

Rendezvous Pointe

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

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Rendezvous Pointe



A Gathering Place for Sublette County Seniors and Their Community

JUNE, 2010

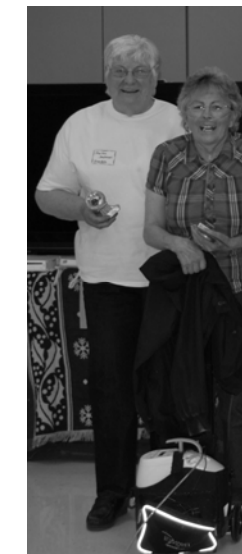
Wii Challenge at Young At Heart Senior Center in Rock Springs, May 21, 2010



Pinedale took 2nd Place for
High Team Average

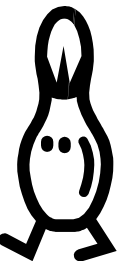


Bowlers from Pinedale Lou Belveal, Marie Pivik, Melba Jaskolski, Jackie Sea, and Rod Rozier, joined by Sandra & Jim Wadsworth of Rock Springs



It took four TV's to accommodate the 32 bowlers from five Senior Centers: Evanston, Rock Springs, Green River, Kemmerer, and Pinedale.

Melba Jaskolski and Lou Belveal were the winning team in the tournament. Lou also won Highest Score.



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.



P.O. Box 804, Pinedale, Wyoming
Website: www.rendezvouspointe.com
Hours: Monday - Friday, 8am - 4pm

Email: rpenews@centurytel.net
307/367-2881 Fax: 307/367-6769

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.

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.



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.



TABLE OF CONTENTS

- Pg. 2 Our Services
- Pg. 3 Senior Spotlight
- Pg. 4 Birthdays
- Pg. 5 FYI
- Pg. 6 Menu
- Pg. 7 Calendar
- Pg. 8 Activity Page
- Pg. 9 Nutrition
- Pg. 10-12 Misc. Info

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.

Volunteer of the Month

as recognized by our Board of Trustees:

Cork Kelly

Cork contributes monthly to our newsletter with his poetry, and recently helped some of our seniors with Medicare changes. Thank you, Cork!



COMMUNITY HIGHLIGHTS

- 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

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!

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....

- 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.

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 spanks
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

"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.

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 per-
son, 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 was 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

1. The Andes 2. 8 quarts 3. Jean-Claude Kililly 4. Aaron Burr 5. The sun 6. Lake Havasu City, Arizona 7. Time 8. Art Fleming 9. Vinegar 10. 7 pitches



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. His wife of 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 little too. 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 fire 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 such a pretty 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

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	25 Sherri Wilcox
7 Tom Griffin	14 PJ Paulos	26 Pam Murdock
Rita Boender	17 LuAnne 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 RENDEZVOUS 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

Raffle Quilt

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.

New Quilt

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.

Bobbin Lace

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 Lacers 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 today!

**Sign up now 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!

Sign up today!

Sign up today!

**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.

Sign up today!

Sign up today!

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.



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

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 **360-9365**

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

Confused about hearing aids?
Let us make it simple
We can help • Give us a call

Call For A **FREE** Hearing Analysis Premium Package
• 3 Year Warranty
• 1 Year Batteries
• In Home Service*

Entire Selection 100% Digital Aids
50% OFF MSRP
Custom Hearing
Serving Southwest Wyoming For Over 10 Years.
Wyo. License #112

