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Olga Bretado

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Assistant Chef

Glen Gonzalez

Dishwasher and Prep Cook

Javier Sanchez

Ask a Lawyer

**Tuesday, January 9th
1 pm**

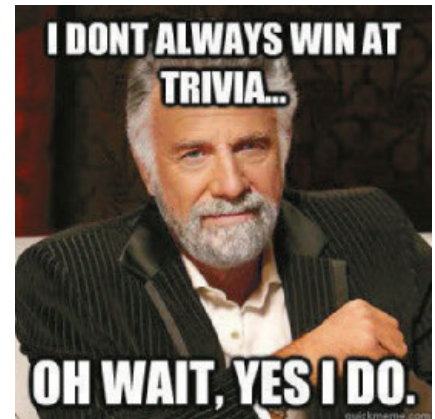
In December, Nancy presented on Guardianship and Conservatorship which was greatly attended. This month, Nancy will be discussing Wills and Trusts again as this topic has been highly requested. We hope you can attend! Please let Reanna or Melissa know if there is topic that you would like discussed in upcoming months.



Trivia Social Hour

**Tuesday, January 16th
3 pm**

Are you a trivia buff? Join us for Trivial Pursuit night and social hour to show off your knowledge. We will have snacks, beverages and good company. Hope to see you there!



Avian Experience

**Thursday, January 18th
1:30 pm**

**\$20 Suggested Contribution
Reservations Required**

We will be taking a trip to the Teton Raptor Center for an up-close, live bird experience. We will also have time to check out their nature shop and new building. Sign up early because spots are limited.



Cabin Fever Story Time

**Tuesday, January 23rd
3 pm**

We are starting a new, monthly program where we will invite different people to share their stories of their travels. This month Chuck Schneebeck will share stories from his adventures of traveling around Africa. Please join us for the talk and light refreshments. If you are interested in sharing your travels, see Reanna or Melissa.



Driving in the Dark

When aging eyes meet nighttime roadways, driving can be hazardous. Here's how you can make the road you travel safer.

Half of all fatal car crashes happen after dark, according to data from the National Safety Council, even though only 25 percent of driving happens then. The darker it gets, the more challenged our sight becomes, especially when it's a question of spotting objects along the side of the road. In low-contrast conditions, it's difficult to estimate how fast objects, such as other cars, are moving, and our reaction times are slowed.

How to See Better in the Dark

Driving as little as possible after dark is safety tip number one. But sometimes, especially when the days grow shorter, that simply isn't an option. To maximize your vision:

1. Use your bright lights at night in almost all cases, except when there are oncoming cars. Drivers often don't see as well at night as they think they do, and high beams give them the best chance of reacting fast enough to an unexpected hazard.
2. Don't economize. When buying a new or used car, look for models with top-rated headlights (go to [iihs.org/ratings](https://www.iihs.org/ratings) to find a car's safety ratings). When given a choice, opt for the best headlights available.
3. If your car is several years old, consider getting your headlights and casings replaced. A 2018 study by AAA found that in at least two popular sedan models, degraded headlights and yellowed headlight casings meant that on low beams, the headlights were emitting just 22 percent of the light that new ones would provide, making night driving more hazardous.
4. Keep your windshield and headlights cleaned, for obvious reasons. Clean off the ice and snow before driving.
5. Reset the illumination levels of your dashboard lights and any in-car screens to low. Bright light inside makes it harder to see outside.

Read full article here:



Blood Pressure Checks

Mondays

11:30 am - 12:30 pm

Our Registered Nurse from the Home Care team will be here every Monday. Reservations are not required.

Classic Games

Tuesdays

10 am - 12 pm

\$2 suggested donation

Join us for classic games. We have Dominoes, Skip-Bo, Cribbage, Euchre and more. Join in the fun and let us know if there is a game you would like to play!



Toe Nail Clippings

Monday, January 8th

1 - 4 pm

\$5 suggested donation

Our Registered Nurse will be on site to perform toe nail clippings. This will not be replacing the quarterly visit from podiatrist Dr. Smith. The nurse will only clip nails, they will not address any foot issues. Reservations are not required and seniors will be seen on a first come, first serve basis.

