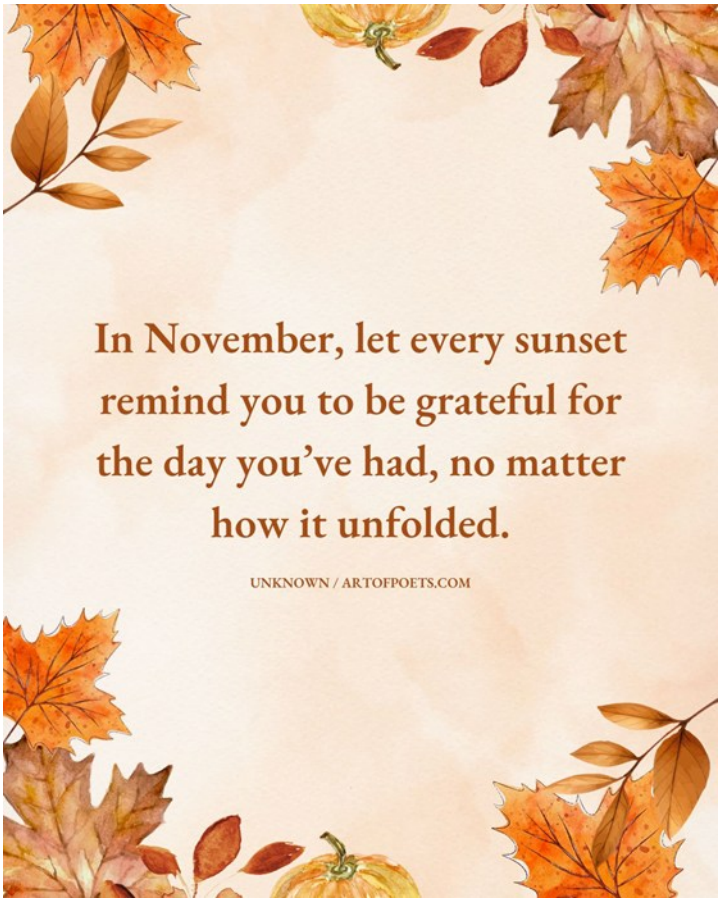
Rendezvous Pointe
THINK YOUNG HAVE FUN!

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.

November 2026



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

Rendezvous Pointe
THINK YOUNG HAVE FUN!

EMPLOYEE DIRECTORY

Director - Katie Lane

Financial Director - Cher Rosencranse

Adm. Asst. - Holly Hansen

Activity Director/Newsletter - Anissa McCutchan

Transit Coordinator - Melanie Howey
Transit Driver - Mike Deleeuw
Melvin Goetz

Case Manager/SAMS - Jennifer Peterson
Homemakers - Susan Ody, Joni Harley, Kathy Mergl

Kitchen Manager - Kerri Anderson
Assistant Kitchen Manager— VACANT

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

Board of Trustees

Richard Smith - Chair 559-352-5047
e-mail: rxsmith2552@yahoo.com

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e-mail: ltrimmer719@gmail.com

Ruth Neely - Treasurer 360-7009
e-mail: rneely14@hotmail.com

Lourinda Beierle - Secretary 231-0047
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Carolyn Hultquist 307-360-3717
e-mail: carolynhultquist1@yahoo.com

From the Director

November – A Season of Gratitude, Good Food & Stretchy Pants!

Well, here we are in November already! I'm not sure how that happened, considering I feel like we were just celebrating the Fourth of July. But apparently, time flies when you're having fun!

November is the month when we pause to count our blessings, give thanks for the wonderful people in our lives, and begin the annual debate over whether pumpkin pie is better than pecan pie. (Personally, I believe there's room for both on the plate!)

As Thanksgiving approaches, I want to take a moment to say how truly grateful I am for everyone who makes Rendezvous Pointe such a special place. Our dedicated staff, amazing volunteers, generous supporters, and, of course, all of YOU! You bring laughter, friendship, and plenty of personality through our doors every day.

Here in Wyoming, November also means preparing for winter. The days are getting shorter, the temperatures are dropping, and we're entering that wonderful season when getting dressed to go outside takes longer than the actual trip! So, as we head into the holiday season, I encourage everyone to stay connected, check in on a friend or neighbor, and spend some time with us at the Center. Whether you're joining us for a delicious lunch, participating in a fun activity, or just stopping by for coffee & conversation, there's always a place for you at Rendezvous Pointe.

