PJ is enjoying Rendezvous Pointe’s Library, which is also available to you. Generally, the books on the right half are the Lending/Trading Library. Feel free to borrow for as long as you’d like. The books & magazines on the left half are mostly for you to enjoy while at Rendezvous Pointe. Just ask if in doubt. We accept book donations. Several Books-on-Tape and Videos have recently been donated.

Rendezvous Pointe’s Free Box is located near the front door. Anything inside or alongside the box is yours for the taking. You never know what you will find in it. If you have small household items or knick knacks that you no longer want, feel free to put them in the box for someone else to find & cherish.
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 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, wheelchair 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.

ACTIVITIES AND EDUCATION
You are invited to take part in Wii bowling, art classes, Tai Chi, crafts, cards, bingo, pool, ceramics, scrapbooking, 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.

COMMUNITY Hi GLORIES
5th Kickin Cancer in Sublette County, Sublette County Ice Arena, Doors open at 5pm, Auction at 7pm
6th Farmer’s Market begins on North Tyler Street, near the Visitor’s Center
10th Pitchfork Fondue opens for the season www.PitchforkFondue.com
18th Wind River Series Rodeos begin. Rodeos continue on 8/13, 8/20, 8/27, 9/3 at the Pinedale Rodeo Grounds
19th 2nd Annual Suicide Awareness Walk, White Pine to Legion Park

Rendezvous Pointe’s Board of Trustees
Tim Crawford, Chair 367-2672
Nylla Kunard, Vice Chair 367-6363
James Thomas, Secretary 367-4600
Becky Thompson 367-3672
Betty Hunt 537-5620
Lora Grinestaff 367-4205
Kent Van 367-2582

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.

• June 17 Rock Springs
• July 15 Jackson
• August 17 Rock Springs
• September 16 Jackson
• October 21 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.

Donations are very important to the operation of Rendezvous Pointe. You may make a general donation to our center or to a particular activity, such as crafts & art classes, meals, gardening, newsletter, transportation, trips, etc. Also, anytime you wish to honor someone or donate a memorial to a loved one, please remember Rendezvous Pointe. Call the office at 367-2881 for more information. Thank you!
Father's Day
The stallion reared and pawed the air, with foaming mouth and cotton hair, and I climbed up and grabbed his mane with tiny fists—I loved the game.

He wheeled and kicked but I held tight and squeezed my knees with all my might, a bit afraid of all his moves and fearful of his flying hooves.

I laughed and screamed and gave his flanks a burst of quickly issued sparks from walk to canter then wild run and back until the ride was done.

The whinny of my favorite horse is only memory, but a force that guides my rides on different trails through shifting sands and grueling gales.

And now that Dad is old and slow, and all the rooms have grown so small, I guess he'll have to bloat and blow until the grandkids find his stall.

—C. F. Kelly

“The secret to staying young is to live honestly, eat slowly, and just not think about your age.” —Lucille Ball

“We are looking for someone to send get well or sympathy cards from Rendezvous Pointe to our seniors when we hear of a need. If you would like to be that person, please let Beth know.

What’s A Whole Grain & Why Should I Care?

Whole grains are cereal grains that contain the bran, the germ and the endosperm, in contrast to refined grains, which retain only the endosperm. The bran is the fiber-rich outer layer and the germ is the nutrient-rich center. Whole grains, such as whole wheat and oats, contain more healthy fiber, vitamins, minerals and phytochemicals than refined grains. “Multigrain” does not mean “whole grain”; only that different grains are used in the recipe. Oat bran is not a whole grain, while popcorn is. Brown, black and red rices are whole grains; white rice is not—almost all the nutrition has been refined away.

Taken from www.thenibble.com

Trivia, Trivia, Trivia

1. What is the world’s longest mountain system?
2. How many quarts are in a peck?
3. Who won all 3 Alpine skiing events in the 1968 Winter Olympics?
4. Which U.S. Vice President was tried for treason?
5. What does a heliologist study?
6. Where is London Bridge located?
7. What is the fourth dimension?
8. Who is the original host of TV’s Jeopardy?
9. What common household substance will melt pearls?
10. What is the average life span of a major league baseball?

