



307-733-7300 // 830 E. Hansen // [www.SeniorCenterJH.org](http://www.SeniorCenterJH.org) // [info@SeniorCenterJH.org](mailto:info@SeniorCenterJH.org)

## Upcoming!

**NOVEMBER 3**

Saturday Lunch  
Served by Volunteers  
from Victim's Services

**NOVEMBER 9**

Annual Veterans  
Honor Dinner @ 6 pm

**NOVEMBER 12**

Closed for Veterans  
Day

**NOVEMBER 13**

Medicare Q&A  
1:00 PM

**NOVEMBER 15**

Thanksgiving Lunch  
12:00 - 1:00 PM

**NOVEMBER 28**

Birthday Lunch

## Our Mission

*Enhancing and supporting  
the lives of Seniors.*

## November Special Meals

**Annual Lunch  
Prepared by  
Teton County  
Victim Services**

November 3rd,  
12:00 to 1:00 pm

Serving Chicken  
and Dumplings

Suggested  
Contribution for  
Seniors: \$4

Price for  
Non Seniors: \$8

**Honoring  
Veterans Dinner**

November 9th,  
6:00 pm

Serving Roast  
Beef

Free for Seniors  
Price for  
Non Seniors: \$12

Sponsored by:



**Thanksgiving  
Lunch**

November 15th,  
12:00 to 1:00 pm

Serving Turkey  
and all the fixins!

Free for Seniors  
Price for  
Non Seniors: \$10

Sponsored by:



## New Flooring FINAL Fund Raiser



ROCKY MOUNTAIN BANK

### \$5,000 MATCH GRANT

The folks at RMB have generously offered to match all donations up to \$5,000 as our final fund raising efforts to get our new joint healthy flooring in the Exercise and Equipment rooms!

Please donate here at the Senior Center or at Rocky Mountain Bank or online at [seniorcenterjh.org](http://seniorcenterjh.org).

Thank you so much to Rocky Mountain Bank and all the flooring donors for your generous support!!

## Create A Living Legacy

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

## Giving Back

### MONETARY DONATIONS

Louise Martens  
Mr & Mrs Guy Dove  
Mary & Ron Kiehn  
Lucretia Finlay  
Dee Parker  
Marian & Dennis Butcher  
Patricia Podell  
Julie & Will Obering  
Martha Pittard  
Odd Fellows Lodge #8  
Knobloch Family Foundation  
Hanson Charitable Trust

### MISCELLANEOUS DONATION

Bar J Chuckwagon  
Kate Mead  
Jackson Cupboard  
Jade Hutchison  
Laury Lacy  
Dave Mueke  
Mary Obringer  
Teton Distributing

### MEMORIAL DONATIONS

**LOAL JACOBSON**  
Bob Shervin  
Laurent Grant

Happy & Martin Weston  
Doris Budge  
Betty & Chuck Terrill  
Cecilia & Frank Bellinghiere

### BARBARA SHERVIN

Bob Shervin  
Happy & Martin Weston  
Becky & Stan Zaist  
Karen Swaim  
Nan Kenyon  
Cindy Knight  
Laura McKee  
Bonnie Budge  
Doris Budge  
Connie Owen  
Jeanine Mayer  
Birthday Club  
Dotty Hodges  
Susan & Daniel Cummings  
Mary Lynn & Dave Hewitt  
Bev & Boots Nelson  
Cheryl & Aaron Daws  
Berniece & Harold Turner  
Sharon & Dennis Galund  
Betty Cook

Virginia Blair  
Marilyn Heck  
Betty & Chuck Terrill  
Cecilia & Frank Bellinghiere  
Judy Hammerschlag

### ELSIE JOHNSON

Happy & Martin Weston  
Doris Budge  
Bob Shervin

### MARK UPTAIN

Doris Budge

### MARGE RYAN

Jeanine Mayer

### CHARLIE GATTIS

Doris Budge  
Betty & Chuck Terrill

### RANDY MOSES

Doris Budge

### DOROTHY MAY

Virginia Blair

### MEMORY WALL LINDI HOUK

Anonymous

### 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

Erin Crow  
*Home Care Manager*  
Carina Barker,  
Judy Bayse RN,  
Dori Cote, Kristine Dyke,  
Chris Encinas,  
Margaret Harris, 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

