



307-733-7300 // 830 E. Hansen // [www.SeniorCenterJH.org](http://www.SeniorCenterJH.org) // [info@SeniorCenterJH.org](mailto:info@SeniorCenterJH.org)

### *Upcoming!*

**JULY 4**

Senior Center Closed  
Come and see us at  
the parade!

**JULY 8**

Mary Kay Event

**JULY 9**

Telehealth with  
Dr. Lisa Finkelstein

**JULY 17**

Live Model Drawing at  
the Center for the Arts

Geologists of Jackson  
Hole Lunch  
Presentation

**JULY 20**

Outdoor BBQ

**JULY 23**

Dinner with a Doc  
Cataract Surgery

**JULY 23 & JULY 30**

Art Workshop at  
NMWA

**JULY 31**

Birthday Lunch

### *Our Mission*

*Enhancing and supporting  
the lives of seniors.*

### *Outdoor Art Workshop*

**WEDNESDAY, JULY 17TH**  
**9:30-11:30 AM**

Summer Life Drawing:  
*Two Figures in The Pavilion*

All skill levels are welcome  
for this unique two hour  
session You will have the  
opportunity to work closely  
with two models outside,  
via static poses, gestural  
study, and choreographed  
movement. Drawing  
paper and pencils will be  
provided. Some drawing  
horses, boards and stools

are available but you are  
encouraged to bring your  
own set up if you have it.  
Meet at the structure on the  
lawn at The Center.

**Cost for seniors is \$10.** This  
session is at a discounted  
price due to the generous  
support of the **Barbara  
Trentham Fund** and the  
**Art Association Outreach  
Program.**

Space is limited so please  
RSVP at the Senior Center as  
soon as possible.

### *Telehealth Presentation*

**TUESDAY, JULY 9TH**  
**12:00-1:00 PM**

What is telemedicine?  
What is telehealth?

Learn about this new  
concept with Dr. Lisa  
Finkelstein. She is a  
Urologist and the Medical  
Director Of Telehealth  
at St. John's. She will  
explain the why, how and  
what this new practice  
of medicine involves.  
It's all about connecting

you to your doctor with  
technology and hopefully  
making access to your  
doctor easier. Bring your  
questions!

This conversation will  
be in the North End of  
the dining room and all  
seniors in attendance will  
have lunch compliments  
of AARP.



## *From the Desk of the Executive Director*

Summer is finally here! Well... hopefully! It certainly was slow in coming this year.

It has been great to see the return of the "snowbirds" and regular summer visitors. It always puts a smile on my face to see the joyful reunion of old friends.

We have lots going on this summer – so be sure to check out our calendars. In celebration of our 40th anniversary we will have a float in the July 4th parade that you won't want to miss!

Thank you to everyone who has already donated towards our goal of 1,000 donors of \$40 to get us started on 40 more years of serving seniors! If you haven't given yet, I hope you will consider a donation.

We have much to celebrate! Through the 40 years, the Senior Center and our programs have enhanced & supported the lives of many seniors.

Thank you to everyone who has made it possible,  
Becky Zaist  
Executive Director

## *Giving Back*

### **MONETARY DONATIONS**

Bernie & Doug Kennedy  
Elks Club  
C & N Foundation  
Bonnie Voorhees  
Blue Lion Restaurant  
Marie Trautman  
Biba & Jon Parker  
Cammie Pyle  
Odd Fellows Lodge #8  
Marce Bullock  
Barb Huhn  
Bernadette Jehl  
Jill Veber

### **MISCELLANEOUS**

#### **DONATION**

Jill Griener  
Yippy I-O Candy Co.  
Scott Daily  
Joey Moss  
Elizabeth Chambers  
Kay Jones