And remember, Thanksgiving calories don't count if you're eating with friends. I'm fairly certain That's a scientific fact. (Please don't ask me to provide the research.)

Wishing you all a wonderful month of gratitude, filled with love, laughter, good company, and just enough leftovers to avoid cooking for a few days!

With a grateful heart and a healthy appetite,
Katie Lane
Executive Director

Coffee & Conversation on Friday mornings at 9:00am
Will start back up in October



November 6 – No Coffee & Conversation

November 13 – Dr. Andras Eder (rescheduled from October)

November 20 – Rex Walk, CEO Sublette County Health District

November 27 – No Coffee & Conversation – CLOSED

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 keep us up to date on local matters and projects too. Come join us on Friday mornings at 9am!

The coffee & snacks will be ready!!



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." —John F. Kennedy



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

The next meeting will be on

November 4, 2026

Everyone is welcome!

Podiatrist Dr. Stanton Smith
will be coming to Rendezvous Pointe on
January 11, 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.



The Bank of Jackson Hole will be hosting lunch on

November 10, 2026

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



There will be NO activities Thursday, November 5th in the afternoon and all day Friday, November 6th, due to setting up for our craft fair. Sorry for the inconvenience!

NOVEMBER IS NATIONAL DIABETES MONTH

ARE YOU AT RISK FOR TYPE 2 DIABETES?

1 IN 10 PEOPLE HAVE DIABETES (MOST HAVE TYPE 2 DIABETES)

1 IN 4 PEOPLE DON'T KNOW THEY HAVE DIABETES

YOU CAN STAY HEALTHIER LONGER AND LOWER YOUR RISK OF TYPE 2 DIABETES WITH THESE STEPS:

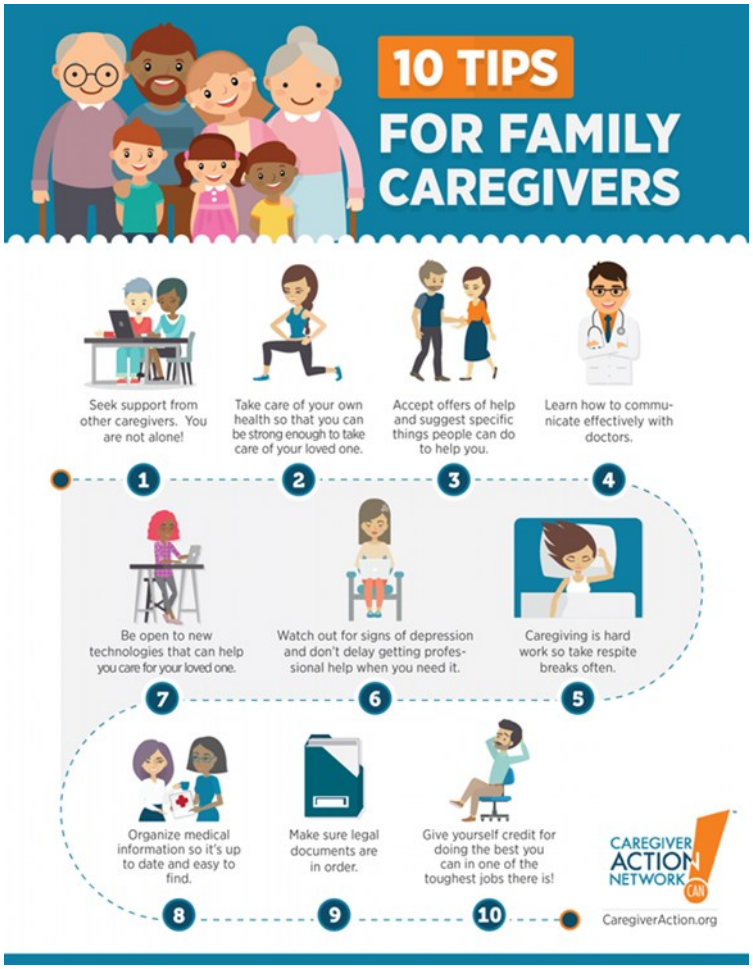
- STAY AT A HEALTHY WEIGHT
- EAT WELL
- BE ACTIVE

