



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

## Upcoming!

**JANUARY 6**

Evening Yoga Class

**JANUARY 8**

Birthday Lunch in honor of Elvis

**JANUARY 9**

Medicare Assistance & Caregiver Support Group

**JANUARY 17**

Bird Watching Presentation

**JANUARY 21 & 28**

Acrylic Paint Art Class

**JANUARY 22**

Medicare Assistance & Geologists of JH Lunch Presentation

**JANUARY 24**

Movie Night

**JANUARY 25**

Saturday Breakfast

**JANUARY 28**

Birthday Lunch

## Our Mission

Enhancing and supporting the lives of seniors.

## Bird Watching Presentation

**FRIDAY, JANUARY 17TH**

**1:00 PM**

Tim Griffith has been an avid bird watcher (birder) since his grandparents introduced him to the hobby when he was 10 years old.

He has birded in all 50 states and in over 20 countries worldwide. His "Life List" for North America totals over 600 species and numbers of over 1,300 species worldwide. Tim has taught bird watching in 10 states over the past 50 years.

This class is designed to introduce the fascinating hobby of bird watching to anyone who loves nature and wants to know more about the birds they see every day around the area. We will learn about the

most common birds seen in everyone's backyard and look into the habits and quirky adaptations birds have made to survive in this region.

We will also explore some areas you can find our more interesting feathered friends without expending a lot of energy. This presentation includes photos of local birds and local birding hotspots you can enjoy.



## Movie Night

**FRIDAY, JANUARY 24TH**

**6PM**

A Night at the Movies with the JHHS Cheerleaders!

The cheerleaders will be showing the movie **Poms** at the Senior Center with popcorn and soda!

**Poms** is a 2019 American comedy film directed by Zara Hayes, starring Diane Keaton, Jacki Weaver, Pam Grier, Celia

Weston, Alisha Boe, Phyllis Somerville, Charlie Tahan, Bruce McGill, and Rhea Perlman.

This comedy follows a group of women from a retirement community who decide to start a cheerleading squad.

Suggested contribution: \$5.



## *From the Desk of the Executive Director*

One of the most important things we do at the Senior Center is – serve lunch. Thanks to our talented kitchen staff the food is delicious and nutritious. It's well known that eating a well-balanced diet is an important part of staying healthy as we age. It can help you maintain a healthy weight, and stay energized. It lowers the risk of developing chronic health conditions such as heart disease and diabetes. But lunch at the Senior Center is more than just a meal – it's an important time to connect with others.

Did you know that seniors who regularly eat alone are often at higher risk for a variety of health issues? A recent study showed that one in five seniors report that they feel loneliest when eating by themselves. 85% of seniors studied said that having someone

to share their meals with them makes mealtimes more satisfying. Eating together promotes healthy eating for seniors and has been shown to help us make better food choices. But while the taste and nutritional value of the food itself is important, seniors report that sharing stimulating conversation during the meal is almost equally as important.

So as we enter this new year, I encourage you to make coming to the Senior Center for lunch a part of your regular routine. Just by being here, connecting with old friends and making new ones, you will be making a positive impact on your health and life.

I wish you all a Happy and Healthy 2020!

Becky Zaist  
Executive Director

### *Evening Yoga Class*

**NEW EVENING YOGA CLASS  
BEGINS MONDAY, JANUARY 6  
5PM TO 6 PM**

Jill Oja Johnson will be the instructor of our new evening Restorative Yoga class. Jill is a Case Manager for the State of Wyoming Medicaid program, and also teaches yoga 2 days a week at the Rec Center.

This class will help after a weekend of mountain town play by slowing you down and opening your body through passive stretching and gentle movement. Props will assist in calming the body and mind. Disconnect from the frantic activity of daily life and let your speedometer return to 0 mph.

