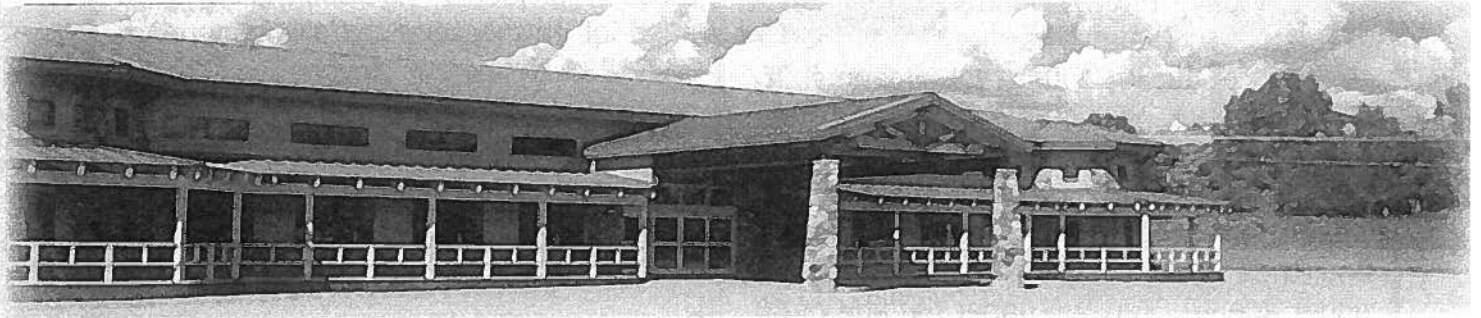


# Rendezvous Pointe



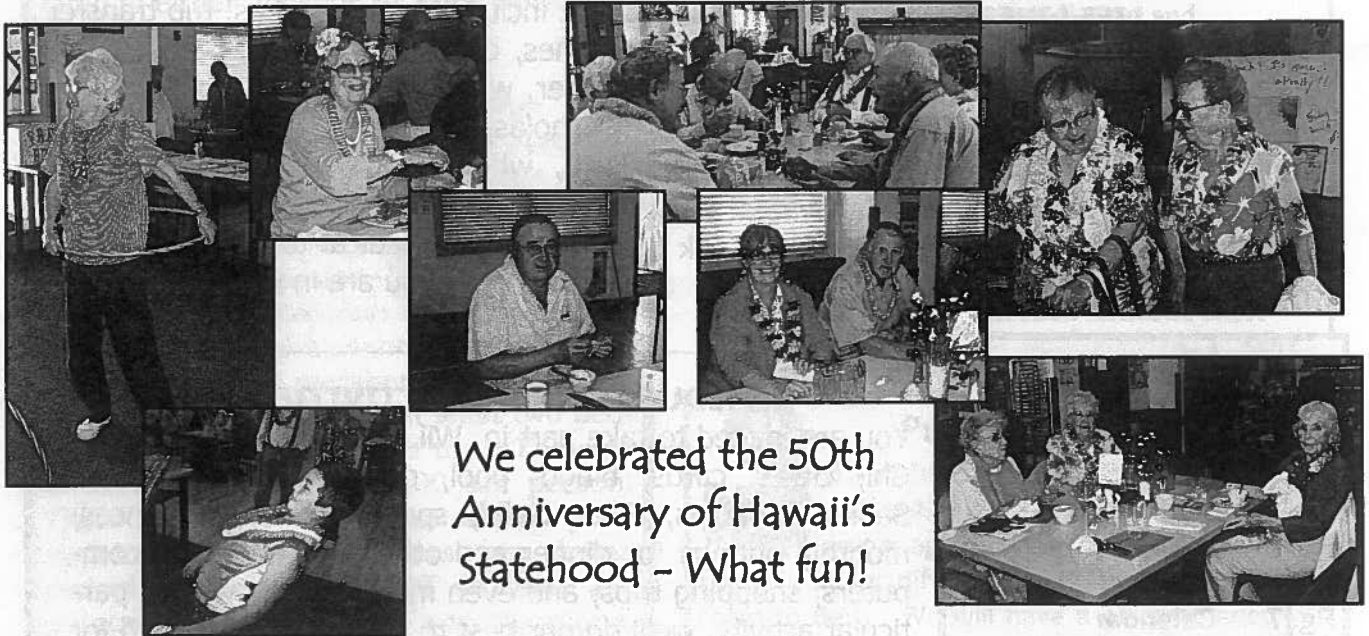
*A Gathering Place for Sublette County Seniors and Their Community*

**September, 2009**

Rendezvous Pointe's Board of Trustees  
invites our members to the

*Annual Membership Meeting*

Wednesday, Sept. 16th, in the Dining Room at 11:30am.



