



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

Upcoming!

SEPTEMBER 4

R Park Visit

SEPTEMBER 5 & 25

Medicare Assistance

SEPTEMBER 7

Old Bill's Fun Run

SEPTEMBER 10

Bar J Chuckwagon
Evening

SEPTEMBER 13

Prostate Health
Presentation

\$40 Prime Rib Dinner
Fundraiser

SEPTEMBER 18

Geologists of Jackson
Hole Presentation

SEPTEMBER 20

Wills & Simple Estate
Planning

SEPTEMBER 26

Birthday Lunch

SEPTEMBER 27

Balance for Life
Workshop

Our Mission

*Enhancing and supporting
the lives of seniors.*

Prime Rib Dinner Fundraiser

Friday, September 13th at 6 pm

Menu

Wedge Salad with Bacon, Tomato & Blue Cheese

Prime Rib

Baked Potato

Green Beans with Red Pepper

Dinner Rolls

& Dessert

Join us for a deliciously festive evening and our first ever
Silent Auction & Live Homemade Pie Auction!

(spoiler alert: Pies are baked by local seniors!!)

This is going to be a great evening of food, fun and friends.
We hope you can make it!

Tickets are \$40/person and on sale at the Senior Center now!

Balance for Life Workshop

**FRIDAY, SEPTEMBER 27
WORKSHOPS, 1 PM & 2 PM**

Molly Breslin, triathlon coach, fitness instructor, and nurse will teach you to incorporate balance, practice and improvement techniques into your every day activities without having to go to another class or a gym.

You will use these skills throughout your daily routine, both outdoors and indoors! No matter

what level you are or consider yourself physically, this workshop can be tailored to you.

The workshop will incorporate props such as agility ladders on the ground, balance disks to engage your core, and hiking poles to help stabilize while you learn techniques.

Please sign up in advance. Suggested contribution for Seniors is \$10. Cost for non-seniors is \$15.

Old Bill's Fun Run Saturday, Sept. 7th

Old Bill's Fun Run is our most important fundraiser of the year! Please help ensure the continuation of senior services by making a donation through Old Bill's. Old Bill's giving period continues now through September 13th. To make a donation, make your check payable to the Community Foundation of Jackson Hole and write "Senior

Center of Jackson Hole" on the donation form. We have donation forms at the Senior Center and would be happy to help you fill one out. Sign up at SCJH to join us in the Fun Run!



Giving Back

MONETARY DONATIONS

Jim Ryan
Beatrice & Tom
Howard
Biba & Jon Parker
Eileen & Elliot Stein
JH Chamber of Commerce
Irene & Alan Lund
Emily & TR Shelby
Smith's Food & Drug
Ann Trammell
Bruce Hawtin
Odd Fellows Lodge #8

MISCELLANEOUS DONATIONS

Rick Tharp
Domi & Mickey
Yamishiro
Linda & Eric Schmidt
Kathy Schreiber
Mary Elzemeyer

MEMORIAL DONATIONS

Margaret Mathieu
Berniece & Harold
Turner
Bob Shervin

John Harrington

Senator Grant &
Maralyn Larson

Gloria Newton

Senator Grant &
Maralyn Larson

Sam Lightner

Senator Grant &
Maralyn Larson

Virginia Napierski

Senator Grant &
Maralyn Larson

Dietrich Oberreit

Senator Grant &
Maralyn Larson

Dorothy & Max May

Senator Grant &
Maralyn Larson

Gene Sinn

Senator Grant &
Maralyn Larson

Jennie Imeson

Senator Grant &
Maralyn Larson

Lenora Burnside

Senator Grant &
Maralyn Larson

Elaine May

Bob Shervin
Bonnie Budge

Virginia Blair

Bonnie Budge
Maggie & Dick
Scarlett

Linda Hayes

Bonnie Budge
Bob Shervin

MEMORY WALL

Jesse Tucker

Ben, Barb, Chris &
Matt

Hazel Halling

The Birthday Club

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

Kathy Cottam RN,

Carina Barker,

Dori Cote, Kristine Dyke,

Chris Encinas,

Margaret Harris,

Becca Jewison,

Judy Johnson, Janette Miller,

Mary Obringer, Reyna Perez,

Gail Perrone, Anne Bowen

Laurie Watsabaugh

KITCHEN

Amando Perfecto

Head Chef

Alejandra Padilla

Assistant Cook

Edgar Briones

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,

Sara 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 September!

