



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

Upcoming!

FEBRUARY 1

Senior Cross Country Ski Lesson

FEBRUARY 4

Beginning Spanish Level II classes begin

FEBRUARY 5

Manicures

FEBRUARY 6

Beginning Spanish Level 1 classes begin
Medicare Assistance
Caregiver Support Group

FEBRUARY 7

Fire Prevention

FEBRUARY 11

Paint & Sip

FEBRUARY 19

Medicare Assistance
Geologists of JH Lunch

FEBRUARY 25

Mardi Gras Lunch

FEBRUARY 26

Art Class
Birthday Lunch

FEBRUARY 28

Heart Health

Our Mission

Enhancing and supporting the lives of seniors.

Heart Health Presentation

FRIDAY, FEBRUARY 28TH

1:00 PM

"How to Avoid Seeing a Cardiologist: A Practical Overview for Men and Women"

Presented by cardiologist Bill Mullen, MD and nurse practitioner Stephanie Ferris, NP-C

Topics include

- Diet
- Other game changers
- Shoveling snow and other pains

Dr. Mullen is board certified in cardiovascular disease. His professional interests include arrhythmia, heart failure, myocardial infarction, and

non-invasive cardiac testing.

Board-certified nurse practitioner Stephanie Ferris is passionate about rural healthcare, women's health, and cardiology. Both are based in Jackson at St. John's Health.



Paint and Sip Returns

TUESDAY, FEBRUARY 11TH **5:30 PM TO 7:30 PM**

Each person will be encouraged to find their own creativity with guidance from Art Association instructor, Billie Harrington. Each participant will leave with their unique piece.

We will serve a soup and salad dinner with dessert.

Suggested contribution is \$20 per person. This includes dinner, instruction, painting supplies and canvas.



Beginning Spanish Classes

FEBRUARY 4TH

1:00 PM TO 2:00 PM

Level II Beginning Spanish Class. This 8 week series is for seniors who have a basic knowledge of beginning Spanish.

have never taken a Spanish class before.

Both levels are taught by Recreation Programmer, Ashley Potzernitz.

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

RSVP at the Senior Center.

FEBRUARY 6TH

1:00 PM TO 2:00 PM

Beginning Spanish Class. This 8 week series is for folks who

Medical Oxygen Fire Prevention

FRIDAY, FEBRUARY 7TH

12:00 PM

In the past year more than 50% of the deaths in residential structure fires in Wyoming have been in homes with medical oxygen.

If you or someone you know uses medical oxygen in the home, there is a new program that can help keep you safe in

case of a fire.

Join Fire Marshal Kathy Clay for information on a risk reduction device called an oxygen firebreak that is now available free of charge in Teton County. Kathy will show how this simple device can save lives, and will help sign up oxygen users to receive them.

Leather Working Class

WEDNESDAY, FEBRUARY 26TH

10:30 AM TO 12:30 PM

Introductory Leather Working Class at the Art Association multipurpose studio.

Come learn how to use a woodburner and stamps to burn designs into key chains and bookmarks. If there

is enough interest, the Art Association will schedule a progression of classes for the Senior Center working with leather, moving toward wood, and then metal work.

Suggested contribution for seniors is \$20. Non-seniors \$30.

RSVP at the Senior Center.

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

Heidi Schmillen

Receptionist/Activities Asst.

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

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Bruce Hawtin

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Bob Shervin,

John A Turner,

Sheila Sandubrae Davis,

Rick Stuck,

Irene Lund

Happy Birthday February!