Answers below

“TAKE-OUT LUNCHES”
Because the Aging Division of the State of Wyoming will not reimburse us for any take out meals, we must ask for the full price for any take outs: $7.00, senior or non-senior, plus $.25 for the container.

Senior Spotlight: Conley Geary

Conley Geary was born March 19, 1937 & grew up in or near Pringar, Iowa. His father died when he was 10 & the family couldn’t make a go of the farm, so they moved to town. His mother did housecleaning while Conley got a paper route, worked in a movie theater, mowed lawns and did odd jobs to make ends meet. When he was 19 he joined the Navy for 4 years. Between 1962 & 1965 he met & married Carol, became a father & was working for the Boulder, CO Water Dept, when, he said, “I was sick of digging ditches & having rocks fall on my head. I took a job in Denver as an apprentice taxidermist with Jonas Brothers.” In 1973 he & his family moved to Jackson, WY, where Conley eventually set up his own taxidermy shop. He said, “I had some tough times in Jackson. The other taxidermists had a corner on the big game animals, so I started with fish & birds. I was on my own learning how to mount fish from books. I have lots of money invested in a library. Later I got support from the outfitters and did bigger animals. When I had to crate & mail an elk head, it took all day. I hated that part. But I never regretted getting up & going to work. There was always something new & challenging.” In 2000 Conley moved to Pinedale & retired. He had no job for 42 years died from complications of MS in 2006, and his daughter, 2 granddaughters & 2 great grandkids live in Idaho.

When asked how he got started in his life career, Conley replied, “When Dad took the plow to the blacksmith’s, we’d go into the bar while it was being sharpened. They had a stuffed eagle with wings spread. I was always curious how they did that. I did some sculpting when I was a little boy. Dad dug fence post holes & I’d take the muddy clay & model chickens, sheep, or hogs. Mom wrapped them in newspaper, put them in the yard & lit a match to it to fry them.” Birds have always held an interest for Conley. When relatives came to hunt on their farm, they’d cut off the duck & pheasant wings. Conley thought the wings had a spectrum that he nailed them on boards & hung them in the garage until bugs got them.

Another time he was raising ducks. Someone told him a duckling could swim right after it was born, so he threw one of them into the stock tank. It swam so well from one side to the other that Conley couldn’t reach it and finally had to take his pants off & get in to catch it. He liked fish too. When it was too wet to plow he’d go fishing & put the live fish in the stock tank. His dad noticed that the cows wouldn’t drink & looked in. Those fish were spooking the cows. Conley had to clean out the tank. He even liked fish heads, dug them out of the trash & tried to save some by tossing them in the eave trough on the garage. One day it rained & the gutters were all plugged up. When his dad saw the reason he told Conley he couldn’t “save all this damn stuff!” Conley had to clean out the troughs. Conley’s “formal” taxidermy education began when he was 12. He said, “When I got my own jobs, I took correspondence lessons from an ad in the back of a magazine - $1.00/month. Pigeons were easy to come by - my first gun was a 410 - and their skin is easy to work with so I started mounting them. My only cost was the eyes. I used my mom’s coat hangers ‘til she got onto that and then I had to buy my own wire. And I still have my first hide from a Red Fox Squirrel. I made it into a knife sheath. When I was 17 I took a test & got my diploma from Northwest School of Taxidermy in Omaha. When we lived in Boulder, CO, I worked nights for a woman who had a leather shop. She’d get animal feet in and I’d make hat racks & novelties with them. In Denver old Mr. Jonas was a good teacher... He died in his 90s. They didn’t even have to embalm him... he was so full of arsenic. We used arsenic to keep bugs out of the mounts back then.” Conley took up watercolor painting when he moved to Pinedale & is now a regular at Rendezvous Pointe Art Group. His detailed fish & bird paintings are full of brilliant colors and a pleasure to the eyes.

