



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

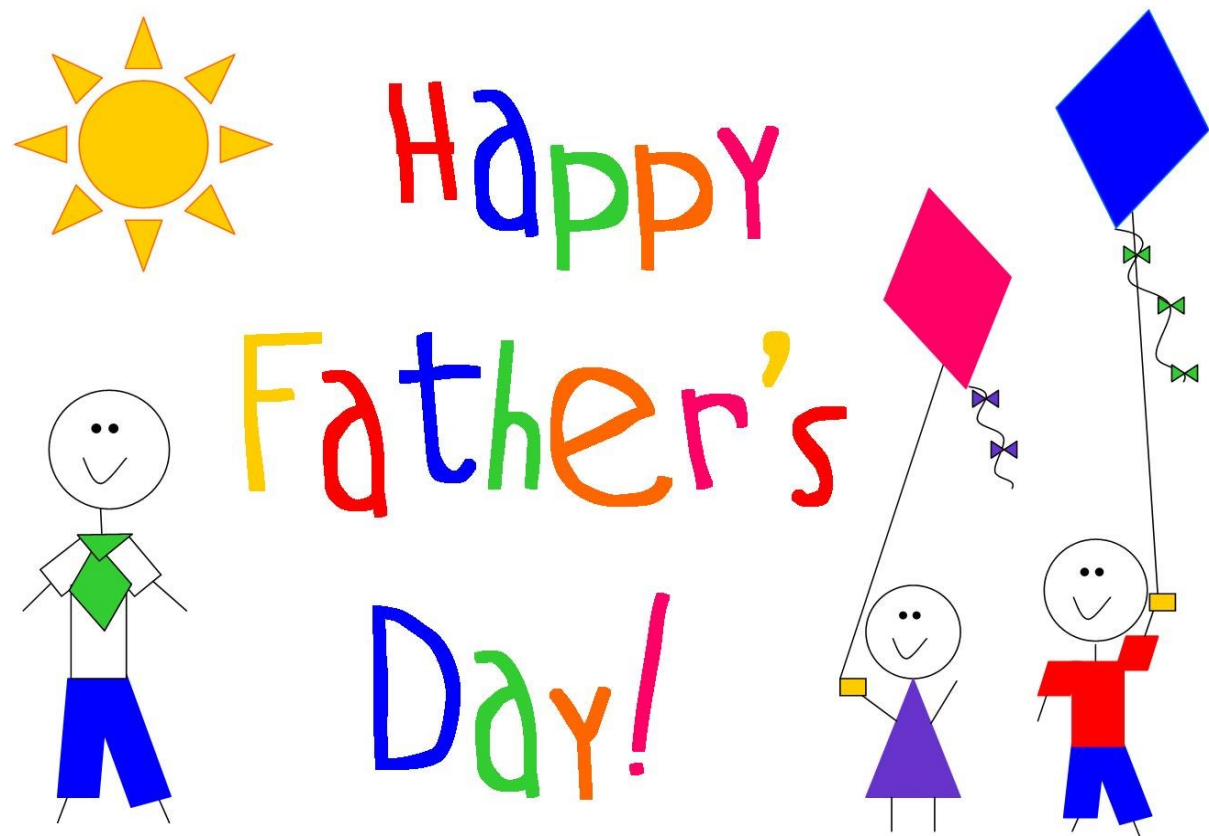
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P.O. Box 804, Pinedale, Wyoming 82941
Email: rpact2021@gmail.com
Website: www.rendezvouspointe.com
Phone: 307-367-2881 Fax: 307-367-6769
Hours: Monday—Friday, 8am—4pm
This complete newsletter
can be viewed on our website.

JUNE 2022



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Waiting for Summer!!



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



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
Transit Driver -

Case Manager/SAMS - Karissa Aldava
 Gail Toth—**Homemaker**
 Tammy Walthall—**Homemaker**
 Jacqueline Murray—**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 - Wanda Jones

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

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

From the Director

Rendezvous Pointe is happy to announce Marina Rivera as our volunteer of the month. Marina has in fact volunteered a huge number of hours to Rendezvous Pointe over the years. She can always be counted on to come help on short notice and is a true asset for our kitchen crew. Thank you so much Marina for your constant smile and can do spirit with each visit to Rendezvous Pointe.

