



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

STAFF

Becky Zaist

Executive Director

Rebecca Erskine

Assistant Director

Jenny Ryan

Bookkeeper

Bill McPeak & Julie Sanchez

Transportation

Kat Clauson & Liz Jacobson

Data/Office Manager

MacKenzie Moore

*Activities & Volunteer
Coordinator*

HOME CARE

Erin Crow

Home Care Manager

Corinne Ahlum, RN

Frankie Fernyhough,

Devin Dwyer, Dori Cote,

Kristine Dyke, Chris Encinas,

Margaret Harris, Deb Wuersch,

Judy Johnson, Janette Miller,

Mary Obringer, Reyna Perez,

Laurie Watsabaugh,

Mary Lynn Hewitt

Dimmie Zeigler

KITCHEN

Amando Perfecto

Head Cook

David Basye & Yocelin

Colchado

Assistant Cooks

Francisca Moreno

Dishwasher

Our Mission

*Enhancing and supporting
the lives of seniors.*

Learn to ZOOM

**BY APPOINTMENT IN SEPTEMBER
RESERVATIONS REQUIRED**

With fall and winter right around the corner, the Senior Center will begin to offer our exercise classes and activities online.

These online classes and activities will be live and will require the use of a computer, tablet or smart phone. These programs will use an app called Zoom.

Zoom will allow you to see, hear and talk to the instructor and

other participants.

We are setting up appointments to meet with our Tech Tutor to learn how to get and use this program.

Tech Tutor appointments will be one on one, socially distanced and outdoors. Mask are required during the appointments.

Please call 733-7300 for more information or to schedule a Tech Tutor appointment.



Outdoor Fitness Schedule

We will continue to offer outdoor fitness classes throughout the month of September. If the weather starts to get cold or rainy towards the end of the month, classes may be rescheduled or moved online to Zoom.

UPDATED FITNESS SCHEDULE FOR SEPTEMBER:

Monday 10:00 AM Pilates in May Park with Makchaela - No class Sept. 7 Labor Day

Tuesday 10:30 AM Yoga in the South End Parking Lot with Trish

Wednesday 9:00 AM Yoga for Strength in the South End

Parking Lot with Jo

Thursday 9:00 am Functional Fitness with Jo in May Park

Thursday 10:30 AM Tai Chi with Greg in May Park

Suggested contribution is \$5 for seniors.



Old Bill's Fun Run

Old Bill's Fun Run Giving period ends Sept. 18th. The Senior Center, like many local non-profits, is facing budget cuts and increased operating costs because of COVID-19 and its associated impacts. We are counting on our community to help us through this challenging time.

Please consider helping the Senior Center by making a tax-deductible contribution to the Senior Center through Old Bills Fun Run this year. The Senior Center will receive the full amount that you give as well as matching funds.

To make a donation, write "**Senior Center of Jackson Hole**" on the donation form and make your

check payable to the **Community Foundation of Jackson Hole**.

If you prefer, you can give on-line at www.oldbills.org and pay by credit or debit card.

Thank you for helping to sustain us. Though our services look different, we remain dedicated to enhancing and supporting the lives of seniors!



Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Shelley Sundgren
Meals on Wheels – Share the Love
Deb Wuersch & Bob Ablondi
Mary & Mark Obringer
Wyoming Hunger Initiative
Smiths Food and Drug
Betsy & Pete Forster
JH Duplicate Bridge
Helen Feuz
Barbara McMullen
Becky & Ted Kimmel

MISCELLANEOUS DONATION

Sheila Beebe-Sanders

MEMORIAL DONATIONS

Ron Kiehn
Annie & Rod Newcomb

Warner Houfek

Mary Schwendeman

Myra Crerar

Mary & Mark Obringer

Gerry Walters

Beverly Pratt

Rollie Knori

Beverly Pratt
Bob Shervin

Janice Herbst

Connie Owen
Bob Shervin

Lois Corbett

Bob Shervin

Jack Weber

Bob Shervin

Dennis Lance

Bob Shervin

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.

