



P.O. Box 804, Pinedale, Wyoming 82941

Email: rpact2021@gmail.com

Website: www.rendezvouspointe.com

Phone: 307-367-2881 Fax: 307-367-6769

Hours: Monday—Friday, 8am—4pm

This complete newsletter
can be viewed on our website.

July
2026



This document was developed under grants from the Wyoming Department of Health, Aging Division.

Coffee & Conversation on Friday mornings at 9:00am
Sponsored by

Coffee & Conversation is on hold for the summer, watch for it to start back up again
the middle of September.



We will be CLOSED on
July 3, 2026.

"Celebrating 250 years of freedom, strength, and
resilience. Wishing you a wonderful Independence
Day!"

Podiatrist Dr. Stanton Smith

will be coming to Rendezvous Pointe on
Monday, July 13, 2026

There are still appointment times open.
If you have any foot problems that need attention,
call Charlee at Rendezvous Pointe at 367-2881 to
make an appointment for this date with Dr. Smith.
Appointments start at 12:30pm, schedule every 15
minutes and last appointment time is 2:45pm.
If coming for the first time please bring your I.D. and
insurance information or be prepared to pay day of
visit.



Board of Trustees Meetings are the 2nd
Wednesday in January, March, May, July, Sep-
tember and November.

The next meeting will be on
July 8, 2026

Everyone is welcome!

Thank You
VOLUNTEERS



Rendezvous Pointe would like to recognize
David Cutlip as an outstanding volunteer.

Every single month, David is the first to arrive,
consistently showing up to handle the heavy lift-
ing for our food bank deliveries. His unwavering
reliability and willingness to go above and beyond
ensure our operations run smoothly from the
very start. We are profoundly grateful for his ded-
ication, hard work, and the positive energy he
brings to our community. Thank you for always
being someone we can count on!



Lunch and a movie

in Marbleton

July 30, 2026

Van will depart at 10:45 am

The Bank of Jackson Hole will be hosting
lunch on

July 14, 2026



Please make it a point to thank Pat for their
generous support of Rendezvous Pointe sen-
iors as you get your lunch!

HOW TO STAY SAFE IN THE SUN

Enjoy the sunny days while staying safe and protected!

Always wear sunscreen.

Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

Wear protective clothing.

Cover up with long sleeves and pants. Put on a wide brim hat to protect your face and neck.

Wear sunglasses.

Keep your eyes protected with sunglasses that are designed to block UV rays.

Don't stay out in the sun too long.

Limit your time in the sun, especially between 10 AM and 4 PM. Seek shade if you can.

Know your own skin.

Regularly check your skin for any changes or anything unusual. See a doctor if needed.

UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:



Eye Cancer



Cataracts



Sunburned Eyes



Growths On or Near the Eye

1-2

UV INDEX

Low (1-2)

- Sunglasses (bright days)
- Cover-up (>1 hour)
- Sunscreen SPF 30+ (>1 hour)

3-5

UV INDEX

Medium (3-5)

- Sunglasses
- Cover-up & hat
- Sunscreen SPF 30+
- Seek shade (midday)

6-7

UV INDEX

High (6-7)

- Sunglasses
- Cover-up & hat
- Sunscreen SPF 30+
- Seek shade
- Limit sun from 11 am - 5 pm

8-10

UV INDEX

Very High (8-10)

- Sunglasses
- Cover-up & hat
- Sunscreen SPF 30+
- Seek shade
- Avoid sun from 11 am - 5 pm

11+

UV INDEX

Extreme (11+)

- Rare in Canada
- Same tips as very high zone

July Birthdays



1	Steve Castro
2	Raymond Stelling
3	Millie Pape
4	Charlotte Keyser
5	Robert Sorenson Byron Broun
6	Bob Remer Steve Tomich Tony Keys David Schultz
7	JJ Hutley Mavis James Wanda Thompson Michael Lewis George Peck Carolyn Morey
8	Patti Baxley
9	Fran Halligan
11	Lucy Conley

12	Jan Remer Pat Hruska Mary Noble
13	Robert Klaren Kim Jorgensen Mark Anselmi
14	Connie Cutlip Connie Reed Boyd Andersen
15	Bob Auston
16	Richard Harris Annette Roberts
17	Rhonda Deleuw Josephine Mack Madeleine Murdock
18	Randy Reed Richard Barber Doc Foster Bonita Griffin
19	Lynn Wittieff Kathy Rebescher
20	Marilyn Huffman

21	Karen Galey
22	Ann Barney Anna Peter
23	Nancy Shaffer Betty Golden
24	Steven Petersen
25	Mary Brodie Connie Berry
27	Ronald Howard Betty Osenbaugh Margaret Johnson Kathleen Harvey Cindi smith Gary Bingham Cynthia Smith
28	Joan Neumeyer Susan Orcutt Johnny Hendricks
29	Susan Pape Riggs Douglas Strike Michael Cooney Kenny Baker DeeAnn Price
30	Leon Farmer
31	David Vlcek Susan Diehl Linda Simnacher



Mon

Tue

Wed

Thu

Fri

July 2026



Activities are subject to change without notice.