1	Bob Gordon Joseph Kudar Denis Tome'	10	Doris Bystrom Rae Doty Linda Edington Judy Wales	21	Laurie Watsabaugh Duncan Harris Betsy Forster Mary Elaine Weber
2	Jim Luebbers			22	
3	David Dodge Margi Griffith Lucille Kilpatrick Leslie Roberts Heinz Walter Pam Walton	11	Barry Alexander Vera Donovan David Hodges Rita Edwards Peggy Heberger Pam Johnson Mike Liles	23	Barbara Bryan Melody Garcia Mary Ann McLeod Marty Balogh Jim Brown Gary L Isbell Barbara McCumber Francesca Paolucci-Rice B.J. Reed Debbie Schlinger
4	Lynda Ann Brocato Melene Dodson Nancy Gilman Jenny Landgraf Susan Marsh Bea Mitchell Kenneth Vinson	12	Tim Day Margaret Harris David Carpenter Paola Cerruti Val Crawford Patty Deeds-Starr Michele Gammer Carol Harris Dale Jeske	24	Herb Brooks Pat Snyder Sharon Wiley Judy Adams Ruth Ankeny Carolyn Daily Mitchell Menaker
5	Connie Bickner John Bland Floyd Schell Patricia Talley	13	Libbe Burchfield Gayle Decker Danny Gardiner Deane Henderson Carol Schwender Diane Hazen Ellen Linn Terry Meyer	25	Ken Patterson Gail Stephens
6	Mike Duvall Tom Jacobson Jerry Kew Connie Woolwine Fred Ziegler	14	Lee Cutler Mark LePage Ree Lewis Emery Potzernitz Dave Barrett Roger Kirkpatrick Alan Mebane Flicka Scott	26	
7	Cindy Dahlin Tim Griffith Penny Jones Nancy Steeper Berniece Turner	15		27	
8	Nancy Carson Scott Daily Liz Jacobson Mike Mahoney Ron Surdam	16		28	
9	Jeri Battistoli Dorothy Remington	17			
		18			
		19			
		20			



Birthday Lunch: February 26

February 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.

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<p>Baked Stewed Tomatoes Turkey with Peas & Onions Brown Rice Pilaf Fruit cup Oatmeal Spice Cake</p>	4	5	6	7	8
9	<p>Spring Salad Baked Pork Chop Gravy. Applesauce Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Bread Apple Crisp</p>	11	12	13	14	15
16	17	18	19	20	21	22
	<p>Closed for President's Day</p>	<p>Tossed Green Salad Lasagna Broccoli French Bread Grapes</p>	<p>Soup & Salad Option Oven Fried Chicken Mashed Potatoes with Gravy Pacific Blend Vegetables Mandarin Oranges Gingerbread Cake</p>	<p>Soup & Salad Option Carrot Salad Roast Pork, Gravy Baked Sweet Potato Green Beans Whole Wheat Bread Pineapple Upside Down Cake</p>	<p>Friday Feast Spinach Salad Roast Beef, Gravy Roasted Red Potatoes Roasted Asparagus Angel Food Cake with Berries</p>	
23	24	25	26	27	28	29
	<p>Lettuce Salad Meat Loaf Whipped Potatoes Gravy Mixed Vegetables Roll Apricot Crisp</p>	<p>Soup & Salad Option Mardi Gras The Everything Salad Chicken Jambalaya over Rice & Black Eyed Peas Spinach Whole Wheat Roll Citrus Fruit Salad</p>	<p>Birthday Lunch Lettuce & Tomato Salad Baked Chicken Potatoes Au Gratin Zucchini, Carrots & Basil Oranges Yellow Cake with Cherry Topping</p>	<p>Soup & Salad Option Stewed Tomatoes Baked Fish Macaroni & Cheese Spinach Corn Muffin Peaches</p>	<p>V-8 Juice Breakfast Burrito Cottage Potatoes Fruit Parfait</p>	

