



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

Upcoming!

MAY 12

Mother's Day Brunch
11:00-1:00 pm

MAY 18

Garage Sale
8:00-12:00 PM

Saturday Lunch
12:00-1:00 PM

MAY 21

Birthday Lunch
12:00-1:00 PM

MAY 22

Geologists of Jackson
Hole Lunch Lecture
12:00 PM

MAY 27

Closed for Memorial
Day

MAY 29

Sr. Health & Fitness Day
9:00-1:00 pm

Our Mission

*Enhancing and supporting
the lives of seniors.*

Senior Health and Fitness Day

Wednesday, May 29
9 am - 1 pm

Join us for our 2nd Annual Senior Health & Fitness Day. This year we have partnered with Teton County Parks and Rec to create a sampler of classes offered to Seniors.

Begin the day by trying a water fitness class at **9 am to 10 am** in the newly remodeled Recreation Center.

Then head over to May Park between **10:30 am and 12:30 pm** to participate in the different exercise stations. There will be something for every fitness ability level. We will also be offering: Blood Pressure Checks, Medicare Assistance,

Chair Massage, Great raffle prizes, An Injury Prevention Booth, **10:30** Electric Bike Demos begin, Summer walking challenge info and sign-up, Immunization clinic **10 am to 1 pm** with Public Health in the Senior Center, **12:00** Lunch will be served in the dining room. Seniors are compliments of Rocky Mountain Bank.

Don't miss this fun day!



Blue Lion Restaurant Fundraiser

MAY 26 THROUGH JUNE 1
5:30 TO 6:30 PM
307-733-3912

The Blue Lion Restaurant is helping the Senior Center celebrate it's 40th Anniversary by generously donating 20% of your check total when you dine during the early bird seating.

To take part in this delicious fundraiser make your dinner reservations with the Blue Lion between 5:30 pm and 6:30 pm any day the week of May 26th through June 1st. Be sure to mention you are dining to support the Senior Center. Bon Appetit!

Giving Back

Newsletter donations

Alvira Sturlin
Shirley Burzynski
Jennifer & Wes Flanagan
John & Peggy Hebberger
Mary Hutz
Mr. & Mrs. Allen LaPointe
Jeanne Miller
Jan Pusey
Joan & John Shipman
Carol Roth
Leona R. May
Shelly Rubrecht
Dixie Sanders
Carolyn Allen
Alan & Nancy Brumsted
John Buhler
Neil Muncaster
Terry Nuttle
June Nystrom
Dorothy Remington
Tillie Robertson
Connie Woolwine
Ann & Vance Carruth
Robin Kennedy
Loy Dean Barney
Bob Shervin
Kay Benson
Virginia Blair
Sandra Brewer
Warner Houfek
Afton Jones
Deanna Luton
Georgia Mayer
Jeanine Mayer
Barbara McMullen
Paul Zscheile
Patti Hendricks

Alison Jones
MaryAnn & Jerry Tapp
Martha Feagin
Nancy Rufener & Danny Gardiner
Beverly Pratt
Vickie Atwater
Cissie Ferguson
Fern Robinson
Carol Ann Crow
Dotty Hodges
Earl Lutz
Dick & Maggie Scarlett
Marci Bullock
Barb & Larry Huhn

Monetary Donations

Bob Shervin
Rocky Mountain Bank
Odd Fellow's Lodge #8

Miscellaneous Donation

Helmut Thalhammer
Clarke Nelson Family

Memorial Donations

Mary Maxine Kiehn
Carolyn & William Teague
The Gilsdorf Family

Carolynn Hawtin

Jean & Tim Day

Barbara Shervin

Jean & Tim Day

Ruth Andersen

Mary & Mark Obringer
Bob Shervin
Betty & Chuck Terrill

Helen O'Leary

Diana, Tim & Crew at the Lexington Hotel
Bob Shervin

Mel Tucker

Bob Shervin

Doug Scott

Bob Shervin

John Gailey

Bob Shervin

Dietrich Oberreit

Bob Shervin

Mori Bergmeyer

Bob Shervin

For all the Friends I've Lost

Deanna Luton

Memory Wall

Ruth Andersen

Mike & Patti Randall,
Mark & Marsha Holden,
Linda & Robert Scott

Mori Bergmeyer

The Lunch Table Family

STAFF

Becky Zaist

Executive Director

Rebecca Erskine

Assistant Director

Hannah Sell

Activities/Volunteers

Jenny Ryan

Bookkeeper

Julie Sanchez & Bill McPeak

Bus Drivers

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

Vacant

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 May!