Call 1-800-205-9930
Convenient In-Home Service

June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
* Salad Bar Served Daily * Butter Available * 1% and 2% Milk Offered Daily	1 192-A Vegetable Tossed Salad Blue Cheese Dressing, Lite, Creamed Turkey over Angel Hair Pasta, Lite, Peas & Carrots, Cindy's Rolls, Sliced Bananas	2 108-A Garden Veg Salad, Honey Mustard Dressing, Lite, Baked Steak, Mashed Potatoes, Grilled Broccoli, Bread Stix, Apricot Crisp	3 153-A Carrot & Toasted Coconut Salad, BBQ Chicken, Whipped Potatoes, Chicken Gravy, Scandinavian Veg, Homemade Bread w/w, Strawberry & Banana	4 125-A Pepper Pot Soup, Sloppy Joe Sandwich On w/w Bun, Vegetable Salad Lite, Apple crisp w/ Orange Slice Garnish
7 129-A Mixed Green Salad, Honey Mustard Dressing, Beef Pot Pie w/Biscuit Topping, Asparagus with Parsley, Hot Roll, Fruit Spread, Cinnamon Pears	8 139-A Carrot Celery & Cucumber Salad, Yankee Pot Roast, Parsley Potatoes, Baked Stewed Tomatoes, Homemade Bread w/w, Fruit Spread, Fruit Sundae Pineapple/Blueberry	9 291-A Tortilla Soup, Chicken Enchiladas, Refried Beans & Cheese, Carrots & Peas, Fruit Cocktail w/ Bananas	10 94-A Relish Tray, Blue Cheese Dressing Lite, Country French Chicken, Mashed Potatoes, Italian Veg, w/w Bread, Applesauce	11 6-A KFC Style Cole Slaw Lite, Baked Fish with Lemon Pepper, Seasoned Oven Browned Potatoes, Stuffed Celery, w/w Bread, Purple Plums
14 76-A Spring Salad, Ranch Dressing Lite, Baked Pork Chop, Brown Gravy, Mashed Sweet Potatoes, Lemony Cauliflower, w/w Bread, Apple Crisp	15 239-A KFC Style Cole Slaw Lite, Beef Stroganoff over Mashed Potatoes Lite, Mixed Veg, Hot Roll, Apple Butter, Fruit & Marshmallow Cup	16 264-A Mixed Relish Tray, Creamy Italian Dressing Lite, Tacos, Soft Shell, Salsa, Refried Beans, Fluffy Fruit Cup	17 223-A Mixed Green Salad w/ Carrots, Ranch Dressing Lite, Chicken Salad on Crescent Roll, Pasta Salad Lite, Strawberry & Bananas	18 259-A Garden Veg Salad, Ranch Dressing Lite, BBQ Beef Sandwich, Mixed Veg, Pineapple Betty, Ice Cream Lite
21 250-A Tossed Green Salad, Red Wine Vinaigrette, Braised Beef, Mushroom Gravy, Parsley Potatoes, Peas & Carrots, Hot Roll, Apple Butter, Yellow Cake w/ Cherry Topping	22 59-A Perfection Salad W Orange Wedge, Egg Salad Sandwich, arrots with Lemon Butter, Apple Pie w/ whipped topping	23 46-A KFC Style Cole Slaw, BBQ Spare Ribs, Herbed Broccoli Lite, Baked Potato, Sour Cream & Chives, French Bread, Chilled Purple Plums	24 249-A Perfection Salad, Baked Chicken, Bacon Tater Bake, Spinach, Homemade Bread w/w, Fruit Sundae Pineapple /Orange	25 32-A Relish Tray, Ranch Dressing Lite, Spaghetti Sauce Over Spaghetti Noodles, Grilled Broccoli, French Bread, Fruit Ambrosia
28 49-A Spinach Mushroom Salad Mandarin Orange garnish, Honey Mustard Dressing, Sweet and Sour Pork, Steamed Rice, Peas & Carrots, Egg Roll, Sliced Bananas	29 236-A 236-A Carrot & Celery Salad, Hamburger Steak, Whipped Potatoes, Brown Gravy, Red Cabbage & Apples, Homemade Bread w/w, Fruit Cup	30 244-A Chef Salad w/ Carrot Stick Garnish, Creamy Italian Dressing, Lite, Crackers WW, Bread WW, Chocolate Chip Cookie Strawberry & Banana	<i>Approved</i> <i>Michael Romit</i> <i>5/29/10</i>	

Please call Rendezvous Pointe by 10 AM @ 367-2881 for your reservations. Thank you!

June Calendar

Mon	Tue	Wed	Thu	Fri
"The hardest thing to raise in my garden is my knees." Unknown	1 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm Say Something Nice Day	2 - Art @ 9am - Wii @ 10am - Ceramics @ 3:30pm - Bobbin Lace Demo @ 1pm	3 - Hand & Foot@ 9am - Tai Chi @ 10am - Fiber Guild @ 1p - Sweetwater Audi- ology @ 11 - 1pm	4 National Donut Day!
7 - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm	8 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm Birthday Lunch	9 - Art @ 9am - Wii @ 10am - Ceramics @ 3:30pm Board of Trustees Meeting	10 - Hand & Foot@ 9am - Tai Chi @ 10am - Fiber Guild @ 1p - Sweetwater Audi- ology @ 11 - 1pm - Scrapbooking @3:30	11 Trip to Lander Please sign up Sunday is Father's Day
14 - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm Flag Day	15 - Tai Chi @ 10am - Camera Class @10am - Pinochle @ 1pm - Bingo @ 7pm	16 - Art @ 9am - Wii @ 10am - Ceramics @ 3:30pm	17 - Trip to Rock Sprgs for dr. appts. - Hand & Foot@ 9am - Tai Chi @ 10am - Fiber Guild @ 1p - Sweetwater Audi- ology @ 11 - 1pm	18 Trip to Lander Please sign up Sunday is Father's Day
21 - Cardmaking @ 9:30am - Wii @ 10am - Cribbage @ 1pm First Day of Summer!	22 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm Walk to Tuvalu begins!	23 - Art @ 9am - Wii League@ 9am - Hearing checks w/ Jephson, 9-noon -BP Checks, 11 am - Ceramics @ 3:30pm	24 - Hand & Foot@ 9am - Tai Chi @ 10am - Fiber Guild @ 1p - Sweetwater Audi- ology @ 11 - 1pm - Scrapbooking @3:30 Nat'l Handshake Day	25 Wii Bowling with Kemmerer - 10 am Dinner Out China Gourmet Please sign up
28 - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm	29 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm	30 - Art @ 9am - Wii League@ 9am - Ceramics @ 3:30pm	Birthstone: Pearl Flowers: Rose Colors: Light Blue & White	