To Friends of Rendezvous Pointe

I am writing to let you know that we will not be continuing Three-dollar Friday in June. We will be returning to the six-dollar recommended donation for in house dining. We hope everyone enjoyed the great meals Sue and her wonderful crew produced and the fantastic price. It was wonderful to see so many people in the dining room for the past eight Fridays.



Folding newsletters!!
Thank you so much to
 all
 who volunteer when
 each newsletter comes
 out!

Serving up walking
 tacos at the
 Cook n Cowboys
 Concert!

We had a great
 turnout for the
 concert!!





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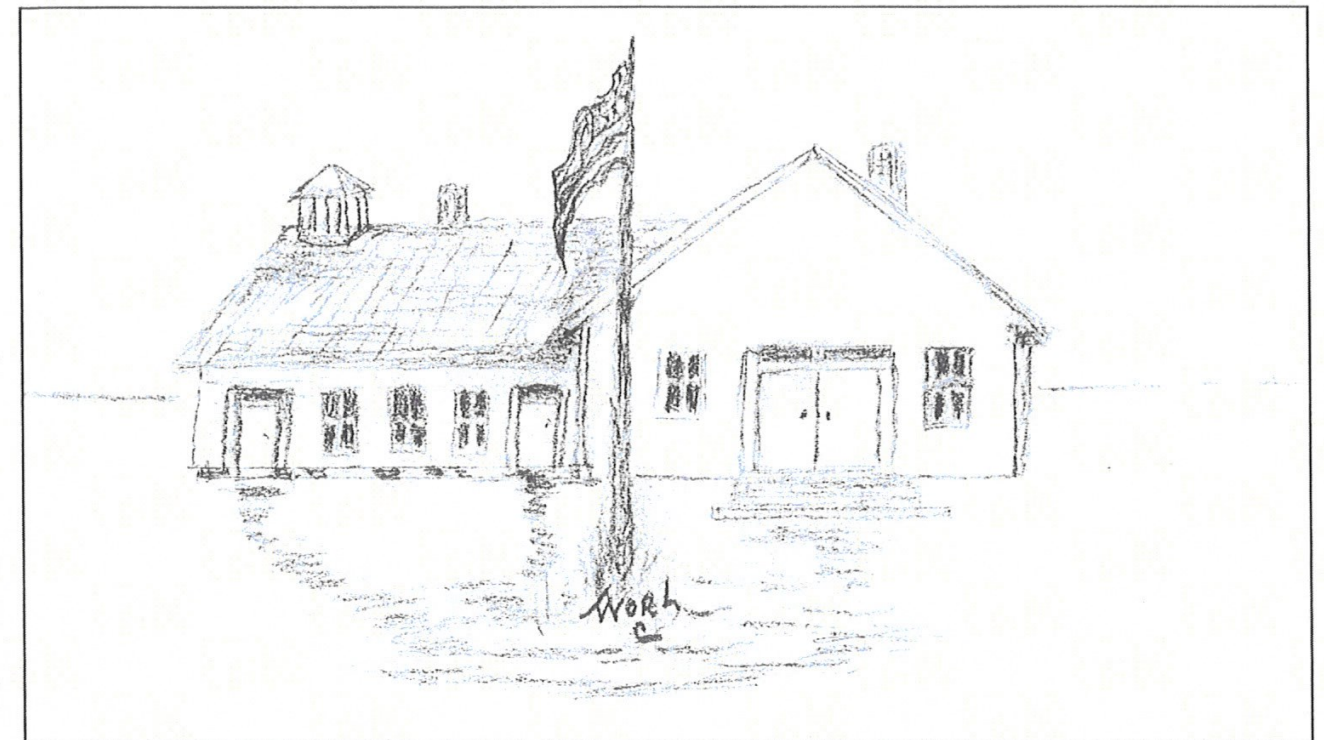
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School Days

Most of the children went to one-room, log schoolhouses in the homesteading days of the Seeds-Ke-Dee. They had to walk, ride a horse, or ski to school, which sometimes was several miles away. Their food and water would freeze on the way to school in the winter. They would have to start the fire in the school when they got there. Some of the families who lived in the deep snow country had summer school for their children's safety. Most of the teachers who came to the Green River Valley to teach were from the Midwest. They soon married ranchers. During the 1960's, the schools were consolidated, so all the children went to school in Big Piney, Bondurant, LaBarge, or Pinedale.



