



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

## Upcoming!

**JUNE 5**

Paint & Sip

**JUNE 14**

Roll Back Prices Lunch

**JUNE 17**

Lunch Honoring  
Fathers

**JUNE 19**

Geologists of  
JH Lunch

**JUNE 21**

Color Street Manicures

**JUNE 26**

Birthday Lunch

**JUNE 28**

Volunteer Dinner  
*by invitation*

## Our Mission

*Enhancing and supporting  
the lives of seniors.*

## Celebrate with Us!

### Serving Seniors for 40 years!

Join us for a summer of celebrating the Senior Center! We have so many fun events planned and you won't want to miss out!

#### Roll Back Prices Lunch Friday, June 14th

We are rolling prices back to what they were in 1979! Serving taco salad for \$1. Reminisce about the good old days with friends, new and old at the Senior Center.

#### 4th of July Parade Thursday, July 4th

Don't miss the Senior Center with our 40th anniversary float in the biggest parade of the year! We are looking for volunteers to help create the float and walk in the parade!

#### Upcoming Events:

*Pie Sale to support the  
Senior Center*

*Prime Rib Dinner with  
Silent Auction*

*40th Anniversary Gala and  
more!*

*Watch our future newsletters  
and websites for event dates.*



#### 40th Anniversary Fundraiser

Help us meet our goal to ensure the Senior Center can continue to provide the Seniors of the valley great services for another 40 years! In honor of serving seniors for 40 years, the Board of Directors has set the goal of 1,000 donations in the amount of \$40. Please help us spread the word to reach our goal over the next few months. Donate on our website, by mail, or stop by the Senior Center!

## From the Desk of the Executive Director

### 40 YEARS OF SERVING SENIORS!

Wow! That's worth celebrating! We are so grateful to those that have come before us and hope you will join us in celebrating the past, present and future of the Senior Center throughout the year!

We have a lot of special events and activities planned over the next few

months – be sure to check them out and make plans to join us.

We will be sure to keep you posted on our 40th Anniversary Fundraiser as the summer progresses.

As always, we truly appreciate your support.  
Becky Zaist

## Giving Back

### MONETARY DONATIONS

Newton Foundation  
Donor Advised Fund  
Mark Barron  
Meals on Wheels –  
Share the Love  
Smith's Food & Drug –  
Loyalty Rewards  
Odd Fellows Lodge #8  
Marge & Gil Ordway  
Jean Day  
Tim Day  
Bernie & Doug  
Kennedy

### MISCELLANEOUS DONATIONS

Katharine Conover  
Joanna Cooke  
Jill Greiner  
Yippy I-O Candy  
Company

### MEMORIAL DONATIONS

DEITRICH OBERREIT  
Doris Budge

### RUTH ANDERSEN

Doris Budge

### DAVID THOMAS

Doris Budge

### JENNIE IMESON

Bonnie Budge

### BRYAN CARSON

Doris Budge

Bob Shervin

### JOHN GAILEY

Doris Budge

Bonnie Budge

### JACK BELLORADO

Cecilia & Frank

Bellinghiere

### PHYLLIS CLARK

Bonnie Budge

### CAROLYNN HAWTIN

Jennifer & Sam Clark

Judy Legg

Linda & Dick Martin

### CHICK JOY

Bonnie Budge

Bob Shervin

### HELEN O'LEARY

Susan & Edward

Lloyd

Doreen Ward

### DOUGLAS J MANSFIELD

Ann & Brandon

Mansfield

Ann Mansfield

### BOB SCHUPMAN

Linda & Dick Martin

### BOB RANCK

Linda & Dick Martin

### GENE SINN

Linda & Dick Martin

### MEMORY WALL

### HELEN O'LEARY

Ken Boncela

### DOROTHY MAY

Pat, Nona, Carla & Bill

**THANK YOU TO ALL THE PEOPLE WHO DONATED TO AND SHOPPED AT THE GARAGE SALE! YOU MADE IT A HUGE SUCCESS!**

### 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*

### HOME CARE

Erin Crow

*Home Care Manager*

Carina Barker,

Kathy Cottam RN,

Dori Cote, Kristine Dyke,

Chris Encinas,

Margaret Harris,

Becca Jewison,

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*

Maidi Rivas-Lopez

*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 June!