### *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.*

#### **STAFF**

Becky Zaist  
*Executive Director*

Rebecca Erskine  
*Assistant Director*

Hannah Sell  
*Activities/Volunteers*

Jenny Ryan  
*Bookkeeper*

Julie Sanchez  
*Bus Driver*

Liz Jacobson  
*Data Manager*

#### **HOME CARE**

Erin Crow  
*Home Care Manager*

Corinne Ahlum, RN  
Carina Barker,

Dori Cote, Kristine Dyke,

Chris Encinas,  
Margaret Harris,

Becca Jewison,  
Judy Johnson, Janette Miller,

Mary Obringer, Reyna Perez,  
Laurie Watsabaugh,

Mary Lynn Hewitt  
Anne Bowen  
Dimmie Zeigler

#### **KITCHEN**

Amando Perfecto  
*Head Chef*

Alejandra Padilla  
*Assistant Cook*

Jose Farfan  
*Dishwasher*

#### **BOARD OF DIRECTORS**

Dave Auge  
*Chair*

Lou Hochheiser  
*Vice Chair*

Bruce Hawtin  
*Secretary*

Sara Van Genderen  
*Treasurer*

Bob Shervin,  
John A Turner,  
Sheila Sandubrae Davis,  
Rick Stuck,  
Irene Lund

# Happy Birthday January!

1	Doris Budge Marsha Covington Alston Griffin Rosie McIntosh Ellen Sanford Craig Schwender Steve Stokes	11	Earl Lutz Shelley Sundgren Jim Turley Becky Woods Bloom Sue Bybee Jan Clark	19	Steve Scott O'Ann Fredstrom Dee Parker Janet Pusey Olivia Tanner Bobbie Taylor Jan Wood	29	Jim Radda Virginia Adler Marv Heilesen Branka Thomas Maree Webster Neil Ford Joanne Hennes
2	Helen Coderre Bill May Stuart Palmer Margie Thomas		Theresa Dowling Joyce Johnson Jane LaJohn Les Peak Sandy Ress	20	Manuela Brown Judy Hammerschlag Eli Sedlin Alvira Sturlin	30	Mary Lynn Hewitt Kristen Simpson Jeanie Staehr Dan Zelenko Bruce Burkland
3	Dick Clark Karen Hobbins Carol Roth		Susan Tilling Ed Wigg Bob Williams John David Hardie	21	Chris Glasgow Bob Graham Roger Brown Bob Moeller III Benny Wilson	31	Donovan Erickson Sharleen Kominsky Robert May Chuck Terrill
4	Suzanne Ferond Kim Hysell Mary Ann Lawroski Robin Paulson Estela Torres Barbara VanGenderen	12	Bob Rogers Nancy Collister Tom Davis Nancy Peak Anne Hildebrand	22	Cheryl Adams Chuck Bancroft Joannie Epstein Nancy Fauntleroy Jeanne Miller Ila Rogers		Adrienne Ward
5	Rose Cusson Ann Dahl Martin Murphy	14	Tom Jordan Karen Wilson Pam Baker Pam Flores Laurie Jurekovic	23	Gloria Coronel Cotonieto Gary Edington George Ford Sarah Lacy Sue Lurie		
6	Patricia Alter Anne Bowen Sharon Brown Susan Dong Linda Hanlon	15	Nancy Kaufman Alecia Davis Inger Koedt Linda Pennell Roger Strout	24	Olive Lee Macy Diane Galbraith Roberta Glidden Patty Poulson Fred Staehr Joyce Butcher Willo Carey		
7	Susie Blasko Jo Schmillen Ann Williams	16	Mike Morrissey Peter Benoliel Karol Brewer Heather Dagle Lynn Hammond	25			
8	Paul Cote Dave Roters Carole Smith	17	Heather Dagle Lynn Hammond Tony Hough Evelyn Jackman Margie Reimers	26			
9	Janine Vickland	18		27			
10	Sally Berman Franz Camenzind Joanie Farrow Scott Garland						



## Birthday Lunch: January 28

January 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.

