



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

## Upcoming!

### JANUARY 1

Senior Center Closed

### JANUARY 7

Water Color Class  
Begins  
9:30 - 10:30 am

Power Up Begins  
1:00 - 2:00 pm

### JANUARY 11

Portrait Day  
1:00 - 4:00 PM

### JANUARY 17

Line Dancing  
Workshop 10:30 am

Stability Yoga  
1:30 - 2:30 PM

### JANUARY 29

Birthday Lunch

## Weights and More Class

Current medical research supports the importance of weight training for older adults. Whether you are a seasoned athlete or never picked up a weight, this class is for you!

This is a basic strength training class for active participants using weights to create strength, stability, and balance.

The first half of class will be focused on safe but challenging weight training exercises. The remainder of class will be a basic yoga class to promote strength and agility.



**Mondays at 2:30 pm.**  
**Questions? Please call**  
**Jo Warden 208-270-0056.**

## Arts, Exercise and More for the New Year!

### POWER UP

Starting January 7th 1 - 2 pm every Monday. This dynamic class incorporates some of the newest principals in Parkinson's treatment.

### WATERCOLOR CLASSES

Mondays in January.  
9:30 - 10:30 am. Suggested Contribution of \$20/person. Please sign up in advance.

### PORTRAIT STUDIO

January 11 1-4 pm  
Sign up for a seating to get a free 8X10 portrait. Space is limited so reserve today.

### STABILITY YOGA WORKSHOP

January 17th 1:30 - 2:30 pm  
Sign up in advance.

### LINE DANCING WORKSHOP

January 17th 10:30 am

## Our Mission

*Enhancing and supporting the lives of seniors.*

## Volunteer Spotlight

**Tyler Valentine** has been volunteering with the Senior Center for about a year. He has volunteered with Meals on Wheels, Special Events, and most recently the Tech Tutor program.

Tyler moved to Jackson five years ago for a job with the Town of Jackson. He enjoys spending

time outdoors, but also finds joy serving others through volunteering here and as a soccer coach.

Although he can't solve all of your life's problems, he can certainly help with your technology questions! He looks forward to meeting more people - sign up for a tech appt. today!

## Giving Back

### MONETARY DONATIONS

Odd Fellows Lodge #8  
Mary Lou & Richard Klene  
Judy Legg  
Rotary Supper Club  
Sheila & John Davis  
Jean & Bob Fulton  
Sherry & Dennis Gralund  
Tom Montgomery  
Norman Mellor  
Bruce Hawtin  
Mary McKinney

### MISCELLANEOUS DONATION

Helmut Thalhammer  
Jane & David Parrott  
Louise Martens  
Irene Lund  
Y2 Consultants

Victoria Hess  
Mary Obringer  
Jim Sorenson  
Dave Torbert  
Helen Bishop  
Betsy Collins  
Ann-Ferrell Millham  
Karen Nethercott

### MEMORIAL DONATIONS

**IRISH JOHN GORE**  
Cecilia & Frank Bellinghiere

**BARBARA SHERVIN**  
Anonymous

**AL RENNEISEN**  
Thelma & Orville Quasdorf

**PETE COOK**  
Thelma & Orville Quasdorf

### MEMORY WALL

**MARION LUNDY CHAMBERS**  
Bonnie Budge

### A SPECIAL THANKS TO ALL THE PEOPLE & ORGANIZATIONS WHO HELPED MAKE OUR HOLIDAYS BRIGHT!

**Bob Shervin** - Soroptimist tree and garland

**Simpson Properties** - Soroptimist tree

**HUB International** - Extra meals for homebound seniors at Thanksgiving and Christmas

**First Interstate Bank** - Thanksgiving and Christmas Meals

**Cathedral Voices & JH Symphony** - Christmas Dinner Performance

**Phyllis Greene** - Christmas Corner & Cards

**Terry Larson** - December 18th Lunch  
**David Dewald** - Christmas Santa

### 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, Lynn Karl,  
Becca Jewison, Jo Warden,  
MaryLynn Hewitt,  
Judy Johnson, Janette Miller,  
Mary Obringer, Reyna Perez,  
Gail Perrone, Sandra Martinez,  
Laurie Watsabaugh

