



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

Return Service Requested

NON - PROFIT
U.S. POSTAGE
PAID
PINEDALE, WY
PERMIT #34



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.

September 2022



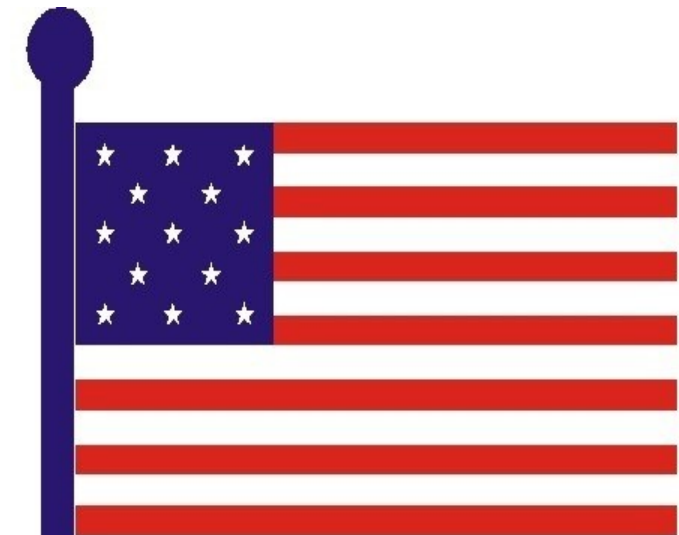
Dan Miller's Cowboy Music Revue
coming to Rendezvous Pointe
on **October 19th, 2022 @ 6pm**
Plan to attend this amazing
performance by some of our own
Wyoming residents!

Larry's Country Diner keeps calling
them back to perform on RFD-TV!
They are very personable and so
enjoyable to listen to. They are
friends you haven't seen for a
while.

Tickets are available in the RP
office now.
Seniors \$10 ~ Non-seniors \$15

Come out and support our
Wednesday Night Live concerts, do
some socializing with friends, tap
your toes, dance and HAVE FUN!!

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



HAPPY LABOR DAY



EMPLOYEE DIRECTORY

Executive Director - Kevin Warren
Financial Director - Cher Rosencranse
Adm. Asst. - Charlee Thomson
Activity Director/Newsletter - Kathy Allen
Transit Coordinator - Kathy Rebesch
Transit Driver - Blake Ober

Case Manager/SAMS - Karissa Aldava
Gail Toth—Homemaker
Tammy Walthall—Homemaker
Jacqueline Murray—Homemaker
Mary Ann Sherbrook--Homemaker

Kitchen Manager - Sue Eversull
Cook—Suzanna Hernandez

Kitchen Staff—
Sharon Bell, Anavilla Goulart,
Zoey Hedgepeth, Robert Hernandez,
Lydia Petersen, Kerri Anderson &
Danny Hedgepeth

Registered Nurse -

Board of Trustees

Gary Neely—Chair 360-7309
e-mail: garyneely14@hotmail.com
Stephanie Lund-Vice-Chair 258-0869
e-mail: stephlund77@yahoo.com
Jon Boroff- Treasurer 859-8244
e-mail: jskk@centurytel.net
Belinda Emerson- Secretary 367-6211
e-mail: j.emerson2734@gmail.com
Dwight Dibben 360-7594
e-mail: dwightdibben40@gmail.com
Scott Willman (661)619-6416
e-mail: willmanscott@yahoo.com
Max Lockett 371-2654
e-mail: maxlockett@msn.com

**"Live your life and forget your age."
__The Fresh Quotes**

Yoga

Farewell

Rendezvous Pointe is sad to report that, Tillie Dibben, our wonderful Yoga coach is moving on. Tillie was the energy and brains behind a growing Yoga program here at Rendezvous Pointe and will be sorely missed. Thank you, Tillie, for your hard work, skill and enthusiasm. We wish you all the best in the future.



Welcome

Tillie is leaving but, Teisha Preece is arriving. Beginning September 8, at 10AM Teisha will be teaching Yoga and more here at Rendezvous Pointe. Teisha comes to us with a very impressive list of credentials and enthusiastic recommendations. Some of you may have taken one of her classes at the PAC. Welcome Teisha, Rendezvous Pointe is happy to have you on our team.



Fun day trip to the ghostly Sweetwater County Library and the exceptional Fort Bridger Historical Site! We love learning about our Wyoming history.

"Paint Your Wagon" was fabulous entertainment at the Jackson Hole Playhouse! Sage and Snow Garden Tour was beautiful!