1
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes

2
10a ~ Chair Yoga **CANCELLED**
1p ~ Fiber Guild
1p ~ Pool
FOOD BANK OF WYOMING

FOOD BANK OF WYOMING

3

CLOSED

6
10a ~ Chair Yoga / Teisha
1p ~ BINGO

7
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

8
9a-4p ~ Art / Pottery
10a ~ **NO** Four Pines PT
10a ~ Pool
1p ~ Dominoes
1p ~ RP Board Meeting

Darcy Toenails

9
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool

Darcy Toenails

10
1p ~ Hand & Foot

SABLE STITCHERS

Afton - The Wall that Heals Visit

13
10a ~ Chair Yoga / Teisha
1p ~ BINGO

14
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

Dr. Smith - Podiatrist

15
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
1p ~ ”

16
9a ~ **Zen Tangle Art**
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool

Riverton Trip - senior center and museum

17
1p ~ Hand & Foot
Library Outreach

Riverton Trip - Hot Air Balloon Festival

20
10a ~ Chair Yoga / Teisha
1p ~ Pick a Prize BINGO

21
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

22
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
1p ~ In House Movie
”3 Days of the Condor”

23
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
Dog Toenails / Patti
Flaming Gorge Bus Tour

24
1p ~ Hand & Foot
SABLE STITCHERS


27
10a ~ Chair Yoga / Teisha
1p ~ BINGO

28
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

29
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes

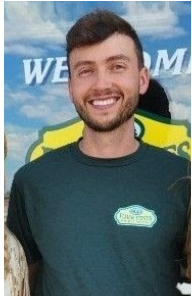
30
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
Lunch / Movie Marbleton

31
1p ~ Hand & Foot
Library Outreach

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>July 2026</h1>  <p>2% Milk, Butter, Iced Tea, and Lemonade Served Daily</p>				
6 Spaghetti w/Meat Sauce & Noodles , Minnesota Green Beans, Garden Vegetable Salad, Focaccia Bread, Apple Juice, Peachy Pudding	7 Cranberry Chicken , Steamed Brown Rice, Spinach Salad w/Mandarin Oranges, Herbed Broccoli, WW Roll, Apricots	8 National Blueberry Day Sloppy Joe , Sweet Potato Puffs, Marinated Vegetable Salad, Pears, Peaches n' Cream Bar	9 Herb Roasted Pork , Mashed Potatoes w/Gravy, Scandinavian Blend Vegetables, Creamy Cole Slaw, Chunky Applesauce, Cinnamon Coffee Cake	10 Hawaiian Chicken , Baked Sweet Potato, Key Largo Vegetables, Banana Muffin, Tropical Fruit Cup, Coconut Macaroon
13 Swiss Chicken Bake , Tossed Vegetable Salad, Broccoli Raisin Salad, Wheat Bread, Apricots	14 HAPPY BIRTHDAY! BBQ Beef Sandwich , Potato Salad, Coleslaw w/ Pineapple, Pear, Snickerdoodle	15 National Tapioca Pudding Day Baked Chicken , Potatoes Au Gratin, Relish Tray, Zucchini, Carrots & Basil, WW Roll, Melon Cup	16 National Spinach Day Grilled Cheese Sandwich , Minestrone Soup, Spinach Mandarin Salad, 3 Bean Salad, Pineapple	17 Tater Tot Casserole , Spinach Mandarin Salad, Wheat Roll, Pears & Cottage Cheese
20 Baked Fish , Cheddar Mashed Potatoes, Creamy Coleslaw, Steamed Broccoli, Banana Bread, Chilled Apricots	21 Chicken Enchilada , Peas & Onions, Lettuce & Tomato Salad, Tropical Fruit Salad, Brownie	22 Chili Dog on Wheat Hot Dog Bun, Relish Tray, Lettuce, Tomato, Pickle, Melon Cup	23 Monterey Chicken , Steamed Rice, Spinach Mushroom Salad, Grilled Broccoli, WW Roll, Chilled Apricots	24 Philly Cheesesteak Sandwich , Oven Roasted Potatoes, Vegetable Salad w/ garbanzo Beans, Mixed Vegetables, Sugar Cookie
27 Orange Glazed Chicken , Fried Brown Rice, Garden Vegetable Salad, Grilled Broccoli, Wheat Bread, Cinnamon Pears, Mixed Berry Crisp	28 Beef Tips w/ Mushrooms , Egg Noodles, Cauliflower Au Gratin, Cinnamon Raisin Bread, Fruity Cherry Salad	29 Chicken Fried Chicken , Mashed Potatoes, Steamed Broccoli, Wheat Bread, Plum	30 BBQ Meatballs , Baked Potato, Garden Salad, Mixed Vegetables, Wheat Roll, Chilled Peaches	31 Submarine Sandwich , Relish Tray, Creamy Coleslaw, 3 Bean Salad, Wheat Bun, Melon Cup