We celebrated the 50th  
Anniversary of Hawaii's  
Statehood - What fun!

P.O. Box 804, Pinedale, Wyoming

Email: [rpenews@centurytel.net](mailto:rpenews@centurytel.net)  
307/367-2881 Fax: 307/367-6769

Website: [www.rendezvouspointe.com](http://www.rendezvouspointe.com)  
Hours: Monday - Friday, 8am - 4pm

# SERVICES OF RENDEZVOUS POINTE

## CONGREGATE MEALS

Come and eat with us each day, Monday - Friday, Noon - 12:30pm. (Salad bar is available at 11:30). Our great kitchen staff, under the supervision of Sue Eversull, does a wonderful job of providing highly nutritious, dietitian approved, delicious meals. Suggested donation is \$4.00 for seniors and their spouses, and \$7.00 for guests under age 60. Anyone under the age of 60 needs to be accompanied by a senior. Reservations by 10:00am are helpful, at 367-2881.



## HOME DELIVERED MEALS

Home delivered meals are available to those individuals homebound and in need of this service. Call Jeanene at 367-2881 if you, or anyone you know, needs this service on-going, or in a temporary situation (such as recovering from recent surgery).

## TRANSPORTATION

Rendezvous Pointe provides transportation, 8am - 4pm, to and from appointments, shopping, banking, voting, to and from Rendezvous Pointe for lunch and activities, and much more. Call Cheryl for a ride a day ahead. Call Jeanene to schedule of out of town trips for doctor appointments.



## COMMUNITY BASED IN-HOME SERVICES

Following an assessment and with approval, Rendezvous Pointe can provide light housekeeping and personal care. Call Jeanene if you are interested in this service.

## PERSONAL EMERGENCY RESPONSE SYSTEMS or LIFE LINES

Life Lines are available at an initial cost of \$50.00, and a small fee for checking the system periodically and replacing batteries. The Sheriff's Office will respond when the Life Line is activated. If you are interested, call 367-2881, and ask for Jeanene.



## LENDING CLOSET

Do you need temporary medical equipment? We have a lending closet with various assistive devices that are available for short term lending. The closet includes bath benches, tub transfer benches, canes and crutches, an electric recliner, wheel chair ramps for stairs and thresholds, pill boxes, walkers, toilet seat risers, wheelchairs, and electric wheelchairs. There are also books and videos about various medical topics. Please let us know what you are in need of.



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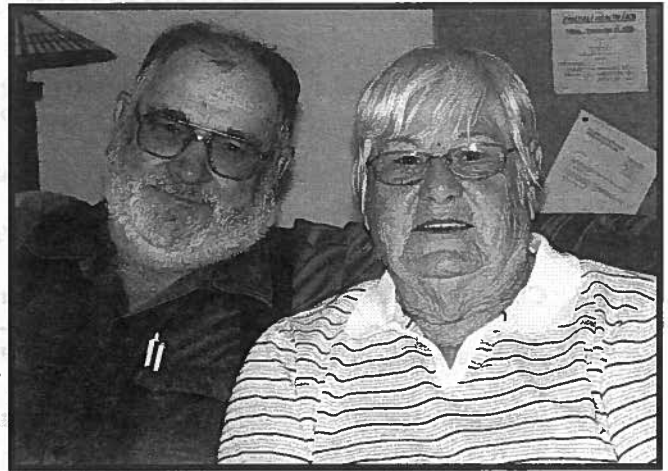
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## EDUCATION AND ACTIVITIES

You are invited to take part in Wii bowling, art classes, Tai Chi, crafts, cards, bingo, pool, ceramics, scrapbooking, Senior Scribbles, Fiber Guild, special speakers, dances, monthly outings for dinner and other events, public computers, shopping trips, and even more! If you want a particular activity, we'll do our best to provide it. Call Beth for activity information, 367-2881.

## Senior Spotlight:

# Melba & Tom “Tiger” Jaskolski



Melba Fowler was born and raised in Chaffee, Missouri, the youngest of nine children. Chaffee was pretty boring, so Melba wanted to join the Marines. At the time you had to be twenty years old to join, with your parents consent, but her family was dead set against it. So she went to Idaho until she turned twenty. But instead of the Marines, her brother came and moved her to San Francisco. She worked for the telephone company, and was with them for 13 years.