1	Keith Hall John Held Mike Jones Al LaPointe Kat McElfresh Pam Ross Mary Thorpe	11	Rod Lewis Vern Peterson Shirley Timmerman Hannah Wristen	21	Verena Cushman Gayle Downing Linda Lage Cindy Leeper David Wendt
2	Shirley Bradley Stan Wackerli	12	Chris Bartek	22	Grace Merritt
3	Rod Cushman Nancy Jarrell Lynne Myers Berta Wetzel	13	Judy Amiram-Lurie Betty Gaskell	23	Suzanne Harris Renee Mackay Renee Martin
4	Patty Atkins Ruth Glass Lisa Laurie Paul Rivers	14	Vickie Atwater Polly Kelley Bob McLaurin Terry Roper Donna Sellay	24	Dee Luton Deanna Lutz Karen McFall T.R. Pierce
5	Ron Allred Susan Chambers Ed Heron McKell Porter	15	Calvin Anderson Mary Ann Bielby Margaret Hochheiser Jane Jerger Rod Newcomb	25	Bill Barmore Jr. Jo Holton Rose Jeske Elisabeth Sorensen
6	Sally Haubert Amanda Soliday	16	Dianne Budge Steve Lohman Lorna Peterson Rick Purdum	26	Carolyn Allen Kate Mead Tom Montgomery Gail Perrone
7	Robyn Grohne Julie Huot Beedee Ladd Orville Quasdorf	17	Nancy Collins Stull McNay Fran Measom	27	Eliceo Jimenez Barbara McIntosh
9	Bob Adams John Feagin Martha Feagin Susan Garrity Heather Rogers Bill Thorpe	18	Daniel Butcher Yvonne Dorsey Karen Gabriel Lou Hochheiser Emily Knobloch Jim Sarapata Tom Segerstrom	28	Kim Morris
10	David Decker	19	Daniel Butcher Yvonne Dorsey Karen Gabriel Lou Hochheiser Emily Knobloch Jim Sarapata Tom Segerstrom	29	Sharon Benson Steve Fontanini Bubba Shivler
11	Janelle Bell Tom Lennon	20	Virginia Blair Steve Campbell Pattie Kidder Patty Nelson Carmina Oaks	30	Bill Friend
				31	Susie Hawkes Judy Legg Joe Sanford

Birthday Lunch: May 21

May 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.

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch is served 12-1 pm Monday-Friday Suggested contribution for Seniors is \$4 Non-Seniors are \$8 Menus are subject to change			1 Soup & Salad Option Caesar Salad Roast Beef Mashed Potatoes, Gravy Brussels Sprouts Whole Wheat Bread Peach & Berry Crisp	2 Soup & Salad Option Honey Mustard Slaw Fish Florentine Wild Rice Pilaf Glazed Carrots Strawberry Shortcake	3 Friday Feast Spring Salad Baked Pork Chop Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Roll Apple Crisp	4
	5	6 Mediterranean Salad Cheese Ravioli with Meat Sauce Grilled Broccoli Garlic Bread Fresh Fruit	7 Soup & Salad Option Russian Garden Salad Baked Chicken Mashed Potatoes, Gravy Asian Blend Vegetables Wheat Roll Apricot Crisp a la Mode	8 Soup & Salad Option Spinach Mushroom Salad with Mandarines Sweet & Sour Pork Steamed Rice Peas & Carrots Egg Roll Banana	9 Soup & Salad Option Carrot, Celery & Cuke Salad Rancher's Meat Loaf Mashed Sweet Potatoes Almond Broccoli Wheat Drop Biscuit Fresh Pear	10 Broccoli Craisin Salad French Dip Sandwich Pears Ranger Cookie
12 Mother's Day Brunch 11:00-1:00 Orange Juice Breakfast Steak Scrambled Eggs Hash Browns & Onions Wheat Biscuit Asparagus Fruit Cobbler a la Mode	13 Garden Vegetable Salad BBQ Chicken Seasoned Green Beans Macaroni Salad Whole Wheat Bread Mixed Fresh Fruit	14 Soup & Salad Option Spinach Strawberry Salad Parmesan Fish with Lemon & Spices Roasted Root Vegetables Banana Chocolate Cake	15 Soup & Salad Option Beef Tips with Mushrooms over Egg Noodles Broccoli with Lemon Cinnamon Raisin Bread Fruity Cherry Dessert	16 Soup & Salad Option Potato Leek Soup BBQ Pork Sandwich Harvest Blend Vegetables Apricots Molasses Cookie	17 Friday Feast Tortilla Soup Hard Shell Tacos Salsa & Chopped Onions Black Beans Spiced Carrot Cake & Whipped Topping Fruit Cup	18 Saturday Lunch 12:00-1:00 Homemade Soups Salad Bar Homemade Fruit Pies
19	20 Lettuce & Tomato Salad Braised Pork Chop. Gravy Baked Potatoe German Sauerkraut Pumpkin Bread Fresh Fruit	21 Birthday Lunch Vegetable Salad Baked Chicken Mashed Potatoes, Gravy California Blend Vegetables Devils Food Cake with Strawberry Sauce & Whipped Topping	22 Soup & Salad Option Jean's Vegetable Salad Lamb & Vegetable Stew Parsley Potatoes Whole Wheat Bread Pineapple Upside Down Cake	23 Soup & Salad Option Spinach Mushroom Salad Fish Cakes AuGratin Potatoes Spinach Whole Wheat Bread Apple Betty	24 Spring Salad Beef Pot Pie Seasoned Zucchini Peanut Butter Cookies Cinnamon Pears	25
26	27 Closed for Memorial Day	28 Soup & Salad Option Garden Vegetable Salad Shepherd's Pie Mushroom Gravy Tangy Carrots Cindy's WW Roll Applesauce Cake	29 Soup & Salad Option Senior Health & Fitness Day Mixed Green Salad Turkey Club Sandwich on Whole Wheat Bread Potato Salad Tropical Fruit Cup Fudge Brownie	30 Soup & Salad Option Tossed Salad & Beans Pizza with Meat & Vegetables on Whole Wheat Crust Mixed Fruit Cup Creamy Rice Pudding	31 Tomato & Cuke Salad Beef Pepper Steak Mashed Potatoes Peas & Carrots Roll Apple Pie	

