



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

## Upcoming!

**MARCH 3**

Snowshoe Outing

**MARCH 5**

Medicare Assistance

**MARCH 10**

Acrylic Painting Class begins

**MARCH 12**

Caregiver Support Group

Poker Night

**MARCH 14**

Saturday Brunch

**MARCH 17**

St. Patrick's Day Lunch

**MARCH 18**

Geologists of JH Lunch

Dinner with a Doc

**MARCH 19**

Medicare Assistance

**MARCH 20**

Dinner and a Movie

**MARCH 25**

Elk Refuge Sleigh Ride

**MARCH 26**

Birthday Lunch

**MARCH 30**

Memory Screening

## Our Mission

Enhancing and supporting the lives of seniors.

## St. Patrick's Day Lunch

**TUESDAY, MARCH 17TH**

**12:00 PM TO 1:00 PM**

Join us for our annual St. Patty's Day lunch.

Chef Amando Perfecto will be cooking up delicious Corned Beef & Cabbage.

The full menu includes:

Rye Bread

Corned Beef & Cabbage with

Carrots

Parsley Buttered Potatoes

Yellow Cake

Lunch is compliments of the Bank of Jackson Hole for seniors. Non-seniors are \$8.

We will be raffling off a few green prizes. May the luck of the Irish be with you!

Please RSVP in the Senior Center dining room or by calling 733-7300.



## Dinner with a Doc Returns

**WEDNESDAY, MARCH 18TH**

**6:00 PM**

Please join the St. John's Health Foundation and Dr. Kevin Sanville, MD for the first Dinner with a Doc in 2020.

Dr. Sanville will be presenting: *Stay well by asking, "Do I need this, and this, and this medication?"* This presentation will discuss topics including:

- De-prescribing
- Ways to reduce avoidable risks of medications
- How to lower the risk of adverse drug effects, including

hospitalizations.

Seniors are compliments of St John's Health Foundation and non-seniors are \$8. Please RSVP in the Senior Center dining room or by calling 733-7300.

Menu: Garden Salad, Chicken Caprese (chicken with tomato, mozzarella & basil) Angel Hair Pasta, Italian Vegetables, Chocolate Chip Cookies & Oranges



## *Giving Back*

### **MONETARY DONATIONS**

Newton Foundation Donor  
Advised Fund of the  
Community Foundation of  
Jackson Hole  
Odd Fellows Lodge #8  
Irene and Alan Lund  
Betty Cook  
Rosemary McIntosh  
Smith's Food & Drug

### **MISCELLANEOUS DONATIONS**

Sue Morgan  
Pamela Gardner  
Ron Kiehn  
Chuck Nelson  
Judy Legg

### **MEMORIAL DONATIONS**

#### **AMIE ARLAND KERBY**

Penny & Noel Dykes

#### **BARBARA GARRETT**

Penny & Noel Dykes

#### **SYLVIA PETERSON**

Mary & Mark Obringer

#### **JOHN DORSEY**

Patsy & David Raaum

#### **CAPT. BOB MORRIS**

Julie & Larry Kummer  
Grace Barca  
Mary & Mark Obringer

#### **FRANK JOHNSON**

Sally Johnson  
JoAn & John Bogen

#### **BILL SONDEERS**

Patsy & David Raaum

#### **HELEN YENKO**

Patsy & David Raaum

#### **BOB MCINTOSH**

Patsy & David Raaum

### **HERB HAZEN**

Patsy & David Raaum

### **ALVA RICHINS**

Bob Shervin  
John & Marge Ryan Family

### **RON KIEHN**

Bob Shervin  
Mary & Mark Obringer

### **RAY KOMINSKY**

Bob Shervin

### **ALLEN RAVER**

Bob Shervin

### **BARBARA CLARK**

Bonnie Budge  
Bob Shervin

### **MEMORY WALL**

#### **JACK R MAY**

Carol and Children

### **RAYMOND KOMINSKY**

Sharleen, Michelle, Nichole,  
Douglas, Heather

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

Julie & Barry Alexander  
Mark LePage

### **NON-EVENT DONATIONS**

Carol Vandenberg  
John Gregg  
Legacy Lodge  
Paula & Larry Jorgenson  
Gwen & Bill Hansen  
Donna & Cliff Martin  
Sara Flitner  
Doris Budge  
Rozan Welch

