

Thank you!

Appreciation Donations:

Mayjor & Janette Long

Yvonne & Mario McKeever

Carole Decal

Marcia Buddecke

Home Delivered Meals:

Scott & Rebecca Nelson

General Donation:

Tracy & Frank Maes

Linda Shively

Lisa Andicochoa

Carrie Guse

In Memory Of:

Rudy Reves

The Reyes Family

Stars
&
Stripes

Young at Heart

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

www.youngatheartcenter.org

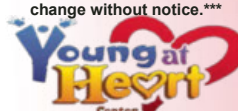
www.facebook.com/youngatheartcommunitycenter

Hours 8:00 to 3:00 Monday - Friday

Land of the FREE Annual Picnic July 15

More information on page 5

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

July Activities

1

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

4

CLOSED



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
12:30 PM Painting
1:00 PM Mexican Train

7

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

8

8:00 AM Pool
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
12:30 PM Painting
1:00 PM Mexican Train

14

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

15

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

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
12:30 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
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
12:30 PM Painting
1:00 PM Mexican Train

28

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

29

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



July Babies

Come and enjoy lunch on us!
July 8th, 2022

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



COMMUNITY BREAKFAST

Friday JULY 1st 8:00 am– 1:00 pm



Biscuits & Gravy Sausage Links & Hashbrowns Scrambled eggs



2400 Reagan Avenue

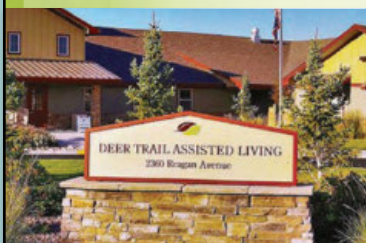
307-352-6737

\$7.00 for
adults 59
and
younger
\$5.00 for

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

"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

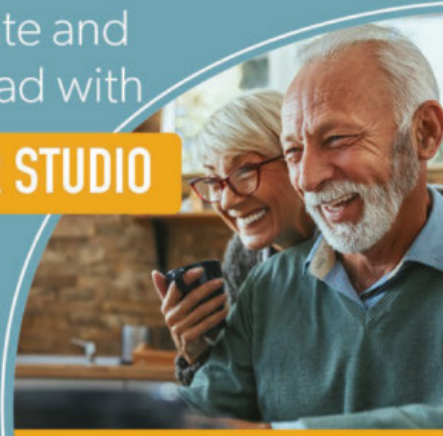
333 Broadway, Ste. 220 • Rock Springs, WY
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- Individualized End-of-Life Care
- Grief & Bereavement Support

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Young At Heart Senior Center, Rock Springs, WY