Serving time for lunch will be 12noon!

Please Call Rendezvous Point @ 367-2881 before 9:30am for your Reservations



Jacob with Four Pines PT
on **Wednesdays at 10am** for guided exercise to help improve mobility, balance, strength, and overall well being thru exercise.
Come improve your physical well being!

Thank You Jacob for your dedication to our seniors!

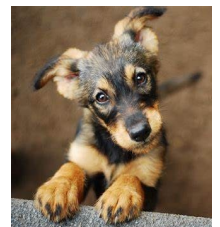
We would also like to thank Megan and Brooke for helping to change it up for us every once in a while!



Chair Yoga with Teisha !!
Mondays and Thursdays
from 10am - 11am
at Rendezvous Pointe.
Come and take part in a fun yoga session!!
Your body will thank you!!

Dog Toenail Clipping on
July 23, 2026
12:45pm

Please have your dog on a leash!



Attention Bingo Players!!

Candy Bar Bingo Day will be the first Monday of the month.

Bring a regular size candy bar for an additional prize for each game!!

So much tastier than a white elephant!!

Pick a Prize Bingo Day will be the 3rd Monday of the month.

Select a prize with each bingo!!



Come join us for a movie on
Wednesday, July 15 2026 at 1 PM

At Rendezvous Pointe

Movie : 3 Days of The Condor

Starring Robert Redford



For lunch reservations please remember to call in your order by 9:30AM!

This will allow the kitchen staff time to prepare the correct number of meals.

Please call 367-2881

Thank You!!



Zen Tangle Art
with Pam Peck

July 15, 2026

9 AM

Afternoon time available if needed.



Join us for this fun class to learn this technique.

Anyone can do it!!



Darcy will be here to cut toenails on

July 8 & 9, 2026.

Please call Charlee to schedule an appointment.

Thank you Darcy for doing such a great job and your generosity for our seniors!!



Seniors on the GO

Let's go have some Fun!!



A HUGE THANK YOU goes out to BOCES for \$3000.00 in grant funds to support our Seniors on the Go Program! This support helps enrich our seniors' lives and fosters a spirit of adventure by education our seniors on Wyoming's rich history and geological wonders. Their ongoing support of Rendezvous Pointe and our programs enhance our seniors' well being.

July 10 -- The Wall That Heals in Afton

Suggested trip donation: \$5.00 / person

July 16-17 -- Riverton senior center & museum / Hot Air Ballon Festival

Suggested trip donation: \$20.00 / person -- Sign up by July 10th.

July 23 -- Flaming Gorge Bus Tour

Suggested trip donation: \$10.00 / person -- Sign up by July 15th.

Sign up sheets will be available , you must sign up to go as space is limited. If you do not sign up for a trip it may not be possible to go as arrangements have already been made. Suggested trip donation must be paid for in advance. Seniors are responsible for their meals on trips unless stated otherwise. Snacks and water provided. All trips subject to change.



Flaming Gorge Bus Tour

July 23, 2026

Join us for a fun day of touring the Flaming Gorge.

You must sign up by July 15th as space is limited.

Suggested trip donation: \$10.00

TOUR ITINERARY

7:30 A.M.
Check-in at Visitor Center (1641 Elk Street, Rock Springs, WY)
8:00 A.M.
Depart Visitor Center
Tour Stops:
Flaming Gorge Gateway Sign – Map orientation and Photo
Op Firehole Canyon Stop – Cowboy Donuts and Restroom
Break Antelope Flat Turnout Flaming Gorge Dam – View Site and Restroom Break Picnic lunch catered by WyoWifey
Red Canyon Visitor Center – View Scenic Overlook Sheep Creek Bay Overlook (MM 17) Salmon Interp. Site (MM 22) – View Site and Restroom Break Lucerne Valley Marina – Ice Cream and Restroom Break Green River – View Expedition Island (optional based on time)
4:15 - 4:30 P.M.
Return to Elk St. Visitor Center

THE EXPERIENCE

View vast landscapes and steep canyons; from high desert plains to alpine forests.



