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General Donations:

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Jon & Joleen Oosting

Matthew & Kelsey Sellers

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



Don't Be Clueless
JOIN US FOR A SUSPENSEFUL
MURDER MYSTERY
DINNER THEATER
Young at Heart

Doors Open: 5:30 pm
Dinner Served: 6:00 pm
Show Starts: 6:30 pm

TICKETS
\$ 15.00 INDIVIDUAL
\$30.00 COUPLE

Death by Chocolate
Ribs, Baked Potato, Spring Vegetables in a
Cream & Herb Sauce,
Chocolate Molt- Mousse

Second Annual

OCT

21



2022

2400 Reagan Avenue | Rock Springs, WY.
RSVP TO 307-352-6737

by October 14th

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



<div>Monday</div> <div>3</div> <div>8:00 AM Pool</div> <div>9:00 AM Painting</div> <div>10:30 Daily Theme Fitness-Cardio</div> <div>12:30 PM Hand & Foot</div>	<div>Tuesday</div> <div>4</div> <div>8:00 AM Pool</div> <div>10:00 AM TOPS</div> <div>10:00 AM Tech Tutor</div> <div>12:30 PM Poker</div> <div>1:00 PM Stretch & Move</div>	<div>Wednesday</div> <div>5</div> <div>8:00 AM Pool</div> <div>9-11:30 AM Craft Class</div> <div>10:30 AM Daily Theme Fitness-Core</div> <div>12:30 PM Painting</div> <div>12:30 PM Mexican Train</div>	<div>Thursday</div> <div>6</div> <div>8:00 AM Pool</div> <div>9:00 AM Quilting</div> <div>11:00 AM Zumba</div> <div>12:00 PM Lunch Bingo</div> <div>12:30 PM Pinochle</div> <div>1:00 PM Stretch & Move</div>	<div>Friday</div> <div>7</div> <div>8:00 AM Pool</div> <div>9:30 AM Wii Bowling</div> <div>12:30 PM Hand & Foot</div> <div>12:30 PM Poker</div>
<div>10</div> <div>8:00 AM Pool</div> <div>9:00 AM Painting</div> <div>10:30 Daily Theme Fitness-Cardio</div> <div>12:30 PM Hand & Foot</div>	<div>11</div> <div>8:00 AM Pool</div> <div>10:00 AM TOPS</div> <div>10:00 AM Tech Tutor</div> <div>12:30 PM Poker</div> <div>1:00 PM Memoir Writing</div> <div>1:00 PM Stretch & Move</div>	<div>12</div> <div>8:00 AM Pool</div> <div>9-11:30 AM Craft Class</div> <div>10:30 AM Daily Theme Fitness-Core</div> <div>12:30 PM Painting</div> <div>12:30 PM Mexican Train</div>	<div>13</div> <div>8:00 AM Pool</div> <div>9:00 AM Quilting</div> <div>11:00 AM Zumba</div> <div>12:00 PM Lunch Bingo</div> <div>12:30 PM Pinochle</div> <div>1:00 PM Memoir Writing</div> <div>1:00 PM Stretch & Move</div>	<div>14</div> <div>8:00 AM Pool</div> <div>9:30 AM Wii Bowling</div> <div>12:30 PM Hand & Foot</div> <div>12:30 PM Poker</div>
