

DONATIONS

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Young At Heart

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

www.youngatheartcenter.org

October 2023

M-F 8am-3pm



Fall 2023 WWCC Memoir Writing Workshop

1:00-3:45 Tuesday & Thursday

**Young at Heart Community
Center**

Begins October 10th.

Register for this workshop through WWCC

WWCC ENGL 2065-F1

Senior Tuition Waiver available.



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



Monday	Tuesday	Wednesday	Thursday	Friday
2. 8:00 AM Pool 9:00 AM Painting 9:00 AM Walking Miles 10:30 AM Daily Fitness 12:30 PM Hand & Foot	3. 8:00 AM Pool 9:00 AM Needlework 10:00 AM TOPS 12:30 PM Poker 1:00 PM Stretch & Move 1:30 PM Cribbage	4. 8:00 AM Pool 9:00 AM Walking Miles 9:00 AM Craft Class 10:30 AM Daily Fitness 12:30 PM Painting 12:30 PM Mexican Train	5. 8:00 AM Pool 9:00 AM Quilting 9:00 AM Walking Miles 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move	6. 8:00 AM Pool 9:00 AM Walking Miles 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
9. 8:00 AM Pool 9:00 AM Painting 9:00 AM Walking Miles 10:30 AM Daily Fitness 12:30 PM Hand & Foot	10. 8:00 AM Pool 9:00 AM Needlework 10:00 AM TOPS 12:30 PM Poker 1:00 PM Stretch & Move 1:30 PM Cribbage 1:30 PM Memoir Writing	11. 8:00 AM Pool 9:00 AM Walking Miles 9:00 AM Craft Class 10:30 AM Daily Fitness 12:30 PM Painting 12:30 PM Mexican Train	12. 8:00 AM Pool 9:00 AM Quilting 9:00 AM Walking Miles 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move 1:30 PM Memoir Writing	13. 8:00 AM Pool 9:00 AM Walking Miles 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
16. 8:00 AM Pool 9:00 AM Painting 9:00 AM Walking Miles 10:30 AM Daily Fitness 12:30 PM Hand & Foot	17. 8:00 AM Pool 9:00 AM Needlework 10:00 AM TOPS 12:30 PM Poker 1:00 PM Stretch & Move 1:30 PM Cribbage 1:30 PM Memoir Writing	18. 8:00 AM Pool 9:00 AM Walking Miles 9:00 AM Craft Class 10:30 AM Daily Fitness 12:30 PM Painting 12:30 PM Mexican Train	19. 8:00 AM Pool 9:00 AM Quilting 9:00 AM Walking Miles 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move 1:30 PM Memoir Writing	20. 8:00 AM Pool 9:00 AM Walking Miles 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
23. 8:00 AM Pool 9:00 AM Painting 9:00 AM Walking Miles 10:30 AM Daily Fitness 12:30 PM Hand & Foot	24. 8:00 AM Pool 9:00 AM Needlework 10:00 AM TOPS 12:30 PM Poker 1:00 PM Stretch & Move 1:30 PM Cribbage 1:30 PM Memoir Writing 4:00 PM BOARD MEETING	25. 8:00 AM Pool 9:00 AM Walking Miles 9:00 AM Craft Class 10:30 AM Daily Fitness 12:30 PM Painting 12:30 PM Mexican Train	26. 8:00 AM Pool 9:00 AM Quilting 9:00 AM Walking Miles 12:00 PM Lunch Bingo 12:30 PM Pinochle 1:00 PM Stretch & Move 1:30 PM Memoir Writing	27. 8:00 AM Pool 9:00 AM Walking Miles 9:30 AM Wii Bowling 12:30 PM Hand & Foot 12:30 PM Poker
30. 8:00 AM Pool 9:00 AM Painting 9:00 AM Walking Miles 10:30 AM Daily Fitness 12:30 PM Hand & Foot	31. 8:00 AM Pool 9:00 AM Needlework 10:00 AM TOPS 12:30 PM Poker 1:00 PM Stretch & Move 1:30 PM Cribbage 1:30 PM Memoir Writing	<h1>October Activities</h1>		

Free Lunch Bingo

Every Thursday



3 Games

Prizes Awarded Starts at Noon

DON'T MISS OUT
EVERY THURSDAY AT 12:30PM
WE HAVE

Pinochle

LOOKING FOR NEW PLAYERS!
COME AND JOIN IN ON THE FUN

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Young At Heart Senior Center, Rock Springs, WY