### KITCHEN

**Amando Perfecto**  
*Head Chef*  
**Alejandra Padilla**  
*Assistant Cook*

*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,**  
**Sarah Van Genderen,**  
**Bruce Hawtin**

### 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 January!

1	Paul Barbour Doris Budge Marsha Covington Rosemary McIntosh Sylvia Peterson		Jan Clark Joyce Johnson Jane LaJohn Les Peak Susan Tilling Ed Wigg Rob Williams		23	Joannie Epstein Jeanne Miller
2	Helen Coderre Bill May Stuart Palmer Margie Thomas	12	Chelcie Jonke Louise Martens Bob Rogers		24	Mark Barron Tammy Christel Andrea Summers Larry Toro Chris Williams Ricki Zabinsky
3	Janice Altman Karen Hobbins Nanci Newcomb Carol Roth	13	Amy Barker Tom Davis Judy Kinslow Nancy Peak		25	Chad Budge Gary Edington George Ford Sarah Lacy Sue Lurie Lee Macy Deb Winship
4	Suzanne Ferond James Jensen Mary Ann Lawroski Estela Torres Barbara Van Genderen	14	Anne Hildebrand Tom Jordan		26	Diane Galbraith Roberta Glidden Darrel Hoffman Michelle McCarty Patty Poulson
5	Ann Dahl Martin Murphy Jenelle Sullivan	15	Pam Baker Pam Flores Therese Metherell		27	Joyce Butcher Barbara Knobe Carol Yearsley
6	Susan Dong Linda Hanlon John Kearsley	16	Inger Koedt Linda Pennell Roger Strout		28	Tim Horn
7	Jo Schmillen Ann Williams	17	Leanne Moore Mike Morrissey		29	Virginia Adler John Dorsey Marv Heilesen Betty McLoughlin Bianca Thomas
8	Margaret Bokum Paul Cote Billie Garnick Dave Roters Carole Smith	18	Karol Brewer Sue Critzer Heather Dagle Lynn Hammond Teri Quigley		30	Joanne Hennes Mary Lynn Hewitt Kristen Simpson Jeanie Staehr
9	Marla Hill Janine Vickland	19	Dee Parker Jan Pusey Olivia Tanner Bobbie Taylor		31	Nanette Bean Donovan Erickson Sharleen Kominsky Kathy Larson Robert May Chuck Terrill Adrienne Ward James Watt
10	Sally Berman Irene Brinkerhoff Franz Camenzind Kay Humann Earl Lutz Shelley Sundgren Jim Turley Becky Woods Bloom	20	Manu Brown Ellen Carter Judy Hammerschlag Liz Machalek Eli Sedlin Alvira Sturlin Sheila Dobben Fran Dotson Chris Glasgow			
11	Sue Bybee	21				

## Birthday Lunch: January 29

January 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.