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:

- Being overweight
- Race and ethnicity: African American, Hispanic/Latino American, American Indian, Pacific Islander, Asian American
- Being physically active less than 3 times a week
- Having a parent, brother, or sister with type 2 diabetes
- 45+ Being 45 years or older
- Having had gestational diabetes (diabetes in pregnancy) or giving birth to a baby who weighed more than 9 pounds

world diabetes day

If you or someone you know has diabetes or is at risk for diabetes, check out our community classes and events at www.lexingtonhealthdepartment.org.



HOME FOR THE HOLIDAYS:

THANKSGIVING

MGIC

7 Things We Do After Thanksgiving Dinner

Take a nap

Take a walk

Argue about who should wash the dishes

Wash the dishes

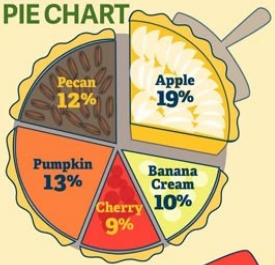
Look for lids to match the containers for leftovers

Watch football

Play board games

- Source: MGIC Marketing staff

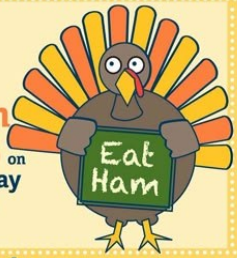
Our Favorites PIE CHART



- Source: Crisco® and American Pie Council

Americans gobble up **46 million TURKEYS** on Thanksgiving Day

- Source: University of Illinois Extension



1784

If **Ben Franklin** had his way, the **turkey** would be our **national bird.** An **eagle**, he wrote in a letter to his daughter, had "bad moral character." A **turkey**, on the other hand, was a "much more respectable bird."

- Source: greatseal.com





Plumbers get **50% MORE CALLS** on the day after Thanksgiving than any other day of the year.

Why? Turkey bones in the garbage disposal.

- Source: RotoRooter



40% of Campbell's **Cream of Mushroom soup** sold in the US goes into making **green bean casserole.**

- Source: from History.com

This infographic has been brought to you by your friends at MGIC!

mgic.com

16-51308 11/16

THANKSGIVING CHEAT SHEET

- Food Prep Schedule -

1 Week To Go

- Defrost Your Turkey
- Plan Recipes & Give Assignments
- Make a Grocery List

1 Day To Go

- Prep the Turkey
- Bake the Pies
- Prep the Stuffing
- Prep the Sweet Potato Casserole
- Make Salad Dressings

Thanksgiving Morning

- Roast the Turkey
- Start a Side Dish in the Crockpot
- Prepare the Rolls

1-2 Hours To Go

- Assemble / Set Out Appetizer
- Make Side Salad(s)
- Make the Mashed Potatoes

30 Minutes To Go

- Finish Sides in the Oven
- Make the Gravy
- Carve the Turkey

After Dinner

- Make Whipped Cream
- Slice & Serve the Pies
- Break out the Hot Chocolate

November Birthdays



1	Barbara Johnson Cyd Goodrick
3	Wilma Shriver Christine Cramer
6	Johnny Watkins
7	Karen Willman
8	Teresa Cackler
9	Debra Hafey John Radosvich
10	Clark Dyess Sheila Perschau
11	Jeri Johnson

12	Sharon Gralund Lorie Loftus
13	Pat Moudy Karen Grimes Valerie Jackson
14	Diane Vitt Caroline Brazell
16	Mayleen Boyce
17	Karen Grassell Steven Roberts
18	Maxine Leckie
19	Isabel Ramirez

20	Joanne Ludwig Jim Healy Evelyn Schultz Tom Healy
22	Dennis Gralund Jeff Goltz
24	Don Shriver
25	Mary Petrone Roderick Hunter
26	Josefina Allen Ted Dew Ruth Rawhouser Kimberly Brown
28	Sandy Bousman Donna Campbell
29	James Oestreich, Jr.
30	Ridge Larson Kathy Thorp





