luz Cardoza
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Barbara Sweets
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Norma Jean Schnauber
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Steve Irwin
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In Memory of:

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Sandy Pearson

Kaylou Lightner

Georgeen Harris

Rock Springs TOPS

Gail Aldred:

Women's Club of Rock Springs

In loving memory of John Schnauber

Norma Jean Schnauber

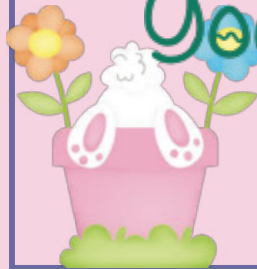
General Donation:

Frank & Tracy Maes

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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



Spring Fling

JOIN US FOR

Food, Fun & dancing

YOUNG AT HEART

Friday, April 1st from 4:30-6:00 pm
2400 Reagan Avenue, Rock Springs

THANKS TO THE SPONSOR:

ROCK SPRINGS STUDENT COUNCIL RSHS
STUDENT COUNCIL TO PROVIDE DINNER, DANCING, DECOR
FREE ADMISSION



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



April Activities



1

8:00 AM Pool
9:30 AM Wii Bowling
12:30 PM Hand & Foot
12:30 PM Poker

4

8:00 AM Pool
9:00 AM Painting
10:30 Daily Theme Fitness-Cardio
12:30 PM Hand & Foot

5

8:00 AM Pool
10:00 AM TOPS
10:00 AM Tech Tutor
12:30 PM Poker
1:00 PM Stretch & Move

6

8:00 AM Pool
9-11:30 AM Craft Class
10:30 AM Daily Theme Fitness-Core
12:00 Duplicate Bridge
12:30 PM Painting
1:00 PM Mexican Train

7

8:00 AM Pool
9:00 AM Quilting
11:00 AM Zumba
12:30 PM Pinochle
1:00 PM Stretch & Move

8

8:00 AM Pool
9:30 AM Wii Bowling
12:30 PM Hand & Foot
12:30 PM Poker

11

8:00 AM Pool
9:00 AM Painting
10:30 Daily Theme Fitness-Cardio
12:30 PM Hand & Foot

12

8:00 AM Pool
10:00 AM TOPS
10:00 AM Tech Tutor
12:30 PM Poker
1:00 PM Stretch & Move

13

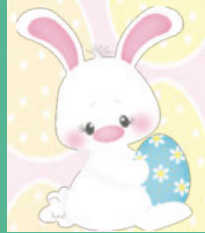
8:00 AM Pool
9-11:30 AM Craft Class
10:30 AM Daily Theme Fitness-Core
12:00 Duplicate Bridge
12:30 PM Painting
1:00 PM Mexican Train

14

8:00 AM Pool
9:00 AM Quilting
11:00 AM Zumba
12:30 PM Pinochle
1:00 PM Stretch & Move

15

**CLOSED
GOOD FRIDAY**



18

8:00 AM Pool
9:00 AM Painting
10:30 Daily Theme Fitness-Cardio
12:30 PM Hand & Foot

19

8:00 AM Pool
10:00 AM TOPS
10:00 AM Tech Tutor
12:30 PM Poker
1:00 PM Stretch & Move

20

8:00 AM Pool
9-11:30 AM Craft Class
10:30 AM Daily Theme Fitness-Core
12:00 Duplicate Bridge
12:30 PM Painting
1:00 PM Mexican Train

21

8:00 AM Pool
9:00 AM Quilting
11:00 AM Zumba
12:30 PM Pinochle
1:00 PM Stretch & Move

22

8:00 AM Pool
9:30 AM Wii Bowling
12:30 PM Hand & Foot
12:30 PM Poker

25

8:00 AM Pool
9:00 AM Painting
10:30 Daily Theme Fitness-Cardio
12:30 PM Hand & Foot

26

8:00 AM Pool
10:00 AM TOPS
10:00 AM Tech Tutor
12:30 PM Poker
1:00 PM Stretch & Move

27

8:00 AM Pool
9-11:30 AM Craft Class
10:30 AM Daily Theme Fitness-Core
12:00 Duplicate Bridge
12:30 PM Painting
1:00 PM Mexican Train

29

8:00 AM Pool
9:00 AM Quilting
11:00 AM Zumba
12:30 PM Pinochle
1:00 PM Stretch & Move

30

8:00 AM Pool
9:30 AM Wii Bowling
12:30 PM Hand & Foot
12:30 PM Poker



April Babies

Come and enjoy lunch on us!