Tom was born in Hayward, Wisconsin, and had four other siblings. He became a truck driver, and on one trip, broke down in San Francisco.... Melba and Tom met and married in 1964. They moved to Milbrae, CA, where they lived for 10 years. Tom worked as a mechanic for Matson Steamship, and also had his own business on the side, a construction company called Milbrae Transfer. Melba did bookkeeping, chased parts and raised four active kids who were very involved in sports. They lived in Milbrae for 10 years, then in San Jose for five years. Tom hunted in Wyoming, and Melba blames Barb Pollard's cooking for bringing them to Pinedale! In 1980 they moved the family to Wyoming, to get the kids out of California, and lived at White Pine for 3 months until they could get into their house on Pole Creek, where they still live.

They purchased an independent parts store in Pinedale and named it Big J's Auto Parts thirty years ago. It was located where the Barn Door is now. Through the years it has changed from a Big A Auto Parts store to a Car Quest store, always under the name of Big J's. They purchased the old Coast to Coast building, where they are still located.

Melba and Tom have four children: Julie, Tom, and twins Robert and Michael. Julie and Robert live here, Tom is in Antioch, CA and Michael lives in Laramie. They have provided Melba and Tom with nine grandchildren.

Tom's hobbies are hunting, snow machining, collecting tractors, going to auctions, and he has been a member of the Lion's Club for 29 years. Melba and Tom are both members of the Pinedale Snow Explorers. Their biggest disagreement comes at haying season. He does custom haying on the weekends and loves it, but she's tired of it! Melba likes regular bowling and Wii bowling, snow machines, four wheelers, and gardening. She is a life member of the Sage and Snow Club, and used to belong to 2 Better U Homemakers Club. She also played softball with her daughter as pitcher, until she was 55 years old. Melba works at the store with Tom, as bookkeeper. She hopes they can retire soon.

The Jaskolski's like everything about Pinedale, especially the mountains and the ranchers.

As told to Pat Rush

# September Birthdays

2 Barb Walker	12 Norris Thompson	20 Patrick Johnson
5 Mary Washam	13 Rollie Myers	Malcolm Morelli
6 Nancy Stott	13 William Wallace	Norman Negus
7 Clarence A. Crater	14 Jackie Morgan	Gayle Nielsen
Ruth Jaskolski	Marguita Woodson	21 Kathie Tabatzky
8 Vern Aultman	15 Polly Hastings	22 Donna Yeager
9 Treva Hutchinson	Marie Pivik	23 Glen Dunning
10 Connie Wenz	Richard Wenz	24 Burleigh Binning
11 Lynn Carmean	16 Rosa MacLean	26 Paul Jensen
Mary Williams	Donna Sievers	28 David Brady
12 Glenn Allen	17 Kathryn Briggs	Bud Decker
Warren Taylor		29 Judy Oestreich

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**Did we miss your birthday? Please call the office at 367-2881 and let Pat know. Thanks!**

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**Other September Birthdays:** 1st - Boxer who retired as the only undefeated heavyweight champion, Rocky Marciano, 1923/69; 9th - Mr. Kentucky Fried Chicken, Colonel Harland Sanders, 1890/1980; 10th - "*On the Road With*" TV journalist, Charles Kuralt, 1934/97; 15th - Hollywood's "Scream Queen", thanks to *King Kong*, Fay Wray, 1907/2004; 21st - Country singer married to Tim McGraw, Faith Hill, 1967; 25th - This "Superman" was a tireless activist for spinal cord injury research, Christopher Reeve, 1952/2004.

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A Monthly Publication for Activity Professionals.

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## THANKS SO MUCH!!

The Bank of Sublette County for buying our monthly birthday lunch, to Wells Fargo Bank and Jeannie Slack for our birthday cakes, and to George Ditton, Doc Johnston and Kim Buchanan for our music.

This complete newsletter can be viewed on our website, [www.rendezvouspointe.com](http://www.rendezvouspointe.com). If you would prefer to look at it online (instead of receiving a mailing) and save us some postage and paper, call Pat at 367-2881 or email me at the email address on the cover page. Also, if you are moving, please let us know. The post office charges us for each returned newsletter. Thank You!



**Rendezvous Pointe Seniors thank Centurytel and the Sublette County Commission for their generous donations for the blood draw breakfast. Thank you to Healthy Sublette for your help too!**

### Punny One-Liners

- Clones are people, two.
- Microbiology Lab: Staph Only!
- Energizer bunny arrested, charged with battery.
- Editing is a rewording activity.
- IRS - Be audit you can be!
- Gene Police: You...Out of the pool!
- I used to think I was indecisive, but now I'm not sure.
- No sense in being pessimistic. It probably wouldn't work anyway.

Reprinted with permission from Creative Forecasting, A Monthly Publication for Activity Professionals.