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please visit seniorcenterjrh.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 Beginning Bridge: call Jean @ 307-231-1829 Other Activities, please contact the Sr. Center to sign up. 	<p>Indicated suggested contribution for an activity:</p> <ul style="list-style-type: none"> Fitness Classes: \$4 for seniors Price for non-seniors is \$7 Exercise Equipment is \$1 	<p>1 12:30 **Nordic Ski Lessons @ The Pines 10:30-12:30 *Exercise Equipment Open</p>			
2	<p>3 **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 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga</p>	<p>4 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt 1:00 **Level 2 Spanish Class 6:00 Quilt Guild Meeting</p>	<p>5 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:00 **Color Street Manicures 11:30 BP Check 1:00 *Contract Bridge 1:00 Bingo</p>	<p>6 9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 **Level 1 Spanish Class 1:00 Mahjong 11:30 Medicare Assist 3:30 Caregiver Support Group</p>	<p>7 Friday Feast 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 **Birthday Club</p>	<p>8 10:30-12:30 *Exercise Equipment Open</p>
9	<p>10 **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 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga</p>	<p>11 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 **Level 2 Spanish Class 1:00 Tech Tutor by Appt 5:30 **Paint & Sip Evening</p>	<p>12 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</p>	<p>13 9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 **Level 1 Spanish Class 1:00 Mahjong</p>	<p>14 Valentine's Day Lunch 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong</p>	<p>15 10:30-12:30 *Exercise Equipment Open</p>
16	<p>17 Closed for Presidents' Day</p>	<p>18 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 **Level 2 Spanish Class 1:00 Tech Tutor by Appt</p>	<p>19 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 11:30 Medicare Assist. 12:00 Geologists of JH 1:00 *Contract Bridge 1:00 Bingo</p>	<p>20 9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 **Level 1 Spanish Class 1:00 Mahjong</p>	<p>21 Friday Feast 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 **Birthday Club</p>	<p>22 10:30-12:30 *Exercise Equipment Open</p>
23	<p>24 **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 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga</p>	<p>25 Mardi Gras Lunch 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 **Level 2 Spanish Class 1:00 Tech Tutor by Appt</p>	<p>26 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 **Intro to Leather Art 10:30 *Leslie's Fitness 11:30 BP Check 1:00 *Contract Bridge 1:00 Bingo</p>	<p>27 9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 **Level 1 Spanish Class 1:00 Mahjong</p>	<p>28 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 Heart Health Presentation</p>	<p>29 10:30-12:30 *Exercise Equipment Open</p>

Home Care

Please welcome Corinne Ahlum, the Home Care registered nurse.

After graduating from St Luke's Hospital School of Nursing, in Bethlehem, PA, she worked in many different capacities including hospitals, nursing homes, home care and hospice, doctors offices, and camp nursing. She continues in orthopaedic nursing for Dr. Angus Goetz. In 2017 she received her orthopaedic nurse certification and is currently working on her gerontology nurse certification.

Corinne has especially enjoyed caring for seniors and is excited about working in Home Care.

The Senior Center played an important role in aiding Corinne as she cared for her aging mother. Her mother enjoyed having lunch here, Monday Bible Studies with Rozan Welch and playing pinochle. Erin Crow was one of her mother's

favorite people in Jackson. She met Erin when Erin was the activities director at River Rock Lodge.

When Corinne isn't working you will find her on her bike, cross country skis, paddle board or hiking in the park. She is always up for a new adventure. Jesus is her best friend and she loves spending a lot of time in prayer.

Corinne lives with her amazing husband of forty years, Ed. They are blessed with three wonderful children, their awesome spouses and seven adorable grandchildren who keep them busy laughing, playing and loving.

Please stop in and say hello!



Volunteer Spotlight



The Senior Center would like to send a huge thank you to Izzy Shanor and Michelle Tzompa!

Hopefully you've had the chance to meet these smiling faces in the Senior Center dining room! Izzy and Michelle are students from the Transitional Program offered

by Jackson Hole High School, and have been volunteering to serve sides at lunch, clear plates, and wipe tables for us this school year.

It's been great having them here!

Outside of volunteering at the Senior Center, Izzy enjoys skiing and snowshoeing. Michelle likes dancing and cross country skiing and both of them are looking forward to the Winter Special Olympics happening next month!

Thank you for all your help at the Senior Center - we are excited to have both of you here to kick off 2020!

Nordic Lesson at Teton Pines SATURDAY, FEBRUARY 1ST 12:30-2:30 PM

Come learn from the pros at Teton Pines Nordic Center!

This Parks and Rec 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.



Beginning Bridge EVERY FRIDAY

10:00 AM TO 11:30 AM

Are you interested in learning how to play Bridge? Jean Dalton will be teaching each Friday in February. Please contact her for more information at 307-231-1829.

