

Thank you

Appreciation Donations:

Darryl Chilton

Edna Larsen

Home Delivered Meals:

Scott & Rebecca Nelson

General Donation:

Liz Strannigan

Lee & Priscilla Hughes

Karen Lacey

Earl Kennedy

Odelia & Lew Hanson

Jack Durga

Petra Hampton

Wayne & Marge Johnson

In Memory Of:

Beverly Blackwell

Jerry & Charlene Grissom

Roger & Diana Jessop

Joanie Jereb

Mary & Ray Hardy

Jim & Dianne Blazovich

Alex Spence

Jerry & Charlene Grissom

Ernest & Hilma Dunn

Jim Rafferty

Roger & Diana Jessop

Joanie Jereb

John Pieper

Jerry & Charlene Grissom

Roger & Diana Jessop

Joanie Jereb

Larry Lux

Rick & Joyce Vandersloot

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



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

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 Tuesday		Wednesday	Thursday	Friday
<div>June Activities</div>		1 8:00 AM Pool 9-11:30 AM Craft Class 10:30 AM Daily Theme Fitness-Core 12:30 PM Painting 1:00 PM Mexican Train	2 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	3 8:00 AM Pool 12:30 PM Hand & Foot 12:30 PM Poker
6 8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	7 8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	8 8:00 AM Pool 9-11:30 AM Craft Class 10:30 AM Daily Theme Fitness-Core 12:30 PM Painting 1:00 PM Mexican Train	9 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	10 8:00 AM Pool 12:30 PM Hand & Foot 12:30 PM Poker
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HAPPY BIRTHDAY TO YOU

Come and enjoy lunch on us!
June 10th, 2022

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



COMMUNITY BREAKFAST

Friday JUNE 3rd 8:00 am– 1:00 pm



Breakfast Muffin Sandwich Hashbrowns Strawberries

Young at Heart Center

2400 Reagan Avenue
307-352-6737

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

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



DEER TRAIL
ASSISTED LIVING



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

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

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Monday Salad Bar & Hot Lunch Costs \$7.00 for adults 59 and younger \$5.00 for adults 60 and over* (Suggested Donation) \$2.00 for children		Tuesday	Wednesday	Thursday	Friday
6 Perfection Salad Egg Salad Sandwich Carrots with Lemon Butter Apple Pie		7 BBQ Beef on whole wheat bun Corn Potato Salad Lime Sunshine Salad Seasonal Fruit	1 Pizza with Meat & Veggies Oregon Bean Medley Mixed Fruit Cup Creamy Rice Pudding	2 Combination Burrito Salsa Lettuce, Tomato Seasoned Green Beans Spanish Rice Sliced Peaches Churro	6 COMMUNITY BREAKFAST Whole wheat Breakfast Muffin Sandwich with Cheese Sauce Hash browns Slices of Tomatoes Sliced Strawberries Fresh Orange
13 Hamburger on Bun Baked Beans Potato Salad Watermelon		14 Chef Salad Carrot Stick garnish Chocolate Chip Cookie Fresh Fruit Roll	8 Mixed Green Salad Baked Pork Chop Rice Pilaf Peas Hot Roll Applesauce	9 Cabbage Roll Casserole Baked Potato Pacific blend Vegetables Chunky Applesauce Chocolate Surprise Cupcake	10 Relish Tray Country French Chicken Mashed Potatoes Italian Vegetables Applesauce Birthday cake & ice cream provided by: DEER TRAIL ASSISTED LIVING
20 Vegetable Soup Cheesy Beef Sandwich Roasted Brussel Sprouts Onion Roasted Potatoes Peach and Berry Crisp		21 Sliced Ham Baked Sweet Potatoes Green Beans w/onions Apricots Sherbet Whole Wheat Bread	15 Lettuce & Tomato Salad Wheat Crackers Baked Chicken Potatoes, Au Gratin Green Beans Hot Roll Very Berry Tart	16 The Everything Salad Tuna Salad Sandwich Orange Sauced Peaches Sugar Wafer Cookies	17 Cole Slaw BBQ Spareribs Herbed Broccoli Baked Potato, Sour Cream French Bread Fresh Fruit
27 Vegetable Soup Italian Meatballs Baked Potato, Sour Cream Fruity Gelatin Salad Salad		28 Mixed Relish Tray Chili Dog on Bun Sides Lettuce/ Tomatoes/ Pickles, & Onion Fruit Cup	22 Vegetable Stew Buffalo Chicken wings Oven Browned Potatoes Italian Vegetables Whole Wheat Roll Fruit Cup	23 Spring Salad/Peas Baked Fish Angel Hair Pasta Carrots, with Lemon Butter Banana Bread Chilled Pineapple	24 Garden Vegetable Salad/peas Spaghetti Meat Sauce Over Angel Hair Noodles California Blend Vegetables Garlic Bread Oatmeal Raisin Cookie
27 Vegetable Soup Italian Meatballs Baked Potato, Sour Cream Fruity Gelatin Salad Salad		28 Mixed Relish Tray Chili Dog on Bun Sides Lettuce/ Tomatoes/ Pickles, & Onion Fruit Cup	29 Baked Potato Broccoli Cheese Sauce Tossed Salad Fruit Cocktail Drop biscuit Peanut butter Cookie	30 Vegetable Tossed Salad Salisbury Steak Country Style Gravy Mashed Potatoes Harvard Beets Fruit Crisp/Ice Cream	

