

Young at Heart

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

THANK YOU

DONATIONS:

GENERAL:

John Kennedy

Norma Stensaas

John Orr

Home Delivered Meals:

Scott & Rebecca Nelson

Appreciation Donations:

Marcia Buddecke

Donna Rau

Flo Christopherson

IN MEMORY OF:

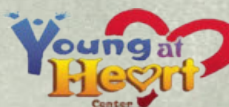
Emma & Jesse Portillo:

Louise Webb

Advice from a Honey Bee
Create a Buzz
Sip life's sweet moments
Mind your own beeswax
Work together
Always find your way home
Stick close to your honey
Bee yourself



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



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
August Activities				
1 8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	2 8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	3 8:00 AM Pool 9-11:30 AM Craft Class 10:30 AM Daily Theme Fitness-Core 12:30 PM Painting 12:30 PM Mexican Train	4 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	5 8:00 AM Pool 12:30 PM Hand & Foot 12:30 PM Poker
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Potluck

Everyone Brings Something to the Table.

Date: Monday, August 15th, 2022
Time: 5:30 P.M.

FREE COMMUNITY EVENT
Bring your favorite dish to share!

Young at Heart
2400 Reagan Avenue



COMMUNITY BREAKFAST

Friday August 5th 8:00 am– 1:00 pm



Breakfast Burrito

Tater Tots

Fruit & Yogurt Parfait



2400 Reagan Avenue

307-352-6737

\$7.00 for adults 59 and younger

\$5.00 for adults 60 and over*

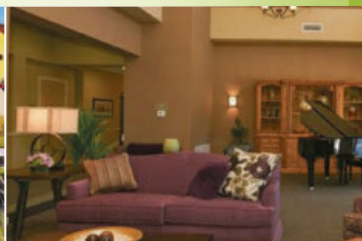
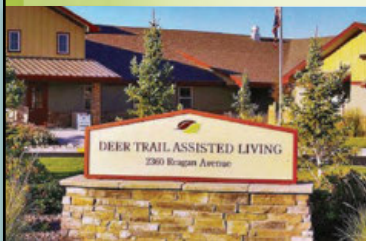
\$2.00 for children

* With completed AGNES

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



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Young At Heart Senior Center, Rock Springs, WY

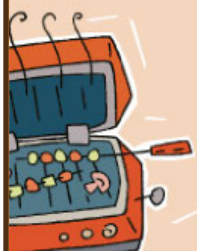
A 4C 05-1096

Monday	Tuesday	Wednesday	Thursday	Friday
August Menu				
1 Loaded Nachos w/salsa and onions Tortilla Soup Fruit Cup Spiced Carrot Cake	2 Homemade Pizza 3 Bean Salad Canned Fruit Fudge Brownie	Chicken Strips Macaroni & Cheese Zucchini and Carrots Dinner Roll Banana Pudding	4 Bacon Cheeseburger w/lettuce, tomato, onion French Fries Apple Slices Cherry Cobbler	5 Community <u>Breakfast</u> Breakfast Burrito (sausage, egg, cheese) Tater Tots Fruit and Yogurt Parfait Orange Juice
8 Sweet & Sour Chicken Fried Rice Peas and Carrots Egg Roll Asian Coleslaw Banana	9 French Dip Sandwich French Fries Green Beans Garden Salad Strawberry Shortcake	10 Breaded Fish Clam Chowder Rice Pilaf Carrot Coins French Bread Peach Cobbler	11 Beef Stroganoff over Egg Noodles Asparagus Cinnamon Raisin bread Fruited Cherry Jell-O	12 Chicken Fried Chicken Mashed Potatoes w/ gravy Brussel Sprouts WW Roll Orange Wedges Cake and Ice Cream
15 Ham Slice Scalloped Potatoes Corn Strawberry Spinach Salad Cottage Cheese Mandarin Oranges	16 Chicken Salad on Croissant Pasta Salad Garden Salad Strawberries & Bananas	17 Turkey Tetrazzini California Veggies Peaches Pea, Ranch, Bacon Salad Lemon Bar	18 Tater Tot Casserole Baked Squash Broccoli Salad Dinner Roll Fresh Pear Rice Krispie Treat	19 BLT Sandwich Macaroni Salad Watermelon Oatmeal Raisin Cookie
22 Crispy Fish Sandwich on a Bun Coleslaw Carrot Coins Mangos Chocolate Pudding	23 Meatballs in Gravy Over Mashed Potatoes Italian Vegetables Homemade Roll Chilled Peaches	24 White Chicken Chili Carrot and Celery Sticks w/ranch dressing Cabbage w/red peppers Apple Slices Raspberry Bar	25 Pork Chop Mashed Potatoes w/ gravy Roasted Broccoli Garlic Bread Pear Crisp	26 Bratwurst on a Bun Herbed Potato Bake Creole Green Beans Apple Brown Betty
29 Parmesan Chicken Basil & Garlic Pasta Broccoli & Cauliflower Breadstick Blueberry Crumble	30 Chili Dog on a Bun w/lettuce, tomato, onion Onion Rings Orange Wedges	31 Turkey Filet Rice Pilaf Peas Dinner Roll Banana Bread	<u>Salad Bar & Hot Lunch Costs</u> \$7.00 for adults 59 and younger \$5.00 for adults 60 and over* (Suggested Donation) \$2.00 for children * With completed AGNES form.	

BINGO August 9th

Doors open at 4:30 pm. Bingo starts at 5:00 pm. Call the day of to make sure it is still scheduled: 352-6737. \$15 Per packet \$2 for extra blackout.

Bring something to
munch on if you're hungry.



HAPPY Birthday TO YOU

AUGUST BABIES
Come and enjoy lunch on us!
August 12th, 2022

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



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** 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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resources you
need can be
challenging.

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BUSINESS
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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

Free Lunch Bingo

Every Thursday

3 Games

BINGO

Prizes Awarded

Starts at Noon

2
bingo
NIGHTS
EVERY MONTH
AUGUST:
Tuesday - 9th
Thursday - 25th

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!

AUGUST 12, 26

7:30 pm-8:30 pm

TOGETHER
AROUND THE
CAMPFIRE



Senior Day

August 4th 2022

Group will meet at the
Young at Heart

9:00 am transportation may be provided
for those who qualify.

Senior tickets are **\$3.00.**

**We will have lunch at the Fairgrounds so be
sure to bring some spending money!**

Our day will conclude around 2:00 p.m.

FOR MORE INFO CONTACT JAMIE LOREDO
307-352-6737 X103



POKER

EVERY TUESDAY AND FRIDAY
12:30

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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

Interim Executive Director - Brianna Romero
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-
Secretary - Jamie Loreda
Outreach Coordinators-
Misty Wilson & Jamie Loreda

Our Board of Directors

Suzette Williams- Board Chair
Kent Porenta- Secretary
Doc Wendling- County Liaison
Richard Vandersloot
Kathy Gilbert
Kevin Maloney- Treasurer
Sue Riggs
Wanda Bobo-Ferber
Michelle Quiroz
Diana Jessop