1	Bernadette Jehl		Dave Raaum	18	Marilyn Hartman	27	Steve Birt
	Elizabeth Kingwill	9	Bob McIntosh		Linda Sternberg		Darlene Blazek
	Georgia Mayer	10	Lacey Biles	19	Janet Cole		Kim Codman
	June Nystrom		Cathy Centrella		Robert Diehl		John Daily
	Karen Priebe		Marguerite Davenport		Wade Grisamer		Jan Finch
	Val Schlesinger		John Johnston		Sherri McFarland		Jackie Gilmore
2	Dolores Albers		Clete LaMere		Mark Obringer	28	David Wion
	Jeannine Brown		John Osborne		Bonnie Pockat	29	John Sherman
	Louis Centrella	11	Linda Benson		Linore Wallace		Shirley Thomas
	Lauri Giese		James Brinkerhoff	20	Lin MacMillan	30	Janine Bay
	Grant Larson		Jack Hales		June McCollister		Buck Beckett
	Sue Prater		Molly Johnston		Mary Ann Tapp		Cathie Evans
3	Leo Benson		Mary Kay Turner		Helmut Thalhammer		Karen Stewart
	Abi Garaman	12	Walter Brandt	21	Jill Aanonsen		
	Peta McAuley		Jeff Crabtree		Ann Keller		
	Keith McDonald		Bruce Hawtin		Dail Knori		
	Sylvia Raumaker	13	Richard Aurelio		Jan Lovett		
	Lorado Reetz		Dail Barbour		Beverly Walls		
	John Whitehead		Celia Dillon	22	Penny Gaitan		
4	Dick Klene		Sandra Rodeck		Boots Nelson		
	Tom Pickett	13	Mike Scher	23	Juanita Garaman		
	Judy Schmitt		Norman Scott		Richard Haderlie		
	T.R. Shelby		Vic Wagner		Sally McCullough		
5	John Eastman	14	Carolyn Warziniack		Ann O'Leary		
	Greta Gretzinger	15	Donna Glenn	24	Jane Farrer		
	Kathy Roby		Thelma Quasdorf		Victoria Hess		
6	Richard Galiher Jr.		Lyn Shanaghy		Glenn McElroy		
	Terry Miller		Bob Shervin		Bobbi Moses		
7	Rich Bloom	16	Diane Brown		Carol Owens		
	Julia Goldensohn		Jeffrey Davis	25	Mary Bergeron		
	Kenny Griggs		Jeanine Karns		Donald Cummings		
	Benji Sinclair		Gayle Roosevelt		Holly Hunter		
8	Maggie Bauer		Sallie Smith		Sandra Walters		
	Peggy McClung-		Trish Truitt		Noel Wray		
	Puche		Chad Vermeer	26	Josie Bond		
	Cindy Nicholson		Annie Wright		Lorelie Miller		
	Lawrence Pilgrim	17	Jane Kusek		Rick Thompson		
	Frances Pollak		Nancy Rogers		Inger Trudelle		

## JOIN US FOR A DISCUSSION ABOUT SAGE LIVING

**Wednesday, June 12th  
10:00 - 11:00 am  
at the Senior Center**

Hear from Executive Director of Senior Living, Malenda Hoelscher and Hospital Foundation President, John Goettler about St. John's new long-term care community, named Sage Living, and watch a state-of-the-art fly-through of the architectural renderings!

All are welcome.  
Refreshments will be served.

## Birthday Lunch: June 26

June 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.