We can provide on-going or temporary HOME DELIVERED meals. To see if you qualify, for more information, or to sign-up call 367-2881!

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He answered, "Call for backup."



### Brandi Crockett MS, CCC-A

Certified Clinical Audiologist  
with  
Sweetwater Audiology Service

**Brandi will be at Rendezvous Pointe most Thursdays from 11-1 offering free hearing aid checks, cleanings, wax checks and information on hearing and hearing aids.**

Brandi is also available for medical quality hearing exams, hearing aid adjustments, and hearing aid sales by appointment at  
**360-9385**

Stop by and say hello and receive a free package of hearing aid batteries. Brandi looks forward to seeing you!

There are several sewing machines for your use in the craft room at Rendezvous Pointe. You may bring your items in to sew, or check out a machine. Coming in October - Sewing Classes! Watch for more information.



The County Health Nurse will be at Rendezvous Pointe the third Wednesday of every month, from 11am to 12:30pm take your BLOOD PRESSURE. She will also review your prescriptions and medications, if you'd like her to.

# September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed for Labor Day</b>	<p>1 Garden Veg Salad, Creamy Italian Dressing Lite, Bratwurst, Herbed Potato Bake, Creole Green Beans, Homemade Bread W/W, Apple Brown Betty Lite</p> <p style="text-align: right;">284-A</p>	<p>2 Spinach Mushroom Salad, Red Wine Vinaigrette, Tuna Salad Sandwich, Mixed Veg, Strawberry Shortcake, Whipped Topping</p> <p style="text-align: right;">243-A</p>	<p>3 Mediterranean Salad LS, Ranch Dressing Lite, Cheese Ravioli w/Meat Sauce LS, Grilled Broccoli LS, Garlic Bread, Fresh Fruit</p> <p style="text-align: right;">200-A</p>	<p>4 Garden Veg Salad, Ranch Dressing Lite, BBQ Beef Sandwich, Mixed Veg, Pineapple Betty, Ice Cream Lite</p> <p style="text-align: right;">259-A</p>
	<p>8 Carrot Salad Lite, Roast Pork, Mashed Potatoes, Brown Gravy, Green Beans, WW Bread, Pineapple Upside-down Cake</p> <p style="text-align: right;">77-A</p>	<p>9 Homestyle Veg Salad, Hamburger Steak &amp; Grilled Onions, Baked Potato, Sour Cream Lite &amp; Chives, Homemade Bread W/W, Plum Whip</p> <p style="text-align: right;">280-A</p>	<p>10 Lettuce Salad, Italian Dressing Lt, Beef Stroganoff over Pasta Noodles, Herbed Broccoli Lt, Cindy's Rolls, Fluffy Fruit Cup</p> <p style="text-align: right;">7-A</p>	<p>11 Tossed Green Salad, Ranch Dressing Lite, Beef Fajita, Spanish Rice, Carrots &amp; Peas, Chilled Grapes</p> <p style="text-align: right;">126-A</p>
<p>14 Garden Veg Salad, Italian Dressing Lite, Grilled Cheese Sandwich, Mixed Veg, Fruit Ambrosia</p> <p style="text-align: right;">92-A</p>	<p>15 Veg Soup Lite, Roast Beef &amp; Gravy, Whipped Potatoes, Broccoli &amp; Cheese Sauce Lite, Cindy's Rolls W/W, Strawberries &amp; Grapes</p> <p style="text-align: right;">262-A</p>	<p>16 Fresh Veg Salad, Topped w/Crunchy Chicken Salad, Honey Mustard Dressing, Crackers W/W Optional, Macaroni Salad Lite, Homemade Bread W/W, Fruit Spread, Anytime Orange Salad Lite</p> <p style="text-align: right;">168-A</p>	<p>17 Garden Veg Salad, Creamy Italian Dressing Lt, Sloppy Joe Sandwich, Mixed Veg, Fruit &amp; Marshmallow Cup</p> <p style="text-align: right;">269-A</p>	<p>18 German Cole Slaw Lite, Baked Fish, Basil &amp; Garlic Pasta, Spinach, Hot Roll, Fresh Grapes</p> <p style="text-align: right;">189-A</p>
<p>21 Crunchy Veg Surprise, Creamed Chicken, Steamed Rice, Herbed Broccoli, Hot Roll, Apple Brown Betty Lite,</p> <p style="text-align: right;">272-A</p>	<p>22 Spinach Mushroom Salad, Mandarin Orange Garnish Optional, Sweet &amp; Sour Pork, Steamed Rice, Peas &amp; Carrots, Egg Roll, Sliced Bananas</p> <p style="text-align: right;">49-A</p>	<p>23 Mixed Relish Tray, Creamy Italian Dressing Lite, Tacos, Soft Shell, Salsa, Refried Beans, Fluffy Fruit Cup</p> <p style="text-align: right;">264-A</p>	<p>24 Tortilla Soup, Chicken Enchiladas, Salsa, Garden Veg Salad, Ranch Dressing Lite, Refried Beans Lite, Sliced Melon</p> <p style="text-align: right;">114-A</p>	<p>25 Jean's Veg Salad, Chili Con Carne, Homemade Biscuit, Jelly, Apple Crisp</p> <p style="text-align: right;">42-A</p>
<p>28 Mixed Relish Tray, Blue Cheese Dressing Lite, Chicken w/BBQ Sauce, Potato Salad, Seasoned Zucchini Lite, Hot Roll, Applesauce, Whipped Topping Opt.</p> <p style="text-align: right;">40-A</p>	<p>29 Chef Salad w/Carrot Stick Garnish, Creamy Italian Dressing Lite, Crackers W/W, Bread W/W, Chocolate Chip Cookie, Strawberry &amp; Bananas</p> <p style="text-align: right;">244-A</p>	<p>30 Spring Salad, Ranch Dressing Lite, Baked Pork Chop, Brown Gravy, Mashed Sweet Potatoes, Lemon Cauliflower, W/W Bread, Apple Crisp</p> <p style="text-align: right;">76-A</p>	<p><i>Approved</i> <i>Denise Romo</i> <i>9/24/09</i></p>	

