



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

Upcoming!

APRIL 8-12

International Foods for lunch week

APRIL 15

Clay Workshop Series begins
9:30 AM

APRIL 16

Birthday Lunch
12:00-1:00 PM

APRIL 17

Geologists of Jackson Hole Lunch Lecture
12:00-1:00 PM

Paint & Sip
5:00 PM

APRIL 22

Easter Lunch & Bake Sale
12:00-1:00 PM

APRIL 30

National Museum of Wildlife Art Trip
12:45 PM

Our Mission

Enhancing and supporting the lives of seniors.

Evening Art Workshop

Paint & Sip

Wednesday, April 17,

5:00 to 8:30 pm

Seniors - \$15

Non-Seniors \$25

This new evening event will include instruction from Billi Harrington, an Art Association instructor, spotlighting acrylic on canvas painting. Participants will leave with their own spring inspired landscape piece.

The evening will also include a soup & salad bar dinner.

Beer and wine will be available by donation. Please RSVP at the Senior Center.



Easter Lunch & Bake Sale

MONDAY, APRIL 22

12:00 - 1:00 PM

Please join us at the Senior Center for a delicious Easter lunch.

We will be serving Ham, Asparagus, Mashed Potatoes and Strawberry Shortcake for dessert.

Meals for seniors are compliments of Wells Fargo Bank and cost for non-senior is \$15.00. Please RSVP at the Lunch Desk.

In addition to lunch we will be having our 2nd Annual Basket Hunt and Spring Bake Sale.

If you are interested in baking for the sale, please let Hannah know. Please bring baked goods on Monday by 11:30 am.



Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Carol Schneider
Cheryl Schaffer
Soroptimist International
of Jackson
Anonymous Fund of the
Community Foundation
of Jackson Hole
Beverly Pratt

NEWSLETTER DONATIONS

Karen Swaim
Martha & Warren
Van Genderen
Emily & TR Shelby
Mary Ann McLeod
Patsy & Dave Raaum
Carol & John Harkness
Elisabeth & Norman
Evert
Carol Connors
Vena Sparks
Beverly Vik
Mary & Lee Cutler
Clay Taylor
Yvonne Henze
Betty & Chuck Terrill
Sharlene & Ray
Kominsky
Betty Benson
Anne Lawrence
Carl Janney
Jean DeMarsh
Patricia Hardeman
Anne Newcomb
Gretchen Duniphan

Helena Harrice
Moosie Woodling
Suzanne Salzmann
Miquolyn Ann Keller
Olive Lee Macy
Sharon & Rudy Sanford
Judy & Ray Pilgrim
Claudia & Michael
Schrotz

MISCELLANEOUS DONATIONS

Jackson Youth Wrestling
Virgil Boss
Mary Walton
Paul Scott
Yippy I-O Candy
Company

MEMORIAL DONATIONS CAROLYN HAWTIN

Beverly Pratt
Julie & Larry Kummer
Kathy & Rick Stuck
Rose & David Macy
Kay & Gary Mattheis
Berte Hirschfield
Alvira Sturlin

MARY MAXINE KIEHN

Bob Shervin
Honi Ann Peterka
Doris Budge
Carolyn & William
Teague

BEN FERRIN

Ben Tucker

DOUG SCOTT

Doris Budge

MEL TUCKER

Berniece & Harold Turner

PHYLLIS CLARK

Bob Shervin

GERALDINE HESS BESSLER

Bob Shervin
Alvira Sturlin

BARBARA DAILY

Bob Shervin

DEAN BERG

Bob Shervin

KIRBY WILLIAMS

Bob Shervin

JENNIE IMESON

Alvira Sturlin

BERNICE DYMEK

AJ Walter

MEMORY WALL FRAN SPENCER

The Friday Poker Club

LEND A HAND

Steve Weichman

STAFF

Becky Zaist

Executive Director

Rebecca Erskine

Assistant Director

Hannah Sell

Activities/Volunteers

Jenny Ryan

Bookkeeper

James Crow

Bus Driver

Liz Jacobson

Data Manager

Ixa Sandoval

Receptionist

HOME CARE

Erin Crow

Home Care Manager

Carina Barker,

Judy Bayse RN,

Kathy Cottam 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

Jose Farfan

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 April!