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Closed for New Years	<b>2</b> Soup & Salad Option Garden Vegetable Salad <b>Cheesy Beef Stuffed Shells</b> Herbed Broccoli Whole Wheat Bread Fresh Fruit	<b>3</b> <b>Friday Feast</b> Mixed Relish Tray <b>Roast Pork</b> Mashed Sweet Potato Seasoned Zucchini Corn Bread Applesauce	<b>4</b>
<b>5</b>	<b>6</b> Beet Salad <b>Oven Fried Chicken</b> Mashed Potatoes, Gravy Spinach Mandarin Oranges Gingerbread Cake	<b>7</b> Soup & Salad Option <b>Parmesan Coated Fish</b> Roasted Root Vegetables Minnesota Green Beans Cheese & Onion Roll Strawberry Parfait	<b>8</b> Soup & Salad Option Tortilla Soup <b>Soft Shell Tacos</b> Onion, Salsa Mexicali Corn Fudge Brownie Fresh Fruit	<b>9</b> Soup & Salad Option <b>Pork Chop Supreme</b> Scalloped Potatoes German Blend Vegetables Ambrosia Fruit Cup Oatmeal Spice Cake	<b>10</b> Mixed Relish Tray <b>Open Faced Hot Roast Beef Sandwich</b> on Whole Wheat Bread Beets in Sour Cream Apricot Betty a la Mode	<b>11</b>
<b>12</b>	<b>13</b> Tossed Green Salad <b>Brunswick Stew</b> (pork & chicken with veggies) Whole Wheat Bread Strawberries & Bananas	<b>14</b> Soup & Salad Option Green Bean Salad <b>Orange Glazed Chicken</b> Herbed Potato Bake Peas & Carrots Poppy Seed Muffin Chilled Pineapple	<b>15</b> Soup & Salad Option Spring Salad with Shredded Carrots <b>Roast Beef, Gravy</b> Baked Potato Herbed Broccoli Peach & Orange Delight	<b>16</b> Soup & Salad Option Hawaiian Tossed Salad <b>Fish Cakes</b> Zucchini, Carrots & Basil Whole Wheat Bread Chocolate Cherry Mousse	<b>17</b> <b>Friday Feast</b> Garden Salad <b>Spaghetti &amp; Meat Sauce</b> Minnesota Green Beans Focaccia Bread Peachy Pudding	<b>18</b>
<b>19</b>	<b>20</b> <b>Beef Tips</b> with Mushrooms over Egg Noodles Cauliflower Lemon Blueberry Muffin Fruity Cherry Dessert	<b>21</b> Soup & Salad Option Garden Bounty Salad <b>Cheeseburger</b> Lettuce & Tomato Sweet Potato Wedge Peaches Chocolate Chip Cookie	<b>22</b> Soup & Salad Option KFC Coleslaw <b>Chicken &amp; Herbed Fettuccini</b> Mixed Vegetables Roll Berry Pie	<b>23</b> Soup & Salad Option Tossed Salad with Beans <b>Meat &amp; Veggie Pizza</b> on Whole Wheat Crust Mixed Fruit Cup Creamy Rice Pudding	<b>24</b> Tossed Green Salad <b>Pork Patty</b> Whipped Potatoes, Gravy Baby Carrots Whole Wheat Bread Fresh Fruit	<b>25</b> <b>Saturday Lunch Pancake Buffet</b> 10-12 pm V-8 Juice, OJ Scrambled Eggs Ham, Pancakes Pancake toppings
<b>26</b>	<b>27</b> Lettuce & Tomato Salad <b>Chicken Enchiladas</b> Peas & Onions Tropical Fruit Salad Brownie	<b>28</b> <b>Birthdays Lunch</b> Asian Salad <b>Sweet &amp; Sour Pork</b> Brown Rice Pilaf Sesame Green Beans Angel Food Cake with Berries	<b>29</b> Soup & Salad Option Lettuce Salad <b>Beef Stroganoff</b> over Pasta Noodles Herbed Broccoli Roll Fruit Cup	<b>30</b> Soup & Salad Option Cabbage Apple Salad <b>Baked Fish</b> Roasted Red Potatoes Zucchini Oranges Yellow Cake with Lemon Cream Frosting	<b>31</b> Cottage Cheese with Mandarin Oranges <b>Beef Stew</b> Cheese & Onion Roll Raspberry Bar	