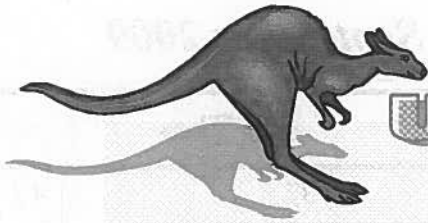
Please Call Rendezvous Pointe @ 367-2881 for your Reservations

\*Salad Bar Served Daily  
\*Butter Available  
\*1% and 2% Milk Offered Daily

## Calendar of Events, September 2009

Mon	Tue	Wed	Thu	Fri
	<p><i>1</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Brain Games @ lunch</li> <li>- Pinochle @ 1pm</li> <li>- Bingo @ 7pm</li> </ul>	<p><i>2</i></p> <ul style="list-style-type: none"> <li>- Art @ 9am</li> <li>- Wii @ 10am</li> <li>- Ceramics @ 3pm</li> <li>- <b>Intro to Line Dancing (free) @ 6:30pm</b></li> </ul>	<p><i>3</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Fiber Guild @ 1pm</li> <li>- Sweetwater Audiology @ 11 - 1pm</li> </ul>	<p><i>4</i></p>
<p><i>7</i></p> <p style="text-align: center;"><b>Closed for Labor Day</b></p>	<p><i>8</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Pinochle @ 1pm</li> <li>- Bingo @ 7pm</li> </ul> <p style="text-align: center;"><b>Birthday Lunch</b></p>	<p><i>9</i> - Blood Draw, 6-9</p> <ul style="list-style-type: none"> <li>- Art @ 9am</li> <li>- Wii @ 10am</li> <li>- Ceramics @ 3pm</li> <li>- <b>Intro to Line Dancing (free) @ 6:30pm</b></li> </ul> <p style="text-align: center;"><b>Board of Trustees Mtg.</b></p>	<p><i>10</i></p> <ul style="list-style-type: none"> <li>- Blood Draw, 6-9</li> <li>- Tai Chi @ 10am</li> <li>- Fiber Guild @ 1pm</li> <li>- Sweetwater Audiology @ 11 - 1pm</li> <li>- Scrapbook Class @ 5:30pm</li> </ul>	<p><i>11</i></p> <ul style="list-style-type: none"> <li>- Blood Draw, 6-9</li> <li>- <b>Grand Teton Nat'l Park, lunch at Signal Mtn., please sign up</b></li> <li>- Saturday, Blood Draw, 7 - 10am</li> </ul>
<p><i>14</i></p> <ul style="list-style-type: none"> <li>- Crafts @ 9:30am</li> <li>- Wii @ 10am</li> <li>- Cribbage @ 1pm</li> </ul>	<p><i>15</i></p> <ul style="list-style-type: none"> <li>- trip to Jackson for drs. appts.</li> <li>- Tai Chi @ 10am</li> <li>- Brain Games @ lunch</li> <li>- Pinochle @ 1pm</li> <li>- Bingo @ 7pm</li> </ul>	<p><i>16</i></p> <ul style="list-style-type: none"> <li>- Art @ 9am</li> <li>- Wii @ 10am</li> <li>- <b>Annual Membership Mtg., 11:30am</b></li> <li>- Ceramics @ 3pm</li> <li>- <b>BOCES Line Dancing, 6:30-8:30</b></li> </ul>	<p><i>17</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Fiber Guild @ 1pm</li> <li>- Sweetwater Audiology @ 11 - 1pm</li> <li>- <b>Open House / Chamber Mixer @ 4-7pm</b></li> </ul>	<p><i>18</i></p>
<p><i>21</i></p> <ul style="list-style-type: none"> <li>- Cardmaking @ 9:30am</li> <li>- Wii @ 10am</li> <li>- Cribbage @ 1pm</li> </ul>	<p><i>22</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Brain Games @ lunch</li> <li>- Pinochle @ 1pm</li> <li>- Bingo @ 7pm</li> </ul>	<p><i>23</i> - Art @ 9am</p> <ul style="list-style-type: none"> <li>- Hearing Checks w/ L. Jephson @ 9am</li> <li>- <u>Wii Fall League @ 9am</u></li> <li>- Ceramics @ 3pm</li> <li>- <b>BOCES Line Dancing, 6:30-8:30</b></li> </ul>	<p><i>24</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Fiber Guild @ 1pm</li> <li>- Sweetwater Audiology @ 11 - 1pm</li> <li>- Scrapbook Class @ 5:30pm</li> </ul>	<p><i>25</i></p> <ul style="list-style-type: none"> <li>- <b>Dinner Out, Flying Saddle in Alpine, please sign up</b></li> </ul>
<p><i>28</i></p> <ul style="list-style-type: none"> <li>- Crafts @ 9:30am</li> <li>- Wii @ 10am</li> <li>- Cribbage @ 1pm</li> </ul>	<p><i>29</i></p> <ul style="list-style-type: none"> <li>- Tai Chi @ 10am</li> <li>- Brain Games @ lunch</li> <li>- Pinochle @ 1pm</li> <li>- Bingo @ 7pm</li> </ul>	<p><i>30</i></p> <ul style="list-style-type: none"> <li>- Art @ 9am</li> <li>- <u>Wii Fall League @ 9am</u></li> <li>- Ceramics @ 3pm</li> <li>- <b>BOCES Line Dancing, 6:30-8:30</b></li> </ul>	<p><b>Flower: Aster</b>  <b>Birthstone: Sapphire</b>  <b>Color: Brown</b></p>	