November 2026

Mon	Tue	Wed	Thu	Fri
2 10a ~ Chair Yoga / Teisha 1p ~ BINGO	**3** 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	**4** 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ **Board Meeting** **Public Health - BP Checks**	**5** 10a ~ Chair Yoga / Teisha **No afternoon activities due to craft fair setup.** **FOOD BANK OF WYOMING**	**6** **No activities due to craft fair.**
9 10a ~ Chair Yoga / Teisha 1p ~ BINGO	**10** 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	**11**  **CLOSED**	**12** 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool **Darcy - Toenails**	**13** 9a ~ Coffee & Conversation Dr. Andras Eder 1p ~ Hand & Foot **SABLE STITCHERS** **Darcy - Toenails**
16 10a ~ Chair Yoga / Teisha 1p ~ Pick a Prize BINGO	**17** 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	**18** 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ In-House Movie **"Tower Heist"**	**19** 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool **Dog Toenails / Patti**	**20** 9a ~ Coffee & Conversation Rex Walk, CEO SCHD 11a ~ Sublette Shakers 1p ~ Hand & Foot
23 10a ~ Chair Yoga / Teisha 1p ~ BINGO	**24** 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	**25** 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes	**26**  **CLOSED**	**27**  **CLOSED**
30 10a ~ Chair Yoga / Teisha 1p ~ BINGO				

All activities are subject to change without notice.

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Beef & Broccoli Stir Fry,** Steamed Rice, Steamed Carrots, Wheat Bread, Pears	3 **Chicken Enchilada,** Peas & Onions, Lettuce & Tomato Salad, Tropical Fruit Salad, Brownie	4 **Baked Italian Pasta,** Spring Salad, Asparagus, Wheat Roll, Grapes & Bananas, Tapioca Pudding	5 **BBQ Chicken,** Baked Potato, Tossed Green Salad, Scandinavian Vegetables, Hot Roll, Fast Fruit Salad	6 **Philly Cheesesteak Sandwich,** Roasted Potatoes, Tossed Salad w/ garbanzo beans, Wheat Bun, Chocolate Cake
9 **Clam Chowder,** Wheat Crackers, Spinach Salad w/ mandarins, Broccoli, Wheat Roll, Apricot Crisp	10 **Happy Birthday!** **Meat Loaf,** Whipped Potatoes, Garden Vegetable Salad, Carrot Coins, Wheat Bread, Mixed Berries	11  **Closed**	12 **Swiss Chicken Bake,** Tossed Vegetable Salad, Broccoli Raisin Salad, Wheat Bread, Apricots	13 **Swedish Meatballs,** Pasta, Jean's Salad, Carrot Coins, Wheat Roll, Bananas & Mandarin Oranges
16 **Chicken w/ Mushrooms,** Lemon Risotto, Cauliflower & Broccoli, Wheat Bread, Grapefruit	17 **Nat'l Homemade Bread** **Roast Pork,** Mashed Potatoes, Lettuce, Tomato, Cucumber Salad, California Vegetables, WW Roll, Chilled Apricots, Peach & Orange Delight	18 **Marry Me Chicken,** Mashed Potatoes, Broccoli & Carrots, Garden Vegetable Salad, Strawberries & Bananas	19 **Pizza w/Meat & Vegies,** Oregon Bean Medley, Mixed Fruit Cup, Creamy Rice Pudding	20 **Turkey Rueben Sandwich,** Chef Salad, Strawberries & Bananas
23 **Taco Salad** w/ lettuce, tomatoes & salsa, Chuck wagon Vegetables, Cottage Cheese & Cantaloupe Citrus Fruit Cup	24 ***Thanksgiving Dinner*** **Roast Turkey w/ Cranberry Sauce,** Mashed Potatoes w/ Gravy, Pacific Blend Vegetables, Mandarin Pineapple Grape Cup, Pumpkin Bar	25 **Western Egg Bake with Sausage Links,** Tri-Color Potatoes, Tossed Green Salad, Boston Brown Bread, Tropical Fruit Cup	26  **Closed**	27  **Closed**
30 **Chicken Fried Chicken,** Mashed Potatoes, Steamed Broccoli , Wheat Roll, Plum				

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

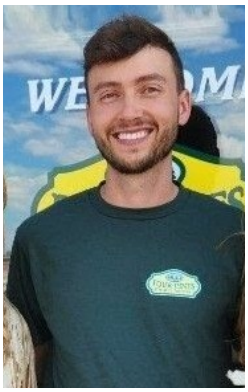


Serving time for lunch will be 12noon!

