



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

Upcoming!

FEBRUARY 5

Financial Education -
Identity Theft
12:45 PM

FEBRUARY 6

Geologists of Jackson
Hole Lunch Lecture
12:00 PM

FEBRUARY 7

Dinner with a Doc
6:00 PM

FEBRUARY 13

Valentine's Dinner
6:00 PM

FEBRUARY 18

Closed for President's
Day

FEBRUARY 23

Pancake Breakfast
10:00 - 12:00 PM

FEBRUARY 26

Birthday Lunch
12:00-1:00 PM

Our Mission

*Enhancing and supporting
the lives of seniors.*

Dinner with a Doc

Anti-Inflammatory Diet
Thursday, February 7, 6 PM
Seniors - No Charge
Non-Seniors \$8

Topics will include:

- The relationship between food and inflammation
- Components of an anti-inflammatory diet
- Foods to limit to avoid increasing inflammation

Hannah Tripp, RDN, LD is a registered dietitian and wellness coordinator at St. John's Medical Center. She received her Bachelor

of Science in Nutrition from Bastyr University and completed her dietetic internship through Pepperdine University. Menu is Mediterranean Fish. Seniors are compliments of St. John's Foundation. Sign up at the lunch desk.



Healthy U Workshop Series

TUESDAYS, 1:00 - 3:30 PM
MARCH 5 - APRIL 9

The Senior Center of Jackson Hole is now offering Healthy U, a six-week workshop for adults with chronic health conditions and their friends, family, and caregivers.

You'll learn powerful strategies to help you take control of your health and get relief from symptoms like

pain, fatigue, anxiety, and depression. Subjects include weekly action planning, communicating with health professionals, evaluating new treatments, healthy eating, decision making, and appropriate exercise.

The workshop is offered at no charge and will take place at The Senior Center of Jackson Hole.

Sign up at the Senior Center of Jackson Hole.

Giving Back

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Community Foundation of
Jackson Hole
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Happy Birthday February!

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8	Nancy Carson Scott Daily Liz Jacobson	18 19	Mark LePage Ree Lewis Emery Potzernitz Dave Barrett		

Birthday Lunch: February 26

February 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.