April 8th, 2022

Lunch Served at 11:30 am.

Birthday Cake provided by:

Deer Trail Assisted Living



COMMUNITY BREAKFAST

Friday April 1st 8:00 am– 1:00 pm



Don't forget to wear your P.J.'s!

Western Egg Bake

Tri-Color Potatoes

Sausage



2400 Reagan Avenue

307-352-6737

\$7.00 for adults 59 and younger

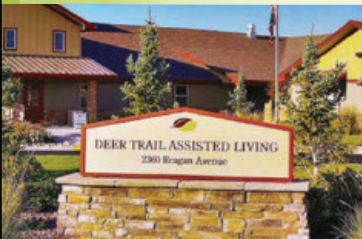
\$5.00 for adults 60 and over*

\$2.00 for children

*** With completed AGNES form.**



DEER TRAIL
ASSISTED LIVING



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Young At Heart Senior Center, Rock Springs, WY

A 4C 05-1096

<div></div> <h1>April Menu</h1>				<div><div>1</div><div>COMMUNITY BREAKFAST</div><div>Western Egg Bake with Sausage Links Tri-Color Potatoes Boston Brown Bread Tropical Fruit Cup</div></div>
<div><div>4</div><div>Submarine Sandwich Macaroni Salad Watermelon Oatmeal Raisin Cookie Soup</div></div>	<div><div>5</div><div>Cabbage Roll Baked Potato/sour cream Pacific Blend Vegetables Chunky Applesauce Chocolate Surprise Cupcake</div></div>	<div><div>6</div><div>Vegetable Soup, Lite Braised Pork Chops Scalloped Potatoes Cream Style Gravy Peas & Carrots, Bread Applesauce Cake</div></div>	<div><div>7</div><div>Russian Salad Hamburger Steak/onions Mashed Potatoes, Gravy Green Beans Whole Wheat Bread Fruit Cocktail</div></div>	<div><div>8</div><div>Cole Slaw Baked Fish Cheddar Mashed Potatoes Herbed Broccoli Chilled Fruit Cocktail Birthday Cake & Ice Cream</div></div>
<div><div>11</div><div>Corned Beef Sandwich Hoagie, Swiss Cheese Creamy Coleslaw Sliced Peaches Soup</div></div>	<div><div>12</div><div>Combination Burrito Smothered w/Chicken Green Chili Tomato, Lettuce, Salsa Black Beans with Cilantro Diced Pears</div></div>	<div><div>13</div><div>Tossed Green Salad Lasagna Italian Vegetables French Bread Melon Cup</div></div>	<div><div>14</div><div>Tossed Salad Roast Turkey, Gravy Mashed Potatoes Green Beans Cranberry Sauce Pumpkin Pie</div></div>	<div><div>15</div><div>CLOSED GOOD FRIDAY </div></div>
<div><div>18</div><div>V-8 Juice Roast Beef Sandwich w/ Lettuce, Tomatoes, Onions Peanut Butter Cookies Fresh Fruit or Fruit Cup Soup</div></div>	<div><div>19</div><div>Chef Salad w Carrot Stick garnish Chocolate Chip Cookie Strawberry & Bananas</div></div>	<div><div>20</div><div>Vegetable Stew Spicy Chicken Wings Oven Browned Potatoes Italian Vegetables Irish Soda Bread Fruit Cup</div></div>	<div><div>21</div><div>Mediterranean Salad Crackers, WW Ham & Macaroni Bake Fruit Crisp</div></div>	<div><div>22</div><div>Lettuce & Tomato Salad Chicken Fried Steak Cream Style Gravy Whipped Garlic Potatoes Roasted Italian Vegetables Chocolate Cake</div></div>
<div><div>25</div><div>Creamy Coleslaw, Lite Hamburger on Bun Lettuce/Tomato/Pickle/& Onion Oven Browned Potatoes Cherry Pie & Ice Cream</div></div>	<div><div>26</div><div>Carrot & Celery Tray Roast Pork with Apple & Garlic Whipped Potatoes Steamed Cabbage Peach Cobbler</div></div>	<div><div>27</div><div>Broccoli & Cheese Soup Egg Salad Sandwich Pearl Onions, Peas & Carrots Sunshine Salad</div></div>	<div><div>28</div><div>Tossed Salad Baked Liver & Onions Whipped Potatoes Italian Vegetables Homemade Roll Pear Betty</div></div>	<div><div>29</div><div>Vegetable Tossed Salad Chicken Strips Baked Hash Browns Zucchini Carrots & Basil Brownie/ Ice Cream</div></div>

Potluck

Everyone Brings Something to the Table.