Potluck

Everyone Brings Something to the Table.

Date: Monday, June 13th
Time: 5:30 P.M.

**Bring your favorite dish
to share!**

Young at Heart
2400 Reagan Avenue



Quilting Edition

The ladies in the quilting class will convene June 30th for a show-n-tell of their work during lunch. Please join us as we are inspired by their amazing talent!

June 30th

12:00

MENU

June 30

Salisbury Steak
Country Style Gravy
Mashed Potatoes
Harvard Beets
Fruit Crisp/Ice Cream

WHITE MOUNTAIN LUMBER & RENTAL



Floating Tubes, Kayaks, Rafts, Inflatable SUP's

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Must be 18 years old with valid ID and credit card to rent, or bring legal guardian to rent/sign

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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

Free Lunch Bingo
Every Thursday
3 Games
BINGO
Prizes Awarded
Starts at Noon

BINGO

June 14th

Doors open at 4:30 pm
Bingo starts at 5:00 pm

POTLUCK!!!
Bring your own dish to share

Call that day to make sure
We are still on for bingo
307-352-6737

\$15 per packet
\$2 per extra blackout sheet

CELEBRATE

DAD

JOIN US TO CELEBRATE FATHER'S DAY
SPARE RIBS & BREWS!

FRIDAY, JUNE 17TH AT 11:30
YOUNG AT HEART COMMUNITY CENTER
2400 REAGAN AVENUE

RSVP TO JAMIE AT (307) 352-6737

Young at Heart

14th Annual Golf Tournament

**Sunday,
July 10th
@ 8am**

Let's get this PAR-TEE started!!

You won't want to miss out on all the
fun challenges and awesome prizes

Individuals = \$125 / Foursomes = \$400

*Be sure to check out
our Golf Tournament
webpage:*

[https://charitygolftoday.com
/event?e=2964&ce=0e34d3](https://charitygolftoday.com/event?e=2964&ce=0e34d3)



Register Your Team TODAY!

Online link below -OR- Return form with payment to:

Young at Heart: 2400 Reagan Ave., Rock Springs, WY 82901

Team Captain Name: _____

Phone: _____

Email: _____

Name (Player 2): _____

Phone: _____

Email: _____

Name (Player 3): _____

Phone: _____

Email: _____

Name (Player 4): _____

Phone: _____

Email: _____

NEVER MISS A NEWSLETTER!

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



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