Student and Seniors Book Club

January 11th

5 pm

The Senior Center will be hosting a new book club with the support of Teton County Library. The Student and Seniors Book Club will be led by high school students and will meet in person at the Senior Center. This month we will discuss "Lioness of Boston" by Emily Franklin. The next book club meeting

will be February 22nd and the book will be determined in this month's meeting. For more details or to sign up, please contact Reanna.

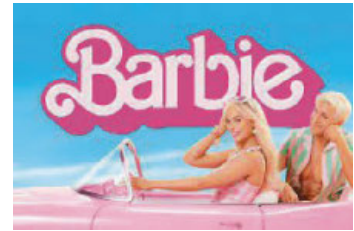
Movie Night

Monday, January 22nd

5 pm

\$5 Suggested Contribution

Movie night is back! Join us for "Barbie". Follow the adventures of Barbie and Ken in the perfect world of Barbie Land, until they get a taste of the real world when they venture into the land of the living humans. Bring a snack to share. Beverages will be provided.



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Medicare Assistance
Wednesday, January 17th
11:30 am

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Patrol (SMP) on site to answer all your Medicare questions. SMP's and SHIP's are federally funded programs found in every state. Reservations are not required.

Sip and Paint
Wednesday, January 31st
1 - 4 pm

\$40 Suggested donation
Reservations Required

Join us for an oil painting class with Teri McLaren, owner of The Local Galleria in Driggs, Idaho. Supplies are included! **We must have at

least 20 people in order to hold the class, so bring a friend and sign up early!!**



Chapter22 Book Club
Thursday, February 1st
6 pm on Zoom

This month Chapter22 will be discussing "The Eagles of Heart Mountain" by Bradford Pearson. This non-fiction story follows the lives of nearly 14,000 Japanese Americans who landed in an incarceration camp outside Cody, Wyoming. Behind barbed wire fences, they faced racism, cruelty, and frozen winters. Books are available at the Senior Center.

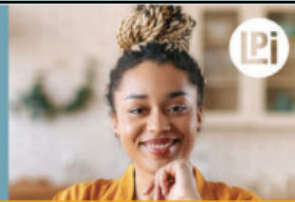


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Respite is a word used for the person often giving 24/7 care and commitment to a loved one. YOU need love and care too. Our team wants to give you time to do things you want and need to do during the day while we take care of your loved one at home. As a caregiver it is easy to forget yourself and your needs and before you know it you are exhausted and feel like you have nothing more to give. Let us help you get your much deserved cup-filled so you can continue to be the best caregiver that you are.

We are beginning a new Support Group of Caregivers facilitated by Carol Taylor. This group is for anyone taking care of a loved one. We will meet on Thursday, January 11th at 10:30 am for a "getting to know you" chat. Then the Support Group will begin January 18th and will be the third Thursday every month. We will have activities for the loved ones you care for.

Call Judy Woodard, Home Care Manager for more information on the Support Group and additional assistance.
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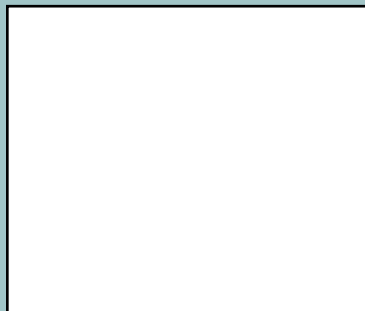
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Heather Huhn
Broker & Agent