### **MEMORIAL DONATIONS**

**Barbara Daily**  
Beverly Pratt

#### **John Harrington**

Bob Shervin  
Bonnie Budge  
Reade & David Dornan  
Anne Newcomb  
Doris Budge

#### **Sheila Dobbens**

Bob Shervin  
Mary Obringer

#### **Gloria Newton**

Bob Shervin  
Doris Budge  
Frances Tessler

#### **Sam Lightner**

Bob Shervin  
Doris Budge

#### **Helen O'Leary**

Bill & Janie Seiden

#### **Virginia Napierskie**

Bob Shervin  
Maggie & Dick  
Scarlett

#### **Jack Bellorado**

Patsy & David Raaum

#### **Dietrich Oberreit**

Patsy & David Raaum

#### **Dorothy & Max May**

Patsy & David Raaum

#### **Gene Sinn**

Patsy & David Raaum

#### **Bob Ranck**

Patsy & David Raaum

#### **Jennie Imeson**

Patsy & David Raaum

#### **Bryan Carson**

Patsy & David Raaum

#### **Geraldine Beffler**

Patsy & David Raaum

#### **Lenora Burnside**

Bob Shervin  
Bonnie Budge

#### **MEMORY WALL**

John Gailey  
Don & LoyDean  
Barney

#### **LEND A HAND**

Becky Prestrud &  
Lori Clark-Erickson  
for taking care of our  
flower gardens

### **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*

**Kathy Cottam RN,**

**Carina Barker,**

**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,**

**Anne Bowen**

### **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 July!

1	Cathy Fonatsch		MaryJane Ellis	19	Charles Kerr		Georgi Still
2	Frank Bellinghiere		Marilynn French		Tom Richardson	27	Alan Galbraith
	JoVern Burnside	12	Jett Thompson		Becky Zaist		Kathy Harvey
	Rollie Knori		Ian Edwards	20	Boyd Brown		Frank Kaunitz
	Marcia Modesett		Susan Foster		David Dornan		Jill Veber
	Diane Palmore	13	Mike May		Vicki Hutson	28	Janet Abbinanti
3	Ken Bradberry		Mike Adler		Wally Kauffman		Steve Epstein
	Elaine Luton		Laurie Boss		Ron Kiehn		John Hansen
4	Sabra Gent		Janet Colonel		Peggy McAvoy		Clay Hoyt
	John Guslander		Gary Hurley		Eula Monroe		Abigail Karin
	Peter McNulty		Claudia Perry		Beverly Pratt		Cliff Poindexter
	Sue Mortensen	14	Christine Schuler	21	CJ Burt		Walter Saunders
	Paul Vogelheim		Susan Drew		Frankie George		Karen Wernicke
5	Dick Hobbins		Steve Everett		Irene Lund	29	Tamara Clauson
	Mike Stauth		Mary Lou Klene		Janet Zipter		Janet Etkorn
	Jack Strellis		Chuck Parsons	22	Elisabeth Evarts		Margene Jensen
	Leslie Turner		Hank Phibbs		Rosemary Guderian		Christina Rizzo
	Helen Yenke		Carol Pitman		Clarene Law		Susan Williams
6	Ruth Elwood		Ben Read		Rita Miller	30	Russ Wood
	Dick Ferguson	15	Hugh Soest		Pat Nantz		Nancy Ayers
	Wayne Grim		Bob Auston		Gratia Reynolds	31	Joan Everett
	Judy Keresztes		Marion Larson		Joy Surdam		Grace Anderson
	Suzie Kirvinskee		Alice Leeper	23	Kathy Cottam		Joan Lucas
	Jantina Tuthill		Barbara McMullen	24	Jorge Colon		Chris McGhee
	Mary Walton		JP Trudelle		Lana Crabtree		Diane Peterson
	William Wells	16	Nancy Palomba		Will Obering		Jim Walter
7	Roz Danner		Paul Sterrett		Barb Rinker		
	Sevim Larson		Doreen Ward		German Rodriguez		
8	Doug Eggers	17	Arnold Byrd		Dick Greig		
	Lori Pedersen		Patrick Starich	25	Kim McGregor		
	Mike Randall	18	Margie Aeckerle		Marvin Oppenheim		
	Tim Tomkinson		Mary Almaguer		James Warner		
9	Lora Childs		Dennis Conley		Scott Berger		
	John Gregg		Flo Dingle		Linda Lamb		
	Beverly Jones		Annabelle Lerch	26	Carol McCain		
	Helen Robertson		Scott Shepherd		Gloria Rogers		
10	Faye Bruce		Stan Steiner				
11	Kenneth Burnes		Dawna Wilson				



## Birthday Lunch: July 31

July 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.