By Judi Myers, May, 2010

10 3
June Birthdays

2 Craig Seipp  10 John Andrikopoulos  22 Joan Minneman
Bev Sharp  Phillip Reints  Ric Samulski
3 Gaye Fletcher  11 Richard Gunyan  23 Gene Eversull
Lois Twichell  Kathy Sauls  Pauline Nelson
6 Judy Harper  12 Richard Stott  24 Vivian Shaul
Frances Molnar  Sally Varley  Sherri Wilcox
7 Tom Griffin  14 PJ Paulos  26 Pam Murdoch
Rita Boender  17 LaAnne Freeman  27 Jon Nelson
9 Barbara McKinley  20 Lucille Hafey  28 Charlotte Faler
Erma Shriver  Bill Welch  30 Betty Roehl
10 Fran Milde  21 James Highley

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

THANKS SO MUCH!!
The Bank of Sublette County for buying our monthly birthday lunch, to 1st Bank and Jeannie Slack for our birthday cakes, and to George Ditton, Doc Johnston and Kim Buchanan for our music.

MISSION STATEMENT
OF
REZENVES POINTE
Rendezvous Pointe’s goal is to help keep Sublette County seniors and disabled adults healthy, active, self-reliant, and able to live independently or in their own homes as long as possible.

This complete newsletter can be viewed on our website, 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!

THE AVOCADO
Nutritional Benefits
Avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins and folic acid. They also act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha and beta-carotene and lutein, in foods that are eaten with the fruit.

Avocados and Cardiovascular Disease
Cardiovascular disease is the leading cause of death in the United States, but a healthy diet and exercise plan may help reduce your risk of developing the life-threatening illness. The American Heart Association (AHA) Dietary Guidelines recommend a diet that has at least five Servings of fruits and vegetables, contains up to 30% of calories from fats (primarily unsaturated) and is low in saturated fat, cholesterol, trans fats and sodium while being rich in potassium. Avocados can help you meet the AHA dietary guidelines because they have both monosaturated and polyunsaturated fat and contain potassium. Taken from www.avocado.org

Fiber Guild Invitation to All
The Fiber Arts Guild has just put the last stitch in this beautiful quilt which was pieced and donated by Jane Warriner and hand quilted over 18 months by many hands including Jane Warriner, Jenny Gunn, Sandy Bousman, Barb Stephenson, Ann Barney, PJ Normand, Terry Hunt, and Cindy Van. The quilt will be displayed at Rendezvous Pointe and raffle tickets are available by the quilt. The winner announced in early May (in time for Mother's Day). All proceeds go to Rendezvous Pointe. Tickets are $1.00 each, or 6 for $5.00.

Our next quilt will be a theme quilt, “Everything Sublette County”. We are extending an invitation to all to bring in blocks for the quilt that depict anything in Sublette County. Some examples would be mountains, fish, cows, barns, and wildlife. We will put all the blocks together like a puzzle and then hand quilt our Sublette county masterpiece. Here are more specifics:
1. Blocks must be made of good quality quilting cotton, any color
2. Blocks can be any size, any design as long as has something to do with Sublette County
3. Blocks can be embroidered, appliquéd, cross stitched, machine or hand pieced.
4. Submit as many as you like.
5. Deadline to submit blocks will be November 30.
6. Bring completed blocks to Beth or come to Fiber guild and share the story behind your block.

If you have questions or want to share ideas, come join us on Thursdays, 1-3 pm.

Diana Glasspool is a well known bobbin lacer. She lives in England and is coming for a visit to the United States. Diana has taught classes in England, Belgium, and the United States. She has taught classes for a number of lace guilds in the United States and for the International Old Laceers convention. She has consented to come to the Fiber Arts Meeting on Wednesday June 2nd. She will help people who are working on a bobbin lace project. She will bring samples of laces that she has made.

Over the summer and fall, the Fiber Arts Guild we will be working on various projects for the craft show, sharing projects, and working on the quilt blocks we will be submitting. We would love to have you join us.
Sign up for Wii League Summer 2010.
Wednesdays: June 23—August 11, 9:00am

Wii Bowling with Kemmerer
Friday June 25  Beginning at 10:00 am
Wii will show them some RP hospitality!