# January 2019

		January 2019					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<b>1</b> Closed for New Years	<b>2</b> Soup & Salad Option Spinach, Mushroom, Mandarin Orange Salad <b>Sweet &amp; Sour Pork</b> Brown Rice Peas & Carrots Egg Roll Grapes	<b>3</b> Soup & Salad Option Carrot, Celery & Cucumber Salad <b>Rancher's Meat Loaf</b> Mashed Sweet Potatoes Almond Broccoli Wheat Drop Biscuits Chilled Pears	<b>4</b> <b>Friday Feast</b> Mandarin Oranges <b>Oven Fried Chicken</b> Mashed Potatoes, Gravy Pacific Blend Vegetables Gingerbread Cake	<b>5</b>	
<b>6</b>	<b>7</b> Asian Salad <b>Baked Steak Teriyaki</b> Noodles Stir Fry Vegetables Pineapple Chunks	<b>8</b> Soup & Salad Option Spinach Mushroom Salad <b>Fish Cakes</b> Au Gratin Potatoes Italian Vegetables Whole Wheat Bread Apple Pie	<b>9</b> Soup & Salad Option Garden Vegetable Salad <b>Cheesy Beef Stuffed Shells</b> Herbed Broccoli Focaccia Fresh Fruit	<b>10</b> Soup & Salad Option Mixed Green Salad <b>Chicken Pot Pie with</b> Potatoes, Peas, Carrots & Biscuit Green Beans Fruit Pizza	<b>11</b> Apple Slaw <b>Roast Pork</b> Scalloped Potatoes Mixed Vegetables Roll Pumpkin Pie	<b>12</b>	
<b>13</b>	<b>14</b> Tomato Soup <b>Grilled Cheese</b> on Whole Wheat Bread Deli Salad Banana Ice Cream Sundae Bar	<b>15</b> Soup & Salad Option Carrot, Raisin, Pineapple Salad <b>Chicken Filet</b> with Peas & Spring Onions Herb Brown Rice Spring Blend Vegetables Boston Brown Bread Cran-Apple Crisp	<b>16</b> Soup & Salad Option Tossed Green Salad <b>Swiss Steak</b> with Tomato Sauce Baked Potato Brussels Sprouts Wheat Roll Banana Split Dessert	<b>17</b> Soup & Salad Option Honey Mustard Slaw <b>Fish Florentine</b> Wild Rice Pilaf Glazed Carrots Strawberry Shortcake	<b>18</b> <b>Friday Feast</b> Crunchy Vegetable Surprise <b>Beef Stroganoff</b> Mashed Potatoes Pan Roasted Broccoli Roll Apple Brown Betty	<b>19</b>	
<b>20</b>	<b>21</b> Carrot & Celery Tray <b>Roast Pork with</b> Apples & Garlic Whipped Potatoes Steamed Cabbage Roll, Fruit Spread Orange Wedges	<b>22</b> Soup & Salad Option Green Salad <b>Beef Tips &amp; Mushrooms</b> over Egg Noodles Broccoli with Lemon Cinnamon Raisin Roll Fruity Cherry Dessert	<b>23</b> Soup & Salad Option Lettuce & Tomato Salad <b>Chicken Mole</b> Refried Beans Rice Tropical Fruit Cup Date Bar	<b>24</b> Soup & Salad Option Carrot & Raisin Salad <b>Shepherd Pie</b> Mushroom Gravy Seasoned Green Beans Whole Wheat Bread Fruit Crisp	<b>25</b> V-8 Juice Scrambled Egg Ham Pancakes Maple Syrup Oranges	<b>26</b>	
<b>27</b>	<b>28</b> Green Bean Salad <b>Orange Glazed Chicken</b> Herbed Potato Bake Peas & Carrots Poppy Seed Muffin Chilled Pineapple	<b>29</b> <b>Birthday Lunch</b> Mandarin Orange Spinach Salad <b>Roast Beef</b> , Gravy Rosemary Red Potatoes Winter Blend Vegetables Garlic Roll Black Forest Cake	<b>30</b> Soup & Salad Option Jean's Vegetable Salad <b>Chili Con Carne</b> Corn Bread Apple Crisp	<b>31</b> Soup & Salad Option <b>Parmesan Coated Fish</b> Roasted Root Vegetables Minnesota Green Beans Cheese & Onion Roll Winter Berry Parfait	<b>Lunch is served 12-1 pm Monday through Friday.</b> <b>Suggested Contribution for Seniors is \$4.</b> <b>Price for non-Seniors is \$8.</b> <b>Menus are subject to change without notice.</b>		