Great entries from our seniors at the fair!! Lots of pretty ribbons won too!!
Excellent ghost stories from Wort Hotel!



Raptor Center



Centennial Barn Dance & Social

The Sublette County Centennial Committee is excited to invite all county residents to the Centennial Barn Dance & Social to take place at the Fairgrounds Events Center on Sunday, September 25, 2022, from 3pm – 7pm.

Join us as we celebrate 100 Years of History with live music, history highlights, food, kids' activities, family photos & games and much more.

Admission will be free for all Sublette County residents! The first 400 people to RSVP will receive a special commemorative gift. Reserve your spot online via Facebook (Sublette Centennial) or stop by the following locations for them to assist you: Marbleton Town Hall, Rendezvous Pointe, Office Outlet in Pinedale & Big Piney, Big Piney & Pinedale Libraries.

Music for listening and dancing to be provided by Jared Rogerson and the Rodeo Wreck band. Emcee Andy Nelson will keep things entertaining. Family portraits will be shot by local photographers and digital copies will be provided free of charge with permission for the local museums to archive them.

Children's activities are being coordinated by local preschools. There will be plenty of room to spread out and visit and/or play cards away from the kids' area ☺.

Tentative timeline:

3pm - Visiting, cards, kids' activities & family portraits

4pm - Taste of Sublette County – restaurant favorites food

4:30 - 5pm - Welcome & brief history presentation

5 - 7pm - Live music with Jared Rogerson and the Rodeo Wreck

We look forward to seeing you!

Come out and help celebrate Sublette County, Wyoming!



Sleep tips: 6 steps to better sleep

1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to be well rested.

Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle.

If you don't fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed, but continue to maintain your sleep schedule and wake-up time.

2. Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you up.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can interfere with sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

3. Create a restful environment

Keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.

4. Limit daytime naps

Long daytime naps can interfere with nighttime sleep. Limit naps to no more than one hour and avoid napping late in the day.

However, if you work nights, you might need to nap late in the day before work to help make up your sleep debt.

5. Include physical activity in your daily routine

Regular physical activity can promote better sleep. However, avoid being active too close to bedtime.

Spending time outside every day might be helpful, too.

6. Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

Know when to contact your health care provider, there may be underlying issues.

**Fremont Lake Geological Tour
Saturday, September 24th from 9a-1p**

FREE

**Instructors: Ron Worl & David L. Kelley
M.Sc Geology, Colorado School of Mines - with
Geochemistry option**

**Please meet at BOCES no later than 8:45am.
Tour will leave promptly at 9am.**

**Bring snacks, water, and outdoor gear appropriate
for Wyoming weather.**



Kay Meeks

Watercolor Class

Beginners to intermediate skill level

Class limited to 10 students

Rendezvous Pointe Art Room

Friday mornings from 9am-12noon

Oct 7th thru Nov 11th

**Kay will feature a step-by-step demonstration
that you will follow completing a painting each week!**

You will explore different watercolor techniques

Class fee \$80 per student, paper provided

Call Kay @ 307-231-4155 or RP @ 367-2881 to sign up



Sable Stitchers 2022 Bear Quilt

\$2/ticket or \$5/3 tickets

Quilt size: 58" x 75" Twin

**Proceeds support Rendezvous Pointe's
Senior Activities**

**Drawing will take place during our
Holiday Lunch at RP in December!!**

**Tickets can be purchased from
Charlee anytime.**

Quilt on display at RP.

Wrong Door

A restroom serves a noble cause
where closet poets cover walls
with lines of verse to aid the pause
and entertain me in the stalls.

And when a swift, persuasive urge
soon finds me dancing knee to knee,
I quickly seek a place to purge,
a place where I can safely pee.

The problem is it blinds my eyes
to diagrams and signs on doors
and often leads to great surprise
and quick retreats on foreign floors.

When urinals can not be found,
I know I've goofed and turn around.

—C. F. Kelly

Last Leaf of Summer

From a lovely row of Aspen, a leaf came fluttering down.

It's peaceful flight was ended, when it settled on the ground.

In spring and throughout summer, Aspen's green is quite a show.

There's beauty from the highest tip, to the lowest branch below.

Then as our year progresses, green leaves all turn to gold.

As we view a sublime curtain, another beauty to behold.

That leaf that fluttered down, was the last one of the throng.

Winter soon will be upon us, so, we'd best just move along!