1	Anne Everett Wayne Glass Roni Grasseler Mary Springer Cheri Witz Meg Womack	10	Cathy Nutter Joni Upsher Don Wadsworth Betty Walton	17	Janet Anderson Carol Chase Annie Newcomb	26	Patti Berlin Rena Guest Andy Schwartz
2	Sally Johnson Bill Maltby Mary Beth Riemondy Kathy Teare Ken Thomasma Annie Wenger	11	Alix Doherty Thomas Grisell Ken Jern Doug Kennedy Jay Pieper Dorie Smith	18	Rose Novak	27	Ruth Happersett Gary Poulson
3	Carol Black Louise DeLand Patty Ewing Happy Weston	12	Dede Brooks Maria Lennon Nance Parriott Gudrun Rice Dick Shuptrine Yvonne Wood John Zygmunt	19	Debbie Cotton John Hanlon Mary Lee Mahlerwein Craig Smith	28	David Dewald Edward Redmond Joy Watson Michael West
4	Julie Alexander Jerry Carlson Carla Johnson Paula Jorgenson Laury Lacy Bonnie Voorhees	13	Wendy Baylor Jamee Cochary Carol Cunningham Ann DiTommaso Earleen Horn Becky Prestrud	20	Glorya Johnson Olivia Meigs Debbie Somers Larry VanGenderen	29	Denise Harrell Frank Hess Dorothy Hester Bob Nelson Gerry Schultz Carol West
5	Bob Culver Marge Ordway Paul Zscheile	14	Barb Garrett Venti Joosten Shelley Rubrecht	21	David Auge Tim Bradley Penny Dykes Patrick Dominick Jean Ferguson Daniel Humphrey Jeff McDonald Regina Schultz Bruce Stevens Shawn Benson Deb LaPointe Claudia Mauro Stephen Pecha		
7	Carol Connors Sara Lilley Irene Mellion David Young	15	Mandie Bellorado Marce Bullock Kris Giger Genelle Robishaw	22	Patrick Dominick Jean Ferguson Daniel Humphrey Jeff McDonald Regina Schultz Bruce Stevens Shawn Benson Deb LaPointe Claudia Mauro Stephen Pecha Miriam Lenz Janice O'Kelley Penny Singer Jim Smith Ty Young		
8	David Basye Jean Johnson Kathy Shidner			23	Shawn Benson Deb LaPointe Claudia Mauro Stephen Pecha Miriam Lenz Janice O'Kelley Penny Singer Jim Smith Ty Young		
9	Afton Jones Bert Steece Peter Thilmany	16	Kay Boda Jim Little Terry Nuttle Peter Rosenberg	24	Miriam Lenz Janice O'Kelley Penny Singer Jim Smith Ty Young Jim Green Gwen Hansen Marie McCormack Dennis Pagliaro		



Birthday Lunch: September 26th

September 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.