<b>January 2019</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Please visit <a href="http://seniorcenterjrh.org">seniorcenterjrh.org</a> for descriptions and updates to activities .	<p><b>1</b></p> <p>Closed for New Year's Day</p>	<p><b>2</b></p> <p>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>3</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong <b>1:00 Tech Tutor by appt.</b></p>	<p><b>4 Friday Feast</b></p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>1:00 Birthday Club</b></p>	<p><b>5</b></p> <p>10:30-12:30 Exercise Equipment Open</p>	
<b>6</b>	<p><b>7</b> Chair Massage: AM 9:00 *Leslie's Fitness 9:30 ***Watercolor Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study <b>1:00 *Power Up</b> <b>2:30 *Weights and More</b> 4:00 **Dupl. Bridge</p>	<p><b>8</b></p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle <b>1:00 Tech Tutor by appt.</b> <b>6:00 Quilt Guild Meeting</b></p>	<p><b>9</b></p> <p>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 4:00 Age Friendly JH</p>	<p><b>10</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga 11:30 Medicare Assist. 12:30 **Dupl. Bridge 1:00 Mahjong <b>1:00 Tech Tutor by appt.</b></p>	<p><b>11</b></p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>1:00 **Senior Portrait Day Sign up in advance!</b></p>	<p><b>12</b></p> <p>10:30-12:30 Exercise Equipment Open</p>
<b>13</b>	<p><b>14</b> Chair Massage: AM 9:00 *Leslie's Fitness 9:30 ***Watercolor Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study <b>1:00 *Power Up</b> <b>2:30 *Weights and More</b> 4:00 **Dupl. Bridge <b>6:30 Theatre Screening</b></p>	<p><b>15</b></p> <p>9:00 *Pilates <b>10:00 2<sup>nd</sup> Act</b> 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle <b>1:00 Tech Tutor by appt.</b></p>	<p><b>16</b></p> <p>9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:00 Geologists of JH 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>17</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga <b>10:30 Line Dancing with BJ Reed</b> 12:30 **Dupl. Bridge 1:00 Mahjong <b>1:00 Tech Tutor by appt.</b> <b>1:30 **Stability Yoga Workshop</b></p>	<p><b>18 Friday Feast</b></p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>1:00 Birthday Club</b></p>	<p><b>19</b></p> <p>10:30-12:30 Exercise Equipment Open</p>
<b>20</b>	<p><b>21</b> Chair Massage: AM 9:00 *Leslie's Fitness 9:30 ***Watercolor Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study <b>1:00 *Power Up</b> <b>2:30 *Weights and More</b> 4:00 **Dupl. Bridge</p>	<p><b>22</b></p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle <b>1:00 Tech Tutor by appt.</b></p>	<p><b>23</b></p> <p>9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check Medicare Assist. 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>24</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong <b>1:00 Tech Tutor by appt.</b></p>	<p><b>25</b></p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p><b>26</b></p> <p>10:30-12:30 Exercise Equipment Open</p>
<b>27</b>	<p><b>28</b> Chair Massage: AM 9:00 *Leslie's Fitness 9:30 ***Watercolor Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study <b>1:00 *Power Up</b> <b>2:30 *Weights and More</b> 4:00 **Dupl. Bridge</p>	<p><b>29</b></p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle <b>1:00 Tech Tutor by appt.</b></p>	<p><b>30</b></p> <p>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>31</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong <b>1:00 Tech Tutor by appt.</b></p>	<p>**Arrangements should be made beforehand</p> <ul style="list-style-type: none"> <li>Contract Bridge: call Irene @ 734-9733</li> <li>Duplicate Bridge: call the Senior Center</li> <li>Other Activities, please contact the Sr. Center to sign up.</li> </ul>	

## Happy New Year from Home Care!

We are pleased to welcome two new staff members to our Senior Center team!

**Sandra Martinez**, a Certified Nursing Assistant, has recently moved back to the area after spending over a decade in Hailey, Idaho. She grew up in Driggs and has 2 sons, Joshua and Gerardo and a daughter, Vanesa. She is a wonderful addition to Home Care.

**Ixa Sandoval** joined the Front Desk in October. She is from California and has lived in Jackson for 9 years. She has two sons, Jimmy (9) and Idris (4). She loves to crochet, read and run in the summer. Her husband, Alfredo works as cook for the Rustic Lodge. She is a delight in the office!



**Sandra (L) and Ixa (R)**

Happy New Year to everyone and please reach out if we can ever be of assistance with running errands, light housekeeping, personal care, or respite for a loved one.

Cheers to a healthy New Year!