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> KFC Style Coleslaw <b>Baked Pork Chop</b> , Gravy Steamed Rice Seasoned Green Beans Whole Wheat Bread Vanilla Ice Cream with sliced Strawberries	<b>2</b> <b>Soup &amp; Salad Option</b> <b>Beef Tips</b> & Mushrooms over Egg Noodles Broccoli with Lemon Cinnamon Raisin Bread Fruity Cherry Salad	<b>3</b> <b>Soup &amp; Salad Option</b> Fanny's Cole Slaw <b>BBQ Chicken</b> (Sauce Optional) Potato Salad Lemon Blueberry Muffin Peaches	<b>4</b> <b>Senior Center                      Closed for                      Independence                      Day</b>	<b>5</b> <b>Friday Feast</b> Lettuce Salad <b>Meat Loaf</b> Whipped Potatoes, Gravy Sautéed Mixed Veggies Roll Apricot Crisp	<b>6</b>	
<b>7</b>	<b>8</b> Broccoli Craisin Salad <b>French Dip Sandwich</b> (Au Jus) Horseradish Sauce Seasonal Fruit Ranger Cookie	<b>9</b> <b>Soup &amp; Salad Option</b> Spinach Strawberry Salad <b>Parmesan Fish</b> Roasted Root Veggies Banana Bread Pudding	<b>10</b> <b>Soup &amp; Salad Option</b> <b>Hard Shell Tacos</b> , Salsa Refried Beans Spanish Rice Fruit Cup	<b>11</b> <b>Soup &amp; Salad Option</b> German Style Tomato Salad <b>Herb Roast Pork</b> , Gravy Twice Baked Potatoes Minnesota Green Beans Strawberries & Chocolate Ice Cream	<b>12</b> Asian Salad <b>Chicken Stir Fry</b> with Vegetables over Sesame Noodles Ginger Pears Almond Bark Cookie	<b>13</b>	
<b>14</b>	<b>15</b> Tossed Green Salad <b>Lasagna</b> Sautéed Zucchini French Bread Melon Cup	<b>16</b> <b>Soup &amp; Salad Option</b> Sunshine Salad <b>Oven Fried Chicken</b> Mashed Potatoes & Gravy Pacific Blend Vegetables Gingerbread Cake	<b>17</b> <b>Soup &amp; Salad Option</b> Fanny's Cole Slaw <b>BBQ Pork Sandwich</b> on Whole Wheat Bun Potato Salad Mandarin, Pineapple, Grape Cup Lemon Bar	<b>18</b> <b>Soup &amp; Salad Option</b> Honey Mustard Slaw <b>Fish Florentine</b> Wild Rice Pilaf Glazed Carrots Strawberry Shortcake	<b>19</b> <b>Friday Feast</b> Grilled Cheese on Whole Wheat Bread Deli Salad Melon Cup Ice Cream Sundae Bar	<b>20</b> <b>BBQ @ Noon</b> Creamy Cole Slaw <b>Hamburger or Hot Dog</b> Corn on the Cob Watermelon Ice Cream Sandwiches	
<b>21</b> <b>Tuesday, July 23</b> <b>Dinner with a Doc Menu</b> <b>Chicken Caesar Salad</b> Whole Wheat Bread Stick Harvard Beets Fresh Fruit Cup Carrot Cake	<b>22</b> Spinach, Mushroom Salad with Mandarin Orange <b>Sweet &amp; Sour Pork</b> Steamed Rice Peas & Carrots Egg Roll Banana	<b>23</b> <b>Soup &amp; Salad Option</b> Beef Barley Soup ½ Egg Salad Sandwich on WW Bread Three Bean Salad Mandarin Oranges Chocolate Chip Cookie <b>Dinner with a Doc @ 6</b>	<b>24</b> <b>Soup &amp; Salad Option</b> Spring Salad <b>Porcupine Meatballs</b> Au Gratin Potatoes Green Beans Yeast Roll Apple Cobbler	<b>25</b> <b>Soup &amp; Salad Option</b> KFC Coleslaw <b>Chicken &amp; Herbed                      Fettuccine</b> Mixed Vegetables Roll Berry Pie	<b>26</b> Tomato Soup Broccoli Craisin Salad <b>Roast Beef</b> , Gravy Baked Potato Garden Blend Vegetables Cherry Crisp	<b>27</b> <b>Painting Outing TBD</b> Carrot & Celery Sticks Beef & Spinach Wrap Granola Bar Fresh Fruit	
<b>28</b>	<b>29</b> Garden Bounty Salad <b>Cheeseburger</b> Lettuce & Tomato Potato Wedges Fresh Peach Chocolate Chip Cookie	<b>30</b> <b>Soup &amp; Salad Option</b> Cabbage Apple Salad <b>Baked Fish</b> w/ Dill Sauce Roasted Red Potatoes Three Bean Salad Yellow Cake with Lemon Cream Frosting Seasonal Fruit	<b>31</b> <b>Birthdays Lunch</b> Mixed Relish Tray <b>Roast Pork</b> Mashed Sweet Potato Green Beans with Bacon & Onions Applesauce Yellow Cake with Chocolate Frosting	Lunch is served 12-1 pm Monday – Friday Suggested contribution for Seniors is \$4 Non-Seniors are \$8 Menus are subject to change.			