Wyoming schools were started long before the townsites or county lines were determined. In this Pinedale school setting, the building was put upon log skids, so it might be moved and relocated very easily. But the flag pole was set firmly in the ground from a stripped pine tree. That flag whipped in the clean, chilly Wyoming air, making a firm statement of belief in the country and most of all in the family. It was a great statement of why Wyoming became the Equality State . . . Ethelyne Worl.

"Pinedale School 1915" by Ethelyne Worl



Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

- Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy. Variety is an important part of eating healthfully!
- Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.
- Instead of high-calorie snacks, such as potato chips, try nutrient-dense snacks, such as carrots.
- Instead of fruit products with added sugars, such as fig cookies, try fresh fruit, such as a peach.
- Instead of regular cola, try water flavored with fruits or vegetables.
- Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.
- Choose a variety of foods that are packed with nutrients and low in calories.
- Check the food labels to understand what foods will meet your nutritional needs each day.



Calling all Pinochle players!!

Do you like to play pinochle? We have Pinochle every Tuesday at 12:45pm and would love to have you join us!



We will have a Rock Hunting Day and lunch with the Marbleton Seniors on Tuesday, June 21st. We leave RP at 7:15am. We hunt during the morning and have lunch at the senior center before returning to Pinedale. Dress for the weather, walking stick recommended, take a rock bag, and bottle of water along. Sign up sheet posted on bulletin board.

The Deaf Couple

Like fall leaves fluttering in wind-tossed patterns, their fingers flew fast, eyes focused sharply on total communication.

With kaleidoscope faces changing from brooding brow to eager eye from furrowed frown to grotesque grimace, from tightened tooth to soothing smile, together, they communicated.

Their hands were birds in flight: humming birds, helicopter-hovering, white, swift-flight carrier pigeons, mountain blue birds building nests, red-tailed hawks, soaring and diving, graceful geese in victory formation, always carefully communicating with each other.

And I watched in fascination with little understanding of their silent world and only a glimpse of its beauty.

—C. F. Kelly



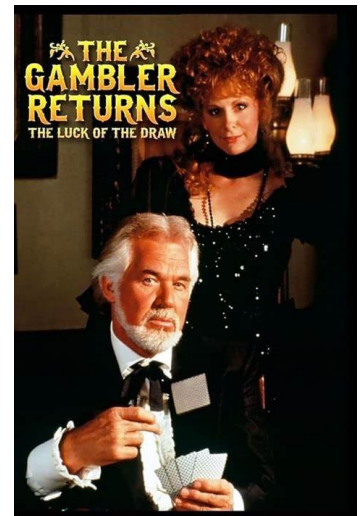
June Guest Speakers:
6/3-Mary Lankford
6/10-Kari DeWitt
Coffee & Conversation will take a break from June 17th thru the end of August
See you in September!

In-House Movie

Kenny Rogers in

"The Gambler Returns: The Luck of the Draw"
(fourth in the series)

Wednesday
June 15th @ 1:00pm



Just For Fun Senior Golf League

If interested please call Kathy A to sign up @ 367-2881, or sign up on bulletin board.

This year's league will be on Tuesday mornings at 9am. Seniors are required to purchase their own senior membership from Rendezvous Meadows.

Daily rate: \$10 greens fee

\$15 cart fee

Mallards Café:

\$8 half sandwich with fries

\$2 drink



One hundred years young, May 17, 2022 We love you Elaine Mess!!!



Hand Pottery/Ceramics Class
Wednesdays from 1-4pm.



I would like to create a Volunteer List of people to contact when needed for folding newsletters, helping with activities, set up/ clean up for events. If you are interested, please call Kathy A to sign up!! Thank You!!