### **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

Frankie Fernyhough, 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

### *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 March!

1	Nanci Newcomb Ernie Wampler Rose White	11	Pauline Polkinghorne Sue Roters	19	Dawn Berger Robin Kennedy Sherry Smith	29	Pat Donley Viv Hunt Mary Obringer
2	Sharon Benson Lis McChesney Jane Sullivan	12	Cathy Toolson Rilla Varley Joan Blatt	20	Dale Balogh Jim Clouse Pat Hardeman	30	Sandy Piatak Rudy Sanford Janet Moyer
3	Phyllis Fischer Ralph Haberfeld Linda Kaunitz Kris Lee David Lorenzo Patty Strasheim John F Turner	13	Karen Jerger Bert Raynes Scott Schmillen Peter Blomberg Clara Bush John Ryan A.J. Walter	21	Ann Hough Lorie Cahn Pam Douglas Bill Rode Rick Schreiber	31	Lisa Ridgway Stephanie Brown Gwen Burns Dotty Hodges Erich Jost Heidi Mamerow Marguerite Swope
4	Robyne Befeld Minnie Irwin Elaine Laviage	14	Jim Wolf Landa Glasser Patti Hendricks Linda Kraft Ron Maassen Kay Modi	22	Shirley Craighead Jennifer Flanagan Liz Isbell Mary Kamstra Rita Simons Shirley Snyder Gary Sternberg Colleen Thompson		
5	Mary Gridley Bill Pettus Charlie Schwartz Robert Wikoff	15	Gregg Jackson Jeri Scott Margie Shivler	23	Peggy Miller Dianne Pfabe Tillie Robertson Jan Segerstrom Jon Drummond Rick Peacock Sandra Brewer Tom Hogan Sarah Sullivan Bob Wemple John Willott		
6	James Bean Connie Hansen Carol Kessler Pam Racow	16	Jimmy Anderson Chip Carey Allen Dorsett Doris Florig Bob Laganza Ed Liezeit Leslie Mackenzie	24	Charlie Edwards Bert Mount Kenny Bradberry Barbara Conitz Joe Kinsella Gloria Polis Anne Dick Susie Johansson Emilie Unger Judy Weikle		
7	Jill Russell Julie Young	17	Don Barney Stephanie Devins Judy Pilgrim Patsy Raam Joan Weer	25			
8	Georgi Douglas Putzi Harrington Maralyn Larson Cathy Mayer Janet Monahan Celeste Myers	18	Lois Corbett Joseph DiPrisco Dave Mills Vicki Owen Cheryl Schaffer Martha Stewart	26			
9	Donald Cushman Judy Johnson Chris Kadue Pamela Stockton			27			
10	Elizabeth Hale Donna Jaeger Debra McSwain Kristi Nielson Barb Rieb			28			



## Birthday Lunch: March 26

March 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.

# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Green Salad <b>Pork Wings</b> (Pork rib, sauce optional) Baked Squash Light Wheat Roll Fruit Pizza	<b>3</b> <b>Soup &amp; Salad Option</b> Creamy Cole Slaw <b>Fish &amp; Chips</b> Balsamic Glazed Green Beans Pineapple Chunks Tapioca Pudding	<b>4</b> <b>Soup &amp; Salad Option</b> Carrot, Celery & Cucumber Salad <b>Pot Roast</b> , Potatoes Baked Stewed Tomatoes Whole Wheat Bread Pineapple/Blueberry Parfait	<b>5</b> <b>Soup &amp; Salad Option</b> Tortilla Soup <b>Chicken Enchiladas</b> Salsa Garden Vegetable Salad Refried Beans Grapes	<b>6</b> <b>Friday Feast</b> Garden Vegetable Salad <b>Stuffed Green Pepper</b> Tomato Gravy Baked Potato, Sr Cream Pumpernickel Roll Fruit Crisp	<b>7</b>
<b>8</b> <b>Daylight Savings begins</b>	<b>9</b> Lettuce & Tomato Salad <b>Beef Fajitas</b> w/ Flour Tortilla Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie	<b>10</b> <b>Soup &amp; Salad Option</b> KFC Coleslaw <b>Chicken &amp; Herbed Fettuccine</b> Mixed Vegetables Roll Berry Pie	<b>11</b> <b>Soup &amp; Salad Option</b> Carrot Salad <b>Leg of Lamb</b> , Mint Jelly Rosemary Red Potatoes Green Beans Whole Wheat Bread Pineapple Upside Down Cake	<b>12</b> <b>Soup &amp; Salad Option</b> Spinach Mushroom Salad <b>Mediterranean Fish</b> Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit	<b>13</b> Homemade Tomato Soup <b>Grilled Cheese</b> Deli Salad Oranges Ice Cream Sundae Bar	<b>14</b> Saturday Brunch 10 am to 12 pm <b>Scrambled Eggs</b> <b>French Toast</b> Sausage Links Cinnamon Rolls
<b>15</b>	<b>16</b> Jean's Vegetable Salad Loaded Baked Potato (your choice of toppings: <b>Chili</b> , cheese, bacon, scallions, sour cream) Grilled Broccoli Cornmeal Roll Tropical Fruit	<b>17</b> <b>St. Patrick's Day Lunch</b> Rye Bread <b>Corned Beef &amp; Cabbage</b> with Carrots Parsley Buttered Potatoes Yellow Cake	<b>18</b> <b>Soup &amp; Salad Option</b> Mixed Green Salad <b>Turkey Club Sandwich</b> on Whole Wheat Bread Potato Leek Soup Tropical Fruit Cup Fudge Brownie <b>Dinner with a Doc @ 6pm</b> <b>Chicken Caprese</b>	<b>19</b> <b>Soup &amp; Salad Option</b> Tortilla Soup <b>Pork Carnitas Tacos</b> Salsa & Chopped Onions Refried Beans Spiced Carrot Cake Fruit Cup	<b>20</b> <b>Friday Feast</b> Mandarin Oranges <b>Oven Fried Chicken</b> Mashed Potatoes, Gravy Pacific Blend Vegetables Gingerbread Cake	<b>21</b>
<b>22</b>	<b>23</b> Spring Salad <b>Mongolian Beef</b> (stir fry beef, onions & broccoli) Brown Rice Egg Roll Peach & Orange Delight	<b>24</b> <b>Soup &amp; Salad Option</b> Spinach Strawberry Salad <b>Parmesan Fish</b> Roasted Root Vegetables Chocolate Surprise Cake Vanilla Ice Cream	<b>25</b> <b>Soup &amp; Salad Option</b> Vegetable Salad <b>Baked Chicken</b> Mashed Potatoes, Gravy California Blend Vegetables Devils Food Cake with Strawberry Sauce	<b>26</b> <b>Birthday Lunch</b> Carrot Salad <b>Braised Pork Chop</b> Scalloped Potatoes Lemony Cauliflower Banana Cake Fruit Salad	<b>27</b> Honey Mustard Slaw <b>Cheeseburger</b> with Lettuce & Tomato Sweet Potato Wedge Oranges Chocolate Chip Cookie	<b>28</b>
<b>29</b>	<b>30</b> Cauliflower & Broccoli Salad <b>Hawaiian Chicken</b> Garden Rice Oriental Vegetables Whole Wheat Bread Apricots Coconut Macaroon	<b>31</b> <b>Soup &amp; Salad Option</b> Marinated Carrots <b>Swedish Meatballs</b> over Mashed Potatoes Roasted Brussel Sprouts Roll Angel Food Cake & Berries	Lunch is served Monday – Friday 12:00 PM to 1:00 PM Seniors \$4.00 suggested donation Non-seniors are \$8.00 Menus are subject to change			

# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Please visit seniorcenterjrh.org for descriptions and updates to activities.	2 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga	3 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 12:45 *Snowshoe Outing 1:00 **Level 2 Spanish 1:00 Tech Tutor by Appt 6:00 Quilt Guild Meeting	4 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	5 9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 11:30 Medicare Assist 12:30 **Dupl. Bridge 1:00 **Level 1 Spanish Class 1:00 Mahjong	6 Friday Feast 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 **Birthday Club	7 10:30-12:30 *Exercise Equipment Open	
8 Daylight Savings begins	9 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga	10 9:00 *Pilates 10:00 2 <sup>nd</sup> Act 10:00 **Acrylic Painting 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt 1:00 **Level 2 Spanish Class	11 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	12 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 3:30 **Caregiver Support Group 6:00 **Poker Night	13 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong	14 10:30-12:30 *Exercise Equipment Open Saturday Brunch 10 AM to 12 PM	
15	16 **Chair Massage: AM 9:00 *Leslie's Fitness 10:00 Coffee Hour 10:30 *Leslie's Fitness 12:45 Bible Study 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga	17 St. Patrick's Day Lunch 9:00 *Pilates 10:00 2 <sup>nd</sup> Act 10:00 **Acrylic Painting 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 **Level 2 Spanish 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 1:00 **Contract Bridge 1:00 Bingo 6:00 **Dinner with a Doc	19 9:00 *Funct. Mvmt. Fit. 10:15 *Yoga Basics 10:30 *Tai Chi 11:30 Medicare Assist. 12:30 **Dupl. Bridge 1:00 **Level 1 Spanish Class 1:00 Mahjong	20 Friday Feast 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong 1:00 **Birthday Club 6:00 Movie Night & Pizza	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 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga	24 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	25 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:45 *Elk Refuge Sleigh Ride 1:00 **Contract Bridge 1:00 Bingo	26 Birthday Lunch 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	27 9 am-4 pm **Memory Screenings 9:00 *Leslie's Fitness 10:00 Beginning Bridge 10:30 *Leslie's Fitness 1:00 Mahjong	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 2:30 *Weights & More 4:00 **Dupl. Bridge 5:00 *Restorative Yoga	31 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Tech Tutor by Appt	<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>Beginning Bridge: call Jean @ 307-231-1829</li> <li>Other Activities, please contact the Sr. Center to sign up</li> </ul>				<p>*Indicates suggested contribution for an 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</li> </ul>

## Home Care

We are excited to welcome yet another new member to our growing Home Care team! Frankie Fernyhough will be the new part time Administrative Assistant and Access Care Coordinator effective this month.

Frankie is currently completing prerequisites at CWC for nursing school and is a Certified Nursing Assistant. Some of our home care clients might recognize her warm smile since she has been a Meals on Wheels volunteer for over a year.

Frankie is originally from Seattle and graduated

from Western Washington University where she completed a study abroad program in Dakar, Senegal. She moved to Jackson 5 years ago and quickly discovered how much she likes living in a small town.

She has a very diverse resume ranging from property management to babysitting to serving as a volunteer ski mentor.

In her spare time, you will find her skiing or hiking in the Tetons!

Stop in and say hello!  
Erin Crow  
Home Care Manager

### The Senior Center is excited to announce our **NEW Volunteer Transportation Network beginning March 16th!**

Through this program volunteers will provide transportation to Seniors who live outside of public transportation boundaries. Senior Center volunteers will offer rides for medical appointments, community events, and assistance with running errands.

Please contact Hannah Sell, Activities & Volunteer Coordinator with questions about scheduling transportation for yourself or about becoming a volunteer driver:  
[info@seniorcenterjh.org](mailto:info@seniorcenterjh.org)

## Volunteer Spotlight



June McCollister is one of the WSHIP volunteers who help folks with their Medicare questions. She's been answering Medicare questions since 1992 and has been involved with the Senior Center for over 30 years!

