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Hours: Monday—Friday, 8am—4pm

This complete newsletter
can be viewed on our website.

May 2026



Rendezvous Pointe is celebrating 46 years!!

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



EMPLOYEE DIRECTORY

Director - Katie Lane
Financial Director - Cher Rosencranse
Adm. Asst. - Charlee Thomson
Activity Director/Newsletter - Anissa McCutchan
Transit Coordinator - Melanie Howey
Transit Driver - Mike Deleeuw

Case Manager/SAMS - Jennifer Peterson
Homemakers - Kodie Hammer, Joni Harley

Kitchen Manager - Kerri Anderson
Assistant Kitchen Manager— Holly Hansen

Kitchen Staff—
 Jody Wilson, Sharon Bell,
 Lydia Petersen, Zoey Hedgepeth
 Mavzuna ToshpuLatova,

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From the Director

Well, we made it to May! Proof that we survived winter and we're all pretending we didn't just wear three layers last week. Ah, Wyoming spring – where you can experience all four seasons before lunch. As Pinedale starts to turn green, there is a renewed energy here at Rendezvous Pointe. We've packed May full of fun, laughter, and just enough exercise to make us feel accomplished without needing a nap...although naps are still strongly encouraged and fully supported by management.

We have some bittersweet news to share: Our transit driver Blake, whom you all know, is officially hanging up his keys to enter a well-deserved retirement. Most of you know that his heart is in the outdoors, and he is eager to spend his days playing, hunting, and fishing. We are so grateful for the time he spent here ensuring everyone got where they needed to go safely. So if you see him out there, don't ask for a ride – he's officially off the clock!

I'd like to personally thank the staff and everyone who volunteered for, and/or participated in, last month's events. Whether you came for the coffee, the company, or the ice cream (we know it was the ice cream), your presence is what makes this place special.

This month, we have new classes, returning favorites, and a few surprises. If you've been thinking about trying something new, this is your sign. Worst case scenario, you get a good story out of it. Best case, you discover a hidden talent or at least make a new friend to laugh about it with.

Thank you for being the heart of Rendezvous Pointe. You bring the energy, the humor, and occasionally the mystery Tupperware that no one claims but everyone uses. Here's to a May full of sunshine, smiles, and just the right amount of mischief.

Warmly,
Katie Lane
Executive Director

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

May 1 ~ NO C & C

May 8 ~ Rex D. Walk, CEO of Sublette County Health
Come meet Mr. Walk the newly appointed CEO

May 15 ~ Stephanie, Wind River Gardens

May 22 ~ TBD

May 29 ~ NO C & C



**Coffee &
Conversation**

Getting up to attend Coffee & Conversation is a great way to start your day! Our guests give so much information and educate us on a wide variety of topics. Repeat guests bring us up to date on local matters and projects too. Come join us on Friday mornings at 9am! The coffee and snacks will be ready!!

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

May 20th 2026 at 1pm

(This is a change from regular schedule)

Everyone is welcome!



**Board Member Ballots
due back by**

May 29, 2026

Board member ballots will be mailed
out by May 4, 2026.

You may mail or bring your ballot to
Rendezvous Pointe.



Lunch and a movie

in Marbleton

May 28, 2026

Van will depart at 10:45 am

The Bank of Jackson Hole will be hosting
lunch on



May 12, 2026

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



MENTAL HEALTH

"Caring for Your Mind and Well Being"

PRACTICE SELF CARE

Take time each day to do activities that you enjoy and calm your mind, such as reading, taking a walk, or meditating. Self care helps reduce stress and improves mental well being.

STAY CONNECTED

Maintain relationships with family and friends. Talking to people you trust about your feelings and experiences can provide emotional support and reduce feelings of loneliness.

PRACTICE MINDFULNESS AND MEDITATION

Mindfulness and meditation techniques can help you stay focused on the present moment and reduce negative thoughts. Take a few minutes every day to meditate and pay attention to your breathing.

Daily Living Tips for Arthritis Patients: Enhancing Comfort and Functionality at Home

1 Home Modifications

Creating an arthritis-friendly home can make a big difference in managing your daily tasks:

Lever Handles

Raised Toilet Seats

Slip-Resistant Flooring

2 Assistive Devices

Several devices can help reduce the strain on your joints and enhance your ability to perform daily tasks:

Reachers and Grabbers

Jar Openers

Shower Chairs and Handheld Showers

3 Simple Exercises

Engaging in gentle exercises can improve joint function and flexibility, which may reduce arthritis pain:

Stretching

Water Aerobics

Walking

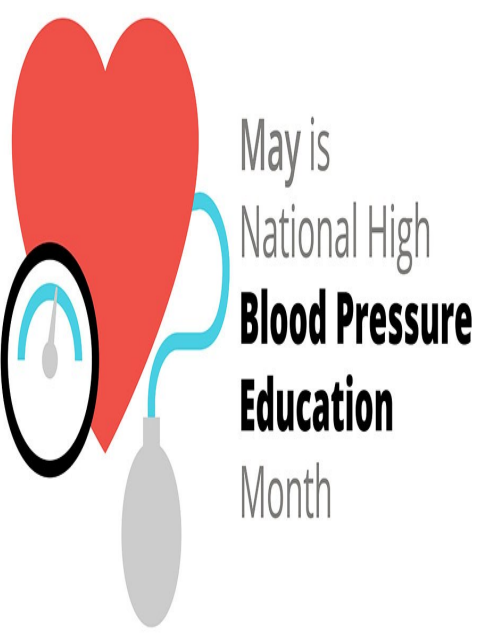
4 Pain Management Techniques

Managing arthritis pain is crucial for maintaining your quality of life

Heat and Cold Therapies

Topical Pain Relievers

Mind-Body Techniques



What puts you at risk for high blood pressure?

Age

Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.

Lifestyle habits

Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

Race or ethnicity

While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.

Genes

High blood pressure often runs in families.

Sex

Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.

May Birthdays

2	Anita McCutchan
3	Albert Etcheverry Michael Palmer
4	Bob Carmean
5	Mike Grove Vance Brewer
6	Desiree Odegaard
8	Carlene Barber Roy Barney
10	Lenore Percy Bob Rule Kim Tanner
11	Nylla Kunard Phil Howland



12	JoAnn Kirkpatrick
14	Barbara Pape Mark Kalai
15	Phyllis Staidl Jerry Hengen Carolyn Elliott
18	Jamie Kaul Ruth Lanning
19	James Sarapata William Johnson
20	Bill Williams
21	Dale Kelting
22	Paul Glace

23	Loleen Denney
24	Sheila McNealey Paula Dmyterko
25	Pat Thomas Rick Johnson Mary Kay Zakotnik Denise Hall
26	Kathy Hengen Jamie Wood Peggy Noble Patricia Looney
27	Sandra Millage
28	John Emerson John Anderson Kristi Glace Rendezvous Pointe
29	Kristen Anderson Lee Martin
30	Pam Kirkpatrick



Mon

Tue

Wed

Thu

Fri

May 2026

Activities are subject to change without notice



1
1p ~ Hand & Foot

8
9a ~ Coffee & Conversation
Rex Walk, CEO Sublette Co.
Health
1p ~ Hand & Foot
Sable Stitchers
Library Outreach

5
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong



6
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes

7
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
FOOD BANK OF WYOMING

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

13
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
Book Folding Class

14
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
Darcy Toenails

15
9a ~ Coffee & Conversation
Stephanie, Wind River Gar-
dens
1p ~ Hand & Foot

18
10a ~ Chair Yoga / Teisha
1p ~ Pick a Prize BINGO

19
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

20
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
1p ~ **RP Board Meeting**

21
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
Dog Toenails / Patti

22
9a ~ Coffee & Conversation
TBD
1p ~ Hand & Foot
Sable Stitchers
Library outreach

26
9a ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong



27
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
1p ~ **Movie at RP (TBD)**

28 **Happy Birthday**
Rendezvous Pointe
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
Lunch / Movie Marbleton

