

# Thank you

## DONATIONS

### General:

Rick & Joyce Vandersloot

Deidre Ditter

John Nelson

Terry Marietta

Larry Fretwell

Robert & Yvonne Walker

Rose Muniz

### Home Delivered Meals:

Scott & Rebecca Nelson

### Appreciation Donations:

Mayjor & Janette Long

Frank & Norma Prevedel

Ruth Boudreault

William & Margene Facinelli

Beverly Routh

Jeanne Berry

Ralph & Carol Lamb

### IN MEMORY OF:

#### **Carl Pearson**

Mary Jo Kershnik

Marlene McMillan

#### **Beverly Blackwell**

Marlene McMillan

James & Dianne Blazovich

#### **Howard McCoy**

Merry Jackson

#### **Judy Rodreick**

Maria DeBortoli

# Young at Heart

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

[www.youngatheartcenter.org](http://www.youngatheartcenter.org)

[www.facebook.com/youngatheartcommunitycenter](https://www.facebook.com/youngatheartcommunitycenter)

Hours 8:00 to 3:00 Monday - Friday

YOUR  
GREATNESS  
IS NOT WHAT  
YOU HAVE,  
IT'S WHAT  
YOU GIVE.

Dixie Arnett

Wanda  
Ferber

Roger Jessop

Kathy Gilbert

Diana Jessop

Kevin Maloney

Kent Porenta

Michelle Quiroz

Sue Riggs

Rick Vandersloot

Hoss Christoffersen

Doris Christoffersen

Mary Leisch

Sara Blume

Karen Chitwood

Karen Dickson

*We love our volunteers*

Tiffani Skorcz

Kevin Smith

Kelly Frink

Barbara Guhl

Carrie Guse

Jon Harwood

Michael Hendrix

Laurie James

Paul Jessop

John Kennedy

Rudy Magagna

Donna McClure

Danielle Miller

John Orr

Patrick Punches

Shelley Richno

Gloria Skiles

Norma Stensaas

Louise Webb

Viki Aaron

Ruth Howe

Susan Magagna

Susan Magnuson

Beverly Routh

Darhl Simkin

Janet Tanner

Suzette Williams

Philann Lux

Gina Randolph

\*\*\*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
 <h1>September Activities</h1>				1	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	8:00 AM Pool 12:30 PM Hand & Foot 12:30 PM Poker
5	6	7	8	9	
Closed Labor Day	8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	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	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	8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker	
12	13	14	15	16	
8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	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	8:00 AM Pool 9:00 AM Quilting 9:30 AM Wii Bowling 11:00 AM Zumba 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move	8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker	
19	20	21	22	23	
8:00 AM Pool 9:00 AM Painting 10:30 Daily Theme Fitness-Cardio 12:30 PM Hand & Foot	8:00 AM Pool 10:00 AM TOPS 10:00 AM Tech Tutor 12:30 PM Poker 1:00 PM Stretch & Move	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	8:00 AM Pool 9:00 AM Quilting 9:30 AM Wii Bowling 11:00 AM Zumba 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move	8:00 AM Pool 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker	
26	27	28	29	30	
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# Potluck

Everyone Brings Something to the Table.

**Date: Monday, September 19th, 2022**

**Time: 5:30 P.M.**

**FREE COMMUNITY EVENT**

**Bring your favorite dish to share!**

**Young at Heart  
2400 Reagan Avenue**



## COMMUNITY BREAKFAST

**Friday** September 2nd, 8:00 am – 1:00 pm



Egg Bacon & Cheese Muffin Hash Browns Strawberry Yogurt



2400 Reagan Avenue

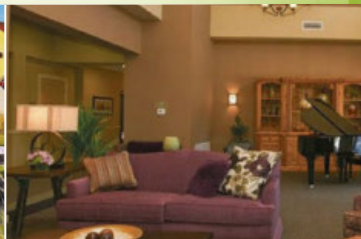
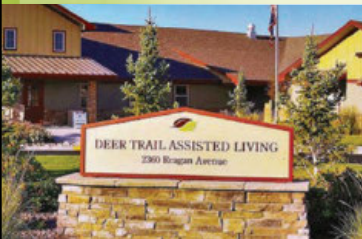
307-352-6737

\$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**

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Young At Heart Senior Center, Rock Springs, WY