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Please visit <a href="http://seniorcenterjh.org">seniorcenterjh.org</a> for descriptions and updates to activities.</b></p>	<p><b>1 **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>2</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>3</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>4</b>   Come see us at the parade!</p>	<p><b>5 Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong</p>	<p><b>6</b> 10:30-12:30 *Exercise Equipment Open</p>
<p><b>7</b></p>	<p><b>8 **Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour <b>11:00 Mary Kay Pampering</b> 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights &amp; More 4:00 **Dupl. Bridge</p>	<p><b>9</b> 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p><b>10</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 4:00 AFJH Meeting</p>	<p><b>11</b> 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga <b>11:30 Medicare Assist.</b> 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt.</p>	<p><b>12</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong</p>	<p><b>13</b> 10:30-12:30 *Exercise Equipment Open</p>
<p><b>14</b></p>	<p><b>15 **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>16</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>17</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness <b>9:30 **Live Model Drawing</b> 10:30 *Leslie's Fitness 11:30 BP Check <b>12:00 Geologists of JH</b> 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>18</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>19 Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong</p>	<p><b>20</b> 10:30-12:30 *Exercise Equipment Open  <b>12:00 **BBQ Lunch @ the Senior Center. Sign up in advance!</b></p>
<p><b>21</b></p>	<p><b>22 **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>23</b> <b>9:00 **Art Workshop at National Museum of Wildlife Art</b> 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p><b>24</b> 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check <b>11:30 Medicare Assist.</b> 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>25</b> 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge <b>1:00 Bingo at the Fair</b> 1:00 Mahjong 1:00 Tech Tutor by Appt.</p>	<p><b>26</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong</p>	<p><b>27</b> 10:30-12:30 *Exercise Equipment Open</p>
<p><b>28</b></p>	<p><b>29 **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>30</b> <b>9:00 **Art Workshop at National Museum of Wildlife Art</b> 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt.</p>	<p><b>31</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>*Indicates suggested contribution for activity</p> <ul style="list-style-type: none"> <li>• Fitness Classes: \$4 for seniors</li> <li>• Prices for non-seniors is \$7</li> <li>• Exercise Equipment is \$1</li> </ul>	<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>	

## Home Care

Reminiscing. I just looked up the definition and it states "indulge in enjoyable recollection of past events." I love that it has the words "indulge" and "enjoyable" in the definition. What a great gift it is for humans to have the power to reminisce and I think it is unfortunately often used too little.

I challenge each of you to take at least 15 minutes each week to go through your rolodex of memories and pick a time in your life to indulge yourself in. Pick a particular year in your life, a big life event, a vacation, a hard time that you worked through, or a special event spent with family or friends.

To enhance the experience try to incorporate your

senses. Pull out old pictures, pick up a beverage you drank at that point in your life, touch that old dress you have kept for 20 years, or smell something in your spice rack that you used to always make cookies...whatever you do, ENJOY IT!

Unfortunately, people who have dementia generally lose the power to reminisce but music can be incredibly powerful. To find out more about this, look up "Music & Memory" online or rent the movie "Alive Inside"...I promise you will be moved to turn the radio up!

Happy reminiscing everyone...  
Erin Crow

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

## Dinner with a Doc

**TUESDAY, JULY 23RD 6PM**

### **Cataract Surgery: Updates and Outcomes**

Discussion topics will include:

Local options for procedures

Recovery time

Correction of other visual problems through surgery.

This month's presenters, William Ramsay, MD, Bonnie Kovacs, OD, and Jamie Monroe, MD, have been providing individualized eye care

to the Jackson Hole and regional communities for the last two decades.