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please visit seniorcenterjh.org for descriptions and updates to activities</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>1</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>2</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl Bridge 1:00 Mahjong</p>	<p>3</p> <p>Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	<p>4</p> <p>10:30-12:30 *Exercise Equipment Open</p>	
<p>5</p> <p>We are celebrating Older American's Month all month long!</p>	<p>6</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>7</p> <p>8:00 AARP Class 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt. 6:00 Quilt Guild</p>	<p>8</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 AFJH Meeting</p>	<p>9</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt.</p>	<p>10</p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>11</p> <p>10:30-12:30 *Exercise Equipment Open</p> <p>8:00 am Spring Community Clean Up</p>
<p>12</p> <p>11:00 Mother's Day Brunch</p>	<p>13</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>14</p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p>15</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>16</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt.</p>	<p>17</p> <p>Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	<p>18</p> <p>8:00-12:00 Garage Sale 10:30-12:30 *Exercise Equipment Open 12:00 Saturday Lunch</p>
<p>19</p>	<p>20</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>21</p> <p>9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p>22</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>23</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Assistance 12:30 **Dupl Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt. 1:30 Stability Yoga</p>	<p>24</p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Paincare Presentation</p>	<p>25</p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p>26</p> <p>Classes this week will be held in the Dining Room and North End of building while the new flooring is installed!!</p> <p>Blue Lion Early Bird Seating Fundraiser Begins!</p>	<p>27</p> <p>Closed for Memorial Day</p>	<p>28</p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p>29 Senior Health & Fitness Day Celebration! 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 Walk Across America Challenge Begins!</p>	<p>30</p> <p>9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Assistance 12:30 **Dupl Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt.</p>	<p>31</p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>*Indicates suggested contribution for activity *Fitness Classes: \$4 for seniors *Price for non-seniors is \$7 *Exercise Equipment is a \$1 suggested contribution per use.</p>

Mother's Day Brunch

SUNDAY, MAY 12
11 AM TO 1 PM

The Elk's Lodge is hosting Mother's Day Brunch at the Senior Center again this year.

Please join us honoring all of our Mother's with delicious Mimosa Brunch.

This event is complimentary because of the generosity of the Elk's Lodge of Jackson Hole. RSVP at the Senior Center by Friday, May 10.



Happy Mothers Day!

Activities Room Flooring Update

A huge thank you again to all those who donated to get new flooring installed in the Activities & Exercise Room!

It has taken longer than we anticipated but we are installing the new flooring this month. The exercise room will be closed beginning on Thursday, May 23rd and will re-open

Tuesday, June 4th.

We will be moving the fitness classes, Bridge, Pinochle and 500 groups to the North End Dining Room beginning Monday, May 27 through Monday, June 3rd.

We appreciate your patience & understanding while we get the flooring installed.

Volunteer Spotlight

JP Huser has been volunteering at the Senior Center for over 3 years. You might recognize him from serving soup at the Salad Bar on Thursdays.