1	Deanie Carlton Suzanne Ferond Charlotte Kidd Julie Matzke		Greg Marin Martha Pittard		Ken Vickland Al Zuckerman
		12	Frank Johnson Stan Zaist	22	Jim Moses
2	Paulette Banes John Batson Verna Johnson Bill Klyn Victoria Ross George Thompson Skip Wright-Clark	13	Carol Beckett Bill Happersett Sr. Mark Hutchins Nan Neth Tom Ninnemann	23	Jean Fulton Eileen Funk BJ Hahn Bev Halm-Levin David Hunger Gene Jansen Nancy McCarthy
		14	Grant Bell		Gary Elliott
3	Mary Chessman Addie Donnan Roby Hurley John Millar Dick Scarlett Essie Schneider	15	Linda Thurber Ellen Bernstein Dine Dellenback Beverly Koller Ellen Nygaard Stephen Plummer Doug Witwicky	24	Ray Elser Yurek Pawlak Becky Rice Sandy Strout Bert Polkinghorne Sandy Seitz
		16	Mark Ford		Jackie Wackerli
4	Sheri Aiken Berta Despain Nancy Rufener		Jim Mathieu Bonnie Nelson	25	JoAnn Blomberg Nancy Brown Marion Cadol Cissie Ferguson Carl Oksanen Charma Whitehead
		17	Rolland Kuhr Larry Landers Dave Schipper	26	Judy Basye John Jolly John Patton
5	Jean Barash Brian Schwartz		Rex Hong Marcia Parsons		Jennifer Curry Scott Jackie Fernald- Montgomery Smokey Rhea
		18	Maureen Dempsey	27	Beverly Boynton Gail Filler Ken Mount Kay Tschida
6	Dolly Blair Patti Boyd Jeffrey Dahlin Benny Tucker	19	Allen Saunders David Yoder	28	Mark Antrobus Don Brunk Elaine Kuhr Robert Lenz Sheila Poore
		20	Chris Clapp Donna Hall Allison Langdon Betty Nelson Sylvia Peterson Kenneth Piatak Inge Sagan Doyle Simpson Pepi Stiegler		
7	Marian Butcher Barbara Carlson Ann Carruth Ceil Caruso Thomas Lamb Jim McKisic		Betty Baker David Donley Sandra Fretag	29	
		21		30	
8	Jan Campau Karen Crabb Maggie Scarlett				
9	George Amlin LB Bennett Donna Martin Dale Naylor				
10	Roger Hayden				

Birthday Lunch: April 16

April 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.

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Garden Vegetable Salad Reuben Sandwich Seasoned Green Beans & Red Pepper Strips Grapes	2 Soup & Salad Option Russian Salad Pork Chop with Mushroom Gravy Mashed Potatoes Seasoned Zucchini Fresh Apple Cake Cranberry Juice	3 Soup & Salad Option Minestrone Soup Buffalo Chicken (sauce optional) Macaroni & Cheese Carrot Coins Creamy Citrus Fruit Salad	4 Soup & Salad Option V-8 Juice Scrambled Egg Ham French Toast Maple Syrup Fresh Fruit	5 Friday Feast Lettuce Salad Beef Stroganoff over Noodles Herbed Broccoli Cindy's Roll Oranges	6
7 INTERNATIONAL FOOD WEEK (no soup/salad option)	8 ITALIAN Garden Vegetable Salad Spaghetti with Meat Sauce Green Beans Focaccia Tiramisu	9 CHINESE Spring Salad Mongolian Beef (stir fry beef with onions & broccoli) Brown Rice, Egg Roll Peach & Orange Delight Fortune Cookie	10 FRENCH Vegetable Tossed Salad Seafood Crepes Roll Peas & Carrots Fruit Parfait	11 MEXICAN Lettuce & Tomato Salad Chicken Enchilada Ranch Style Beans Mexican Rice Fruit Cup Date Bar	12 GERMAN Apple Slaw with Carrots Roast Pork Spaetzle German Red Cabbage WW Roll Baked Apple w/ Raisins	13
14	15 Mixed Relish Tray Porcupine Meatballs Au Gratin Potatoes Green Beans Yeast Roll Apple Cobbler	16 Birthdays Lunch Spinach Salad Roast Beef, Gravy Mashed Potatoes Roasted Asparagus Angel Food Cake & Berries	17 Soup & Salad Option Tossed Salad Chicken & Herbed Fettuccine Mixed Vegetables Homemade Roll Berry Pie & whipped topping	18 Soup & Salad Option KFC Style Cole Slaw with Fruit BBQ Spareribs Herbed Broccoli Baked Potato French Bread Ice Cream Cake	19 Friday Feast/Good Friday Spring Salad Almond Crusted Fish Tartar Sauce Baked Sweet Potato Seasoned Zucchini Corn Bread Fruit Salad	20
21	22 Easter Lunch Lettuce, Tomato & Cuke Salad Baked Ham & Apricots Mashed Potatoes Asparagus WW Roll Strawberry Shortcake	23 Soup & Salad Option Spinach Salad Baked Chicken Baked Potato Sour Cream & Chives Carrot Coins Biscuit Pear Crisp	24 Soup & Salad Option Garden Bounty Salad Hamburger Lettuce & Tomato Sweet Potato Wedge Peaches Chocolate Chip Cookie Ice Cream	25 Soup & Salad Option Cauliflower & Broccoli Salad Fish Tacos Salsa Spiced Carrot Cake Whipped Topping	26 Tossed Green Salad Swiss Steak with Tomato Sauce Mashed Potatoes Broccoli Wheat Roll Banana Split Dessert	27
28	29 Carrot Raisin, Pineapple Salad Chicken Filet with Peas & Onions Herb Brown Rice Spring Blend Vegetables Boston Brown Bread Cran Apple Crisp	30 Soup & Salad Option Tossed Green Salad Lasagna Italian Vegetables French Bread Tangerines	<p>Lunch is served 12-1 pm Monday – Friday</p> <p>Suggested contribution for Seniors is \$4.00</p> <p>Non-Seniors are \$8.00</p> <p>Menus are subject to change.</p>			