Dave Auge  
*Chair*  
Jean Day  
*Vice Chair*  
Sheila Sandubrae Davis  
*Secretary*  
Rick Stuck  
*Treasurer*  
Bob Shervin,  
John A Turner,  
Lou Hochheiser,  
Sara Van Genderen

# Happy Birthday November!

1	Bernice Dymek Shirley Greenhoe Espe Herrada Suzanne Lambert Sharon Schoen Robyn Steele Nancy Wilbrecht Ellen Wilson Susanne Young		Cretia Finlay Dennis Johnson Jennifer Kolhardt Ray Kominsky Kathleen Patrick Heather Robinson George Scarlett Carla Watsabaugh	15 16 17	Doug Ayers Barbara Mueller Carolyn Douglas Vera Cook Lois Hand Margaret Huggins Mimi Saenger Chickie Allin Dennis Lance Lucille McKinney Conway Felton Olivia Fisher Dave Henton Eric Johnson Happy Nettle Ellie Ross Chuck Samples Barbara Weflen Duncan Kidd Ray Pilgrim Janice Roberts Bob Tilling Deborah Wood Mary Ann Beam Maura Harrington Donna Niemi Dennis Gralund Linda Unger Karilyn Brodell Ray Fink Barbara Goody Ted Izzo Bonnie Lutz Marilyn McElheney John Sharsmith Barbie Ahr-		Buchenroth Barbara Fawaz Joe Greene Sharon Gunberg Jr. Hebberger Jaunice Stephens Warren Van Genderen Mary Hutz Kathleen Mague Annette Osnos Ron Priebe Emily Shelby Bitsy Smith Dorothy Tanner JoAnn Goldberg Ruth Hatch John Gilmore Phyllis Hallett Susan Hedden Juilianne O'Donoghue Ernest Albitre Patty Biles Lydia Leitch Jeffrey Palmer Gracie Pelissier Martin Weston D.J. Anselmi Erika George Elliy Hammerel Gary Hokanson Claudia Schrotz Bill Sweney Daryl Templeton Kathy Thorp Dave Torbert Jack Weber
2	Faye Harder Nan Kenyon Sher Marx Joyce Steece	10	Robert Bolyard Bonnie Budge Joyce Konrad Lynae Steadman	19			
3	Glenda Ramsay Jim Ross Loretta Strgar Betty Terrill	11	LoyDean Barney Tom Getler Susanne Jackson			26	
4	Barbara Carlsberg Sharon Henrie Gretchen Long Dicky Lundeen		Marc Loebe Beth Shockley Jim Graeter Sherry Gralund Sherry Kinsella Rosemary Seherr-Thoss	20		27	
5	Joe Funk			21		28	
6	Rolf Belden Connie Huspek Sue Morgan		Laura Shervin Andy Watson Eileen Wood			29	
7	Kenneth Daley Phyl Greene Earl Kinslow Bob Norton Loretta Smith Carol Wauters		Mariann Childs Casey Grimes Becky Jordan Allan Krapf Alan Brumsted	22		30	
8	Jim Russell Carolyn Vale Sharon Vinson	13	Casey Grimes Becky Jordan Allan Krapf Alan Brumsted Cally Crow Becky Frisbie Helena Harrice	24			
9	Jack Charbonneau	14	James Van Gilder	25			

## Birthday Lunch: November 28

November 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.