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> Lettuce Salad <b>Beef Stroganoff</b> over Pasta Noodles Herbed Broccoli Cindy's Roll Fresh Fruit	<b>4</b> <b>Soup &amp; Salad Option</b> <b>Baked Fish</b> Macaroni & Cheese Spinach Stewed Tomatoes Cheesy Onion Roll Apricots	<b>5</b> <b>Soup &amp; Salad Option</b> Apple Slaw <b>Roast Pork</b> Scalloped Potatoes Mixed Vegetables Roll Pumpkin Pie	<b>6</b> <b>Soup &amp; Salad Option</b> Tossed Salad <b>Beef Stew</b> Whole Wheat Bread Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad	<b>7</b> <b>Friday Feast</b> V-8 Juice Scrambled Egg with Grilled Onions & Peppers, Ham French Toast Maple Syrup Banana	<b>8</b>
<b>9</b>	<b>10</b> Creamy Cole Slaw <b>Pork Wings</b> (Short Ribs, sauce optional) Baked Squash Light Wheat Roll Fruit Pizza	<b>11</b> <b>Soup &amp; Salad Option</b> <b>Cabbage Roll Casserole</b> Baked Potato Pacific Blend Vegetables Chunky Applesauce Chocolate Surprise Cupcake	<b>12</b> <b>Soup &amp; Salad Option</b> Mixed Green Salad <b>Chicken &amp; Herbed Fettuccine</b> Mixed Vegetables Roll Berry Pie	<b>13</b> <b>Soup &amp; Salad Option</b> Creamy Veggie Coleslaw <b>Baked Fish</b> Lemon Pepper Garden Rice Seasoned Carrots Chocolate Chip Cupcake Banana	<b>14</b> <b>40<sup>th</sup> Anniversary Roll Back Prices (\$1)</b> <b>Taco Salad</b> on Corn Chips Celery & Jicama Strips Melon Cup Rocky Road Pudding	<b>15</b>
<b>16</b>	<b>17</b> <b>Lunch in Honor of Fathers</b> Relish Tray <b>Roast Turkey</b> , Gravy Mashed Potatoes And all the fixin's Pumpkin Pie	<b>18</b> <b>Soup &amp; Salad Option</b> Tossed Salad <b>Baked Liver &amp; Onions</b> Baked Potato Italian Vegetables Roll Pear Betty	<b>19</b> <b>Soup &amp; Salad Option</b> Carrot & Celery Strips <b>Scalloped Potatoes &amp; Pork</b> Green Beans WW Bread Fruit Cup	<b>20</b> <b>Soup &amp; Salad Option</b> Lettuce & Tomato Salad <b>Chicken Enchiladas</b> Peas & Onions Tropical Fruit Salad Baker's Source Brownie	<b>21</b> <b>Friday Feast</b> Spring Salad <b>Spaghetti with Meat Sauce</b> Grilled Broccoli French Bread Fruit Ambrosia	<b>22</b>
<b>23</b>	<b>24</b> <b>Oven Fried Chicken</b> Mashed Potatoes, Gravy Pacific Blend Vegetables Mandarin Oranges Gingerbread Cake	<b>25</b> <b>Soup &amp; Salad Option</b> Spring Salad <b>Almond Crusted Fish</b> Tartar Sauce Baked Sweet Potato Seasoned Zucchini Corn Bread Fruit Salad	<b>26</b> <b>Birthday Lunch</b> Tossed Green Salad <b>Braised Beef</b> , Mushroom Gravy & Angel Hair Pasta Spinach Whole Wheat Bread Strawberry Shortcake	<b>27</b> <b>Soup &amp; Salad Option</b> Vegetable Salad <b>Loaded Baked Potato</b> (Chile, Onion, Cheese, Sour Cream) Grilled Broccoli Roll Fresh Fruit	<b>28</b> <b>Chicken Caesar Salad</b> Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake <b>Volunteer Appreciation Dinner by invitation @ 6</b>	<b>28</b>
<b>30</b>	<b>Lunch is served 12-1 pm Monday – Friday</b> <b>Suggested contribution for Seniors is \$4</b> <b>Non-Seniors are \$8</b> <b>Menus are subject to change.</b>					

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please visit <a href="http://seniorcenterjh.org">seniorcenterjh.org</a> for descriptions and updates to activities</p>						
<b>2</b>	<p><b>3 Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights &amp; More 4:00 **Dupl. Bridge</p>	<p><b>4</b> 9:00 *Pilates <b>10:00 2nd Act</b> 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt. <b>6:00 Quilt Guild</b></p>	<p><b>5 8:30 **Parks &amp; Rec Hike</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>5:00 *Paint &amp; Sip</b></p>	<p><b>6</b> 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga <b>11:30 Medicare Assistance</b> 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt.</p>	<p><b>7 Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p><b>8</b> 10:30-12:30 *Exercise Equipment Open</p>
<b>9</b>	<p><b>10 Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights &amp; More 4:00 **Dupl. Bridge</p>	<p><b>11</b> 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p><b>12</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness <b>10:00 Sage Living Presentation</b> 10:30 *Leslie's Fitness 11:30 BP Check 12:45 Board Meeting 1:00 **Contract Bridge 1:00 Bingo <b>4:00 AFJH Meeting</b></p>	<p><b>13</b> 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><b>14</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>12:00 Roll Back Lunch Floor/Incontinence/Deep Core Workshop</b></p>	<p><b>15</b> 10:30-12:30 *Exercise Equipment Open</p>
<b>16</b>	<p><b>17 Father's Day Lunch Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights &amp; More 4:00 **Dupl. Bridge</p>	<p><b>18</b> 9:00 *Pilates <b>10:00 2nd Act</b> 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p><b>19</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check <b>11:30 Medicare Assistance</b> <b>12:00 Geologists of JH</b> <b>12:00 Leslie's Picnic BBQ</b> 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>20</b> 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><b>21 Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>11:00 Color Street Manicures with Cheri</b></p>	<p><b>22</b> 10:30-12:30 *Exercise Equipment Open</p>
<b>23</b>	<p><b>24 Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights &amp; More 4:00 **Dupl. Bridge</p>	<p><b>25</b> 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p><b>26</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>27</b> 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><b>28</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness <b>6:00 Volunteer Appreciation Dinner by invitation</b></p>	<p><b>29</b></p>
<b>30</b>	<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 Sr Ctr</li> <li>• Other Activities: please contact the Sr Ctr to sign up.</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> <li>• Exercise Equipment is \$1 per use</li> </ul>					

## Happy Summer from Home Care!

This winter was a tough one! For those of you that might have been lucky enough to escape to Arizona or someplace warmer for the winter months, this February was particularly a doozy to say the least. We had 52.9 inches of snow in the valley, coming in just shy of the snowiest month on record which remains to be January 1969 with 56 inches.

