



307-733-7300 // 830 E. Hansen // www.SeniorCenterJH.org // info@SeniorCenterJH.org

Upcoming!

JULY 6TH

Photo Identification
with the
Historical Society

JULY 6TH

Bear Aware
Presentation with
Skinny Skis

JULY 19TH

Walking Tour with the
Historical Society

JULY 26TH

Bingo at the Fair

Our Mission

The mission of the Senior Center of Jackson Hole is to provide a range of services to support and enhance the lives of senior citizens and assist them to remain independent as long as possible.

Historic Downtown Walking Tour

Gain a New Perspective!

Join the Historical Society for an hour-long walking tour of historic downtown Jackson. Learn about Jackson Hole's historic buildings and colorful characters.

**THURSDAY JULY 19TH ,
LEAVE THE SENIOR CENTER
AT 9:45 AM**

**Cost: \$10 per person, includes walking tour and admission to the museum after the tour.
Sign up in advance.**



Be Bear Aware!

Summer is here! We want you to stay safe on the trail!

Have you ever wondered what would happen if you came across a bear? Do you know what to do?

Join us for a special presentation with Skinny Skis owner, Scott O'Brien, on July 6th at 1:00 pm on the North lawn of the Senior Center. Scott will be demonstrating

how to use bear spray and other options to prevent a bear encounter while hiking. Scott will also bring hiking poles and other products to help you remain safe while hiking.

HAPPY TRAILS!

SKINNY SKIS



Welcome Letter

Recently, a couple came in for lunch and said “we’ve been coming to Jackson every summer for the past 10 years but just discovered the Senior Center.” They were delighted with the meals and all the activities offered at the Senior Center. We’ve been described as the best kept secret in town – but we don’t want to be a secret! We have something for everyone age 60+, from great classes

and fitness equipment, to nutritious and delicious meals, to help in the home and a ride to get you where you need to go. But the best thing about the Senior Center is all of you who come here, participate and support what we do. Help us spread the word!

Becky Zaist
Executive Director

Giving Back

MONETARY DONATIONS

Meals on Wheels/
Subaru Share the
Love
C & N Foundation
Yong Ayling
Mary Obringer
Odd Fellow’s Lodge
#8
Barb and Bob
Shervin

MISCELLANEOUS DONATIONS

Linda Rode
Marilyn Smart
Rena & Roger Guest
Kevin Cochary
Michele Dorsey

MEMORIAL DONATIONS

Archie Jurich
Barb & Bob Shervin
Doris Budge
Claudia Gillette
Bonnie Budge

Marge Ryan

Barb & Bob Shervin
Doris Budge
Bonnie Budge
Suzanne & Steven
Olmstead

Lynn Antrobus Steveson

Bonnie Budge

Jan Ferrant

Mary Lohuis

Emmy Knobloch

Berniece & Harold
Turner

Allison Eden

Berniece & Harold
Turner

MEMORY WALL

Marjorie May Ryan

From Her Canasta
Friends

Marge Ryan

Barb & Bob Shervin

Dr. Emmy Knobloch

Barb & Bob Shervin

WISHLIST

Tablet to use for
Mobile Registration
for activities

LEND A HAND

*Thank you to all
who made our
Homemade Pie
sale at the People’s
Market a success!*

Elaine Luton
Judy Strausberger
Kay Benson
Thelma Quasdorf
Jenny Ryan
Debbie Cotton
Vickie Johnson
Roni Grasseler
Yvonne Dorsey
Nancy Collins
Chris Glasgow

STAFF

Becky Zaist
Executive Director
Rebecca Erskine
Assistant Director
Hannah Sell
Activities/Volunteers
Jenny Ryan
Bookkeeper
Kathy Harvey
Bus Driver
Liz Jacobson
Data Manager

HOME CARE

Carina Barker,
Judy Bayse RN,
Dori Cote, Kristine Dyke, Chris
Encinas, Margaret Harris, Jack
Herman, MaryLynn Hewitt,
Judy Johnson, Lynn Karl,
Janette Miller, Mary Obringer,
Reyna Perez, Gail Perrone,
Sharon Stearns, Jo Warden,
Laurie Watsabaugh