29
1p ~ Hand & Foot

Monday

Tuesday

Wednesday

Thursday

Friday

May 2026

2 % Milk, Butter, Iced Tea and Lemonade Served Daily



4	Buffalo Chicken, Macaroni Salad, Marinated Cucumber Salad, Watermelon Chunks	5 Cinco de Mayo Soft Shell Tacos, Mixed Relish Tray, Mexicali Corn, Refried Beans, Salsa, Fluffy Fruit Cup	6 Marry Me Chicken, Mashed Potatoes, Broccoli & Carrots, Garden Vegetable Salad, Strawberries & Bananas	7 Beef Pepper Steak, Steamed Rice, Jean's Salad, Carrot Coins, WW Bread, Apple	8 Baked Fish, Cheddar Mashed Potatoes, Creamy Coleslaw, Streamed Broccoli, Banana Bread, Chilled Apricots
11	11 Mother's Day Lunch Parmesan Chicken, Garlic Mashed Potatoes, Mixed Relish Tray, Seasoned Zucchini, WW Bread, Fresh Fruit	12 Happy Birthday! Lasagna, Mediterranean Salad, Mixed Green Salad, Garlic Bread, Bluebarb Crisp	13 13 Fruit Cocktail Day BBQ Pork, Boston Baked Beans, Confetti Coleslaw, Spinach Salad with tomatoes, Wheat Roll, Apricots	14 Meatloaf, Whipped Potatoes, Garden Vegetable Salad, Carrot Coins, Wheat Bread, Mixed Berries	15 Chocolate Chip Cookie Day Broccoli Chicken Bake, Rice, Carrot Apple Salad, WW Roll, Orange
18	Beef & Spinach Wrap, Carrot & Celery Sticks, Granola Bar, Fresh Fruit	19 Devil's Food Cake Day Chicken Fried Chicken, Mashed Potatoes, Steamed Broccoli, Wheat Roll, Plum	20 Cheese Ravioli w/Meat Sauce, 3 Bean Salad, Carrot Coins, Garlic Bread, Fluffy Fruit Cup, ½ Orange	21 Sweet & Sour Pork, Steamed Rice, Spinach Mushroom Salad, Peas and Carrots Mix, Egg Roll, Sliced Bananas	22 Chicken Salad Sandwich, Pasta Salad, Mixed Green Salad, Wheat Crackers, Strawberries & Bananas
25	 MEMORIAL DAY CLOSED	26 Blueberry Cheesecake Day Swedish Meatballs, Pasta, Jeen's Salad, Carrot Coins, Wheat Roll, Bananas & Mandarin Oranges	27 27 National Grape Day Turkey Club Sandwich, Potato Salad, Mixed Green Salad, Tropical Fruit Cup	28 Hamburger Steak, Baked Potato, Spinach Salad, Broccoli Cheese Sauce, Homemade Bread, Mixed Berries	29 Chef Salad, Carrot Stick Garnish, Homemade Bread, Strawberries & Bananas, Chocolate Chip Cookie

Serving time for lunch will be 12noon!

Please Call Rendezvous Pointe @ 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!

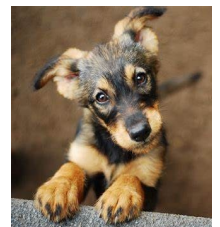
We would also like to thank Megan and Brooke for helping to change it up for us every once in a while!



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
May 21, 2026
12:45 PM

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, May 27, 2026 at 1 PM
At Rendezvous Pointe
Movie "TBD"



Trip to see the Silver Stream Greenhouses
May 14, 2026 at 1:30p
(Van will leave at 1pm)

These are the greenhouses up by the Rim. Come see how they grow using a hydroponic method.



Anyone play pitch or would like to learn?

We are looking for players to start a pitch group.

Please let Anissa know if you are interested . We are currently working on getting a group together.



Darcy will be here to cut toenails on
May 13 & 14, 2026.

Please call Charlee to schedule an appointment.
Thank you Darcy for doing such a great job and your generosity for our seniors!!

Mother's Day Tea

May 10, 2026 / 1:00 to 2:30 PM

Please join us at Rendezvous Pointe for
tea and light lunch to honor mother's.

Please RSVP by May 6 at 307-367-2881

With the number of guests.

H A P P Y M O T H E R ' S D A Y



We are currently working on trips for the summer. We are looking at a Yellowstone trip, Hot Air Balloon Festival and casino trip to Riverton, Flaming Gorge Bus Tour, a visit to Afton to see the "Wall that Heals", and more.

If you have ideas or places to see, please let Anissa know .



July 9-11, 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.



Book Folding Craft Class

May 13, 2026 at 10 AM

Come join us for this fun class of transforming old books into art pieces.

Free class; supplies provided.

Ode to 9/11

God's blessed us in some mighty ways
With treasure far and wide
Thru many times of turbulence
He's been right by our side

He made our land so beautiful
Our mountains, lakes and trees
Our lovely valleys, open plains
We thank you Lord for these

And, now we pray you're our hope still
With your great love and might
To help us thru these darkened times
With your great Love and Light
~~ Rich Boettcher
(Written right after 9/11)



This quilt was
pieced together
by Alberta "Albie"
McAndrews and
donated to Sable
Stitchers who fin-
ished the quilt.
You can purchase
tickets from Sable
Stitchers member
or Charlee.

Albie Quilt Raffle
\$2 each / 3 for \$5
Drawing will be
May 12th

All proceeds directly
benefit Rendezvous
Pointe!



**We had a great class making pressed flower
vases. They turned out great and was a lot of
fun to make.**

**The gals even helped make some for our
Mother's Day Tea.**

**A huge "Thank you" to Ginny Rossow and
Vicky Biffle who always step up to have these
classes!!**

It's happening at Rendezvous Pointe...



Left: The kitchen always does a fabulous job with the Easter lunch relish tray!!

Right: We celebrated National Picnic Day!!



Left: Nylla and family celebrating with us.

Right: The kitchen served up a great picnic lunch!!



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





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We will be closed May 25, 2026