Date: Monday, April 18th
Time: 5:30 P.M.

**Bring your favorite dish
to share!**

Young at Heart
2400 Reagan Avenue



Young at Heart Easter Bake Sale

2400 Reagan Avenue

VOLUNTEERS NEEDED!

**If you are interested in
donating baked goods for
the Easter Bake, sale please
provide your information
and the items you plan to
donate.**

**FOR ANY QUESTIONS, PLEASE
CALL JAMIE AT 307-352-6737**

**SILENT AUCTION
BAKE SALE
APRIL 14TH**

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stipend and other benefits while working
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Young At Heart Senior Center, Rock Springs, WY

B 4C 05-1096

Sundae & Mr. Goessl

MONDAY APRIL 25TH, 2022 11:30 A.M. TO 1:00 PM
YOUNG AT HEART

HAMBURGER LUNCH
AND ICE CREAM BAR
PAIRED WITH
AMAZING
ENTERTAINMENT

*****LUNCH SERVED FOR A NOMINAL FEE*****



Sundae + Mr. Goessl features award-winning vocalist Kate Voss (Earshot Magazine's Vocalist of the Year, two-time Seattle-Kobe Vocal Jazz Princess) and tireless virtuoso guitarist, Jason Goessl. This charming wife/husband duo incorporates humor, vintage style, interesting instrumentation, nostalgia and serious chops in their act and were awarded Best Duo of 2017 from Seattle Weekly. Bringing back the sounds from a by-gone era and spreading the joy of music like Johnny Appleseed, this act can be described in a single word: DELIGHTFUL.

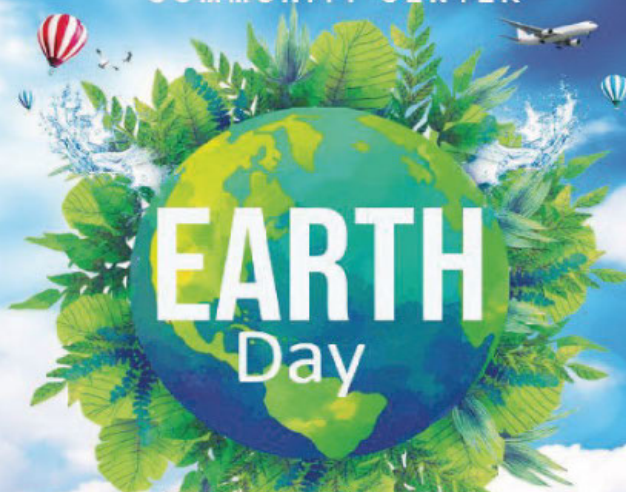
DAILY THEME FITNESS

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

YOUNG AT HEART
COMMUNITY CENTER



FRIDAY APRIL 22ND

AARP SHRED EVENT

GROUND'S CLEAN UP

10:00 AM - 1:00 PM

YOUNG AT HEART

2400 REAGAN AVENUE

307-352-6737

WWW.YOUNGATHEARTCENTER.COM

Bingo April 12th

Call the day of to make sure bingo is still
on. 352-6737.

**Doors open
at: 4:30pm**

**Bingo starts
at: 5:00pm**

**\$15 per bingo packet \$2 for extra blackout
sheet.**

Feel free to bring yourself something to eat!

April Lunchtime Free Bingo

APRIL 7TH, 14TH, 21ST, 28TH

Starts at 12

3 Games 3 Winners

Prizes will be awarded

One card per person

Fun Times are Free!

NEVER MISS A NEWSLETTER!

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to you at www.mycommunityonline.com



For ad info. call 1-800-950-9952 • www.lpcommunities.com Young At Heart Senior Center, Rock Springs, WY

C 4C 05-1096



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

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Suzette Williams
Jim Rafferty
Kent Porenta
Doc Wendling- County Liaison
Richard Vandersloot
Dixie Arnett
Kathy Gilbert
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Kevin Maloney
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