KITCHEN

Amando Perfecto
Head Chef
Alejandra Padilla
Assistant Cook
Miguel Velazco
Dishwasher

BOARD OF DIRECTORS

Bob Shervin
President
Dave Auge
Vice President
Sheila Sandubrae Davis
Secretary
Rick Stuck
Treasurer
Jean Day,
Becky Kimmel,
John A Turner,
Lou Hochheiser,
Ron Stevens

Create a Living Legacy

Consider leaving a gift to the Senior Center in your will. Your good deed will survive you and provide a memorial for your family and for generations to come.

Happy Birthday July!

1	Cathy Fonatsch	10	Faye Bruce	Annabelle Lerch	Kim McGregor		
2	Rollie Knori	11	Avril Black	Stan Steiner	Sara Miller		
	Diane Palmore		Kenneth Burnes	Dawna Wilson	James Warner		
3	Ken Bradberry		MaryJane Ellis	19	Allen Budge	26	Bill Adams
	Elaine Luton		Jett Thompson		Charles Kerr		Jane Baldwin
	Carolyn Steikunas	12	Gregory Bownds		Tom Richardson		Linda Lamb
4	Sabra Gent		Ian Edwards		Becky Zaist		Robert Righter
	John Guslander		Susan Foster	20	Boyd Brown		Georgi Still
	Melba Jaskolski	13	Mike Adler		David Dornan	27	Rose Ball
	Thomas McFall		Janet Colonel		Vicki Hutson		Russ Doty
	Sue Mortensen		Gary Hurley		Wally Kauffman		Alan Galbraith
	Paul Vogelheim		Marilyn Paine		Ron Kiehn		Kathy Harvey
	Peter Warshaw		Claudia Perry		Peggy McAvoy		Frank Kaunitz
5	Arlene Dyess		Christine Schuler		Beverly Pratt		Ava Phillips
	Dick Hobbins		Val Waring	21	CJ Burt		Jill Veber
	Jack Strellis	14	Boyd Andersen		Roz Danner		Ilene Zwerin
	Helen Yenko		Steve Everett		Frankie George	28	Steve Epstein
6	Ruth Elwood		Mary Lou Klene		Jeffrey Kaphan		Clifford
	Dick Ferguson		Chuck Parsons		Irene Lund		Poindexter
	Wayne Grim		Hank Phibbs		Janet Zipter		Alva Richins
	Suzie Kirvinskee		Esta Pierson	22	Elisabeth Evarts		Walter Saunders
	Jantina Tuthill		Carol Pitman		Rosemary		Karen Wernicke
	Mary Walton		Hugh Soest		Guderian	29	Janet M. Etzkorn
7	Edward Holstein	15	Robert Auston		Clarene Law		Margene Jensen
	Helen Kudar		Kenneth Coe		Rita Miller		Christina Rizzo
8	Doug Eggers		Barbara McMullen		Gratia Reynolds	30	Nancy Ayers
	Mike Randall		Boots Nelson		Joy Surdam		Joan Everett
	Bruce Simon	16	Sal Thorkildsen		Jane		
	Tim Tomkinson		Doreen Ward	23	VanderWeyden	31	Grace Anderson
9	Lora Childs	17	Arnold Byrd	24	Betsy Neison		Chris McGhee
	John Gregg		Patrick Starich		Jorge Colon		
	Beverly Jones	18	Margie Aeckerle		Lana Crabtree		
	Christopher Koch		Mary Almaguer		Teresa Hunger		
	Helen Robertson		Dennis Conley	25	Barb Rinker		
					Dick Greig		

Birthday Lunch: July 30

July birthdays will enjoy lunch compliments of First Interstate Bank.



DID WE MISS YOUR BIRTHDAY?

If your annual Senior Center membership has expired, you will not see your birthday listed. Please stop by the front desk.