# November 2018

November 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>Soup &amp; Salad Option</b> Caesar Salad <b>Herb Baked Chicken</b> Whipped Potatoes, Gravy Orange Buttered Carrots Roll Baked Apple	<b>2</b> <b>Friday Feast</b> Carrot, Celery & Cuke Salad <b>Rancher's Meat Loaf</b> Mashed Sweet Potatoes Almond Broccoli Wheat Drop Biscuits Fresh Fruit	<b>3</b> <b>Victim's Services Lunch</b> German Cole Slaw <b>Chicken &amp; Dumplings</b> Green Beans Roll Apricot Crisp & Ice Cream
<b>4</b>	<b>5</b> Vegetable Salad <b>Chicken &amp; Herbed Fettuccini</b> Spinach WW Bread Apple Pie	<b>6</b> <b>Soup &amp; Salad Option</b> Creamy Confetti Cole Slaw <b>Lemon Baked Fish</b> Roasted Red Potatoes Mixed Vegetables Strawberry Shortcake	<b>7</b> <b>Soup &amp; Salad Option</b> Marinated Carrots <b>Swedish Meatballs</b> Rice Roasted Brussel Sprouts Roll Cake & Peach Cream Whip	<b>8</b> <b>Soup &amp; Salad Option</b> Lettuce & Tomato Salad <b>Braised Pork Chop</b> Mashed Potatoes, Gravy German Sauerkraut Pumpkin Bread Fruit Cocktail	<b>9</b> <b>No Lunch (MOW only) Veterans @ 6:00</b> Spinach Salad <b>Roast Beef</b> , Gravy Mashed Potatoes Roasted Asparagus Angel Food Cake with Berries	<b>10</b>
<b>11</b>	<b>12</b> <b>Closed in Observance of Veteran's Day</b>	<b>13</b> <b>Soup &amp; Salad Option</b> Garden Vegetable Salad <b>Chili Con Carne</b> Corn Bread Fruit Ambrosia	<b>14</b> <b>Soup &amp; Salad Option</b> Asian Salad <b>Sweet &amp; Sour Pork</b> Brown Rice Pilaf Sesame Sugar Snap Peas Angel Food Cake w/ Oregon Berries	<b>15</b> <b>Thanksgiving Lunch</b> Relish Tray <b>Roast Turkey</b> , Gravy Mashed Potatoes Green Beans Almandine Cranberry Sauce Stuffing Pumpkin Pie	<b>16</b> <b>Friday Feast</b> Spring Salad <b>Beef Pot Pie</b> Seasoned Zucchini Peanut Butter Cookie Cinnamon Pears	<b>17</b>
<b>18</b>	<b>19</b> Apple Slaw <b>Chuckwagon Steak</b> Roasted Red Potatoes Spinach Corn Bread Chilled Pineapple	<b>20</b> <b>Soup &amp; Salad Option</b> Honey Mustard Slaw <b>Fish Florentine</b> Wild Rice Pilaf Glazed Carrots Strawberry Shortcake	<b>21</b> <b>Soup &amp; Salad Option</b> Tossed Green Salad <b>Lasagna</b> Italian Vegetables French Bread Grapes	<b>22</b> <b>Closed for Thanksgiving</b>	<b>23.</b> <b>Closed for Thanksgiving</b>	<b>24</b>
<b>25</b>	<b>26</b> 49er Salad <b>Stuffed Green Pepper</b> Tomato Gravy Mixed Vegetables WW Bread Apricot Crisp	<b>27</b> <b>Soup &amp; Salad Option</b> Creamy Cole Slaw <b>Herb Roast Pork</b> Mashed Potatoes, Gravy Scandinavian Blend Vegetables Chunky Applesauce Carrot Cake	<b>28</b> <b>Birthdays Lunch</b> Vegetable Salad Baked Chicken <b>Roasted Red Potatoes</b> , Gravy California Blend Veggies Devils Food Cake w/ Strawberry Sauce	<b>29</b> <b>Soup &amp; Salad Option</b> Lettuce Salad <b>Fish Nuggets</b> Chantilly Potatoes Ginger Carrots WW Bread, Fruit Spread Apple Brown Betty w/ Vanilla Ice Cream	<b>30</b> V-8 Juice Scrambled Eggs Grilled Onions & Peppers Ham Slice French Toast Maple Syrup Oranges	<b>30</b>