<div>17</div> <div>8:00 AM Pool</div> <div>8:00 AM Walking Miles</div> <div>9:00 AM Painting</div> <div>10:30 Daily Theme Fitness-Cardio</div> <div>12:30 PM Hand & Foot</div>	<div>18</div> <div>8:00 AM Pool</div> <div>10:00 AM TOPS</div> <div>10:00 AM Tech Tutor</div> <div>12:30 PM Poker</div> <div>1:00 PM Memoir Writing</div> <div>1:00 PM Stretch & Move</div>	<div>19</div> <div>8:00 AM Pool</div> <div>8:00 Sweating to the Oldies</div> <div>9-11:30 AM Craft Class</div> <div>10:30 AM Daily Theme Fitness-Core</div> <div>12:30 PM Painting</div> <div>12:30 PM Mexican Train</div>	<div>20</div> <div>8:00 AM Pool</div> <div>8:00 AM Walking Miles</div> <div>9:00 AM Quilting</div> <div>11:00 AM Zumba</div> <div>12:00 PM Lunch Bingo</div> <div>12:30 PM Pinochle</div> <div>1:00 PM Memoir Writing</div> <div>1:00 PM Stretch & Move</div>	<div>21</div> <div>8:00 AM Pool</div> <div>8:00 Sweating to the Oldies</div> <div>9:30 AM Wii Bowling</div> <div>12:30 PM Hand & Foot</div> <div>12:30 PM Poker</div>
<div>24</div> <div>8:00 AM Pool</div> <div>8:00 AM Walking Miles</div> <div>9:00 AM Painting</div> <div>10:30 Daily Theme Fitness-Cardio</div> <div>12:30 PM Hand & Foot</div>	<div>25</div> <div>8:00 AM Pool</div> <div>10:00 AM TOPS</div> <div>10:00 AM Tech Tutor</div> <div>12:30 PM Poker</div> <div>1:00 PM Memoir Writing</div> <div>1:00 PM Stretch & Move</div> <div>4:00 PM BOARD MEETING</div>	<div>26</div> <div>8:00 AM Pool</div> <div>8:00 Sweating to the Oldies</div> <div>9-11:30 AM Craft Class</div> <div>10:30 AM Daily Theme Fitness-Core</div> <div>12:30 PM Painting</div> <div>12:30 PM Mexican Train</div>	<div>27</div> <div>8:00 AM Pool</div> <div>8:00 AM Walking Miles</div> <div>9:00 AM Quilting</div> <div>11:00 AM Zumba</div> <div>12:00 PM Lunch Bingo</div> <div>12:30 PM Pinochle</div> <div>1:00 PM Memoir Writing</div> <div>1:00 PM Stretch & Move</div>	<div>28</div> <div>8:00 AM Pool</div> <div>8:00 Sweating to the Oldies</div> <div>9:30 AM Wii Bowling</div> <div>12:30 PM Hand & Foot</div> <div>12:30 PM Poker</div>
<div>31</div> <div>8:00 AM Pool</div> <div>8:00 AM Walking Miles</div> <div>9:00 AM Painting</div> <div>10:30 Daily Theme Fitness-Cardio</div> <div>12:30 PM Hand & Foot</div>	<div></div>	<div></div>		
<div>OCTOBER ACTIVITIES</div>				