Duplicate Bridge New Comers Group

Meets Mondays at 4:00 pm



Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Lynn Becker
Leta & Johnny Williams
Anna Emery Hanson
Charitable Trust
Karl M Johnson
Foundation
Marjorie Swansen
Bob Shervin
David & Cheryl H
Lawrence Charitable Fund
HUB Insurance
Ellen Wozniak

MISCELLANEOUS DONATION

Grace Barca
Yippy I-O Candy Co
Shaila Hawkes

MEMORIAL DONATIONS

BARBARA GARRETT
Mary & Mark Obringer

WARNER HOUFEK
Mary & Mark Obringer
Bob Shervin

CHRIS COUGHLIN
Bonnie Budge

JIM HIRSCHFELD

Bob Shervin

MOLLY JOHNSON

Bob Shervin

DAVID WION

Bob Shervin

BOB MORRIS

Bob Shervin

MEMORY WALL

RUTH CARPENTER
Kids, Grandkids, Great
Grandkids

40TH ANNIVERSARY DONATIONS

Janine Vickland
Monster Energy Cares
Susan Hedden
Jack Ruud
Doreen & Denis Tomé
Ruth (& Ernie) Hirsch
(Matched Bob Shervin
challenge)
Janice O'Kelley
Rae Doty
Margie Ackerle

NON-EVENT DONATIONS

Joel Goldberg
Rena & Roger Guest

Gene Jansen
Patty & Frank Ewing
Deane Henderson
Steve Deutsch
Jana Stearns
Bonnie & Earl Lutz
Big R Ranch & Home
James Little Sr.
Pree Mildner
Bob Rogers
Faith & Mike May (in honor
of Carol Black)
Ilene & Mark Zwerin
Amy & Steve Unfried
Yvonne Henze
Betty & Chuck Terrill
Zita & Joe Izzo
Jim Wolf
Nancy & Andy Carson
Jenny & Danny Shervin
Gayle Downing
Pat Hardeman
Maggie & Dick Scarlett
Sharon & Rudy Sanford
Tom Montgomery
Berniece & Harold Turner
Carol Goe
Penny Gaitan

Susan & Dennis
McCracken
Mary McKinney
Dimmie Zeigler
Sandra & Derek Goodson
Carol Taylor (for Home
Care)
Jerry DeFrance
Vickie & Mark Memmer
Syringa Property
Management
Lin & Kip MacMillan
Helena Harrice
Carolyn & Mike Vale
Benj Sinclair
Jane Jerger
Regina & Gerald Schultz
Irene & Alan Lund
Jennifer & David Augé
Jane Curtis
Kathy Harrington
Dawna & Michael Wilson
Cathy Denman & Mike
Masterson
Linda Sue & Darrel
Hoffman
Carol & Oliver Geiger
Barbara & Bill Adams

Protecting Activity Room Floor

The Senior Center facility has been having a lot of impact this winter from sand/salt that comes in on people's shoes.

To help to protect our new flooring in the Activities Room we are keeping the south door, by the exercise equipment, locked throughout the day.

We ask everyone to enter through the main

doors and bring different shoes if you will be using the activities room or exercise equipment.

We will provide chairs/benches to change your shoes. We also ask that you wipe your feet on the rugs and/or boot scrapers to remove any excess sand/salt.

Thank you for your cooperation! We have a beautiful building and want to keep it that way!

Upcoming:

Valentine Manicures **WEDNESDAY, FEBRUARY 5TH** **11:00 AM**

Join Cheri Healy of Color Street Nails for an afternoon of pampering – valentine's style. Participants will purchase a kit with a file,

cuticle stick, and enough nail strips made from real nail polish, requiring no dry time!! Cheri will show you how to apply the manicure and you will leave with supplies to do another manicure or pedicure at home. Suggested contribution \$15.

Smith's Rewards

Support the Sr Center every time you shop at Smith's. Go to [Smithsfoodanddrug.com/inspire](https://smithsfoodanddrug.com/inspire). Create an account or sign in. Link your Rewards Card to us by using code JH441. Smith donates 0.5% of your purchases.

Amazon Smile

Support the Sr Center every time you shop Amazon. Go to amazon.com/smile. Sign in and choose Senior Center of Jackson Hole. You will get the same prices, products & service and Amazon donates 0.5% of your purchases.

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
February 17



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Live Your Best Life
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