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed in Observance of Labor Day	3 Soup & Salad Option KFC Style Cole Slaw BBQ Spareribs Herbed Broccoli Baked Potato, Sour Cream French Bread Apple	4 Soup & Salad Option Spring Salad Beef Pot Pie Seasoned Zucchini Peanut Butter Cookie Cinnamon Pears	5 Soup & Salad Option Mixed Green Salad Turkey Club Sandwich on Whole Wheat Bread Potato Salad Fresh Fruit Chocolate Chip Cookie	6 Friday Feast Tossed Green Salad Lasagna Italian Vegetables French Bread Melon	7
8	9 Spring Salad Baked Pork Chop , Gravy Mashed Sweet Potatoes Lemony Cauliflower WW Bread Apple Crisp	10 Soup & Salad Option Tortilla Soup Fish Tacos Onion, Salsa Mexicali Corn Fudge Brownie Fresh Fruit	11 Soup & Salad Option Green Bean Salad Orange Glazed Chicken Herbed Potato Bake Peas & Carrots Poppy Seed Muffin Chilled Pineapple with Whipped Topping	12 Soup & Salad Option Creamy Coleslaw Grilled Hamburger Whole Wheat Bun Side of Lettuce, Tomatoes, Pickles & Onion Oven Browned Potatoes Pear Crisp	13 Chicken Caesar Salad Whole Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake \$40 Prime Rib Dinner Fundraiser @ 6:00	14
15	16 Carrot, Celery & Cuke Salad Rancher's Meat Loaf Roasted Red Potatoes Almond Broccoli Wheat Drop Biscuits Apple	17 Soup & Salad Option Tossed Salad Baked Liver & Onions Whipped Potatoes Italian Vegetables Roll Pear Betty	18 Soup & Salad Option Carrot Salad Roast Pork , Gravy Oven Roasted Potatoes Green Beans Whole Wheat Bread Pineapple Upside Down Cake	19 Soup & Salad Option Spinach - Strawberry Salad Parmesan Fish Whole Wheat Bread Roasted Root Vegetables Chocolate Surprise Cake Ice Cream	20 Friday Feast Sunshine Salad Oven Fried Chicken Mashed Potatoes, Gravy Pacific Blend Vegetables Gingerbread Cake	21
22	23 Perfection Salad Glazed Baked Ham Scalloped Sweet Potatoes & Apples Brussels Sprouts Cookie Bar	24 Soup & Salad Option Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Bread Apricot	25 Soup & Salad Option Fresh Vegetable Salad Tamale Pie Peas & Carrots Whole Wheat Bread Fresh Fruit	26 Birthdays Lunch Mandarin Orange Spinach Salad Roast Beef , Gravy Rosemary Red Potatoes Winter Blend Vegetables Garlic Roll Black Forest Cake	27 V-8 Juice Scrambled Eggs Ham Slice French Toast Maple Syrup Banana	28
29	30 Mixed Relish Tray Parmesan Chicken Mashed Garlic Potatoes Seasoned Zucchini Whole Wheat Bread Fresh Fruit	<p style="text-align: center;">Lunch is served 12-1 pm Monday – Friday Suggested contribution for Seniors is \$4 Non-seniors are \$8 Menus are subject to change</p>				

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Please visit seniorcenterjh.org for descriptions and updates to activities.	2 Closed for Labor Day	3 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 Meeting	4 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 **R Park Outing Picnic 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo	5 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Assist. 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt	6 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 Birthday Club	7 10:00 Old Bill's Fun Run - join us on the Town Square or sign up to walk with us! 10:30-12:30 *Exercise Equipment Open
8	9 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	10 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt 6:00 **Bar J Chuckwagon Outing	11 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 12:45 Board Meeting 1:00 Bingo 4:00 AFJH Meeting	12 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	13 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 Prostate Health Presentation by Dr. Morgan 6:00 Prime Rib Dinner Celebrating our 40th	14 10:30-12:30 *Exercise Equipment Open
15	16 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	17 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt	18 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:00 Geologists of JH 12:45 Board Meeting 1:00 **Contract Bridge 1:00 Bingo	19 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	20 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 Birthday Club 1:00 Wills & Simple Estate Planning Seminar Full Body Massage by appt.	21 10:30-12:30 *Exercise Equipment Open
22	23 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	24 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt 1:15 **Spanish Class	25 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	26 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	27 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 **Balance for Life Workshop	28 10:30-12:30 *Exercise Equipment Open
29	30 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	<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 		

Caregiver Support Group Begins

Support. Everyone needs it. Do you need support? Do you give support to someone else?

One of our main goals in the Home Care program is to provide support to our clients and caregivers. We have a great team of staff members that visit over 60 homes in the valley. Starting in September we would like to add another level of support by bringing back our **Caregiver Support Group**.

The purpose of this meeting will be for caregivers to benefit from "group knowledge" in a structured & confidential setting. Each meeting will offer a new "caregiver tool" to be discussed. It is the hope everyone will leave with

something to help improve their caregiving experience.

So if you are currently a caregiver or know someone who is, please help us spread the word about the following meetings:

1st and 3rd Thursdays beginning September 5th from 3:30-4:30. Meeting will be held at the Senior Center.

Please contact me at 733-7300 if you need a staff member to care for a loved one while you attend this meeting.

You are not alone on this journey!