JP started volunteering here in an effort to help him connect to the older population in Jackson. JP and his wife, Sharifa, have 3 young daughters, Ingrid, Mabel, and Matilde, who also love coming for lunch on occasion. JP moved to Jackson 13 years ago. He was raised in Indianapolis and then lived in El Salvador and was looking for a change of scenery when he moved back to the states,

so he moved to Jackson. In 2010, JP started his business, Mountain Town Maintenance, which specializes in aquatic maintenance. In his spare time, JP enjoys gardening, spending time outdoors skiing & fishing, and spending time with his family. Get to know JP on a Thursday at the soup & salad bar!



Soup & Salad

Lunch

SATURDAY, MAY 18
12:00 TO 1:00 PM
\$4 SENIORS & \$8 NON-SENIORS

Come and join Elaine Luton & Becky Zaist for a special Saturday lunch.

The menu is homemade soups, a salad bar and fresh baked pie for dessert.

RSVP at the lunch desk by Friday afternoon.

Full pies will be available by pre-order for \$25.00.

If you would like to have a pie to take home please order by Wednesday afternoon.



Garage Sale

SATURDAY, MAY 18
8:00 AM TO 12:00 PM

We need your Garage Sale donations! Please bring your items to the Senior Center anytime. If you have larger items please call ahead to let us know when you are coming.

We are not accepting clothes, office equipment, electronics or winter sports gear.

Think of us when you are Spring Cleaning!



Celebrating Older American's Month All Month!



CONNECT, CREATE, CONTRIBUTE MAY 2019

Here's a list of things happening in May:

May 7 – AARP Safe Driver's Class

May 11 – Senior Center group to join Town Clean-Up

May 24 – Paincare Presentation

May 29 – Senior Health & Fitness Day

May 29 – Kick-off to Walk Across America Challenge

May 7th: 8 am – 4 pm AARP Safe Driver's Class taught by Jackson Hole Police Department's Nathan Karnes. Learn safety techniques, the effects of medication on driving, age-related physical changes and how to adjust your driving to compensate and more. Course may qualify you for a discount on auto insurance. \$15 for AARP members, \$20 for non-members. RSVP at the Senior Center.

May 11th: 8 am Sign up to be part of the Town Clean-Up representing the Senior Center! Pick up a Senior Center t-shirt from the front desk by May 10th. Meet at Phil Baux park at 8 am on May 11th before heading out to help clean-up litter around the community with our group. Wear sturdy shoes and bring gloves. Fun opportunity to get together with friends and show the community what the Senior Center is all about!!

May 24: 1 pm Got Pain? This workshop will help you understand pain, provide education about pain science and offer take-home techniques for management. Knowledge of pain science is an evidence-based intervention for people and can produce powerful changes in your nervous system. Understanding neurophysiology has been linked with less pain, improved movement and decreased perception of disability. The purpose of this education is to provide information about how the pain system works with the hope that it will help you on your journey of recovery, well-being and living a life with more ease. Please RSVP at the Senior Center.

May 29th: 9 am - 1 pm Senior Health & Fitness Day: In partnership with Parks & Recreation, come sample fitness class stations in May Park! Also offering chair massage, Medicare Assistance, and Blood Pressure Checks, and a meditation demonstration. Then stay for lunch at the Senior Center with prizes @ 12pm. Sponsored by Rocky Mountain Bank. Pneumonia vaccines offered at the Senior Center by Public Health from 10 am to 1 pm.

May 29th: Walk Across America Challenge Kick-off! Track your summer activity to help us reach our goal of walking across the country by the end of summer! Participants will be invited to celebrate the end of the program with a smoothie party and prizes! Smoothie party brought to the Senior Center in partnership with Hole Food Rescue. Suggested contribution of \$5 per person. Pick up a tracking sheet and sign up at Senior Health and Fitness Day in May Park or at the Senior Center.

Don't Miss:

Spring Clean-Up

SATURDAY, MAY 11, 8:00 AM

PHIL BAUX PARK

Join our Senior Center group for the Town Clean-Up. Dress in layers and wear comfortable shoes. Don't forget gloves. Sign up at the

Senior Center and pick up a team t-shirt. (307) 733-7300 for more information.

Paint & Sip

COMING IN JUNE

Keep an eye out for our next evening Paint & Sip coming in June.

In April we had a wonderful evening of dining and creativity so we will continue this popular class.

Please contact the Senior Center for more information. (307) 733-7300



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

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 MONDAY, MAY 27
FOR MEMORIAL DAY**

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

Live Your Best Life

May Newsletter 2019