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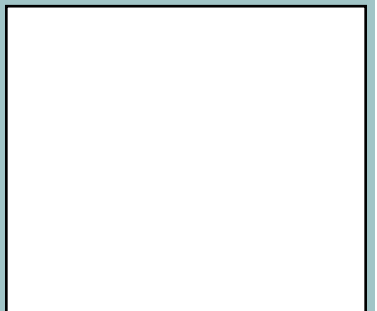
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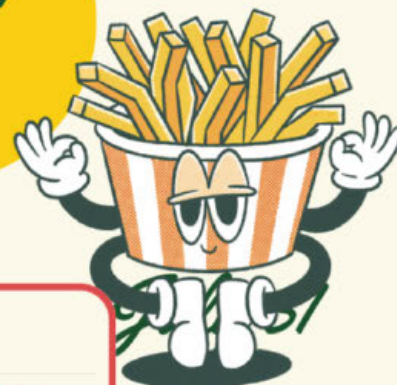


Dine - In
Seniors \$7
Non Seniors \$14
Suggested Donation

The Senior Center Lunch Counter

Prepared by Chef Karen & Asst. Chef Glen

Lunch 12 - 1 pm



Jan 2 - 5

(2) BEEF STEW

WITH TOSSED SALAD, WHOLE WHEAT ROLL AND FRUIT PIZZA

(3) BRATWURST ON A BUN

WITH GARDEN SALAD, GREEN BEANS, BAKED POTATO, ROLL AND FRUIT CRISP

(4) MEDITERRANEAN PASTA

WITH SPRING SALAD, ASPARAGUS, BREAD, GRAPES AND TAPIOCIA PUDDING

(5) FRIDAY FEAST TERIYAKI BEEF AND BROCCOLI

WITH BROWN RICE, ASIAN SALAD, SPRING ROLLS, GINGERBREAD CAKE

Jan 15 - 19

(15) CLOSED FOR MARTIN LUTHER KING JR DAY

(16) BAKED LEMON CHICKEN

WITH COUSCOUS, SAUTEED SPINICH, ROLL AND ORANGES

(17) PATTY MELT

WITH VEGETABLE SALAD, POTATOES AND CHOCOLATE CHIP COOKIE

(18) CUBAN PORK SANDWICH (MILD)

WITH COLESLAW, FRUIT CUP AND LEMON BAR

(19) FRIDAY FEAST STUFFED PEPPERS

WITH BAKED POTATO, ROLL AND FRUIT DESSERT

Made
Fresh

Jan 8 - 12

(8) SOUP AND SALAD BAR WITH BROWNIE

(9) JAMBALAYA

WITH RICE AND BLACKEYED PEAS, SPINACH, ROLL AND FRUIT CUP

(10) MILD GREEN CHILI CHICKEN ENCHILADA

WITH BLACKBEANS, MEXICAN CORN, CANTELOPE AND GRAPES

(11) SALISBURY STEAK WITH GRAVY

WITH ROASTED POTATOES, MIXED SALAD AND BLUEBERRY DESSERT

(12) SOUP AND ROAST BEEF SANDWICH

WITH CORNBREAD, GARDEN SALAD WITH BROCCOLI AND CROUTONS AND FRUIT PIZZA

Jan 22 - 26

(22) SOUP AND SALAD BAR WITH BLONDIE DESSERT

(23) SHEPARD'S PIE

WITH MUSHROOM GRAVY, VEGETABLE SALAD, CARROTS, ROLL AND APPLE CAKE

(24) PORK CHOP

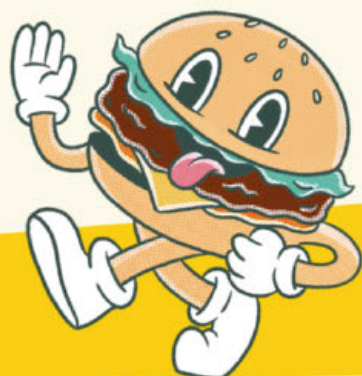
WITH MASHED POTATOES AND GRAVY, CAULIFLOWER, ROLL AND APPLESAUCE