Dinner will be Chicken Caesar Salad, Beets, fresh fruit and Carrot cake. Meals for seniors are compliments of the St. John's Hospital Foundation. Please RSVP at the Senior Center by Monday, July 22.



St. John's Hospital Foundation  
[STJOHNSHOSPITALFOUNDATION.ORG](http://STJOHNSHOSPITALFOUNDATION.ORG)

## Mary Kay Spa Facial Pampering Experience

**Monday, July 8th  
11:00 am - 12:00 pm and  
1:00 pm - 2:00 pm**

All guests will receive a DIY Facial Experience. This includes a Mary Kay Skin Care mask that is best suited for each individual's skin care needs. Hands and lips pampering will be also be included.

Each guest will leave with a pampering gift.

This pampering is free of charge.



## Geologists of Jackson Hole

**WEDNESDAY, JULY 17TH  
12:00 - 1:00 PM**

The Snake River between Jackson Lake Dam and its confluence with Pacific Creek is a placid, meandering low gradient single channel. The Oxbow is an exception to this regime, in which cut off meanders are complex and likely represent several generations. Come and learn what caused this channel to change.



## 40th Anniversary Donations

### Thank you to the following \$40(+) donors:

Jean Day  
Tim Day  
Becky Zaist  
John A Turner  
Laura Turner  
Harold Turner  
Berniece Turner  
John Turner  
Hannah Sell  
T.R. Shelby  
Emily Shelby  
Mary Ann McLeod  
Vicki & Dennis Johnson  
Glenda & William Ramsay  
Jeanne & Roger Kirkpatrick  
Dianne Fleming  
Pam Douglas  
Gretchen & Gary Duniphan  
Lori Clark-Erickson  
Bruce Hawtin  
Judy Hammerschlag  
Tisch Brown  
Ricki Zabinsky

Syd & Gary Elliott  
Jim Little Sr.  
Cheryl Schaffer  
Shelly Sundgren  
Anne Newcomb  
Cecilia & Frank Bellinghiere  
Max Obringer  
Mary Obringer  
Mark Obringer  
Maggie Scarlett  
Dick Scarlett  
Helmut Thalhammer  
Doris Budge  
Karen Swaim  
Cindy Knight  
Chuck Harris  
Karen Jerger  
Jane Jerger  
Connie Owen  
Barbara McPeak  
Bill McPeak  
Paula & Larry Jorgenson  
Gwendy Johnson  
Bonnie Hershberger  
Benny Tucker  
Barb Tucker  
Sara Flitner

Nan Kenyon  
Victoria Atwater  
Robin Smith  
Dee Bupp  
Nancy Carson  
Kathy & John Clemmens

***Our goal is 1000 donors to help get us started on the next 40 years of service to seniors!***



## Wildlife Painting Workshop

**JULY 23RD AND JULY 30TH  
9:00 AM - 12:00 PM**

Two day art workshop taught by master wildlife artist Andrew Kneeland, who taught at the Senior Center last year.

Each session will look at works of art in the Museum that support workshop themes,

followed by a painting demonstration to visualize acrylic painting techniques. The first session will emphasize light, color, shading, blending. The second session will build on those skills, resulting in a complete animal portrait!

RSVP at the Senior Center. Space is limited, so students will be expected to attend both sessions. Suggested Contribution: \$25



# Don't Miss:

## Saturday Barbeque

**JULY 20TH, 12:00-1:00 PM**

Come and join us for our outdoor summer BBQ. We are grilling up hot dogs and hamburgers on the Senior Center lawn.

Music provided by Al Wilner.

Please RSVP by Friday, July 19th. Contact Hannah to volunteer!

Suggested donation for Seniors \$4 and Non-seniors are \$8

## Bingo at the Fair

**JULY 25TH, 1:00-2:00 PM**

Join us for a visit to the Teton County Fair. The bus will leave the Senior Center at 12:45 pm. Anyone is welcome to just walk around the

midway or play Bingo with us. If you don't want to ride the bus, meet us under the big top at 1 pm!!

## *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 JULY 4**



P.O. Box 4677  
Jackson, WY 83001  
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(307) 733-7300  
[www.seniorcenterjh.org](http://www.seniorcenterjh.org)

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**Live Your Best Life**  
**July Newsletter 2019**