Our new summer activity for WALKING is "Let's Take a Walk"! This will be a good addition to the summer walk program for you. We will meet at RP by 7:30am and go for it. Your miles walked should be recorded into your walk brochure. We will walk for an hour three times per week. It will be Mondays, Thursdays, and Fridays starting June 6th. A walking stick is recommended and a bottle of water! Sign up on bulletin board.



June's book is
Under a Gilded Moon
by Joy Jordon-Lake
Book discussion **Friday, June 17th**
See Kathy if you need a book!



Lunch & Movie
in Marbleton
June 30th
See sign up sheet



I'M BACK
BY POPULAR
DEMAND

YOGA WITH TILLIE

Mondays @ 10:30am - Thursdays @ 9:30am
Chair Yoga
Come feel the benefits!!

Summer Walk Program brochures are ready to be picked up at Rendezvous Pointe for those who wish to participate this summer. Come and get yours soon and start tracking those miles! Located in basket on lunch check in table.



Musical Magic

Her play was solemn beauty
flowing fingers 'ore the keys
The gliding of her hands
wafted like a summer breeze.

She played a classic melody
the room alive with sound
She taught a love of classics
by sublime beauty so profound.

—Rich Boettcher



2	Bev Sharp
3	Thomas Dirks Gaye Fletcher
4	Judy Nelson Ken Petty
7	Kenneth Crivea Marla Kalal Shirleen D'Amato Nancy Stephens
9	Jerry Warden
10	Phillip Reints Greg Noble
12	Rita Saul

16	Mary Manderfeld Karen Skinner Laurel Barrett
17	Luanne Freeman
18	Cynde Wilson Reta Allred
19	Jeanne Stott
21	Marty Salvesen Maggie Melondez
22	Joan Swaim Hugh Hanning Ric samulski Philip Selby

23	Bob Penton
24	Robert Ray
25	Sherril Wilcox Mary Anne Almquist
26	Pam Murdock
27	Jon Nelson
28	Toni Bohnet Charlotte Faler
29	Karen Anderson Wanda Jones
30	Kent Snidecor Martin Granica



JUNE
BIRTHDAYS



Tue

Wed

Thu

Fri

June 2022

6	Hearing Checks 7:30a ~ Let's Take a Walk 9:30a ~ Healthy Living 10:30a ~ Yoga w/Tillie 1:00p ~ Bingo	7	Hearing Checks 9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong	8	9a-noon ~ Art 10a ~ Pool 1:00p ~ Ceramics/Hand Pottery	9	7:30a ~ Let's Take a Walk 9:30a ~ Yoga w/Tillie 1:00p ~ Fiber Guild 1:00p ~ Pool	10	7:30a ~ Let's Take a Walk 8:30a ~ Coffee & Conversation 1:00p ~ Hand & Foot Sable Stitches
13	7:30a ~ Let's Take a Walk 9:30a ~ Healthy Living 10:30a ~ Yoga w/Tillie 1:00p ~ Bingo	14	9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong	15	Toenail Clipping 9a-noon ~ Art 10a ~ Pool 1:00p ~ Ceramics/Hand Pottery	16	7:30a ~ Let's Take a Walk 9:30a ~ Yoga w/Tillie 1:00p ~ Fiber Guild 1:00p ~ Pool	17	7:30a ~ Let's Take a Walk 1:00p ~ Hand & Foot 1:00p ~ Book Club Discussion
20	Hearing Checks 7:30a ~ Let's Take a Walk 9:30a ~ Healthy Living 10:30a ~ Yoga w/Tillie 1:00p ~ Bingo	21	Hearing Checks 9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong	22	9a-noon ~ Art 10a ~ Pool 1:00p ~ Ceramics/Hand Pottery	23	7:30a ~ Let's Take a Walk 9:30a ~ Yoga w/Tillie 1:00p ~ Fiber Guild 1:00p ~ Pool	24	7:30a ~ Let's Take a Walk 1:00p ~ Hand & Foot Sable Stitches
27	7:30a ~ Let's Take a Walk 9:30a ~ Healthy Living 10:30a ~ Yoga w/Tillie 1:00p ~ Bingo	28	9a-4p ~ Art 9a ~ Wii Bowling 12:45p ~ Pinochle 1:00p ~ Mahjong	29	9a-noon ~ Art 10a ~ Pool 1:00p ~ Ceramics/Hand Pottery	30	7:30a ~ Let's Take a Walk 9:30a ~ Yoga w/Tillie 1:00p ~ Fiber Guild 1:00p ~ Pool		