# January 2020

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>	<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>	<p><b>1</b></p> <p style="text-align: center;"><b>Closed for New Years</b></p>	<p><b>2</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt</p>	<p><b>3</b></p> <p><b>Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong <b>1:00 Birthday Club</b></p>	<p><b>4</b></p> <p>10:30-12:30 *Exercise Equipment Open</p>	
<p><b>5</b></p>	<p><b>6</b></p> <p><b>**Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 2:30 *Weights &amp; More 4:00 **Dupl. Bridge <b>5:00 *Restorative Yoga</b></p>	<p><b>7</b></p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt <b>6:00 Quilt Guild Meeting</b></p>	<p><b>8</b></p> <p>9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check <b>12:00 Elvis Presley Birthday Party at Lunch</b> 1:00 **Contract Bridge 12:45 Board Meeting 1:00 Bingo <b>4:00 AFJH Meeting</b></p>	<p><b>9</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt <b>11:30 Medicare Assist.</b> <b>3:30 Caregiver Support Group</b></p>	<p><b>10</b></p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong</p>	<p><b>11</b></p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>**Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up 2:30 *Weights &amp; More 4:00 **Dupl. Bridge <b>5:00 *Restorative Yoga</b></p>	<p><b>14</b></p> <p>9:00 *Pilates <b>10:00 2<sup>nd</sup> Act</b> 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt</p>	<p><b>15</b></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><b>16</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt</p>	<p><b>17</b></p> <p><b>Friday Feast</b> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong <b>1:00 Birthday Club</b> <b>1:00 Bird Watching Workshop</b></p>	<p><b>18</b></p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>**Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up 2:30 *Weights &amp; More 4:00 **Dupl. Bridge <b>5:00 *Restorative Yoga</b></p>	<p><b>21</b></p> <p>9:00 *Pilates <b>10:00 2<sup>nd</sup> Act</b> 10:30 *Yoga 10:30 Wii Bowling <b>10:30 **Acrylic Painting Class</b> 12:45 Pinochle 1:00 Tech Tutor by Appt</p>	<p><b>22</b></p> <p>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> <b>12:00 Geologists of JH</b> 1:00 **Contract Bridge 1:00 Bingo</p>	<p><b>23</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt</p>	<p><b>24</b></p> <p>9:00** 50 Min. Massage 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong <b>6:00 Night at the Movies w/ JHHS Cheerleaders</b></p>	<p><b>25</b></p> <p>10:30-12:30 *Exercise Equipment Open</p>
<p><b>26</b></p>	<p><b>27</b></p> <p><b>**Chair Massage: AM</b> 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 1:00 *Power Up 2:30 *Weights &amp; More 4:00 **Dupl. Bridge <b>5:00 *Restorative Yoga</b></p>	<p><b>28</b></p> <p>9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling <b>10:30 **Acrylic Painting Class</b> 12:45 Pinochle 1:00 Tech Tutor by Appt</p>	<p><b>29</b></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><b>30</b></p> <p>9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong 1:00 Tech Tutor by Appt</p>	<p><b>31</b></p> <p>9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Mahjong</p>	

## Home Care

HELP. I think this can be a loaded word but a beautiful one too.

As we begin the New Year, I think our relationship with the concept of "help" is worth considering for a minute.

Are you someone that easily asks for help?

Are you someone that resists getting help?

Do you really need help or is it just "nice"?

Are others telling you that you need help but you don't agree?

Do you like helping others?

How do you feel about helping yourself?

We are lucky to live in community filled with many opportunities to help others and receive help ourselves. So I challenge all of you to add an item to your New Year's resolutions that involves the concept of "help" whether it is receiving it or giving it.

Cheers to a fabulous and helpful 2020!

Erin Crow

Home Care Manager

307-733-7300

ecrow@seniorcenterjh.org

## Volunteer Spotlight



**Joannie Epstein** has been one of the volunteers filling in for Leslie's Fitness class on Fridays when Leslie isn't teaching. Thank you!