----Rich Boettcher

ACTIVITIES



Bingo !!
Mondays @
1:00pm



RP Book Club
September book is
"The Christie Affair"
by *Nina de Gramont*
Book discussion **Friday,**
September 16th

Books need to be returned by this date also!



Yoga with Teisha !!

Thursdays starting
September 8th from
10am - 11am

at Rendezvous Pointe.

Make our new instructor
feel welcome and come join the fun and
rewards of Yoga!

Toenail Clipping !!!

Brittany will be here to cut toenails
in September on the following dates:

September 7th & 21st

Appointments start at 10am
Please call Charlee at 367-2881
to schedule your appointment!

Lunch & Movie
in Marbleton
September 29th
See sign up sheet



did you know?

You can purchase a pre-paid lunch ticket?
Purchase can be made in any increment of
\$6.00
Just let us know you have a lunch ticket
when you sign in for lunch.
If you have any questions please see Charlee.

Please join us for
Coffee & Conversation
Fridays at 8:30am



Sept 2nd~Kari DeWitt /
New Hospital
Sept 9th~Spencer Hartman/
Pinedale's Water Quality
Sept 16th~Mary Lankford/
Centennial
Sept 23rd~Amy Hughes/
Four Pines PT
Sept 30th~Leslie Hagenstein/End-
of-Life Planning



September Birthdays

1	Ken Konicek
3	Shirley Babbitt
4	Belinda Emerson Marilyn David
5	Mary Washam
6	Max Lockett Doug Lundberg Maxine Goddard Dianna McMannis
9	Treva Hutchinson
10	Olivia Patno Connie Wenz-Andrews

11	Lynn Carmean
12	Warren Taylor Barbara Hartwick
13	Rollie Myers Judy Harmon
14	Deborah Morley
15	Carole Smith Bill Conley
17	Kathryn Briggs Joe Sellyei
18	Vicki Hafey Wanda Peek



19	Craig Smith Eric Marincic
20	Diane Awe
21	Jack Sellers Dick Wilhelm
22	Pat Jones Kris Wittlieff
26	Paul Jensen Marsha Swartzfoger
27	Rod Rasnussen Linda Trimmer
28	Russell Selman
29	Bob Nelson



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>2% Milk, Butter, Iced Tea and Lemonade Served Daily</div> <div>September 2022</div> </div>				
<div>5</div> <div>CLOSED</div> <div>Labor Day</div>	<div>6</div> <div>Jambalaya over Rice & Blackeye Peas, The Everything Salad w/ Blue Cheese Dressing, Spinach, WW Roll, Citrus Fruit Salad</div>	<div>7</div> <div>Lamb leg/Chops, Scalloped Potatoes, WW Bread, German Blend Vegetables, Ambrosia Fruit Cup, Oatmeal Spice Cake, Orange Juice</div>	<div>8</div> <div>Spinach & Ham Quiche, Tri-Color Potatoes, Green salad w/multigrain croutons, Baby Carrots, Pumpkin Bran Muffin, Mandarin Orange Grape Cup</div>	<div>9</div> <div>Pizza w/Meat & Veg, Oregon Bean Medley, Mixed Fruit Cup, Creamy Rice Pudding</div>
<div>12</div> <div>Western Egg Bake with Sausage Links, Tri-Color Potatoes, Tossed Green Salad w/multigrain croutons, Boston Brown Bread, Tropical Fruit Cup</div>	<div>13</div> <div>Happy Birthday! Roast Beef, Mashed Potatoes, Beef Dripping Gravy, Pacific Blend Vegetables, Asian Salad w/multigrain croutons, Baked Apple Slices, Ginger Snap</div>	<div>14</div> <div>Chicken Enchilada (2 Corn Tortilla), Peas & Onions, Lettuce & Tomato Salad w/multigrain croutons, tropical fruit salad, Brownie</div>	<div>15</div> <div>Cabbage Roll Casserole, WW Roll, Baked Potato, Sour Cream, Pacific Blend Vegetables, Chunky applesauce, Chocolate Surprise Cupcake</div>	<div>16</div> <div>Taco Salad on Corn Chips, Peas & Carrots/Corn, 2WW Bread, Melon Cup, Rocky Road Pudding</div>
<div>19</div> <div>Beef & Barley Soup, Egg Salad Sandwich w/WW Bread, Carrot Apple Celery Salad, Banana, Peanut Butter Cookie, Orange Juice</div>	<div>20</div> <div>Baked Chicken, Mashed Potatoes, Poultry Gravy, Asian Blend Veg, WW Bread/Roll, Russian Garden Salad w/ Kidney Bean, Apricot Crisp</div>	<div>21</div> <div>Steak from Fair, Baked Potato, Broccoli, Tossed Green Salad w/multigrain croutons, Wheat Roll, Banana Split Dessert</div>	<div>22</div> <div>Lasagna, Italian Blend Vegetables, Mixed Green Salad, Garlic Roll, Strawberry Rhubarb Crisp</div>	<div>23</div> <div>Parmesan Coated Fish, Roasted Root Veg, Minnesota Green Beans, WW Cheese & Onion Roll, Winter Berry Parfait, Orange Juice</div>
<div>26</div> <div>Chicken Caesar Salad w/multigrain croutons, Whole Wheat Bread, Harvard Beets, Creamy Fruit Bowl, Carrot Cake</div>	<div>27</div> <div>Beef Stew, Cheese & Onion Roll, Cottage Cheese w/ Peach Half, Raspberry Bar, Grape Juice</div>	<div>28</div> <div>Chili w/Whole Wheat Cracker, Mozzarella Cheese Stick, Garden Bounty Salad w/Carrot Sticks, Cinnamon Roll, California Fruit</div>	<div>29</div> <div>Chicken Fried Steak, Rye Bread, Mashed Potatoes, Poultry Gravy, Garden Blend Vegetables, Toasted green Salad w/multigrain croutons, Dark Sweet Cherries, Apple Juice</div>	<div>30</div> <div>Buffalo Chicken, WW Roll, Macaroni Salad w/ Baby Carrots, Marinated Cucumber Salad, Watermelon Chunks, Oatmeal Raisin Cookie</div>

