

Thank you!

Appreciation Donations:

Matt & Tammy Schnell

Nora Williams

Paul Hiltner

Ellen Kumer

Florence Christopherson

Cecil & Shirli Woodward

Major & Janette Long

Eddie Pacheco

Richard Rockey

Joyce Corcoran

James & Linda Wilson

Margaret Choate

Danny Edwards

Keith Shiflett

Donald & Pamela Wiggen

BJ Carter

Don & Wanda Moon

Melvin & Carol Carlson

Joan White

BEQUETTE FREE Darhl Simkin

Joe McTee

Ray & Anita Wall

Henry Brown

Bob McCaskill

Sandy Pearson

Carole Lambert

Beth Whitman

Joe & Toni Martinez

Mark & Martha Miller

Home Delivered Meals:

Scott & Rebecca Nelson

Mark & Martha Miller

General Donation:

Frank & Tracy Maes

Mike Groshelle

Tim Savage

Jana Wilbourn

Diana Ainscough

Doris Christoffersen

Wyoming State Aerie FOE

Babe Mayberry

Stefanie Bolles

JoAnn Ruggera

CONT ON PG 5



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

May 2022



Mother's Day BRUNCH & JEWELRY SALE

FRIDAY

06

MAY

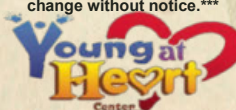
10:00 AM- MIMOSAS SERVED

10:30 JEWELRY SALE OPENS

BREAKFAST SERVED FROM 8 AM TO 1 PM

A NOMINAL FEE WILL BE CHARGED FOR BREAKFAST

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



Monday 2 8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	Tuesday 3 8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	Wednesday 4 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	Thursday 5 8:00 AM Pool 9:00 AM Quilting 11:00 AM Zumba 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move	Friday 6 8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
9 8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	10 8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	11 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	12 8:00 AM Pool 9:00 AM Quilting 11:00 AM Zumba 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move	13 8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
16 8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	17 8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	18 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	19 8:00 AM Pool 9:00 AM Quilting 11:00 AM Zumba 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move	20 8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
23 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 12:00 PM Lunch Bingo 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
30 CLOSED MEMORIAL DAY	31 8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	May Activities		



happy Birthdays
May Babies
 Come and enjoy lunch on us!
May 13th, 2022

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



COMMUNITY BREAKFAST

Friday MAY 6th 8:00 am– 1:00 pm



Grilled Ham Onions & Peppers Pancakes Omelet

Young at Heart Center

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

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



DEER TRAIL
 ASSISTED LIVING




2360 Reagan Ave • Rock Springs, WY
307-362-0100
www.DeerTrailAssistedLiving.com

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Monday 2 Sloppy Joe sandwich Pepper pot soup Veggie salad Apple crisp	Tuesday 3 Cheese ravioli Meat sauce Bread Stick Fresh veggie salad Under the sea dessert	Wednesday 4 Roast pork Mashed potatoes with gravy Broccoli Garlic bread Garden veggie salad Cherry pie	Thursday 5 Tacos Margaritas Mixed relish tray Refried beans Spanish rice Fluffy fruit cup Margaritas 	Friday 6 COMMUNITY BREAKFAST Omelet Grilled onions & peppers Ham Pancakes Fruit Cocktail Mimosas 
9 Beef wrap with spinach Vegetable soup Tomato & cucumber salad Chilled orange slices Sugar wafers	10 Hawaiian chicken Garden veggie salad Whipped potatoes Herbed green beans Applesauce cake	11 Baked fish with lemon pepper KFC coleslaw Oven browned potatoes Stuffed celery Whole wheat bread Fresh fruit	12 Sweet & sour pork Spinach & mushroom salad Steamed rice Peas & carrots Egg roll Sliced bananas	13 Chicken fried steak Lettuce & tomato salad Whipped garlic potatoes Roasted veggies Birthday cake & ice cream provided by: DEER TRAIL ASSISTED LIVING
16 Ham & macaroni bake Grilled broccoli Mediterranean salad Roll Fruit & marshmallow cup	17 Chef Salad Carrot stick garnish Chocolate chip cookie Strawberry & bananas Roll	18 Club sandwich Pea salad Fruit Cottage cheese Sugar wafers	19 Breaded veal Whipped potatoes & gravy Baby carrots Tossed green salad Fresh fruit	20 Hamburger Coleslaw Lettuce, onions, tomatoes, pickles French fries Peach pie
23 Chicken salad on a crescent roll Pasta salad Mixed green salad Strawberries & bananas	24 Beef pepper steak Veggie salad Steamed rice Carrot coins Chilled pineapple Whipped topping	25 Crunchy salad Potato salad Fresh veggie salad Chilled peaches with whipped topping Sugar wafers Wheat roll	26 NY Style Dog Assorted condiments Salad Cabbage Oven browned parmesan potatoes Applesauce Jell-O dessert	27 Baked pork chop Relish tray Pasta salad Roasted brussels sprouts Corn bread Chilled pears
30 CLOSED MEMORIAL DAY	31 BBQ Chicken Mixed relish tray Potato salad Seasoned zucchini Applesauce / apple slices	May Menu		

Potluck

Everyone Brings Something to the Table.