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

Rendezvous Pointe
THINK YOUNG HAVE FUN!

ACTIVITIES



Jacob with Four Pines PT is here 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!

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!!





Wooden Gnome Class

November 18, 2026

Join us for this fun class, decorating your gnome.

Free class, supplies provided.



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
Patti will be here on
November 19, 2026 @ 12:45pm.
Please have pets on leash.





Come join us for a movie on
Wednesday, November 18, 2026
At Rendezvous Pointe
Movie : "Tower Heist"



Lunch and a movie in Marbleton

Will be on hold for November and December. We will start back up in January.



Darcy will be here to cut toenails on

November 12 & 13, 2026.

Please call the office to schedule an appointment.

Thank you Darcy for doing such a great job and



Sublette Shakers is a local Parkinson's support group. They will meet the third Friday of the month at Rendezvous Pointe.

Next meeting will be

November 20, 2026 at 11AM

We took a trip to the Quilt & Rock Show in Big Piney. It was a beautiful day and a wonderful time!!









Holiday Pumpkin Pie Sale Fundraiser

We will be making pumpkin pies for your Thanksgiving dinner again this year!!

$18.00 each

Pie order and payment deadline is

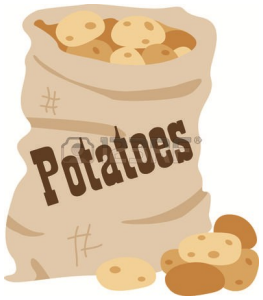
Monday, November 16, 2026

If you would like to order pies, please see or call the office at 307-367-2881.

Pies will be ready for pickup on Tuesday, November 24, 2026 and must be picked up by 1PM.



We want to give a huge Thank You to Gayle Hamner with the Special Olympics for donating 100 lbs. of potatoes to our seniors.



Your kindness for our seniors nurtures the roots of our community.

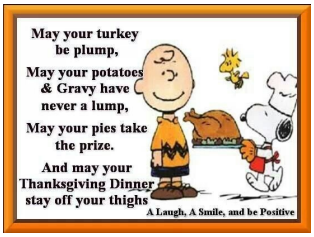


Join us for our Thanksgiving Lunch on

Tuesday, November 24, 2026 at Noon.

We will be having a full Thanksgiving meal.

Reservations are required.



<u>Please note this meal is for seniors 60+ only!!</u>

Cost for meal is $6.00







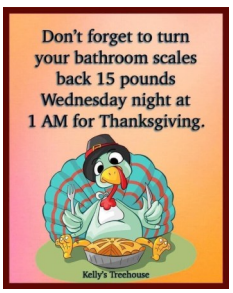




The art class had a great time making paper flowers.

They also celebrated Miriam's 90th birthday, as she will be leaving for Texas for the winter.

Happy Birthday Miriam!!





Rendezvous Pointe 22nd Annual Holiday and Craft Fair

Fundraiser and Community Event

November 6th / 5:00P - 8:00P

November 7th / 9:00A -2:00P

Join us for this fun event. We will have Quilts, Jewelry, Dish Scrubbies, Photography Prints/Notecards, Woodworking Crafts, Baked Goods and so much more!!!

Silent Auction Items * Raffle Baskets

Rendezvous Café will be serving pizza by the slice, breakfast burritos, Sue's sticky buns and cinnamon rolls!!



We are asking for volunteers to help with setting up, oversee silent auction table, food prep and servers for Rendezvous Café, clean-up and more.

Please let Anissa know if you are able to help!

We definitely couldn't make this happen without your help!!



SAVE THE DATE!

Christmas Lunch on Tuesday, December 22

Prime Rib with all the fixings.



We are looking for volunteers to help decorate our building for Christmas!

It is always fun bringing cheer to Rendezvous Pointe!

We will be decorating on

Monday, Dec. 1st and Tuesday, Dec. 2nd

Starting at 9AM

Please let Anissa know if you can help!

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

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