Potluck

Everyone Brings Something to the Table.

Date: Monday, October 17th, 2022
Time: 5:30 P.M.

FREE COMMUNITY EVENT

Bring your favorite dish to share!

Young at Heart
2400 Reagan Avenue



COMMUNITY BREAKFAST

Friday October 7th , 8:00 am – 1:00 pm



Biscuits & Sausage Gravy Sausage Links Scrambled Eggs



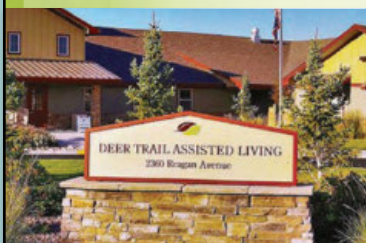
2400 Reagan Avenue
307-352-6737

\$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
3 BBQ Drumsticks Herbed Green Beans Macaroni Salad Pea, Ranch Bacon Salad WW Bread Fresh Fruit Chocolate Cupcake	4 Cheesy Beef Sandwich Minestrone Soup Roasted Brussel Sprouts Onion Roasted Potatoes Peach and Berry Crisp	5 Breaded Veal Mashed Potatoes w/ gravy Mixed Vegetables Banana Pistachio Pudding	6 Grilled Cheese Sandwich Tomato Soup Garden Salad Cantaloupe Oatmeal Raisin Cookie	7 Biscuits and Sausage Gravy Sausage Links Scrambled Eggs Tater Tots Orange Wedges V8 Juice
10 Baked Fish w/lemon pepper Oven Browned Potatoes Coleslaw WW Bread Fresh Plum White Chocolate Chip Cookie	11 Chicken Cordon Bleu Rice Pilaf Seasoned Asparagus Apricots Cinnamon Coffee Cake	12 Beef Pepper Steak Over Rice Peas and Carrots Tomato/Cucumber Sal- ad Apple Pie	13 Chicken Fried Chicken Garlic Mashed Potatoes w/gravy Italian Veggies Apricot Crisp	14 BBQ Pork Sandwich Baked Beans w/ bacon Peas and Carrots Hot Roll w/apple butter Sliced Peaches Cake and Ice Cream
17 Chicken Bacon Alfredo Fettuccini Noodles Dill Cauliflower Garlic Bread Garden Salad w/Italian Dressing Berry Pie	18 Meatloaf Mashed Potatoes w/ gravy Almond Broccoli Biscuit Carrot, Celery, Cucumber Salad Chilled Pears Chocolate Cake	19 Baked Pork Chop Mashed Potatoes w/ gravy Sunshine Carrots Cornbread Melon Slices	20 Sloppy Joe On WW Bun Oven Roasted Pota- toes Tomato Florentine Soup Vegetable Salad Apple Crisp	21 Beef and Spinach Wrap Vegetable Soup Tomato Cucumber Salad Chilled Grapefruit Sugar Cookie
24 Chicken Fingers Macaroni and Cheese Zucchini and Carrots Dinner Roll Banana Pudding	25 French Dip Sandwich on WW Bun Seasoned Green Beans w/red peppers Garden Salad Fruit Ambrosia	26 Breaded Shrimp w/cocktail sauce Oven Browned Potatoes Italian Vegetables French Bread Cherry Pie & Ice Cream	27 Chicken and Noodles Pea, Bacon, Ranch Salad Warm Dinner Roll German Coleslaw Apple Crisp	28 Cheeseburger Baked Beans Potato Salad Watermelon
31 Baked Chicken Au Gratin Potatoes Buttered Peas Warm Roll Blueberry Cobbler	<div> <div> 31 Baked Chicken Au Gratin Potatoes Buttered Peas Warm Roll Blueberry Cobbler </div> <div> <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. </div> <div>  </div> <div> <h1>OCTOBER MENU</h1> </div> </div>			

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.

Birthday Sitdown

October Babies

Come and enjoy lunch on us!

October 14th, 2022

Lunch Served at 11:30 am.

Birthday Cake provided by:

Deer Trail Assisted Living



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resources you
need can be
challenging.

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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



WEDNESDAY OCTOBER 26th

9:00 am to 12:00 pm

1:00 pm to 4:00 pm — 6 hour course

Instructor— Chris Shultz

Cost: \$20.00/ Person for AARP members

\$25.00/ Person for non members

Sign up sheets are in the main foyer at the

Young at Heart

* Check with your insurance carrier, some may offer a discount upon completion of the course. **



Executive

MOLLY

Director



Happy October, YAH!

My name is Molly McClure and I am very excited to join your community. I'm a fifth generation Sweetwater County resident, but was raised in Lander, Wyoming. I studied psychology, environment and natural resources and education in college. I love to watch and play golf, bet at the sports book, cheer on the Avalanche and Wyoming Cowboys, bake, read, and most importantly meet new people! Please know that even if my door is closed, it's always "open". I'm very excited to get to know all of you!

Hey BINGO SQUAD



Come BINGO With Us:

Tuesday, October 11th
& Thursday, October 27th



Join us @
5:00pm

(Doors open at 4:30pm)

2400 Reagan Ave. - Rock Springs, WY



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



NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you every week.



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Rock Springs, WY 82901

Non-Profit

Organization

U.S. Postage Paid

Permit Number 27

Return Service Requested

Young at Heart Staff

Executive Director– Molly McClure
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