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Please visit seniorcenterjh.org for descriptions and updates to activities</p>	<p>1</p> <p>Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>2</p> <p>9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Healthy U 5:30 Jazzercise 6:00 Quilt Guild</p>	<p>3</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>4</p> <p>10:00 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Asst. 12:30 **Dupl. Bridge 1:00 Mahjong 5:30 Jazzercise</p>	<p>5</p> <p>Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	<p>6</p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p>7</p>	<p>8</p> <p>Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>9</p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Healthy U 5:30 Jazzercise</p>	<p>10</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 4:00 AFJH Meeting</p>	<p>11</p> <p>10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong 5:30 Jazzercise</p>	<p>12</p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>13</p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p>14</p>	<p>15</p> <p>Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Clay Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>16</p> <p>9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 5:30 Jazzercise</p>	<p>17</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 5:00 **Paint & Sip Night</p>	<p>18</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong 5:30 Jazzercise</p>	<p>19</p> <p>Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	<p>20</p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p>21</p> <p>Easter Lunch and bake sale happening tomorrow! Accepting donations for the bake sale all Monday morning.</p>	<p>22</p> <p>Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Clay Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>23</p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 5:30 Jazzercise</p>	<p>24</p> <p>9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 11:30 Medicare Asst. 1:00 **Contract Bridge 1:00 Bingo</p>	<p>25</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong 5:30 Jazzercise</p>	<p>26</p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>27</p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p>28</p>	<p>29</p> <p>Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Clay Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge</p>	<p>30</p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 **National Museum of Wildlife Art 5:30 Jazzercise</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. 	<p>*Indicates suggested contribution for activity</p> <ul style="list-style-type: none"> Fitness Classes: \$4 for seniors Price for non-seniors is \$7 Exercise Equipment is \$1 		

From Home Care!

I wanted to take this opportunity to reflect on neighbors...

Quiet neighbors or loud neighbors

Nosey neighbors or elusive neighbors

Helpful neighbors or inconsiderate neighbors

Friendly neighbors or negative neighbors

We all have neighbors, but the question is what type of neighbor are you?

I believe a good community is made of neighbors that look out for one another, while not judging "the person on the other side of the fence". Robert Frost said, "Good fences make good neighbors"- do you

agree with this? Can you have a "fence" and still be a good neighbor? Deep thoughts I know, but I think it is worth a minute to contemplate.

Our Home Care team serves almost 70 clients in our community and I am happy to report that we hear several "good neighbor" stories yet there is always room for improvement. So as the snow starts to melt and the sun shines warmer, I challenge you all to do something nice for a neighbor.

Love,

Your Neighborhood Home Care Team Manager

Erin Crow

ecrow@seniorcenterjh.org
307-733-7300

National Museum of Wildlife Art

TUESDAY, APRIL 30
1:00 - 2:30 PM

Please join us at the Senior Center for an afternoon excursion to the National Museum of Wildlife Art.