July 2018

	July 2018							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1		2 Marinated Cucumber Salad Buffalo Chicken (sauce Optional) Macaroni Salad, Watermelon Chunks Pina Colada Cake	3 Soup & Salad Bar Melon Cup Taco Salad on Corn Chips Peas & Carrots WW Bread Stick Rocky Road Pudding	4 Closed for Independence Day	5 Soup & Salad Bar Tossed Salad Baked Fish Macaroni & Cheese Spinach Strawberry Shortcake	6 Friday Feast Spinach Salad Roast Beef , Gravy Mashed Potatoes Roasted Asparagus Angel Food Cake w/ Berries	7	
8		9 Spinach Mushroom Salad Sweet & Sour Pork Steamed Rice Peas & Carrots Egg Roll Banana Splits	10 Soup & Salad Bar Caesar Salad Hot Open Faced Turkey Sandwich California Blend Vegetables Cran-Apple Salad Oatmeal Raisin Cookie	11 Soup & Salad Bar Tossed Salad Beef Tips w/ Mushrooms over Egg Noodles Broccoli w/ Lemon Cinnamon Raisin Bread Seasonal Fruit	12 Soup & Salad Bar Creamy Coleslaw BBQ Meatballs Scalloped Potatoes & Onions Seasoned Zucchini Cindy's Rolls Fresh Apricots	13 Lettuce & Tomato Salad Chicken Enchiladas Rancher's Beans Tropical Fruit Salad Baker's Source Brownie	14	
15		16 Asian Salad Baked Steak Teriyaki Egg Noodles Stir Fry Vegetables Pineapple Chunks	17 Soup & Salad Bar Spinach Mushroom Salad Tuna Salad Sandwich Mixed Vegetables Strawberry Shortcake	18 Soup & Salad Bar Caesar Salad Herb Baked Chicken Whipped Potatoes, Gravy Orange Buttered Carrots Roll Baked Apple	19 Soup & Salad Bar German Style Tomato Salad Herb Roast Pork , Gravy Twice Baked Potatoes Minnesota Green Beans Strawberries & Ice Cream	20 Friday Feast Carrot, Celery & Cuke Salad Rancher's Meat Loaf Mashed Sweet Potatoes Almond Broccoli Wheat Drop Biscuits Fresh Pear	21	
22		23 Creamy Coleslaw Build your own Burger (Lettuce, Tomatoes, Pickles, Onions, Condiments, etc) Oven Browned Potatoes Pear Crisp a la Mode	24 Soup & Salad Bar Tossed Green Salad Chicken Salad & Cantaloupe Macaroni Salad WW Bread Chocolate Cherry Mousse	25 Soup & Salad Bar Vegetable Soup WW Crackers Beef & Spinach Wrap Tomato & Cucumber Salad Chilled Citrus Fruit Sugar Wafers	26 Soup & Salad Bar Mustard Slaw Fish Florentine Wild Rice Pilaf Glazed Carrots Strawberry Shortcake	27 Brunch @ noon V-8 Juice Scrambled Egg w/ Onions & Peppers Ham Slice French Toast Maple Syrup Fresh Fruit	28	
29		30 Birthday Lunch Vegetable Salad Baked Chicken Mashed Potatoes, Gravy California Blend Vegetables Devil's Food Cake with Strawberry Sauce	31 Soup & Salad Bar Tossed Green Salad with Avocado Chiles Rellenos Refried Beans Spanish Rice Grapes	Lighter Fare for Summer Months! We are offering soup & salad bar option on Tuesday, Wednesday, and Thursday!			Lunch is served 12:00 – 1:00 Suggested Contribution for seniors: \$4 Price for non-seniors: \$8 <i>Menu subject to change.</i>	