Erin Crow
Home Care Manager
ecrow@seniorcenterjrh.org

Bar J Chuckwagon Dinner

Tuesday, September 10, 6 pm
Don't miss this annual favorite event! Join us for an evening at the Bar J chuckwagon for dinner and entertainment by the Bar J Wranglers.
Meet Hannah inside the gates, directly past the ticket office at 6:00 pm. Discounts apply for Senior Center members. Please call the senior center to inquire and register. Bus transportation available.



Volunteer Spotlight

Hole Food Rescue started a new program this summer that connects kids receiving scholarships to summer camp with a healthy lunch each day of camp.

When Hole Food Rescue reached out to ask if the Senior Center would make lunches each week, we couldn't turn the opportunity down!

It has been such a fun summer helping with this awesome

summer program! It's great to give back to an organization that has been so generous with their support to the Senior Center.

Thank you volunteers!!

Sandy Strout **Phyllis Olson**
Holly Hunter **Ellae Elinwood**
Chris Glasgow **Rozan Welch**
Ellie Atkinson **Nancy Carson**
Marion Cadol **Linda Soper**
Sue Hall **Beth Shockley**
Sharon Wiley **Jane Curtis**



R Park Picnic Lunch

**WEDNESDAY,
SEPTEMBER 4TH
10:30 AM**

Join us for a short nature walk followed by discussion on the history of R Park with Ellie Stratton-Brook of R Park. Explore the Found Space art installations with the option of asking questions of some of the artists. Lunch provided by the Senior Center. suggested contribution: \$10, non-seniors are \$15

40th Anniversary Donations

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

Claudia Gillette
Marian Butcher
Stephanie Brown
Bert Steece
Joyce Steece
Mary Gridley
Gigi Halloran
Jackie Benson
Kay Benson
Carol Kessler
Anne Bowen

Julie & Larry Kummer
Ann Frame
Andy Watson
Joan Blatt
Linda Hazen
Benj Sinclair
Maureen Brown
Deane Henderson
Shirley & Wes Timmerman
Jeff Hewitt
Ann & Dick O'Leary
Nancy Norton
Bob Norton
Linda Sternberg
Dede Brooks

Emily Knobloch
Anne Dick
Mary Kay Werner
Keith Hall
Peggy Puche
Nancy McCarthy
Karen Priebe
Janice O'Kelley
Robyn Jones
Shirley Bradley

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

The More You Know...

FRIDAY, SEPTEMBER 13TH, 1 PM

Prostate Health Presentation
Please join Dr. Ted Morgan at the Senior Center of Jackson Hole during Prostate Cancer Awareness Month for ways to keep a healthy prostate.

FRIDAY, SEPTEMBER 20TH, 1 PM

Wills & Simple Estate Planning
Sponsored by Teton County Access to Justice

Please join Jackson Attorney, Richard Manning, Jr., JD, MBA and LLM, at the Senior Center. Mr. Manning will tell you what you need to know and answer your questions about Wills and Simple Estate Planning.

Every adult should have an estate plan. It's that simple. A well thought out estate plan will maintain the financial security of individuals through their lifetime and facilitate the transfer of their assets at death. A good estate plan should take into consideration your unique circumstances

and the potential costs of different estate planning methods.

Come and learn what you can do to plan effectively.

TUESDAY, SEPTEMBER 24TH THROUGH OCTOBER 29TH, 1:15-2:15

Spanish Class for Beginners

Teton County Parks and Recreation and the Senior Center have partnered to offer a 6 week beginning Spanish class.

This 6 week course will follow a lesson plan focused on grammar, vocabulary and speaking. With an interactive class style, diverse activities and games, there is a way for everyone to learn!

Please register through the Senior Center. Suggested contribution for Seniors is \$15 for the entire session.

Don't Miss:

October Flu Shot Clinic

FRIDAY, OCTOBER 4TH

Public Health will be returning to the Senior Center for the annual Flu Shot Clinic. The clinic will

be from 10:30-1:30 pm. The nurses will have Pneumonia vaccines as well.

Writing the Memoir

OCTOBER-DECEMBER

Have you thought about writing a memoir, either for your family or with something bigger in mind?

Join award-winning author, Susan Marsh, for a three part writing workshop that will begin in October and meet monthly.

Discussion will include the elements of a memoir, reasons for writing one, how to get started and how to keep going.

Please sign up at the Senior Center.

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 SEPTEMBER 2



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www.seniorcenterjh.org

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Live Your Best Life
September Newsletter 2019