Dinner Out  Friday June 25
China Gourmet
A nice chance to socialize and enjoy a good meal!

Outing:  Friday June 18
Lander, Wyoming
We will visit a museum or two and have lunch at the Senior Center.

Camera/ Computer Classes
Matt Daniels will be here the third Tuesday of every month.  He will alternate between computer and camera information.  June 15th will be a camera session beginning at 10:00 AM.  Cost is $10.00.  He will continue after lunch as needed to answer questions.

Put on your flip flops, we’re walking to Tuvalu!!!
Sun, Sandy Beaches, Ocean Waves, and 9944.5 miles!

Sign up for this year’s Walk Program begins Tuesday June 22 and continues throughout the summer.

Remember, all activity counts as ‘walking’ and is converted into miles.  Prizes are given for the most miles ‘walked’ in each age group.  Once we reach our cumulative goal we will have a Destination Celebration.

For more information, call Beth at 367-2881.

Sign up today!

Congregate Meal Evaluations
The C1 (congregate meal) Evaluation Form is the annual form that the Aging Division of the State of Wyoming requires us to have on file for each senior who takes part at Rendezvous Pointe.  It is very important to our meal program.  If you have already completed and signed one for us, THANK YOU!  As of this writing, 154 plus of you have!  If you have not, we ask that you will pick up one from Cindy at lunch or in the office, and return it to her completed.  Without this form, we cannot be reimbursed for your meals with grant monies.  Thank you so much for your patience!

Birthday Lunch
Just a reminder to all those who wish to participate in our monthly birthday lunch, please call 367-2881 before 10:00am and let us know how many will be attending.  This will allow our kitchen staff to be prepared for this larger than normal count.  We also appreciate your call for reservations on other days.  Thank you!

Hearing Aide batteries are available in the office at Rendezvous Pointe for $5.00 a pack.

A BIG THANK YOU TO THOSE WHO HELP FOLD THE NEWSLETTER!
Connie Cutlip, George Ditton, Edna Georgis, Marie Pivik and Jackie Sea.

Lynn Jephson

Connie Cutlip, George Ditton, Edna Georgis, Marie Pivik and Jackie Sea.

