

Young at Heart

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

December 2023

www.youngatheartcenter.org

DONATIONS

Thank you!

General Donations

Scott & Rebecca

Nelson

Michelle Babecki

Robin Rossetti

Tardoni Family

Debbie Tomich

John Kennedy

Carrie Guse

Karen Chitwood

Gary Kneiper

Stacie Giles

Travis Carr

Ramona Gurule

Elmer & Susan Dimick

Appreciation Donations

Bill Brown

Georgeen Harris

Donations in Memory of :

Everett Johnson

&

Gary Jensen

By Rene and Kevin Maloney

Lynn Sims

By Linda and Bradley Baldwin



All Ages Welcome

Come and decorate a cookie, enjoy some hot cocoa, and get your picture with santa.

Saturday December 23rd, 2023

at 10:00 a.m.

Young at Heart

Community Center

2400 Reagan Ave.

Rock Springs, WY

Tickets are \$5 each

Come in and buy your tickets at the front desk.



A Community Place 



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

December Activities

1. 8:00 AM Pool
 9:00 AM Walking Miles
 9:30 AM Wii Bowling
 12:30 PM Hand & Foot
 12:30 PM Poker

4. 8:00 AM Pool
 9:00 AM Painting
 9:00 AM Walking Miles
 10:30 AM Daily Fitness
 12:30 PM Hand & Foot

5. 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
 1:00 PM Memoir Writing

6. 8:00 AM Pool
 8:30AM Tech Tutor
 9:00 AM Walking Miles
 9:00 AM Craft Class
 10:30 AM Daily Fitness
 12:00 PM Duplicate Bridge
 12:30 PM Painting
 12:30 PM Mexican Train

7. 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

8. 8:00 AM Pool
 9:00 AM Walking Miles
 9:30 AM Wii Bowling
 12:30 PM Hand & Foot
 12:30 PM Poker

11. 8:00 AM Pool
 9:00 AM Painting
 9:00 AM Walking Miles
 10:30 AM Daily Fitness
 12:30 PM Hand & Foot

12. 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

13. 8:00 AM Pool
 8:30AM Tech Tutor
 9:00 AM Walking Miles
 9:00 AM Craft Class
 10:30 AM Daily Fitness
 12:00 PM Duplicate Bridge
 12:30 PM Painting
 12:30 PM Mexican Train

14. 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

15. 8:00 AM Pool
 9:00 AM Walking Miles
 9:30 AM Wii Bowling
 12:30 PM Hand & Foot
 12:30 PM Poker

18. 8:00 AM Pool
 9:00 AM Painting
 9:00 AM Walking Miles
 10:30 AM Daily Fitness
 12:30 PM Hand & Foot

19. 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
 4:00 PM BOARD MEETING

20. 8:00 AM Pool
 8:30AM Tech Tutor
 9:00 AM Walking Miles
 9:00 AM Craft Class
 10:30 AM Daily Fitness
 12:30 PM Painting
 12:30 PM Mexican Train

21. 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

22.
Center Closed

25.
Center Closed
 Merry Christmas

26.
Center Closed

27. 8:00 AM Pool
 9:00 AM Walking Miles
 9:00 AM Craft Class
 10:30 AM Daily Fitness
 12:00 Duplicate Bridge
 12:30 PM Painting
 12:30 Mexican Train

28 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 and Move

29
Center Closed

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

DECEMBER 1ST, 2023
**COMMUNITY
 BREAKFAST**
 8:00a.m. - 1:00p.m.

Menu
 Croissant Sandwich
 with bacon, Egg, and cheese
 Country Potatoes
 V-8 Juice
 Fresh fruit

Non-Senior \$10
 Children \$7
 Seniors \$5*
*With completed AGHS form


Wear
 Your
 Pajamas

Young at Heart
 Center
 2400 Reagan Ave
 Rock Springs, WY 82901

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 OUR NEWSLETTER!**

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 newsletter
 emailed
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Monday Tuesday Wednesday Thursday

Friday

December Menu

1. Community Breakfast
 Croissant Sandwich w/ Bacon, Eggs, Cheese
 Country Potatoes
 V-8 Juice
 Fresh Fruit

4.
 Hamburger Steak
 Mashed Potatoes
 Gravy
 Green Beans
 Whole Wheat Roll
 Fruit Cocktail
 Jello

5.
 Liver and Onions
 Whipped Potatoes
 Italian Vegetables
 Pears
 Brownie

6.
 Meatballs on a Hoagie
 Green Beans
 Crunchy Calico Salad
 Chilled Peaches
 Cottage Cheese

7.
 Baked Fish
 Cheddar mashed Potatoes
 Scandinavian Veggies
 Coleslaw
 Pumpkin Bread
 Grapes

8. Birthday Sit-Down
 Ham Slice
 Scalloped Potatoes
 Corn
 Whole Wheat Roll
 Mandarin Oranges
 Pineapple
 Cake and Ice cream