A 4C 05-1096



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salad Bar &amp; Hot Lunch Costs</b> \$7.00 for adults 59 and younger \$5.00 for adults 60 and over* (Suggested Donation) \$2.00 for children * With completed AGNES form.	September Menu 		1 Liver and Onions or Roast Beef Sandwich Whipped Potatoes Italian Veggies Dinner Roll Pear Betty	2 <u>Community Breakfast</u> Egg, Bacon, Cheese Muffin Hash Browns V8 Juice Strawberry Yogurt Orange Wedges
5 Closed Labor Day	6 Chicken Fajita Spanish Rice Peas and Carrots Chilled Grapes Cinnamon Churro	7 Tuna Salad on Croissant With lettuce, tomato Cream of Potato Soup Potato Chips Grapefruit Half Lemon Bar	8 Pizza Casserole 3 Bean Salad Mixed Fruit Rice Pudding	9 <u>Birthday Sit-down</u> Philly Cheesesteak Sandwich French Fries California Vegetables Confetti Coleslaw Pineapple Tidbits Cake & Ice Cream
12 Oven Fried Chicken Cauliflower & Chives Macaroni Salad Cornbread Fresh Fruit Chocolate Cupcake	13 BBQ Beef on a Bun Corn Potato Salad Lime Sunshine Salad Fresh Fruit	14 Chef Salad carrot sticks Strawberries and Bananas Chocolate Chip Cookie	15 Salisbury Steak Mashed Potatoes & Gravy Roasted Broccoli Vegetable Soup Pear Crisp	16 Honey Chicken Rice Pilaf Spinach Fresh Orange Apple Crisp
19 Spaghetti and Meatballs Minnesota Green Beans Focaccia Bread Garden Salad Peachy Pudding Apple Juice	20 Turkey Club Baked Potato Chips Pea, Ranch, Bacon Salad Apricot Betty	21 Chicken Fried Steak Garlic Mashed Potatoes With country gravy Cauliflower and Broccoli Fresh Apple Biscuit Chocolate Pudding	22 Broccoli Chicken Bake Baked Potato Carrot Raisin Salad Dinner Roll Fresh Orange Banana Muffin	23 Mushroom Swiss Burger French Fries Cinnamon Apples Peanut Butter Cookie
26 Crab Cakes Zucchini & Carrots Onion Roasted Potatoes WW Bread Garden Salad Chocolate Cherry Mousse	27 Soft Shell Tacos Cheesy Refried Beans Fresh Veggies with ranch dressing Fruit Cup Cinnamon Coffee Cake	28 Smothered Chicken Loaded Mashed Potatoes Brussel Sprouts Homemade Bread Blueberry Muffin	29 Lasagna Garden Salad with peas California Veggies Garlic Bread Oatmeal Raisin Cookie	30 Grilled Cheese Sandwich Tomato Soup Garden Salad with Italian Dressing Melon Cup Ice Cream



Begin  
Writing  
Your  
Memoir



## Fall 2022 WWCC Memoir Writing Workshop

1:00-3:45 Tuesday & Thursday

Young at Heart Community  
Center

**Begins October 11th.**

Register for this workshop through WWCC

WWCC ENGL 2065-F1

Senior Tuition Waiver available.



## September Babies

Come and enjoy lunch on us!

September 9th, 2022

Lunch Served at 11:30 am.

Birthday Cake provided by:

Deer Trail Assisted Living



Finding the  
resources you  
need can be  
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place an ad today!  
[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)  
or (800) 950-9952 x2635



## NEVER MISS A NEWSLETTER!

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emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://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 NIGHTS**

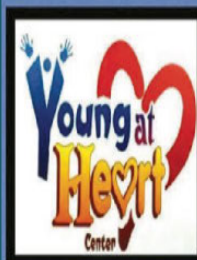
Tues. ~ 9/13

Thurs. ~ 9/29

15 GAMES  
= \$15

5pm

Doors open @ 4:30



2400 Reagan Ave.



Friday, Sept. 23  
7-9pm

*Wine  
& Unwind*

**TICKETS = \$25**  
**COUPLE = \$40**

Swirl, Sip & Laugh  
the night away with us  
as we indulge in our first  
Wine Tasting Event at the



For more info:  
APRIL CROSS  
@ 389-3515  
or 352-6736

2400 Reagan Ave. ~ Rock Springs, WY





Thank you Joe Maraschino



Joe Maraschino  
made a very generous donation to  
ensure that each person on September 19th  
will be fed an amazing spaghetti lunch!

Come join us Monday, September 19th, 2022  
11:30 to 1:00 pm  
Each person present will be provided a free lunch!



We are looking for  
new players!

Wii BOWLING BEGINS SEPTEMBER 9th AND  
CONTINUES EVERY FRIDAY AT 9:30 A.M.

THIS IS A CASUAL GAMING EXPERIENCE, NO  
OBLIGATION NECESSARY. COME AND HAVE A GOOD TIME!

FOR MORE INFORMATION CONTACT  
JAMIE LOREDO AT THE YOUNG AT HEART  
307-352-6737



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to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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2400 Reagan Avenue  
Rock Springs, WY 82901

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Organization

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## 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- Gina Randolph**  
**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**