In addition to volunteering her time to lead exercise classes, Joannie also volunteers for Teton Literacy Center as a tutor and Board Member. She also leads a

painting group for her friends.

Joannie was an elementary school teacher for 42 years at Jackson and Wilson Elementary schools. Now that she's retired, she enjoys staying busy walking, skiing, reading, painting, doing yoga, and spending time with her grandchildren.

She said she is very thankful that she found the Senior Center right after she retired because she has met so many great friends while coming here.

***Thank you Joannie!***

## Elvis Presley's Birthday Lunch

WEDNESDAY, JANUARY 8TH

12:00 PM

Wear your best sock hop outfit to this party in honor of the King!

Enjoy some of Elvis' favorite foods and some festivities that are sure to take you back in time!!



## Winter Art Class

JANUARY 21ST & 28TH

10:30 AM TO 11:30 AM

Explore acrylic paints in this two-part series in partnership with the Art Association.

Throughout the winter, instructor, Billi Harrington, will lead students through a class series at the Senior Center focusing on acrylic paints with the option to bring in some water color skills. These classes will lead into using oil paints in spring and summer classes. Come learn new skills! All levels are welcome!

Suggested Contribution: \$20 for seniors, price is \$30 for non-seniors. RSVP at the Sr. Center.

# Giving Back

## **MONETARY DONATIONS**

Odd Fellows Lodge #8  
Anonymous  
Jamee & Kevin Cochary  
Vicki & Dennis Johnson  
HUB International  
Employees  
Alecia & Thomas Davis  
Judy Pilgrim  
Bernie & Doug Kennedy  
Gayle Downing  
Field, Vinson & Assoc. CPA  
Wells Fargo Foundation  
Joyce Batson  
Scarlett Family  
Foundation  
Dragon & Don Sherman  
Sharon & Dennis Gralund

## **MISCELLANEOUS DONATION**

Yvonne Henze  
Patsy & David Raaum  
Judy Pilgrim  
Barbara Bridges  
Sarah Lacy  
Jazzy Escobedo  
Judy Harpell  
Joanie Epstein  
Jackie Lewis  
Ray Brenz  
Afton Jones  
Yippy-I-O Candy Co.  
Denny Emory  
Martha Birkett