# Activities Board

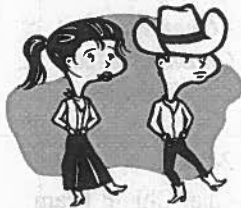


## Walk to Australia

We have made it to Ayers Rock!! That's 10,412 miles and counting. We will have our Destination Celebration on Thursday, October 1, 2009. Because we have a month until that party we are going on a Walkabout, so keep turning in your Tally Sheets. Let me know if you need more.

Total cumulative miles as of August 24:

Wombats (50-60)	3,364.94
Kangaroos (61-65)	2,028.55
Koalas (66-70)	3,023
Tasmanian Devils (71 & over)	3,096



### BOCES Line Dancing Class at Rendezvous Pointe

Come on Wednesdays for Line Dancing! We are offering free introductory classes on the 2nd and 9th at 6:30pm. Then, on the following Wednesdays, through October 28th, BOCES is offering the class, 6:30-8:30pm, for \$10.00. This fee covers all the classes. You can register online at [subletteboces.com](http://subletteboces.com), or call the BOCES office, 367-6873.

### S.O.A.R.

The Pinedale Aquatic Center (PAC) will be hosting a month long celebration honoring Sublette County Senior Citizens in September. This event is known as S.O.A.R. — Sublette Older Adult Rejuvenation.

#### Thursday, September 17

In conjunction with S.O.A.R., Rendezvous Pointe will be hosting an Open House/Chamber Mixer. This will be an opportunity to showcase what we have to offer to the community. If you are interested in helping with this please call Beth at 367-2881.

# September is National Food Safety Education Month

## Eating at Home: Making Wise Food Choices

Some foods are more risky for you than others. In general, the foods that are most likely to contain pathogens fall into two categories:

- **Uncooked** fresh fruits and vegetables
- **Animal products**, such as unpasteurized milk, soft cheeses, raw eggs, raw meat, raw poultry, raw fish, raw seafood and their juices.