(25) PHILLY CHEESESTEAK SANDWICH

WITH ROASTED POTATO, BROCCOLI SALAD AND GRAPES

(26) STEAK CAESAR SALAD

WITH HAVARD BEETS, ROLL, FRUIT BOWL, CHOCOLATE ZUCCHINI BREAD



Jan 29 - 31

(29) SOUP AND SALAD BAR WITH LEMON BARS

(30) BIRTHDAY LUNCH ROAST BEEF

WITH MASHED POTATOES AND GRAVY, SALAD, ROLL AND YELLOW CAKE WITH CHOCOLATE FROSTING

(31) SHREDDED BEEF TACO SALAD

WITH REFRIED BEANS, SPANISH RICE, CORN, CARROTS AND 7 LAYER BREAD



Breakfast and lunch are served in the dining room and to Meals on Wheels clients.
Breakfast is served 8:30 - 10 am. Lunch is served 12 - 1 pm. Menus are subject to change

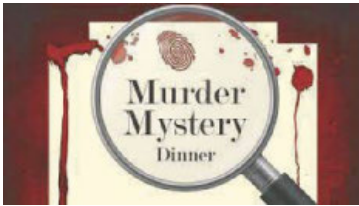
JANUARY ACTIVITIES

MON	TUE	WED	THU	FRI
1 Closed for New Year's Day	2 9:00 Pilates*** 10:00 Classic Games 1:00 Pinochle 1:30 Strength with Jo	3 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	4 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	5 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
8 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 1:00 Toenail Clipping 2:00 Circuit Training 3:00 Active Yoga	9 9:00 Pilates*** 10:00 Classic Games 1:00 Pinochle 1:00 Ask a Lawyer 1:30 Strength with Jo	10 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	11 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Caregiver Get to Know You 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 5:00 Student and Seniors Book Club	12 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
15 Closed for Martin Luther King Jr Day	16 9:00 Pilates*** 10:00 Classic Games 10:30 Yoga 1:00 Pinochle 1:30 Strength with Jo 3:00 Trivia Social Hour	17 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:30 Medicare Assistance 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	18 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Caregiver Support Group 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 1:30 Avian Experience at Teton Raptor Center	19 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
22 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Circuit Training 3:00 Active Yoga 5:00 Movie Night	23 9:00 Pilates 10:00 Classic Games 10:30 Yoga 1:00 Pinochle 1:30 Strength with Jo 3:00 Cabin Fever Story Time	24 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	25 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	26 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
29 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Circuit Training 3:00 Active Yoga	30 9:00 Pilates 10:00 Classic Games 10:30 Yoga 1:00 Pinochle 1:30 Strength with Jo	31 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga 1:00 Sip and Paint		***Recorded class, not live

Not to Miss!**Pizza with a Purpose**

Join us at Hand Fire Pizza on February 13th where the Senior Center will receive a portion of that day's sales.

Save the Date on **February 14th** for a **Murder Mystery interactive dinner** at The Senior Center! More info to come....

**Leave a Lasting Memory**

Do you have a loved one that you want to remember or a special anniversary or birth? Want to list all of the grandkids? The Senior Center has bricks on sale now for installation in the spring! The bricks take several weeks to produce, so order now! The first bricks ordered will be placed closest to the main entrance. Stop in and see Melissa, she is happy to work with you on wording and answer any questions that you have.

**Age Friendly Jackson Hole**

Hello Fans and Friends of Age Friendly JH. In early 2024 we are turning to our To Do List...looking at the gaps in local transportation service, advocating for property tax reform, improved access for people with disabilities, among other things. You will be hearing more about these. But are you interested in learning more about them right now and helping our teams? Then, contact any of us on the Steering Committee (Becky, Jean, Floren, Michael) at agefriendlyjh@gmail.com to get on our email/contacts list. We do doable things!

Also, keep those unneeded ski poles (downhill or cross country) coming in for helping people of all ages and all abilities cross our icy intersections. Drop them by the Senior Center and we will cover them brilliant green and distribute them to our busiest intersections. Or, let us know of a source and we'll try to pick them up. Thanks for helping with this!

Becky, Jean, Floren, and Michael

Birthday Lunch

Happy Birthday January! Join us on Tuesday, January 30th at 12 pm for our monthly birthday celebration. We will be having roast beef with mashed potatoes and gravy, mixed vegetables and yellow cake with chocolate frosting. We hope you all join us for the celebration!