## **MEMORIAL DONATIONS**

### **Helen Yenko**

Jamie & Phillip Krmpotich  
Jeanie & Fred Staehr  
Janis Rothermel

### **Bob McIntosh**

Mary & Mark Obringer  
Julie & Larry Kummer

### **John Dorsey**

Cecilia & Frank  
Bellinghiere

### **Herb Hazen**

Cecilia & Frank  
Bellinghiere

Clarene & Creed Law

### **Virginia Blair**

Linda & Dick Martin

### **Ray Floreani**

Linda & Dick Martin

### **Max Kudar**

Clarene & Creed Law  
Suzanne Young  
Cecilia & Frank  
Bellinghiere

### **Laura Simpson**

Clarene & Creed Law

### **Phyllis Osborne**

Clarene & Creed Law

### **Wes Flanagan**

Clarene & Creed Law

### **Hugh Soest**

Clarene & Creed Law

### **Dr. John Feagin**

Suzanne Young

### **Georgie Morgan**

Suzanne Young  
Sally Rains  
Bob Shervin

### **Stearnie & Dodi Stearns**

Suzanne Young

### **Meta Sternberg**

Suzanne Young

### **Blendine Walters**

Sheila Weitz

### **Gene Sinn**

Sheila Weitz

### **Robert Gray**

Maggie & Dick Scarlett

### **Bill Saunders**

Sally Rains

### **Hazel Halling**

Sally Rains

### **Barbara Shervin**

Sally Rains

### **Carolynn Hawtin**

Thelma & Orville Quasdorf

## **MEMORY WALL**

### **Amie Arland Kerby**

The Moyer Family

## **\$40(+) 40TH ANNIVERSARY DONATIONS**

Joyce Butcher  
Dan Butcher  
Connie & John Hansen  
Anonymous  
Virginia Anderson  
Calvin Anderson  
Becky Strout  
Douglas Pitman  
Pepi Stiegler  
Vicki Johnson  
Dennis Johnson  
Nancy & Alan Brumsted  
Jamee & Kevin Cochary  
Linda & Doug Eggers  
Patti Berlin  
Clarene & Creed Law  
Tammy Henry  
Francesca & Richard Rice  
Yvonne Henze  
Helen Feuz  
Kathleen McVey  
Sally Berman  
Cecilia & Frank Bellinghiere  
Miriam & Bob Lenz  
Mary & Mark Obringer  
Steve Weichman  
Sharon & Dan Zelenko  
Margi & Tim Griffith  
Janet & Robert Wood  
Thomas McCann Jr  
Carol Schneebeck  
Lynn Finkel  
Irene & Moe Mellion  
Roselu Zabinsky  
Patty O'Neil  
Linda Kraft  
Carol Maloney  
Linda & Gary Edington  
Patsy & David Raaum  
Margi & Tim Griffith  
Eric Jost  
Jeanne & Roger Kirkpatrick  
Becky & Tom Jordan  
Marla Hill  
Dorothy Tanner  
Robin Smith  
Bob Shervin  
Cheryl Schaffer  
William Thomas  
Kathleen Mague  
LoyDean Barney

Bonnie Budge  
Donna & Cliff Martin  
Reade & David Dornan  
Mary Walton  
Pam Johnson  
Bobbie & Ed Taylor  
Sue Hall  
Susan Imhoff  
Al Imhoff  
Lisa Ridgway  
Sara Jane Johnson  
Carol Wauters  
Pat Hardeman  
Keith Hall  
Jean Jorgensen  
Pete Jorgensen  
Arne Jorgensen  
Laura & John Turner  
Gretchen & Gary Duniphan  
Ruth Elwood  
Tracy Lamb  
Lee Macy  
Nancy Elkins & David Katsuki  
Liz & Kelly Lockhart  
Mary Gridley  
Putzi Harrington

## **NON-EVENT DONATIONS**

Sheila Sandubrae &  
John Davis  
Martha Pittard  
Thelma & Orville Quasdorf  
Sherry Kinsella  
Carol & Ed Owens  
Diane Hazen  
Dianne Pfabe  
Dave Mills  
Janet Pusey  
Sarah & Jim Sullivan  
Linda Sternberg  
Suzanne Salzmann

## **SPECIAL HOLIDAY HELPERS**

Girl Scout Troop 1365  
Presbyterian Church  
Middle School & High  
School Youth Group  
Wells Fargo Bank  
Anne Bowen  
Catherdral Voices  
Grand Teton Music  
Festival  
Jackson Hole Symphony  
Orchestra  
Bob Shervin  
Elle Jones

# Coming in February:

## Spanish Classes

**FEBRUARY 4-MARCH 24, 2020**

Spanish Classes taught by  
Recreation Programmer,  
Ashley Potzernitz.

### **Beginner Spanish Class:**

8 week series: Tuesdays from  
1:00 pm -2:00 pm

### **Level II Beginner Spanish**

**Class:** 8 week series:  
Thursdays from 1:00-2:00

Suggested contribution is  
\$20 for seniors, price is \$30  
for non-seniors

RSVP at the Senior Center



## Nordic Lesson at Teton Pines

**SATURDAY, FEBRUARY 1ST  
12:30-2:30 PM**

Come learn from the pros at  
Teton Pines Nordic Center!  
This clinic for seniors is best  
suited for beginner level  
skiers or those feeling rusty  
with their skills but have tried

skiing before. Clinic will cover  
traditional cross country skiing,  
not skate skiing. Rental skis are  
available at Teton Pines, or you  
can use your own equipment .

Price for clinic & ski rental: \$35,  
clinic without ski rental: \$25.

RSVP at the Rec Center by  
calling 739-9025.

## *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**

January 1



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

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**Live Your Best Life**  
**January Newsletter 2020**