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

September 2022

Mon	Tue	Wed	Thu	Fri
			<div>1</div> <div>1:00p ~ Fiber Guild 1:00p ~ Pool</div>	<div>2</div> <div>8:30a ~ Coffee & Conversation 1:00p ~ Hand & Foot</div>
<div>5</div> <div>CLOSED</div>	<div>6</div> <div>9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong</div>	<div>7</div> <div>Toenail Clipping 9a ~ noon Art 10a ~ Pool 1:00p ~ Hand Pottery/Ceramics 1:00p ~ Hand Pottery/Ceramics</div>	<div>8</div> <div>10a ~ 11a Yoga w/ Teisha 1:00p ~ Fiber Guild 1:00p ~ Pool</div>	<div>9</div> <div>8:30a ~ Coffee & Conversation 1:00p ~ Hand & Foot Sable Stitchers</div>
<div>12</div> <div>Hearing Checks 9:30a ~ Healthy Living 1:00p ~ Bingo</div>	<div>13</div> <div>Hearing Checks 9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong</div>	<div>14</div> <div>9a ~ noon Art 10a ~ Pool 1:00p ~ Hand Pottery/Ceramics 1:00p ~ Hand Pottery/Ceramics</div>	<div>15</div> <div>10a ~ 11a Yoga w/ Teisha 1:00p ~ Fiber Guild 1:00p ~ Pool</div>	<div>16</div> <div>8:30a ~ Coffee & Conversation 1:00p ~ Hand & Foot 1:00p ~ Book Club Discussion</div>
<div>19</div> <div>9:30a ~ Healthy Living 1:00p ~ Bingo</div>	<div>20</div> <div>9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong</div>	<div>21</div> <div>Toenail Clipping 9a ~ noon Art 10a ~ Pool 1:00p ~ Hand Pottery/Ceramics</div>	<div>22</div> <div>10a ~ 11a Yoga w/ Teisha 1:00p ~ Fiber Guild 1:00p ~ Pool</div>	<div>23</div> <div>8:30a ~ Coffee & Conversation 1:00p ~ Hand & Foot Sable Stitchers</div>
<div>26</div> <div>Hearing Checks 9:30a ~ Healthy Living 1:00p ~ Bingo</div>	<div>27</div> <div>Hearing Checks 9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong</div>	<div>28</div> <div>9a ~ noon Art 10a ~ Pool 1:00p ~ Hand Pottery/Ceramics</div>	<div>29</div> <div>10a ~ 11a Yoga w/ Teisha 1:00p ~ Fiber Guild 1:00p ~ Pool Movie in Marbleton</div>	<div>30</div> <div>8:30a ~ Coffee & Conversation 1:00p ~ Hand & Foot</div>