Interestingly, the risk these foods may actually pose depends on *its origin or source* and *how it is processed, stored, and prepared*. Follow these guidelines for safe selection and preparation of our favorite foods:

**Clean (wash hands and surfaces often.)**

**Separate (don't cross-contaminate)**

**Cook (cook to proper temperatures)**

**Chill (refrigerate promptly)**

### *If you have questions...*

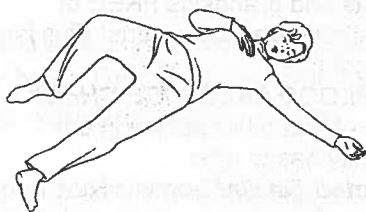
...about Wise Food Choices: Be sure to consult with your doctor or health care provider. He or she can answer any specific questions or help you in your choices.

...about Particular Foods: If you aren't sure about the safety of a food in your refrigerator, don't take the risk. When in doubt, throw it out!

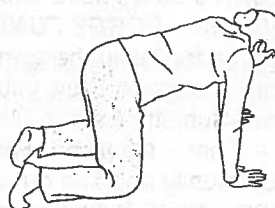
***All consumers need to follow the Four Basic Steps to Food Safety:  
Clean, Separate, Cook and Chill.***

taken from Food Safety for Older Adults, U.S. Department of Agriculture, Food Safety and Inspection Services

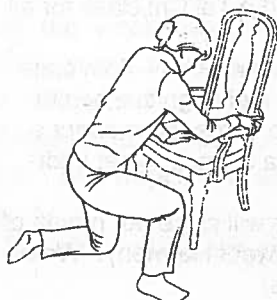
### How to Get Up From a Fall By Yourself



- 1 Lie quietly for a few moments. Take some deep breaths, gather your thoughts, and take stock of your situation. If you think you're not hurt and can get up safely, roll over onto your side and rest for a moment, to allow your blood pressure to adjust.



- 2 Slowly get up on your hands and knees, and crawl over to a sturdy chair.



- 3 Support your upper body by placing one hand (or arm), then the other, on the seat of the chair. Bend the knee of your stronger leg, and slide that foot forward so that it's flat on the floor. Keep your other knee on the floor.



- 4 Slowly rise from the kneeling position and turn yourself around to sit in the chair. Once again, rest for a moment. Assess your situation. Call for help if you need it.

taken from *Harvard Women's Health Watch*, Feb. 2009

# Sublette Older Adult Rejuvenation



A joint venture between the Pinedale Aquatic Center, Rendezvous Pointe and BOCES  
 Call 367-2832 if you need more information!  
 All Month – All exercise classes at PAC are FREE to seniors ages 60 +



- September 1** 10:00 am – **FREE Line Dancing class.** Learn basic line dance steps and some complete dances! Judy Justesen, Senior Programmer from Rawlins (retired) is coming to share her successful dance program with us. It will be a great a time so come on over for boot scootin' fun!  
 7:00 pm – **East Coast Swing workshop.** Judy Justesen and her husband, Larry, are our instructors for learning this fun couples type of dancing. No partner? No problem! This is a GREAT chance to learn to dance with your own partner or with someone else who just wants to learn. Fee for this workshop is \$5 per couple and \$3 per individual.
- September 2** 6:30 pm - **Line Dancing** continues at Rendezvous Pointe. Join us here for a FREE introductory class that will be held two weeks in a row. Then starting September 16 Rendezvous Pointe has partnered with BOCES to offer a 7 week line dance program.
- September 4, 11, 18, 25** 9:30 – 11 am **FREE – Walk & Play @ PAC!** Join us every Friday for walking on the track, learning badminton or pickleball or get your own game of racquet ball going!
- September 8** 10:00 am – **Meet your neighbors! Water Exercise Class.** JJ Huntley will lead a fun water exercise class. We have invited guests from Jackson, and you can invite your neighbors and give this low impact work out a try. The more the merrier so join the fun.
- September 9** 6:30 pm – **Line Dancing** at Rendezvous Pointe one last FREE class!  
**September 11** 10:30 am – **Senior Safety Awareness** at PAC with Karen Rogers  
**September 13** all day – **GRANDPARENTS' DAY** – Grandparents of all ages may bring in 2 grandchildren FREE of charge with their paid admission. This special will continue through September 19. 1 paid grandparent=2 FREE grandkids!
- September 14** 6:00 pm – **Story Sharing and Soup Supper** - Enjoy a FREE Soup Dinner while you and others share some of your fun stories and memories of times past here in Sublette County! Seniors eat FREE (no reservation). All others \$5 reservations required so we have enough food on hand!
- September 15** 6:00 pm – **FOGEY FUN!** PAC will host grandparents and grandkids FREE of charge for fun in the gymnasium, track, and racquetball / wallyball courts! This is your chance to show your grandkids that you "still got it"!!
- September 16** 9am-Sublette Center 11am-Rendezvous Pointe - **BLOOD PRESSURE CHECK**  
**September 17** 4 – 7 pm – **Chamber Mixer** at Rendezvous Pointe - Meet other people in our community and find out what this extraordinary facility has to offer.
- September 19** 9:30 – 10:15 Sublette Center Heritage Room – **Seated Tai Chi** Dominic Ruiz from Salt Lake City will lead a special seated Tai Chi class for seniors with limited mobility and balance.  
 10:30 – 11:30 – **Tai Chi** at PAC Dominic is coming to lead a Tai Chi class for all ages!
- September 24** 7:00 pm **A Look at Total Health during the Senior Years** at PAC – Join community experts in a roundtable discussion about physical and cognitive health issues facing senior citizens. All seniors and anyone who cares for or about a senior is invited to attend this FREE discussion. Here is a chance to get information and ask questions in a less formal setting.
- September 29** 6:30 pm – **CELEBRATION CULMINATION** at PAC – We will close our month of SOARing with a performance and sing along hosted by Sweet Harmony! We'll have food, fun, fitness, friends and some of your favorites!