11.
 BBQ Pork
 Baked Beans
 Carrots and Celery Roll
 Pear

12.
 Bacon Cheeseburger
 Side of Lettuce, Tomato, Pickle, Onion
 Baked Potato Chips
 Macaroni Salad
 Cupcake

13.
 Creamed Chicken
 Baked Potato
 Carrots
 Chilled Beets
 Roll
 Cookie

14.
 Chicken Fried Steak
 Mashed Potatoes W/Gravy
 Melon Cup
 Tossed Salad
 Biscuit
 Cheese Cake

15.
 Pizza
 Bacon Ranch Pea Salad
 Peaches
 Chocolate Chip Cookie

18.
 Soft Shell Taco
 Salsa
 Mixed Relish Tray
 Fluffy Fruit Cup
 Cookie

19.
 Crab Cakes w/ Tartar Sauce
 Rice Pilaf
 Parslied Carrots
 French Bread
 Banana
 Fruit Crisp

20.
 Crunchy Chicken Salad
 Seasoned Oven Potatoes
 Corn
 Orange Wedges
 Tossed Salad
 Cookie

21. Christmas Potluck
 Deli Sandwich
 Soup
 Tossed Salad
 Baked Chips
 Christmas Sugar Cookie.
 Bring a side dish.

22.
 Center Closed

Center Closed
 Merry Christmas

Center Closed

27.
 Manicotti
 Italian Vegetables
 Tossed Salad
 Garlic Bread
 Applesauce Cake

28.
 Chicken Cordon Bleu
 Seasoned Oven Potatoes
 Corn
 Orange Wedges
 Tossed Salad
 Cookie

Center Closed

BIRTHDAY SIT-DOWN



**COME AND ENJOY LUNCH WITH US.
LUNCH IS SERVED AT
11:30 AM.**

DECEMBER 8TH, 2023
Cake and ice cream
provided by Deer Trail
Assisted Living



DEER TRAIL

CHRISTMAS
CRAFT
Fair and Fundraiser

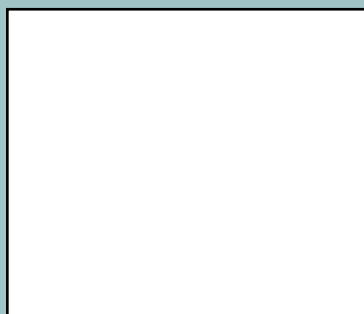
YOUNG AT HEART
CENTER
2400 REAGAN AVE.
ROCK SPRINGS, WY 82901

SATURDAY
DECEMBER 9TH 2023 | 10AM-4PM
HANDMADE GIFTS AND TOYS FOR
THE WHOLE FAMILY.



**WE WILL BE RAFFLING QUILTS.
RAFFLE TICKETS
ARE \$5 EACH
OR 5 TICKETS FOR \$20**

ALL PROCEEDS FOR RAFFLE WILL GO TO THE YOUNG AT
HEART CENTER.



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Wyoming

2.1.1

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BINGO
DECEMBER 19TH

Doors open at 4:30 pm, not earlier.

Bingo starts at 5:00 pm

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

\$15 per bingo packet. \$1 for extra blackout.

If you are hungry, you can bring your own food.



**Christmas
Potluck**

December 21st, 2023

We will be serving

Deli Sandwiches

Tossed Salad

Baked Chips

Christmas Cookie



Please feel free to
bring a dish or a side
dish to share at lunch.

Save The Date
Tree Of Sharing

Its that time of year again

when we ask the community

to open their hearts to the tree of sharing

Ornaments will be available

November 20th, 2023

in the dining room

at the

Young at Heart

Believe

Congratulation

Barbara Smith

On Receiving

Poet Laureate

of Wyoming

**WE WILL BE
CLOSED
DECEMBER
22ND-26TH FOR
CHRISTMAS**



**WE WILL BE
CLOSED
DECEMBER 29TH
AND JANUARY 1ST**

HAPPY NEW YEAR

2024

**NEVER MISS
OUR NEWSLETTER!**

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM





2400 Reagan Avenue
Rock Springs, WY 82901

Non-Profit

Organization

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Permit Number 27

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 - Meagan Rogers
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 - Meagan Rogers
Outreach Coordinator -
Meagan Rogers & 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