Before volunteering she was a CNA for our Home Care Program. Connie Owen, former Senior Center Director said "as a CNA, June was always dependable, caring and the seniors loved her. As a volunteer for WSHIP, people really appreciate the help they receive. She offers reliable information and she is so

patient. I don't think anyone realizes how much time she spends on this program. I see her meeting people at the library, the Senior Center, and her phone never stops ringing at her home." In 2019, June assisted 194 clients!

June enjoyed working as a flight attendant, based out of DC, before moving here in the 80's.

She serves on the Friends of the Library Board as Treasurer. And in her spare time she enjoys hiking with her husband, Michael, and taking camping trips to explore places like the Grand Canyon and Glacier National Park. She currently is learning her genealogy, knitting, and playing the piano when she can spare a few minutes.

Thank you June for being part of our Senior Center community!



### Elk Refuge Sleigh Ride WEDNESDAY, MARCH 25TH 12:45 PM

Get up close and personal with the elk on the refuge! The ride is always entertaining and informative! Meet at the Senior Center at 12:45. Suggested Contribution is \$20 payable to the Senior Center. Includes discounted ticket, transportation, and tip for the guide.  
RSVP at 733-7300

## Memory Screening

**FRIDAY, MARCH 27TH**  
**9 AM TO 4 PM**

Are you concerned about your memory or thinking skills?

Holly Richert, M.S., a Neuropsychology Technician and Care Coordinator for St. John's Cognitive Health, will be doing screenings here at the Senior Center.

Each screening takes about 15 minutes, and you will receive tips for keeping your brain healthy.

Screenings are complimentary for seniors. Sign up in advance at the Senior Center or by calling 733-7300



Have you seen the new moose hangers on posts around town? In partnership with the Town of Jackson, Age Friendly Jackson Hole has placed moose hangers and bright green ski poles around town. Poles can be used to safely cross icy intersections, then be left on moose hangers on the opposite side.

This is just one project that Age Friendly Jackson Hole is working on. Meetings are held the 2nd Wednesday of each month at 4:00pm at the Senior Center. We invite you to join us as we work to promote inclusivity and accessibility for older adults and people of all ages and abilities in our community.

## Dinner and a Movie

**FRIDAY, MARCH 20TH 6:00 PM**

\$5 suggested donation for seniors. Non-seniors \$10

Pizza, salad and popcorn

We will be watching the comedy *Yesterday*.

*"After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation."*

RSVP at the Senior Center or call 733-7300.

## Ranger Led Snowshoe Tour

**TUESDAY, MARCH 3RD**  
**12:45 PM**

Would you like to experience the park in winter? A snowshoe hike with an interpretive ranger is the perfect introduction to winter recreation in Grand Teton National Park. The ranger led hike will be around the Taggart Lake area.

Parks and Recreation will provide round-trip transportation from the Senior Center to GTNP.

Dress warmly in layers, with hat, boots and gloves. Bring a water bottle, snacks and sunglasses. Wooden snowshoes will be provided.

This guided tour is complimentary for seniors.

Please call Cory at 732-5762 to reserve.



## Poker Night

**THURSDAY, MARCH 12**  
**6:00 PM**

Love poker but can't find a game? Want to love poker but don't know how to play? We have a table for everyone at our first ever poker night. Join us for Nickel, Dime, Quarter fun. Instruction, if needed, and pizza dinner will be provided. Please RSVP at 733-7300. \$10 donation to play.



# Don't Miss:

## **Saturday Brunch** **SATURDAY, MARCH 14TH** **10:00 AM TO 12:00 PM**

Join a group of wonderful volunteers for a delicious brunch.

They will be cooking up

scrambled eggs, sausage links, French Toast with berries and homemade Cinnamon Rolls.

Suggested contribution for seniors is \$4. Non-seniors are \$8. **RSVP in the Senior Center dining room.**

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## **Census 2020** **FRIDAY, APRIL 3RD** **12:00 PM**

Learn the importance of counting everyone in our

community, what to expect and how to fill out the Census information.

## *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

**DON'T FORGET DAYLIGHT  
SAVINGS ON SUNDAY,  
MARCH 8TH**



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**  
**March Newsletter 2020**