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Friday Feast Crunchy Calico Salad Pork Meat Balls in Marinara Sauce, Spaghetti Zucchini Chilled Peaches with Whipped Topping	2
3	4 Mixed Green Salad Lasagna Italian Blend Vegetables Garlic Roll Berry Crisp	5 Soup & Salad Option Hawaiian Chicken Rice Key Largo Vegetables Corn Muffin Fruit Cup Coconut Macaroon	6 Soup & Salad Option KFC Style Cole Slaw BBQ Spareribs Herbed Broccoli Baked Potato Sour Cream & Chives French Bread Grapes	7 Soup & Salad Option Chicken Caesar Salad Whole Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake Dinner with a Doc @ 6:00pm	8 Spring Salad Roast Beef & Gravy Whipped Potato Sour Cream & Chives Peas & Carrots WW Bread Baked Pineapple	9 Dinner with a Doc Menu Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Broccoli Whole Wheat Roll Fresh Fruit
10	11 Lettuce & Tomato Salad Chicken Enchilada Ranch Style Beans Fruit Cup Date Bar	12 Soup & Salad Option Spring Salad Almond Crusted Fish Tartar Sauce Baked Sweet Potato Seasoned Zucchini Corn Bread Fast Fruit Salad	13 Soup & Salad Option Tossed Salad Egg Salad Sandwich Carrots in Lemon Butter Apple Pie Valentine's Dinner at 6:00	14 Soup & Salad Option Chunky Applesauce Cabbage Roll Casserole Baked Potato Pacific Blend Vegetables Chocolate Cupcake	15 Friday Feast Sunshine Salad Oven Fried Chicken Mashed Potatoes & Gravy Blend Vegetables German Chocolate Cake	16 Feb 13th Valentine's Dinner Menu Spinach Salad Roast Beef, Gravy Rosemary Red Potatoes Roasted Asparagus Angel Food Cake with Berries
17	18 Closed for President's Day	19 Soup & Salad Option Tossed Salad Beef Pot Pie with Biscuit Topping Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad	20 Soup & Salad Option Tortilla Soup Hard Shell Tacos Black Beans, Fruit Cup Spiced Carrot Cake with Whipped Topping	21 Soup & Salad Option Creamy Coleslaw Lemon Steamed Fish Garden Rice Seasoned Carrots Frosted Chocolate Chip Cupcake Banana	22 Mixed Relish Tray Parmesan Chicken Fettuccini Seasoned Zucchini Whole Wheat Bread Fresh Fruit	23 Pancake Brunch Buffet 10:00-noon V-8 Juice, OJ Scrambled Eggs, Ham Pancakes with a choice of Maple Syrup, Berries, Cinnamon Apples, Chocolate Sauce, Nuts,
24	25 Mixed Green Salad Roasted Pork Loin Rice Pilaf Carrots with Lemon Butter Roll Applesauce	26 Birthdays Lunch Vegetable Salad Baked Chicken Mashed Potatoes & Gravy Blend Vegetables Devils Food Cake with Strawberry Sauce	27 Soup & Salad Option Tossed Salad Baked Liver & Onions Baked Potato Italian Vegetables Roll Apple Betty a la mode	28 Soup & Salad Option Creamy Coleslaw Hamburger Lettuce, Tomatoes, Pickles & Onions Oven Browned Potatoes Pear Crisp		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please visit seniorcenterjh.org for descriptions and updates to activities .</p>	<p>*Indicates suggested contribution for activity</p> <ul style="list-style-type: none"> Fitness Classes: \$4 for seniors Price for non-seniors is \$7 				<p>1 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	<p>2 10:30-12:30 Exercise Equipment Open</p>
3	<p>4 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Fused Glass Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>5 9:00 *Pilates 9:30 **Water Color Class 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 6:00 Quilt Guild Meeting</p>	<p>6 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 11:30 Medicare Assist. 12:00 Geologists of JH 1:00 **Contract Bridge 1:00 Bingo</p>	<p>7 9:00 *Funct. Mvmt. Fit. 10:00 Make Valentines 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong 6:00 Dinner with a Doc</p>	<p>8 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>9 10:30-12:30 Exercise Equipment Open</p>
10	<p>11 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Fused Glass Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>12 9:00 *Pilates 9:30 **Water Color Class 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>13 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 6:00 Valentine's Dinner</p>	<p>14 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>15 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	<p>16 10:30-12:30 Exercise Equipment Open</p>
17	<p>18 Closed for President's Day</p>	<p>19 9:00 *Pilates 9:30 **Water Color Class 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>20 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>21 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>22 Full Body Massage 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>23 10:30-12:30 Exercise Equipment Open 10:00-12:00 Pancake Breakfast</p>
24	<p>25 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Fused Glass Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>26 9:00 *Pilates 9:30 **Water Color Class 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>27 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 11:30 Medicare Assist. 1:00 **Contract Bridge 1:00 Bingo</p>	<p>28 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>**Arrangements should be made beforehand</p> <ul style="list-style-type: none"> Contract Bridge: call Irene @ 734-9733 Duplicate Bridge: call the Senior Center Other Activities, please contact the Sr. Center to sign up. 	

From Home Care!

There has definitely been some sickness in the valley over the past few weeks! So I thought it would be a good time to review some helpful tips on how to avoid germs and staying healthy:

Wash your hands frequently!

This means to rub your hands with soap & water vigorously for at least 20 seconds including getting the backs of your hands, wrists, between your fingers and under your fingernails. Don't forget to use a towel to turn off the faucet too!

Try to be conscious of not touching your nose and eyes since these are the most common places

for germs to get into your system.

Drink lots of water.

Eat a healthy diet.

Get lots of sleep.

Wipe down surfaces that collect germs such as TV remotes, doorknobs, phones, light switches, refrigerator handles, counter services, and bathrooms.

Cheers to staying healthy through this cold season!