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please visit: <a href="http://seniorcenterjrh.org">seniorcenterjrh.org</a> for descriptions and updates.</b></p>	<p>**Arrangements should be made beforehand</p> <ul style="list-style-type: none"> <li><b>Contract Bridge</b> call Irene @ 734-9733</li> <li><b>Duplicate Bridge:</b> call Senior Center</li> </ul>	<p>*Indicates suggested contribution for activity:</p> <ul style="list-style-type: none"> <li>Fitness Classes: \$4 for seniors</li> <li>Price for non-seniors is \$7</li> </ul>				
<b>4</b>	<p><b>5 Chair Massage: AM</b> 9:00 *Leslie's Fitness 9:30 **Art Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p><b>6</b> 9:00 *Pilates 9:00 *Zumba <b>10:00 2<sup>nd</sup> Act</b> 10:30 Senior Book Club 10:30 *Yoga 10:30 Wii Bowling <b>11:30 Medicare Assist.</b> 12:45 Pinochle</p>	<p><b>7</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>8</b> 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p><b>9</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>6:00 Annual Veterans Dinner**</b></p>	<p><b>10</b> 10:30-12:30 Exercise Equipment Open</p>
<b>11</b>	<p><b>12</b> <b>Closed in Honor of Veterans Day</b></p>	<p><b>13</b> 9:00 *Pilates 9:00 *Zumba 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle <b>1:00 Medicare Q&amp;A session</b></p>	<p><b>14</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:45 Board Meeting 1:00 **Contract Bridge 1:00 Bingo <b>4:00 Age Friendly JH</b></p>	<p><b>15</b> 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga <b>12:00 **Annual Thanksgiving Lunch</b> 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p><b>16 Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>1:00 Birthday Club</b></p>	<p><b>17</b> 10:30-12:30 Exercise Equipment Open</p>
<b>18</b>	<p><b>19 Chair Massage: AM</b> 9:00 *Leslie's Fitness 9:30 **Art Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p><b>20</b> 9:00 *Pilates 9:00 *Zumba <b>10:00 2<sup>nd</sup> Act</b> 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p><b>21</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check <b>12:00 Geologist of JH</b> 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>22</b> <b>Closed for Thanksgiving</b></p>	<p><b>23</b> <b>Closed for Thanksgiving</b></p>	<p><b>24</b> 10:30-12:30 Exercise Equipment Open</p>
<b>25</b>	<p><b>26 Chair Massage: AM</b> 9:00 *Leslie's Fitness 9:30 **Art Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p><b>27</b> 9:00 *Pilates 9:00 *Zumba 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p><b>28</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>29</b> 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga <b>11:30 Medicare Assist.</b> 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p><b>30</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	
				<p><b>1</b> 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p><b>2 Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>1:00 Birthday Club</b></p>	<p><b>3</b> 10:30-12:30 Exercise Equipment Open <b>12:00 Lunch prepared by Victim Services</b></p>

## Special Events

November brings some of our favorite special events to the Senior Center. On **Saturday, November 3rd** the volunteers from Victim's Services will once again be cooking Chicken & Dumplings for lunch. The ladies have their recipe perfected for this comfort food favorite.

Then on **Friday, Nov 9th** we will honor Veterans with a special dinner and program. We will be thanking veterans from WWII to current day in all branches of service. A special treat is having Scout Troup #268 serving the dinner that night. It will be a memorable evening.

Then there is Thanksgiving lunch which we celebrate the Thursday before



Thanksgiving on **Nov 15th**. This is a great opportunity to visit with friends before the busy holiday season begins.

I encourage you to come to these special events this year. You won't be disappointed!  
Becky Zaist,  
Executive Director

### Volunteer Spotlight

#### Lucretia Finlay & Mary Cutler

Have you noticed changes happening in the library? A huge thank you to Lucretia and Mary for the hours they have put into helping organize the Senior Center Library! They have sorted



and reshelved the books to make the library more user-friendly.