July 2018

July 2018							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 2:00 *Power Up 4:00 **Dupl. Bridge	3 9:00 *Pilates 10:00 **Painting Class at the Museum 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle	4 Closed for Independence Day	5 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong	6 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 12:00 Historical Society Photo ID 1:00 Bear Aware Presentation	7 10:30-12:30 Exercise Equipment Open	
8	9 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 2:00 *Power Up 4:00 **Dupl. Bridge	10 9:00 *Pilates 10:00 **Painting Class at the Museum 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 6:30 Quilt Guild Meeting	11 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:45 Board Mtg 1:00 **Contract Bridge 1:00 Bingo 4:00 Age Friendly JH	12 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 11:30 Medicare Assist. 12:30 **Dupl. Bridge 1:00 Mahjong	13 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness	14 10:30-12:30 Exercise Equipment Open	
15	16 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge	17 9:00 *Pilates 10:00 **Painting Class at the Museum 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle	18 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:00 Geology Club 1:00 **Contract Bridge 1:00 Bingo	19 9:00 *Funct. Mvmt. Fit. 10:00 **Historical Society Downtown Walking Tour 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong	20 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness	21 10:30-12:30 Exercise Equipment Open	
22	23 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge	24 9:00 *Pilates 10:00 **Painting Class at the Museum 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle	25 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 Medicare Assist. 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo	26 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 **Bingo at the Fair! 12:30 **Dupl. Bridge 1:00 Mahjong	27 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness	28 10:30-12:30 Exercise Equipment Open	
29	30 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge	31 9:00 *Pilates 10:00 **Painting Class at the Museum 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle	<p>*Indicates a fee for fitness classes:</p> <ul style="list-style-type: none"> Suggested Contribution for seniors: \$4 Price for non-seniors: \$7 <p>Punch Cards available for seniors: \$35 for 10 classes.</p>			<p>**Activity in which arrangements should be made beforehand</p> <ul style="list-style-type: none"> Contract Bridge call Irene @ 734-9733 for partner arrangements Duplicate Bridge go to jhduplicatebridge.com for partner arrangements 	

July Home Care

Home Care welcomes our newest staff member!

Jack Herman, CNA, joined our staff in June. Jack had a long career in the technology field, retired and then decided he didn't want to be retired and so he completed his Certified Nursing Assistant training in Arizona. We are happy he did! Jack has lots of great experience and has jumped right in. Please welcome him.



Congratulations to Carina Barker, CNA!

Carina passed her Certified Nursing Assistant test in June and we are so proud of her! In addition to Carina's very strong caregiving skills and

assists with client evaluations and updates, and is back-up for managing Home Care Please congratulate Carina!

Volunteer Spotlight

Meet TR Shelby! TR volunteers at the Senior Center to pick up food at Hole Food Rescue for our Free Food Table! We sure do appreciate it! We



know we can also count on TR to help us out with any odd jobs around the Senior Center!

TR grew up in Tennessee. He worked as an engineer for the railroad after graduating from University of Tennessee. TR and his wife Emily have lived in Wyoming for 40 years and in Jackson for 20. Thank you TR for everything you do for the Senior Center!

A Message from the Board of Directors

Nominations for election to the Board of Directors of the Senior Center will be accepted through the end of July. Letters of interest should be addressed to the Nominating Committee and given to Becky Zaist, Executive Director or any Board Member.

The Nominating Committee will evaluate the nominees and propose a slate of candidates to the Board for election at their September meeting.

Help Fill our Freezers!

Last year the Senior Center served over 20,000 meals to seniors. That takes a lot of food! You can help the Senior Center and support 4-H by purchasing on animals at the 4-H Livestock Auction and donating them to the Senior Center. This year the Teton County Fair Livestock Auction will be held on Friday, July 27th at 5 pm in the Heritage Area.

THANK YOU FOR YOUR SUPPORT!

A Beginner's Guide to Getting Back on Your Bike

By Karen Jenkins

Whatever your age, grab your bicycle and ride! If you are 60 or older, and do not ride a bicycle, let me convince you to ride. Bicycle ridership among those 60 years and older is growing the fastest according to data collected by the US Department of Transportation. Between 1995 and 2009, the rise in cycling among people ages 60-79 accounted for 37 percent of the total net nationwide increase in bike trips.