Wildlife is often seen along the byway. Watch for mule deer, pronghorn antelope, bighorn sheep, eagles, osprey, and more!

Enjoy incredible views while learning more about the history, landscape, and wildlife in the area. This tour is fun for all ages! Attendees must be able to walk at least .25 Miles.



WHAT TO BRING

- Extra Snacks (Lunch & Snacks Provided)
- Sunscreen, Sunglasses, Hat, Jacket
- Cell Phone (Service Is Limited)
- Comfortable Walking Shoes
- Any Required Medications
- Water Bottle
- Binoculars
- Camera

Alcohol is not permitted

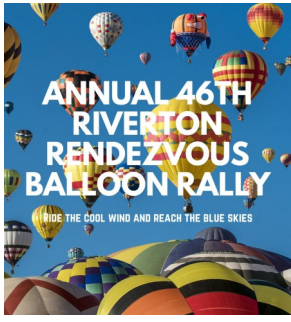


**July 10, 2026
Afton, WY**

On Veterans Day 1996, the Vietnam Veterans Memorial Fund (VVMF) unveiled a replica of the Vietnam Veterans Memorial in Washington, D.C., designed to travel to communities throughout the United States. Since its dedication, *The Wall That Heals*® has been displayed in more than 800 communities throughout the nation, spreading the Memorial's healing legacy to millions.

Van will depart at 8am and will return mid to late afternoon. Suggested trip donation is \$5.00.

Must sign up as space is limited.



Join us on a trip to Riverton where we will visit the Riverton Senior Center and museum and downtown Lander. We will stay the night in Riverton and then attend the Riverton Balloon Rally early Friday for lift off.

July 16-17, 2026

Be sure to sign up by July 10, 2026.

Suggested trip donation: \$15.00 \ per person

Rendezvous Pointe Adventures



We had the opportunity to visit the Silver Stream Greenhouses up by the Rim.

What an amazing job they are doing...so much produce!!



We made a trip to Green River where we visited the Golden Hour Senior Center. They were so nice and inviting, it was fun to see their facility which was an old elementary school.

We also stopped by the Sweetwater County Historical Museum which was fun to explore!





We enjoyed the Gem and Mineral Show, although Lenore (below) found out what happens when you try to pet a T-Rex.



Left: Ginny participated in the show with all of her fun creations!



The Lonely Penny

I parked my care and walked around
and in the gutter, there I found
in the dirt and grime lay something round
an old gray penny, 1943.

Not something to excite a man like Sutter
nor would it buy a pat of butter
but, some interest had been stirred in me
as I looked it over, what did I see.

Battered it was for a very long time
there seemed some sort of etching, very fine.
After washing, drying and brushing,
it was still there amidst the dust,
that old familiar coinage phrase
In God we Trust.



This old coin don't say much as money
but, as for our country it says plenty,
it says we need to turn back to God
as someone we can trust
who says in 2 Chronicles 7:14,

It not only can be done, but
if we humble ourselves and turn back
He will forgive us and save our land
so, on our 250th, this July 4th
let's rededicate our USA to God
and pray that He help us in our turning back.

And remember, we cleaned up the penny
so, we should not and prayerfully will not
do less for our country that we love.

~~ Rich Boettcher

Calling all Caregivers: You Are Not Alone

If you are caring for a loved one or spouse in Sublette County, the **National Family Caregiver Support Program** at Rendezvous Pointe is here to help you reclaim your time and health.



Caregiving can start as a rewarding and manageable job but as time goes you may start to wonder when you might ever have a minute to yourself again, you feel guilty about wanting time to yourself, you start to lose your needs, dreams and focus. Before it gets to this point, please ask for help! Caregiving can and will most likely affect your mind, body and heart and no one can do this alone!

We are here to help you find the resources you need. We offer many resources for Caregivers, from information to services available within community, training, support groups, counseling sources, respite care, grocery shopping, meal prep and some nutritional meals when under the Caregiver Support Program.

Get Connected Today

All communication is private and confidential. Contact us for an assessment to access these free or low-cost resources.

Jennifer Peterson
Case Manager
307-367-2881





425 E. Magnolia
P.O. Box 804
Pinedale, WY 82941

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250Th
— YEARS —
ANNIVERSARY

**Join us on
July 2, 2026 at 12PM
for our Annual 4th of July
BBQ Lunch**

**Hamburgers, Hot Dogs and
all the fixins'**

**Please be sure to call by
9:30am to reserve your
spot!**