In addition to working in the library, Mary participates in Leslie's Fitness and delivers Meals on Wheels. Lucretia takes part in Leslie's and subs when Leslie is out of town! She has helped out around the Center in many different ways and is always up for something new!

Thank you to both these ladies for making time in your busy schedules to help at the Senior Center!

## L.I.E.A.P

### Low Income Energy Assistance Program

LIEAP is a state and federally-funded program that helps people pay home heating bills November through May. It helps cover the costs of electricity, natural gas, propane, wood, diesel heating oil, coal and pellets when these are used for heating a home. Applications are available at the Senior Center.



### Christmas Corner Donations needed

Our annual Christmas Corner will be up again in November and we need donations. Please bring in gift items, Christmas decorations, gift wrap, children's toys, etc. Used items should be in very good condition. Please deliver to Rebecca's office. Thank you!



## Reasons to Eat a Banana Every Day

Taken from an article by Natalie Rizzo, MS, RD

Bananas are nature's version of candy: they're so naturally sweet that they make anything you pair them with taste like dessert, albeit a much healthier version of it.

When you consider the versatility, portability, affordability, and tastiness of the humble banana, it's not exactly shocking to see that global production of the tropical fruit is at an all-time high. In fact, bananas are the most exported fresh fruit in the world, according to the Food and Agriculture Organization of the United Nations.

### But are bananas good for you?

Some still avoid bananas because they're higher in carbs and sugar than many other fruits. But here's the thing: it's easy to forget that your body actually needs carbs to fuel your body, and unlike processed sweet treats, a banana's naturally occurring sugars are accompanied by many vitamins and minerals. Plus, bananas are also rich in fiber, which slows your digestion of sugar, not to mention helps keep you feeling full.

### So, are bananas healthy? You bet!

#### BANANA NUTRITION FACTS:

In 1 medium banana  
105 calories  
1 g protein  
<1 g fat  
26 g carbs (3 g fiber)  
14 g sugar,

A few health benefits of bananas:  
Bananas are packed with



potassium. One medium banana contains 422 milligrams of potassium, or about 12 percent of your daily value of the mineral, according to the National Institutes of Health. This electrolyte helps your muscles contract, nerves function, move nutrients into cells (and waste out of them), regulate your heartbeat, and regulate sodium in your body. So when you don't get

enough potassium, your blood pressure and kidney stone risk can increase, you may feel weak and tired, or even experience muscle cramps.

Bananas are good for your gut. One medium banana has 3 grams of filling fiber (about 10 percent of your daily intake). Bananas also contain prebiotics, a type of fermentable fiber that helps the good bacteria in your gut thrive. Research suggests these beneficial bugs may improve digestion, shorten the duration of a cold, and even aid in weight loss.

Bananas are good for your heart. Put another point in the potassium column, because this important mineral is vital for your heart. Research shows that eating lots of potassium is associated with significantly lower blood pressure levels and a decreased risk of stroke. That's because potassium helps flush excess heart-stressing sodium from your body through your urine.

*The health articles in this newsletter are intended for information only. They should not be considered as medical advice about your personal health. This should be obtained from your doctor.*

# Don't Miss:

## Mixed Media Art Workshop

MONDAYS BEGINNING NOVEMBER 5TH. 9:30 AM

These classes will use a variety of materials - pastels, watercolor paints, and ink on both canvas and paper. The

workshop is \$20. Nov 5, 19, 26 and Dec 3rd. Please RSVP at the Senior Center.



**ART ASSOCIATION  
OF JACKSON HOLE**  
ART EDUCATION IN THE HEART OF THE TETONS

## Medicare Question & Answer Session

TUESDAY, NOVEMBER 13TH @ 1:00 PM

Open enrollment for Medicare ends on Dec 7th. We will be offering a Q & A session on enrollment and making changes

with Medicare trained professionals in the North end of the dining room. No RSVP needed.

## 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 NOVEMBER 12  
AND NOVEMBER 22 & 23**



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[www.seniorcenterjh.org](http://www.seniorcenterjh.org)

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## Live Your Best Life

### November Newsletter 2018