A 4C 05-1096

<div>Monday</div> <div>Tuesday</div> <div>Wednesday</div> <div>Thursday</div>				<div>Friday</div> <div>1</div> <div>COMMUNITY BREAKFAST</div>
<div>Salad Bar & Hot Lunch Costs</div> <div>\$7.00 for adults 59 and younger</div> <div>\$5.00 for adults 60 and over* (Suggested Donation)</div> <div>\$2.00 for children</div> <div>July Menu</div>				<div>Biscuits and Gravy</div> <div>Sausage Links</div> <div>Scrambled Eggs</div> <div>Hash Brown Patty</div> <div>Fresh Strawberries</div> <div>V8 Juice</div>
<div>4</div> <div>CLOSED</div> <div>HAPPY 4TH OF July</div>	<div>5</div> <div>Hard Shell Beef Tacos</div> <div>Tortilla Soup</div> <div>Refried Beans</div> <div>Peaches</div> <div>Spiced Carrot Cake</div>	<div>6</div> <div>Baked Fish w/Dill Sauce</div> <div>Basil and Garlic Pasta</div> <div>Seasoned Asparagus</div> <div>Coleslaw</div> <div>Fresh Grapes</div> <div>Lemon Bar</div>	<div>7</div> <div>Crispy Chicken Sandwich</div> <div>French Fries</div> <div>Buttered Peas</div> <div>Strawberry Shortcake</div>	<div>8</div> <div>Homemade Lasagna</div> <div>Roasted Broccoli</div> <div>Garlic Bread</div> <div>Fresh Veggies w/ranch dressing</div> <div>Orange Wedges</div> <div>Cake and Ice Cream</div> <div>Birthday cake & ice cream provided by:</div> <div>DEER TRAIL ASSISTED LIVING</div>
<div>11</div> <div>Pork Chop</div> <div>Mashed Potatoes</div> <div>Buttered Carrots</div> <div>Dinner Roll</div> <div>Garden Salad</div> <div>Applesauce</div> <div>Coffee Cake</div>	<div>12</div> <div>Chicken a la King</div> <div>Over Egg Noodles</div> <div>Creamy Cucumber/ Tomato Salad</div> <div>Warm Biscuit</div> <div>Apricot Halves</div> <div>Lime Jell-O</div>	<div>13</div> <div>Chili Con Carne</div> <div>Cornbread</div> <div>Garden Salad</div> <div>Fruit Ambrosia</div>	<div>14</div> <div>BBQ Chicken Drumsticks</div> <div>Herbed Green Beans</div> <div>Macaroni Salad</div> <div>Pea, Ranch, Bacon Salad</div> <div>Whole Wheat Bread</div> <div>Fresh Fruit</div> <div>Chocolate Cupcake</div>	<div>15</div> <div>Hamburgers/Hot Dogs</div> <div>Salads/Chips</div> <div>Baked Beans</div> <div>Fresh Watermelon</div> <div>Apple Pie with Ice Cream</div>
<div>18</div> <div>Sloppy Joe on a Bun</div> <div>Baked Beans</div> <div>Sweet Potato Puffs</div> <div>Broccoli Salad</div> <div>Pears</div> <div>Peaches & Cream Bar</div>	<div>19</div> <div>Crab Cakes w/tartar sauce</div> <div>Rice Pilaf</div> <div>Parslied Carrots</div> <div>French Bread</div> <div>Fruit Cup</div> <div>Chocolate Crème Pie</div>	<div>20</div> <div>Chicken Bacon Alfredo</div> <div>Over Fettuccini Noodles</div> <div>Brussel Sprouts</div> <div>Celery Sticks w/Peanut Butter</div> <div>Garlic Breadstick</div> <div>Berry Pie</div>	<div>21</div> <div>Chicken Fried Steak</div> <div>Mashed Potatoes w/ gravy</div> <div>Garden Blend Veggies</div> <div>Biscuit</div> <div>Apricot Crisp</div>	<div>22</div> <div>Tuna Salad on Croissant</div> <div>Macaroni Salad</div> <div>Cucumber/Tomato Salad</div> <div>Apple Slices</div> <div>Chocolate Cherry Mousse</div>
<div>25</div> <div>Jambalaya w/rice and veggies</div> <div>Fried Okra</div> <div>Dinner Roll</div> <div>Cherry Pie</div>	<div>26</div> <div>Salisbury Steak</div> <div>Mashed Potatoes w/gravy</div> <div>Asparagus</div> <div>Biscuit</div> <div>Orange Wedges</div> <div>Peanut Butter Cookie</div>	<div>27</div> <div>BBQ Pork Sandwich</div> <div>Baked Beans</div> <div>Garden Salad</div> <div>Peas & Carrots</div> <div>Fresh Fruit</div> <div>Banana Pudding</div>	<div>28</div> <div>Chicken Enchiladas</div> <div>Seasoned Black Beans</div> <div>Corn</div> <div>Fresh Fruit</div> <div>Cinnamon Churros</div>	<div>29</div> <div>Grilled Cheese Sandwich</div> <div>Tomato Soup</div> <div>Deli Salad</div> <div>Cantaloupe</div> <div>Apple Crisp</div>

Potluck

Everyone Brings Something to the Table.

Date: Monday, July 18th, 2022

Time: 5:30 P.M.

FREE COMMUNITY EVENT

Bring your favorite dish to share!

**Young at Heart
2400 Reagan Avenue**



BURGERS & BREWS

Please join us to celebrate our annual picnic!

Young at Heart

**FRIDAY
10:00 - 2:00
JULY 15, 2022**

**2400 REAGAN AVENUE
ROCK SPRINGS, WY 82901
307-352-6737**

**CORNHOLE TOURNAMENT, PLINKO,
PAINTSTICK POKER, 50/50 RAFFLE**

**WHITE MOUNTAIN
LUMBER & RENTAL**



Floating Tubes, Kayaks, Rafts, Inflatable SUP's

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

** Some restrictions apply- call or stop in for details**

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

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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!



**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

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

BINGO
JULY 12

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

\$15 per bingo packet / \$2 for extra blackout
If you are hungry, please bring something to eat.

Community Campfire

Join us for a free community event.

Bring your lawn chairs and get cozy around our fire pits.
We will roast mallows and tell stories as we sit under the stars
and make friendships that last!



Young at Heart
2400 Reagan Avenue

A
night
Under
the
stars



Any age welcome. 12 &

under must be accompanied by an adult.

Each person will receive ONE FREE s'mores kit!

JULY 1, 15 & 29
7:30 pm-8:30 pm

TOGETHER
AROUND THE
CAMPFIRE



POOL

**MONDAY-FRIDAY
8:00 AM - 3:00 PM**

COME SHOOT POOL WITH US!



POKER
EVERY TUESDAY AND FRIDAY
12:30

**NEW
PLAYERS
WELCOME**



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 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