The bus will leave the Center at 12:45 pm.

The cost for Seniors is \$5. This price includes round-trip transportation with complimentary museum admission.

Bring your hat and mittens as we may stroll around the bronzes on the hillside.

Sign up at the Senior Center of Jackson Hole or call 733-7300.

Volunteer Spotlight

Chris Glaslow moved to Jackson 4 years ago and has volunteered as a desk volunteer at the Senior Center for over 3 years.

Her smiling face is waiting every Tuesday to make people feel welcome at the Senior Center! We are so lucky that Chris brings over 35 years of hospitality experience from Las Vegas. She worked for 15 years as a cocktail server, 20 years as a hostess and then 10 years as an employee concierge for the Wynn and Encore. She likes to say she had the fun job in the HR

department! Her favorite part about working in Las Vegas was all the people she got to meet from all over the world!

Chris moved to Las Vegas from Chicago and soon after met the love of her life, Doug. She has so many amazing stories of her time in Las Vegas with Doug and raising her daughter, Amy – make sure to ask her about it! When Chris retired, she decided to move to Jackson to be closer to Amy who lives in Alpine.

When Chris isn't volunteering she enjoys

spending time with friends, walking with her dog, Chase, and volunteering at community events with her daughter such as the Hill Climb and Alpine community meals. Thank you Chris for making the Senior Center such a bright place!



5 Activities to Celebrate Spring

After our very long, snowy winter, seeing the sun and melting snow is a very welcome change. Here are some simple ideas to help boost your mood and celebrate Spring:

1. Get outdoors

The warmer temperatures and sunny days are just around the corner. Try to get outside a few times a week. Walking or just sitting outside in the fresh air is simple way to enjoy nature. Get your bird feeders out. The nurseries will be opening soon, so go walk through the aisles and enjoy Spring. If getting outside is difficult for you, simply open up your window and sit beside it to enjoy the fresh air.

2. Decorate for Spring

Just adding some Spring decorations can brighten up your house and mood. The bright springtime colors and a creative activity can give a break from the dull drums.

3. Celebrate Spring with a get together

Invite friends, family and neighbors for a potluck get together. Have everyone bring a Spring inspired dish to enjoy catching up and just seeing each other after the long winter.

4. Create an indoor garden

Having plants around the house brings Spring indoors. Start an herb garden, force some hyacinth, tulip or daffodil bulbs. Don't have a green thumb? Brighten your place up with a silk bouquet.

5. Start your Spring cleaning

Getting rid of old items and cleaning up around the house not only gets you much needed exercise but gets rid of the clutter.

Happy Spring!

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.



Jazzercise is coming to the Senior Center

**TUESDAY AND THURSDAY AT 5:30 PM
\$15 PER CLASS**

This class is usually given at the Rec Center but because of their closure will be hosted at SCJH for 6 weeks.

Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes are designed for all fitness levels and include: Dance Mixx, Interval, Fusion, Core, Strike, and Strength. Each class will leave you breathless, toned and coming back for more. Start working it...with Jazzercise.

Visit Facebook to learn about local specials, discounts, and class updates: <https://www.facebook.com/JazzerciseJackson>.

Parking at SCJH

Please remember as our friends begin to return for the summer, parking will become limited around the Senior Center. We have access to a full row of parking in the Cedar Creek Apartment lot, next to SCJH. You will see the signs reserving these spaces for us as you pull in. Or consider carpooling, walking, biking or riding the SCJH bus.

Don't Miss:

Handbuilding Clay Class

MONDAYS, 9:30 AM

APRIL 15, 22 & 29

Classes will be taught by Jenny Dowd in the Art Association multi-purpose studio. Cost for seniors is \$10 and includes a coupon

for one complimentary lunch at the Senior Center.

Please sign up at the Senior Center or by calling 733-7300.

Garage Sale - May 18

Our Garage Sale Committee is getting to work on our sale this year, so if you have donations please schedule an appointment to drop them off. 733-7300
Clothing, office equipment, electronics & winter sports gear will NOT be accepted.

Reusable Bags Available

Legacy Lodge and the Recycling Center are generously donating reusable canvas bags to the Senior Center.

Bags will be available at lunch on April 5 & April 19.

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



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www.seniorcenterjh.org

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Live Your Best Life
April Newsletter 2019