The birthday lunch is hosted by First Interstate bank and lunch is complimentary for all who celebrate their birthday's in January.



Happy New Year! Health and happiness for the year ahead!

To start off the New Year we have selected one of our long time Meals on Wheels delivery drivers, Marion Cadol. Marion started volunteering with Meals on Wheels over 30 years ago when her dear friend, Jean Day, was an administrator with the Senior Center of Jackson Hole. Over the years Marion has worked various part time jobs which has allowed her to continue to volunteer. Most recently she retired from the Living Center.

Marion has always enjoyed people and the time she spends with them. When asking Marion what she enjoys most about delivering meals she said that she feels this is a service that is really helpful for not only homebound seniors who are no longer able to get out to do their own shopping and cooking but for those who are recovering

from surgery and illness.

Marion also volunteers with the First Baptist Church as one of the leaders of the AWANA children's group. She also enjoys reading and hiking in her free time.

If you have an interest in being a Meals on Wheels volunteer, please contact Reanna.



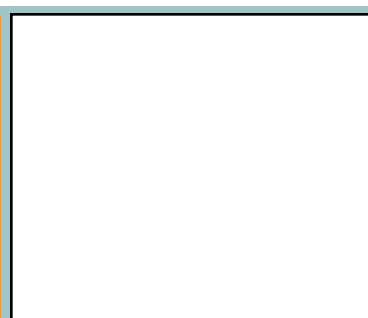
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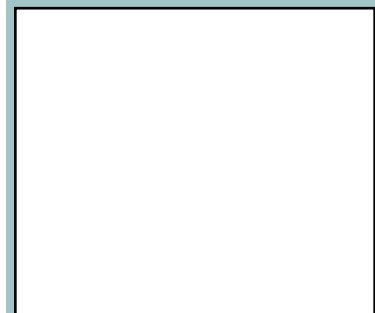
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Word List:

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|------------|-------------|
| CROW | KESTREL |
| SPARROW | HUMMINGBIRD |
| WARBLER | ORIOLE |
| SANDPIPER | EAGLE |
| SWALLOW | OWL |
| WREN | FINCH |
| MAGPIE | CUCKOO |
| PARAKEET | BLUETHROAT |
| BLACKBIRD | HAWK |
| EGRET | CRANE |
| ROBIN | WOODPECKER |
| FALCON | LOON |
| THRUSH | MOCKINGBIRD |
| BANANAQUIT | PIGEON |
| GOOSE | KINGFISHER |
| TERN | VULTURE |
| CHICKADEE | GULL |
| GRACKLE | BOBOLINK |
| SANDPIPER | CONDOR |

Answers on back page

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Friday

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Book Delivery Service

Would you like to receive book deliveries from Teton County Library? We are planning a home delivery service and need your input!

Email abarker@tclib.org or call Anna at 307-733-2164 x 3244 to express your interest. Please note that this service is for people aged 60+ or who qualify for Medicaid.

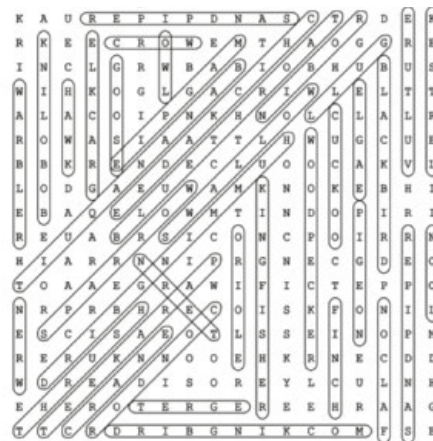


COVID Tests Available

On November 20, a second round of ordering opened, allowing each household to place a second order to receive four more free tests.

Households that have not yet placed an order can place two orders now, to receive a total of eight tests.

To order your free tests, go to COVID.gov and complete the form with your contact and shipping information.



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