As a result, I've seen how this spring has been welcomed with extra exuberance this year! Somehow the green grass seems brighter and the birds chirping seem louder.

To add to this renewed cheer I would like to talk about gratitude. I recently had a friend challenge me to start a daily gratitude journal, where you write down 3 things you



are grateful for at the end of each day. It could be as simple as: I slept well, my car turned on, or I heard from an old friend. The idea is to focus on the positives...even the littlest things. Gratitude is a powerful thing and I hope some of you try this exercise and it brightens your spring days!

Erin Crow  
Home Care Manager  
[ecrow@seniorcenterjh.org](mailto:ecrow@seniorcenterjh.org)  
307-733-7300

### Volunteer Spotlight

Irene Lund made the Garage Sale a huge success this year! Irene has been volunteering on the Senior Center Development Committee for about 2 years and loves working to raise funds for the



Senior Center! She's no stranger to rummage sales either! She has worked at the Presbyterian Church's rummage sale for 15 years. She looks at the sales as community events and is wonderful about getting all the leftover goods to organizations in need. Her favorite part of the sale was working with the volunteers that came to help sort, price, sell and move items.

THANK YOU IRENE!!!

## Pelvic Floor & Core Care

**INCONTINENCE WORKSHOP  
FRIDAY, JUNE 14, 1:00 PM**

Do you know that tens of millions of men and women of all ages have issues with incontinence?

Do you know that you can use techniques in your current exercise program to gain control over the open door?

Would you like to understand what your pelvic floor and deep core really are?

Would you like to improve your balance?

This workshop will cover: Anatomy of pelvic floor and deep core. Types of incontinence. Why do we leak? What can we do about it?

Come and learn how to activate the central stability system correctly.

## Power Up Classes Resume Mondays

A Movement & Voice Class to benefit people with Parkinson's, though the class is open to anyone!

Join Teton Physical Therapy & Rehabilitation at the Senior Center for this fun and dynamic class that incorporates a variety of exercise approaches for Parkinson's, including dance, LSVT BIG and LOUD, and PWR! and is adaptable to all levels. Come prepared to power up and get your body moving! Classes are one hour.

**This class will start at 1:00 pm  
each Monday in June.**

## Paint & Sip Evening: June 5th

**WEDNESDAY, JUNE 5**  
**5:00 - 8:00 PM**

Join us for an evening of art instruction, friends and good food & wine!

Art Association instructor, Billi Harrington, will be assisting with acrylic on canvas painting. She will build on skills from the last session, but all are welcome to attend!

Suggested contribution is \$15 for Seniors and includes all art supplies and Soup & Salad dinner. Beer and wine available by donation.

Please RSVP at the Senior Center.

## Meals and Manicures: June 21st

**FRIDAY, JUNE 21**  
**11:00 AM - 1:00 PM**

**Includes lunch, a manicure, and supplies for you to do your own manicure later! Suggested Contribution for seniors: \$19, non-seniors: \$25**

### What is Color Street?

It is a base, color & top coat in a strip placed on the nail for an easy, one-step application! Color Street manicures last up to 10 days!

You will have a brilliant, salon-quality manicures in minutes. Color Street is easily removable with nail polish remover. No tools needed, and it is 100% nail polish.



Join Cheri for a fun morning of manicures and stay for lunch at the Senior Center!

## Wellness Garden Fundraiser

Age Friendly Jackson Hole is planning and promoting a Wellness Garden at May Park (corner of Rancher and Hansen Streets), near the Senior Center.

The restful, quiet space is designed for all ages and abilities and will benefit all in the community, especially the seniors, disabled, and young families who live nearby.

Your help is needed!  
Age Friendly Jackson Hole

SeniorCenterJH.org

has been challenged by the Community Foundation of Jackson Hole to get 100 new donors by June 30th to help fund the Wellness Garden. If the goal is met, the Community Foundation will give \$10,000 towards the effort.

Please donate to the Wellness Garden at May Park by mail: Wellness Garden at May Park Fund, c/o CFJH, P.O. Box 574, Jackson, WY 83001.

Or online at:  
<https://tinyurl.com/y4cjcbnw>

**Thank you for your support!**



# Don't Miss:

## Shadow Mountain Hike

WEDNESDAY, JUNE 5, 8:30 AM - 12:00 PM

Join Parks & Rec and the Cougar Fund's, Penny Madonado, for a 2-4 mile hike at Shadow Mountain. Penny will be leading the interpretation through a gentle off-trail hike.

Register through Parks & Rec

and join the hiking group for lunch after the hike at the Senior Center. \$5 to register for the hike. Meet at the Senior Center at 8:15 am.



## *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



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

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**Live Your Best Life**  
June Newsletter 2019