A 4C 05-1096

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. Pizza Bacon Ranch Pea Salad Canned Fruit No Bake Cookie</p>	<p>3. Chicken Enchilada Refried Beans Garden Veggie Salad Sliced Melon Raspberry Crumble</p>	<p>4. Roast Beef with Gravy Baked Potato/Sour Cream Herbed Broccoli WW Bread Spring Salad Peach Orange Delight/Whipped Topping</p>	<p>5. Almond Crusted Fish Tartar Sauce Sweet Potatoes Zucchini Corn Bread Fruit Salad Pumpkin Bread</p>	<p>6. Chicken Fried Steak/Gravy Scrambled Egg Hashbrowns/Onions and Peppers Orange Sauced Peaches/Granola V-8 Juice Blueberry Muffin</p>
<p>9. Salisbury Steak Mashed Potatoes Italian Veggies Hot Roll Jean's Veggie Salad</p>	<p>10. Chili Cornbread/Butter Garden Veggie Salad Fruit Ambrosia Cookie</p>	<p>11. Meatloaf Whipped Potatoes And Gravy Carrots Roll Fruited Jello Tossed Salad</p>	<p>12. Roast Beef Sandwich With Lettuce and Tomato V-8 Juice Apple Slices Baked Chips</p>	<p>13. BBQ Chicken Baked Potato/Sour Cream Scandinavian Veggies Tossed Salad Roll Cake and Ice Cream</p>
<p>16. Soft Shell Taco Refried Beans Salsa, Onion, Lettuce, Cheese Fluffy Fruit Cup</p>	<p>17. Liver and Onions Whipped Potatoes Italian Veggies Tossed Salad WW Roll Peach Crisp</p>	<p>18. Grilled Cheese Sandwich Tomato Soup Tossed Salad Canned Fruit Cookie</p>	<p>19. Pork Mac and Cheese Bake Grilled Broccoli Mediterranean Salad WW Roll Fresh Fruit</p>	<p>20. Bratwurst Corn on the Cob Red Potatoes, Cabbage Garden Veggie Salad Banana Pudding/Wafers</p>
<p>23. Orange Glazed Chicken Scalloped Potatoes Veggie Soup Coleslaw WW Roll Chocolate Chip Muffin</p>	<p>24. Cheeseburger/Lettuce, Tomato, Onion, Pickle Onion Rings Coleslaw Brownie /Ice Cream</p>	<p>25. Baked Fish Basil and Garlic Pasta Spinach Coleslaw Pear Cobbler Fresh Fruit WW Roll</p>	<p>26. Chicken and Dumplings Herbed Broccoli Spring Salad Chilled Pears</p>	<p>27. Tuna Salad Sandwich Everything Salad/ French Dressing Orange Sauced Peaches Cookie</p>
<p>30. Stuffed Pepper/ Tomato Gravy Whipped Potatoes Garlic Bread Tossed Salad Chocolate Pudding Pie</p>	<p>31. Chef's Salad Carrot Stick Garnish Roll Fresh Fruit Soup Pumpkin Chocolate Chip Cookie</p>	<h1>October Menu</h1>		



Community Breakfast

Friday, October 6th, 8am-1pm

2400 Reagan Ave

Chicken Fried Steak/Gravy'

Scrambled Eggs

Hashbrowns/Onions & Peppers

Orange Sauced

Peaches/Granola

V-8 Juice

Blueberry Muffin

\$10.00 for adults 59 and younger
\$5.00 for adults 60 and over*
\$7.00 for children
*With completed AGNES form.

October Birthday Sit-Down

October 13, 2023

Come enjoy lunch on us!

Happy Birthday

Lunch served at 11:30am

Cake & Ice Cream Provided by:



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VOLUNTEERS NEEDED FOR HOME DELIVERED MEALS

Please Contact Daphne at Young at Heart if you or anyone
you know can help us deliver Meals
307-352-6737

Young at
Heart

Monday through Friday
2400 Reagan Ave
Rock Springs WY
82901

FLU VACCINE COVID BOOSTER

Thursday October 5, 2023

at Young At Heart
10:00am - 12:00pm

Sweetwater Public Health is coming and bringing
Flu Vaccines and Covid Boosters to you!
Information sheets and Forms to fill out will be
available to fill out and have ready!

For more information:
Call Makenzie Lewis 307-352-6737



**Memorial
Hospital**
OF SWEETWATER COUNTY

LUNCH & LEARN



OCTOBER 24 AT NOON
YOUNG AT HEART SENIOR CENTER

Join Irene Richardson, CEO Memorial Hospital of
Sweetwater County, for a free lunch and learn.

Understanding Medicare Plans

Our Patient Financial Navigation
Team will help you understand
Medicare Plans and offer
information about their program
and how we are helping patients.



Melida Marin,
Patient Financial Navigator



Megan Benedict,
Patient Financial Navigator

October 17th

Bingo

Bingo starts at 5:00 pm

Doors open at 4:30 not earlier

\$15 for 15 games

Bring your own food

Call the day of to make sure it still scheduled **352-6737**



WEDNESDAY OCTOBER 18th

9:00 am to 12:00 pm

Instructor- Chris Schutz

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. ****



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Rock Springs, WY 82901

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Young at Heart Staff

Executive Director– Jamie Loreda
Early Learning Center Director - Brianna Romero
Home Health Director– Billie Seneshale
Receptionist - Louise Webb
Center Bookkeeper - Misty Wilson
Activities Coordinator - Makenzie Lewis
Kitchen Manager / Home Delivered Meals -
Daphne Palmer
In Home Services Supervisor –Cindy Stensgard
In Home Services Bookkeeper– Victoria Garcia
Access Care Coordinators - Gina Randolph &
Brooke Reese
Secretary - Makenzie Lewis
Outreach Coordinator -
Makenzie Lewis & Kandi Lewis

Our Board of Directors

Suzette Williams – Board Chair
Kent Porenta – Secretary
Richard Vandersloot - Vice Chair
County Liaison – Mary Thoman
Kevin Maloney– Treasurer
Philann Lux
Sue Riggs
Wanda Bobo-Ferber
Michelle Quiroz
Diana Jessop