## ***Volunteer of the Month***

*as recognized by our Board of Trustees.*

### **Tami Leach**

for her continuing support of Wii  
Bowling and her good humor!  
Thanks, Tami!

A BIG THANK YOU TO THOSE  
WHO HELP FOLD THE  
NEWSLETTER EACH MONTH:

Connie Cutlip, George  
Ditton, Marie Pivik, Jackie  
Sea and Blanche Sewell.

Thanks!



Rendezvous Pointe is taking seniors (60+) to either Jackson or Rock Springs, for medical appointments. If you would like to take advantage of this service, listed below are the dates we will be traveling to either Jackson or Rock Springs.

#### **Mark your calendars....**

- Sept. 15 Tuesday Jackson
- Oct. 20 Tuesday Rock Springs
- Nov. 19 Thursday Jackson
- Dec. 17 Thursday Rock Springs

If you need assistance filling out paperwork or need someone to be with you during the appointment, please ask a friend or family member to accompany you. It is preferred that at least two people are scheduled for each trip. The cost of each trip will be \$25.00 per person. There may be a wait before or after your appointment, while others are being picked up or dropped off at their appointments. If you have any questions, please call Jeanene at 367-2881.

## **County Fair**

Come one, come all, to view the  
very best  
in arts and crafts from hand-  
stitched patchwork quilt  
to knitted works of woven wool,  
professed to be by far the finest ever built.



Photography and graphic works in oil  
and culinary skills displayed in jars  
of jams and jellies showing loving toil  
are all produced by famous local stars.

And from the fruitful gardens you will see  
prize peas and carrots, spinach,  
beets and corn,  
and flowers, yellow rose and peony,  
that through the green-thumb  
hands were born.

The livestock shows will feature  
broad arrays  
of poultry, rabbits, horses, steers, and sheep,  
and swine in formal, proud,  
prepared displays  
that show the owner's native skills run deep.

The canine crews will strut and  
show their stuff,  
and music makes you tap your booted toes,  
and at the stands you'll find there's  
food enough  
to last you through the 4-H fashion shows.

We'll all enjoy the Sublette County Fair  
because it's done with such fantastic flair.

—C. F. Kelly



## **Puzzle Exchange**

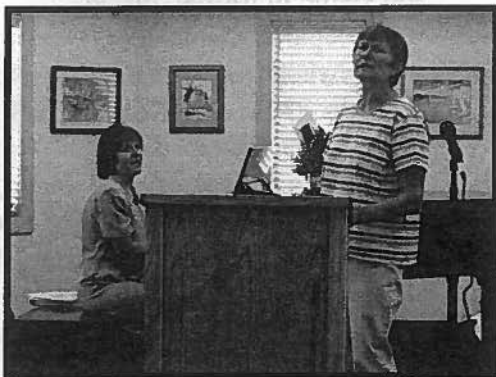
If you have some puzzles that you  
are not planning on putting to-  
gether again and would like to trade  
them in for different ones, you can bring  
them to Beth. We will have a place to keep  
puzzles and operate an exchange.

# *Rendezvous Pointe*

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

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U.S. POSTAGE  
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**Return Service Requested**



**Elena Bakueva  
and Tatiana  
Samova, our  
guests from  
Russia  
provided  
music for our  
seniors at  
lunch.**



**Mary Pat  
Perkins  
and Paul  
Jensen  
enjoying  
Wii  
Bowling.**

**Dinner Out at Boulder Lake Lodge**