Monday

Tuesday

Wednesday

Thursday

Friday

June 2022

6	Spaghetti w/ Meat Sauce , California Blend Veg, Confeiti Coleslaw, Focaccia Bread, Pear Pudding w/Granola	7	Turkey Club Sandwich on Wheat , Potato Salad, Mixed Green Salad w/Sliced Tomatoes, Kidney Beans, Tropical Fruit Cup, Fudge Brownie	8	Cheeseburger w/ Lettuce & Tomato , WW Bun, Sweet Potato Wedge, Garden Bounty Salad, Peaches, Chocolate Chip Cookie	9	Egg & Sausage Bake , WW Bread, Seasoned Potatoes, Greek Salad w/multigrain croutons, Banana Pineapple Mandarin Orange Cup, Rhubarb Crisp	10	Parmesan Fish w/Lemon & Spices , Roasted Root Vegetables, Banana Bread/Muffin, Spinach Strawberry Salad w/croutons, Chocolate Surprise Cake
13	Tarragon Chicken Salad on Leaf Lettuce /Multigrain Croutons, German Cole Slaw, Wheat Bread/Roll, Pears, Peach Melba Shortcake	14	Happy Birthday!!! Glazed Baked Ham , scalloped Sweet Potatoes & Apples, Sugar Snap Peas, Rye Bread/Roll, Baked Pineapple, Molasses Cookies	15	Chicken Fried Steak , WW Bread, Mashed Potatoes, Country Style Gravy, Garden Blend Vegetables, Cucumber & Tomato Salad, Cherry Crisp, Orange Juice	16	Pizza w/Meat & Veg , Oregon Bean Medley, Lettuce & Tomato Salad w/multigrain croutons, Mixed Fruit Cup, Creamy Rice Pudding	17	Tomato Dill Soup , Tuna Salad sandwich on WW Bread , Russian Garden Salad w/ Kidney Bean, Tropical Fruit Cup, Oatmeal Raisin Cookie
20	Turkey Pasta Salad on Lettuce Leaf , Pickled Beets, Oatmeal Muffin, Mixed Fruit Cup, Ranger Cookies	21	Taco Salad on Corn Chips , Peas & Carrots/Corn, 2WW Bread, Melon Cup, Rocky Road Pudding	22	Roast Beef , Beef Dripping Gravy, Baked Potato, Garden Blend Vegetables w/multigrain croutons, Broccoli Craisin Salad, Rhubarb Cherry Crisp	23	Buffalo Chicken , WW Roll, Macaroni Salad w/ Baby Carrots, Marinated Cucumber Salad, Watermelon Chunks, Oatmeal Raisin Cookie	24	Baked Breaded Fish&Home Fries , WW Bread, balsamic glazed Green Beans, Creamy Cole Slaw/WW Cracker, Pineapple Chunks, Tapioca Pudding
27	Chicken Caesar Salad w/multigrain croutons, Whole Wheat Bread, Harvard Beets, Creamy Fruit Bowl, Carrot Cake	28	Salisbury Steak , Mushroom Gravy, Baked Potato, Country Blend Vegetables, Spinach Strawberry Salad w/multigrain croutons, Peaches in Orange Sauce, Gingerbread Cake	29	BBQ Chicken , Macaroni Salad, Fanny's Cole Slaw, Baby Carrots, Lemon Blueberry Muffin, Peaches	30	Lasagna , Mediterranean Veg, Mixed Green Salad, WW Garlic Bread, Bluebarb Crisp		2% Milk Served Daily Butter Served

Please Call Rendezvous Point @ 367-2881 for your Reservations