Lynn Jephson
### June Calendar

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>National Donut Day!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“The hardest thing to raise in my garden is my knees.”</strong> Unknown</td>
<td><strong>Say Something Nice Day</strong></td>
<td><strong>Birthday Lunch</strong></td>
<td><strong>Board of Trustees Meeting</strong></td>
<td><strong>Trip to Lander Please sign up</strong></td>
<td>Sunday is Father’s Day</td>
</tr>
<tr>
<td>1 - Tai Chi @ 10am</td>
<td>- Tai Chi @ 10am</td>
<td>- Art @ 9am</td>
<td>- Hand of Foots @ 10am</td>
<td>- Hand of Foots @ 9am</td>
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<tr>
<td>- Pinochle @ 1pm</td>
<td>- Pinochle @ 1pm</td>
<td>- Wii @ 10am</td>
<td>- Tai Chi @ 10am</td>
<td>- Tai Chi @ 10am</td>
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<tr>
<td>- Bingo @ 7pm</td>
<td>- Bingo @ 7pm</td>
<td>- Ceramics @ 3:30pm</td>
<td>- Fiber Guild @ 1p</td>
<td>- Fiber Guild @ 1p</td>
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</tr>
<tr>
<td>2 - Bobbin Lace Demo @ 1pm</td>
<td>9 - Art @ 9am</td>
<td>- Ceramics @ 3:30pm</td>
<td>- Scrapbooking @3:30</td>
<td>- Trip to Rock Sprgs for Dr. appts, Hand of Foots @ 9am</td>
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<tr>
<td>3 - Hand of Foots @ 9am</td>
<td>10 - Hand of Foots @ 9am</td>
<td>- Ceramic @ 3:30pm</td>
<td>- Scrapbooking @3:30</td>
<td>- Trip to Landers Please sign up</td>
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<tr>
<td>4 - Tai Chi @ 10am</td>
<td>11 - Trip to Landers Please sign up</td>
<td>- Wii @ 10am</td>
<td>- Hand of Foots @ 9am</td>
<td>- Father’s Day</td>
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<tr>
<td>5 - Fiber Guild @ 1p</td>
<td>12 - First Day of Summer!</td>
<td>- Pinochle @ 1pm</td>
<td>- Fiber Guild @ 1p</td>
<td>- Father’s Day</td>
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<tr>
<td>6 - Sweetwater Audiology @ 11 - 1pm</td>
<td>13 - Birthday Lunch</td>
<td>- Bingo @ 7pm</td>
<td>- Sweetwater Audiology @ 11 - 1pm</td>
<td>- Father’s Day</td>
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<tr>
<td>7 - Tai Chi @ 10am</td>
<td>14 - Flag Day</td>
<td>- Ceramics @ 3:30pm</td>
<td>- Scrapbooking @3:30</td>
<td>- Father’s Day</td>
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<tr>
<td>8 - Pinochle @ 1pm</td>
<td>15 - Tai Chi @ 10am</td>
<td>- Camera Class @10am</td>
<td>- Trip to Rock Sprgs for Dr. appts, Hand of Foots @ 9am</td>
<td>- Father’s Day</td>
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<tr>
<td>9 - Bingo @ 7pm</td>
<td>16 - Art @ 9am</td>
<td>- Pinochle @ 1pm</td>
<td>- Trip to Landers Please sign up</td>
<td>- Father’s Day</td>
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<tr>
<td>10 - Ceramics @ 3:30pm</td>
<td>17 - Art @ 9am</td>
<td>- Wii @ 10am</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>11 - Board of Trustees Meeting</td>
<td>18 - Tai Chi @ 10am</td>
<td>- Wii League @ 9am</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>12 - Scrapbooking @3:30</td>
<td>19 - Camera Class @10am</td>
<td>- Hearing checks w/ Jephson, 9-noon</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>13 - Trip to Rock Sprgs for Dr. appts, Hand of Foots @ 9am</td>
<td>20 - Pinochle @ 1pm</td>
<td>- BP Checks, 11 am</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>14 - Trip to Lander Please sign up</td>
<td>21 - Bingo @ 7pm</td>
<td>- Ceramics @ 3:30pm</td>
<td>- Father’s Day</td>
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<tr>
<td>15 - Flag Day</td>
<td>22 - Art @ 9am</td>
<td>- Ceramic @ 3:30pm</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>16 - Art @ 9am</td>
<td>23 - Wii @ 10am</td>
<td>- Wii League @ 9am</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>17 - Art @ 9am</td>
<td>24 - Hearing checks w/ Jephson, 9-noon</td>
<td>- BP Checks, 11 am</td>
<td>- Father’s Day</td>
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<tr>
<td>18 - Trip to Rock Sprgs for Dr. appts, Hand of Foots @ 9am</td>
<td>25 - Pinochle @ 1pm</td>
<td>- Ceramics @ 3:30pm</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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<tr>
<td>19 - First Day of Summer!</td>
<td>26 - Nintendo Wii@ 9am</td>
<td>- Wii League @ 9am</td>
<td>- Father’s Day</td>
<td>- Father’s Day</td>
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</tr>
<tr>
<td>20 - Walk to Tuvalu begins!</td>
<td>27 - Hearing checks w/ Jephson, 9-noon</td>
<td>- BP Checks, 11 am</td>
<td>- Father’s Day</td>
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<td></td>
<td>28 - Wii Bowling with Kemmerer - 10 am</td>
<td>- Ceramics @ 3:30pm</td>
<td>- Father’s Day</td>
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<td>29 - Dinner Out China Gourmet</td>
<td>- Wii League @ 9am</td>
<td>- Father’s Day</td>
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<tr>
<td></td>
<td>30 - Please sign up</td>
<td>- Wii League @ 9am</td>
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</tbody>
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Please call Rendezvous Pointe by 10 AM @ 367-2881 for your reservations. Thank you!