Date: Monday, May 16th
Time: 5:30 P.M.

**Bring your favorite dish
to share!**

Young at Heart
2400 Reagan Avenue



In loving memory

Gail Aldred:

Women's Club of Rock Springs

John Pieper:

Rudy & Susan Magagna

Jamie & Adan Loreda

Larry & Marlene Turcato

Clara Shaffer

Ray & Mary Hardy

Jeanine & William Cox

Melinda Baas

Linda Unger

Mary Amizich

Merry Jackson

Red Hat Sagebrush Dollies

Dorothy Johnson

Darryl Chilton

Tamara Christensen

Mary Jo Kershnik

Dorothy Dunn

Mark & Martha Miller

John Prokos

Donna Jean Chettrterbock-Giovannini

Joe McTee

Alex Spence:

Sue Riggs

Shirli & Cecil Woodward

Alma O'Hare

Josephine Gatti

Rudy & Susan Magagna

George (Bud) Nelson

Linda Unger

Mark & Nancy Anselmi

Sandy Pearson

Clara Shaffer

Theresa Merhar

Darryl Chilton

Mark & Martha Miller

Beverly Blackwell

Mark & Martha Miller

Mary Jo Kershnik

Grace Jensen

Jeanine & William Cox

Merry Jackson

Rudy & Susan Magagna

Linda Unger

Ann Strand-Budd

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BUSINESS
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AN AD HERE!**

CONTACT US!

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



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



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

Young At Heart Senior Center, Rock Springs, WY

B 4C 05-1096

Property Tax Relief

State of Wyoming

Attention!

*Property tax relief
for seniors is back!*

*Please contact the
Department of Revenue
for more information*



Tel- 307-777-7320

BINGO

MAY 10TH

DOORS OPEN AT 4:30 PM

Bingo Starts at 5:00 pm

\$15 A PACKET

\$2 FOR EXTRA BLACKOUT SHEET

¹Please bring your own food if you are hungry.

Call the center the day of bingo to make sure it is still on. 307-352-6737.

**Donate
your
Items**

**May 16th
through
May 19th**

**NO EARLY
BIRD
DONATIONS**

Spring
CLEANING?

DE-CLUTTER FOR A CAUSE

**DONATE YOUR UNWANTED
ITEMS**

ALL PROCEEDS TO SUPPORT LOCAL COMMUNITY CENTER

ITEMS WANTED:

BOOKS
HOUSEHOLD ITEMS
GAMES & TOYS
FURNITURE/APPLANCES
CLOTHING- SMOKE FREE
& LABELED

FRIDAY MAY 20

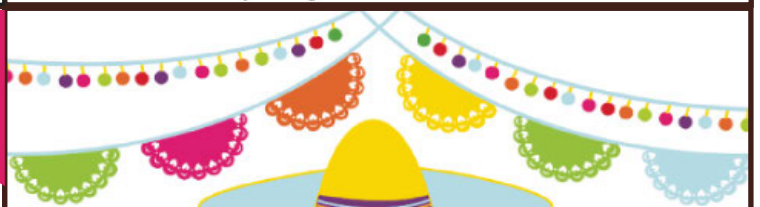
9AM-12PM

SATURDAY MAY 21

7AM - 12PM

**YOUNG AT HEART
2400 REAGAN AVENUE
307 352 6737**

MORE INFO JAMIE 307-352-6737



It's a

CINCO DE MAYO

FIESTA!

Let's drink some margaritas and Fiesta!

Thursday- May 5th 2022

Join us 11:30 am

**2400 Reagan Avenue
Young at Heart**

**Contact Jamie 307-352-6737 for questions
Lunch served for a nominal fee!**


You are cordially
invited to a
birthday celebration
in honor of our
community members
who have reached
90 and better

When:
June 10th
11:30 AM-1:00PM
Where:
Young at Heart Center
RSVP:
Call Jamie
(307)352-6737
by June 7th


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

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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 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