Erin Crow

[crow@seniorcenterjh.org](mailto:crow@seniorcenterjh.org)

## Ride the Bus

### Already tired of driving in the ice and snow?

Let our bus take you where you need to go.

We pick up within the Town of Jackson right at your door. The bus runs from 9 am to 3:00 pm Monday through Friday.

We need to have reservations the day before to schedule appropriately. But call even if it is last minute to see if we can accommodate your needs.

The cost is:

\$1\* roundtrip to the Senior Center, medical appointments or physical therapy.

\$3\*\* roundtrip for outings, grocery store, PO, errands, etc.

Punch cards are available.

Reserve today

733-7300

\*\$3 and \*\*\$5 Rafter J if available

## From the desk of the Executive Director

The Senior Center is bringing in the New Year with a lot of new activities. We have a variety of options to help keep you fit and active over the winter months and are always interested in new suggestions. I hope that you will join us for lunch when you can. What you may not know is that an important way to support the Senior Center is by eating lunch here because a large part of our funding is based on how many meals we serve.

### FLOORING UPDATE:

We had a bit of a delay with

the back-order of our new flooring, but are hopeful that we will be able to schedule installation soon. Thank you for your patience!

### NEW BOARD MEMBERS:

We want to welcome **Bruce Hawtin** & **Sara Van Genderen** to the Senior Center Board of Directors. Both Bruce and Sara are longtime residents of the valley and bring much experience to the Senior Center board. Thank you for giving your time & talent to seniors!

Happy New Year,  
Becky Zaist

## Fitness Room

### Fees

Beginning in January the Senior Center will be suggesting a \$1 donation per day to use the Fitness Equipment. This will allow us to maintain and purchase new equipment as necessary.

As always please continue you to sign in each time you come to use the equipment and your contribution can go in the box at the front desk or jar in the fitness room.

## Ten New Year's Resolutions for Seniors!

Maybe you said a resolution out loud as the ball dropped at midnight but the American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve goals of becoming and staying healthy.

### 1. EAT FRUITS, VEGETABLES, WHOLE GRAINS, FISH, LOW-FAT DAIRY AND HEALTHY FATS.

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange. Choose fiber-rich whole grains. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Try to have two daily servings of low-fat milk, yogurt, or cheese. Use healthier fats, such as olive and canola oils, instead of butter or lard.

### 2. CONSIDER A MULTI-VITAMIN.

Ask your health care provider about a nutritional supplement.

### 3. BE ACTIVE.

Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your

weight, build your muscles and bones, and improve your balance, posture, and mood.

### 4. SEE YOUR HEALTHCARE PROVIDER REGULARLY.

At least once a year you should get an annual exam and discuss medications you are currently taking, new immunizations and any healthcare screening necessary for you.

### 5. TOAST WITH A SMALLER GLASS.



Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.

### 6. GUARD AGAINST FALLS.

Eliminate items in your home that are easy to trip over like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

### 7. GIVE YOUR BRAIN A WORKOUT

The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center.

### 8. QUIT SMOKING.

It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking.

### 9. SPEAK UP WHEN YOU FEEL DOWN OR ANXIOUS.

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

### 10. GET ENOUGH SLEEP.

Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.

*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:

## Line Dancing Workshop with BJ Reed

**JANUARY 17TH, 10:30 - 11:30 AM**

Dust off your skills or come out to learn some new moves! This hour-long workshop will be a fun way to spend a winter morning.

Great for beginners or more advanced dancers. No charge for senior center members, just bring your dancing shoes!

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## Watercolor Classes Mondays this Month

**9:30-10:30 AM**

These popular classes will be taught by Billi Harrington every Monday in January at the Senior Center.

Suggested Contribution of \$20 per person. Please sign up in advance. Space is limited.

## *Services*

### **DINING PROGRAMS**

at the Senior Center  
and Meals on Wheels

### **FITNESS & WELLNESS**

#### **ACTIVITIES**

#### **HOME CARE**

#### **TRANSPORTATION**

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## *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 JANUARY 1**



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**Live Your Best Life**  
**January Newsletter 2019**