Erin Crow

Home Care Manager
ecrow@seniorcenterjh.org
307-733-7300

Thank you for the Friday Feast

We would like to thank the
ANONYMOUS DONOR

from
**COMMUNITY
FOUNDATION OF
JACKSON HOLE**

for sponsoring the two free
Friday meals each month for
another year!

Their generous support make
Senior lunches accessible to
everyone.



Volunteer Spotlight

During her career, **Linda Rode** worked as a nurse. The last 25 years of her career, she worked for St. John's Hospital and was the Director of Home Health and Hospice when she retired in 2011.

Linda volunteers as a Home Care Committee Member for the Senior Center and has served six years on the committee

She also is 1 of 3 directors for the play reading group 2nd Act which meets here at the Senior Center. The group is through Off Square Theater Company and meet the 1st and 3rd Tuesday of each month. New comers are

always welcome! Linda says that she loves anything related to theater and has participated in and directed many local productions.

In her spare time Linda enjoys riding horses, hiking, and knitting. She is also a regular attendee of Leslie's Fitness and Lunch at the Senior Center.

We are so thankful to have Linda as a volunteer at the Senior Center!



Pancake Breakfast

SATURDAY, FEBRUARY 23
10:00 AM - 12:00 PM
**\$4 SENIORS & \$8 NON-
SENIORS**

Come and join us for a special
Saturday brunch.

We will be serving scrambled eggs, ham and a pancake "sundae" bar. The toppings will include berries, maple syrup, cinnamon apples, chocolate syrup, nuts and more.

RSVP at the lunch desk by
Friday afternoon.



5 Best Exercises You Can Do

According to Harvard Medical Schools HEALTHbeat these “workouts” can do wonders for your health. They’ll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints, prevent bladder control problems, and even ward off memory loss.

1. Swimming

You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly. “Swimming is good for individuals with arthritis because it’s less weight-bearing,” explains Dr. I-Min Lee, professor of medicine at Harvard Medical School.

Research has found that swimming can also improve your mental state and put you in a better mood. Water aerobics is another option.

2. Tai chi

This Chinese martial art that combines movement and relaxation is good for both body and mind. In fact, it’s been called “meditation in motion.” Tai Chi is made up of a series of graceful movements, one transitioning smoothly into the next. “It’s particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older,” Dr. Lee says.

3. Strength training

Lifting light weights won’t bulk up your muscles, but it will keep them strong. “If you don’t use muscles, they will lose their strength over time,” Dr. Lee says.

Muscle also helps burn calories. “The more muscle you have, the more calories you burn, so it’s easier to maintain your weight,” says Dr. Lee. Similar to other exercise, strength training may also help preserve brain function in later years.

4. Walking

Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, and lower your risk for a number of diseases (diabetes and heart disease, for example). A number of studies have shown that walking and other physical activities can even improve memory and resist age-related memory loss.

All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10 to 15 minutes at a time. Over time, you can start to walk farther and faster, until you’re walking for 30 to 60 minutes on most days of the week.

5. Kegel exercises

These exercises won’t help you look better, but they do something just as important — strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long

way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too.

To do a Kegel exercise correctly, squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day.

Many of the things we do count as exercise. Raking the yard, ballroom dancing and playing with your grandkids. As long as you’re doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an “active” person.

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.



Tai Chi at the Senior Center

Don't Miss:

Identity Theft - Financial Education

TUESDAY, FEBRUARY 5, 12:45 PM

NORTH DINING ROOM

The presentation by Wyatt Ison & Joey Redzich, from Wells Fargo Bank, is intended to help educate seniors on common scams.

They will be discussing modern scams via email, phone calls and text messages. Free of charge.

Valentine's Dinner and Dancing

WEDNESDAY, FEBRUARY 13, 6:00 PM

Back for a second year, the Jackson Hole Jazz Foundation swing band will perform for the evening. If you love great food & music we hope you will spend your evening with us.

Please RSVP in the dining room by Tuesday, Feb. 12. The suggested contribution is \$6 for Seniors and the price for Non-Seniors is \$12.00.

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 FEBRUARY 18



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Jackson, WY 83001
830 E Hansen
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February Newsletter 2019