Get a Bicycle

Decide how much you can afford to spend and don't forget to budget for accessories like a helmet, lights, and a lock. If you are fortunate to live in a city with a bike share program, rent one before deciding to buy. For a new bike, go to your local bike shop and have fun looking while asking questions and test ride all the bikes that interest you. A good bike shop will help you find an appropriate bike for your budget, the correct size and style for your needs, and make final adjustments for maximum comfort.

Carefully Consider Your Physical Needs

As we get older, our agility decreases, no matter how physically fit we are. Many manufacturers now offer bicycles that are specific for women, seniors, and those with physical limitations. If

you are learning to ride or have not ridden in a while, a road (racing) bike may not be the best choice. City bikes are made for comfort and transportation, and with their upright positioning are very manageable to ride. Consider a tricycle if you find balancing on two wheels a challenge. If lifting your leg over a bicycle frame proves to be challenging then look for a step-through bike which can be handy for all genders.

What to Wear

Wear whatever clothing you have that is comfortable when moving and feels good. No need to purchase special clothing, but you should be aware that wide leg pants can get caught in your bike chain. Use reflective ankle straps to clinch around the bottom of your pant leg. Wear shoes that protect your feet and avoid flip-flops. Natural fibers like wool are excellent to moderate heat while "tech wick" shirts wash and dry quickly.

Learning to Maintain Your Bike

A bicycle is a sturdy vehicle with all the parts easily visible and fixable. At a minimum, I encourage you to learn to clean your bike and change a flat tire. Adding a tire repair kit and a multi-tool to your bag will cover most roadside repairs.

Staying Physically Fit

At the time I started riding

a bicycle, I did not know it would be the best investment I would make to maintain my health as I grow older. Benefits include weight loss and preventing serious diseases such as stroke and heart attacks. Riding a bicycle is low impact, an important consideration for keeping active if you have arthritis in your lower joints.

I now take my bike almost every time I drive to visit a museum, go to a meeting, or visit friends. With my bike, I no longer worry how far I have to park from my destination. Often, I will park several miles away and ride my bike. Because I have arthritis in one knee, I am no longer able to walk as far as I would like, but I can ride my bike for miles.

I have looked at my community in ways I never noticed in a car. Most surprising was the physical strength and tenacity I discovered which I did not know I possessed. Riding a bicycle is for everyone no matter their age!

Karen Jenkins is the Chair of the Board of Directors for the League of American Bicyclists and a League Cycling Instructor.

***Hoback Sports will change a flat tire for \$7 and teach you how to do it at the same time. They also sell bikes, tire repair kits, helmets and all other biking accessories.*

The health articles in this newsletter are intended for information only. They should not be considered as medical advice.

Don't Miss:

Photo Identification with the Historical Society

FRIDAY, JULY 6, 12:00 PM - 1:00 PM

Do you know your Teton County History and the people who helped shape our community? The JHSM would like your assistance

with the identification of folks in some of our historical photograph collection.

Bingo at the Teton County Fair

THURSDAY, JULY 26, LEAVE THE SENIOR CENTER AT 10:30

Join Hannah Sell, Activity Coordinator for a morning at the fair! Load up the bus at the Senior Center at 10:30 to

go play Bingo under the Big Top! Bingo is free of charge! You will have time to walk around the fair after Bingo!

Services

DINING PROGRAMS
at the Senior Center
and Meals on Wheels

FITNESS & WELLNESS

ACTIVITIES

HOME CARE

TRANSPORTATION

Hours

MONDAY - THURSDAY

8:00 AM - 4:30 PM

FRIDAY

8:00 AM - 3:00 PM

SAT. EXERCISE HOURS:

10:30 AM - 12:30 PM

CLOSED JULY 4



P.O. Box 4677
Jackson, WY 83001
830 E Hansen
(307) 733-7300
www.seniorcenterjh.org

Non-Profit Org
US Postage Paid
PERMIT #13
Jackson, WY

Live Your Best Life
July Newsletter 2018