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
*Breakfast entrée is listed at the bottom of the daily menu	1 Chicken Caesar Salad Whole Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake *Breakfast Burrito	2 Tossed Green Salad BBQ Pork Boston Baked Beans & Bacon Peas & Carrots Roll Applesauce *Breakfast Sandwich	3 Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit *Ham & Spinach Quiche	4 Friday Feast Tossed Salad Beef Stew Potato Roll Green Beans Peanut Butter Cookie Citrus Fruit Salad *Sausage Egg Bake	5		
6	7 Closed in Observance of Labor Day	8 Carrot, Celery & Cucumber Salad Bratwurst on Roll Lettuce, Tomatoes & Onions Herbed Potato Bake Apple Brown Betty *Breakfast Sandwich	9 Creamy Coleslaw Fish & Chips Spinach Pineapple Chunks Tapioca Pudding *Oatmeal	10 Garden Vegetable Salad Stuffed Green Pepper Tomato Gravy Baked Potato & Sour Cream Whole Wheat Bread Fruit Crisp *Breakfast Burrito	11 Carrot & Celery Strips Roast Turkey, Gravy Mashed Potatoes Green Beans Almandine Cranberry Sauce Stuffing Pumpkin Pie *Ham & Spinach Quiche	12	
13	14 Waldorf Fruit Salad Swiss Steak with Tomato Sauce Baked Potato Brussels Sprouts Blueberry Plum Crisp *Breakfast Sandwich	15 Stuffed Tomato & Cabbage Salad Lemon Pepper Fish Tartar Sauce Brown Rice Pilaf Carrot Coins Whole Wheat Bread Fruit Sundae *Ham & Spinach Quiche	16 Tortilla Soup Chicken Enchiladas Refried Beans & Cheese Carrots & Peas Mixed Fresh Fruit *Breakfast Burrito	17 Carrot & Celery Strips Roast Pork with Apples & Garlic Whipped Potatoes Steamed Cabbage Roll Grapes *Sausage Egg Bake	18 Friday Feast Lettuce Salad Meat Loaf Parsley Potatoes & Gravy Spinach Roll Fruity Gelatin *Cereal	19	
20	21 Hawaiian Chicken Brown Rice Mixed Vegetables Corn Meal Roll Baked Pineapple Coconut Macaroon *Breakfast Burrito	22 Vegetable Salad Chili Con Carne Homemade Biscuit Apple Crisp *Oatmeal	23 Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Bread Apricots *Sausage Egg Bake	24 Birthday Lunch Mandarin Orange & Spinach Salad Roast Beef & Gravy Rosemary Red Potatoes Winter Blend Vegetables Garlic Roll Black Forest Cake *Ham & Spinach Quiche	25 Spring Salad Lamb Chop, Mint Jelly Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Bread Apple Crisp *Breakfast Sandwich	26	
27	28 Lettuce Salad Soft Shell Tacos Salsa Peas & Carrots Spanish Rice Fruit Cup *Ham & Spinach Quiche	29 Sunshine Salad Oven Fried Chicken Mashed Potatoes, Gravy Pacific Blend Vegetables Gingerbread Cake *Sausage Egg Bake	30 Tossed Salad & Beans Meat & Vegetables Pizza Whole Wheat Crust Mixed Fruit Cup Creamy Rice Pudding *Breakfast Burrito	<p>Breakfast and lunch are being served curbside and home delivered.</p> <p>Suggested contribution for seniors is \$2.50 for breakfast and \$5 for lunch. Non-seniors are \$10 for lunch. Menus are subject to change</p>			

Welcome to our new staff

MacKenzie Moore is joining the team as the Activities and Volunteer Coordinator.

MacKenzie is born and raised in Jackson and recently moved back after living in Kelowna, British Columbia. Before she started working at the Senior Center, MacKenzie served as the Director of a national consulting company called Twomentor, which builds mentoring programs for corporations and universities. She has a 5 year old dog named Luna and spends her free time hiking, skiing, fishing, cooking and playing games.

Right now, MacKenzie is focused on supporting our Meals on Wheels clients and volunteers, boosting our outdoor social distancing activities, restarting Tech Tutoring and more.

Kat Clauson is joining the team as the Data & Office Manager.

Kat grew up as a skier in Washington and came for a leadership camp at NOLS and moved here a year later.

She worked in non-profit development and marketing in Seattle after graduating from Western Washington University.

You will certainly recognize her from her previous job at Pearl Street Bagels, where she was an enthusiastic, friendly face for 8 years.

Kat will be getting to know you over the next couple of months while learning the details of the Senior Center programs.

Calling for Nominations for Senior of the Year

It's that time of year again! Each year, the Senior Center recognizes the seniors that are most influential in our community. We need your help to identify, recognize and celebrate these individuals! The nominees will be spotlighted in October.

Nominees must be 60 years or older and have made a significant contribution to our community. Seniors who have been honored as Senior of the Year within the past 5 years are not eligible for nomination.

To nominate someone, email bzaist@seniorcenterjh.org or mail a letter including :

Your name, the name of the person you are nominating, your description of why he/she is deserving of this recognition. Please write about the person you nominate with as much information about him/her and their accomplishments as you can.



Get some fresh air... in style!

Cycling Without Age is a national organization that offers more recreational mobility to seniors through volunteer-piloted trishaw rides. Enjoy some fresh air biking around the quieter streets in East Jackson or along the pathways system. Rides can last up to 45 minutes. Call 733-7300 to reserve a slot on the trishaw!

Happy Birthday September!

1	Patty Cook Roni Grasseler Mary Springer Cheri Witz	11	Alix Doherty Thomas Grisell Ken Jern Doug Kennedy		Peg Mathiesen Jeff McDonald Regina Schultz Bruce Stevens
2	Sally Johnson Bill Maltby Larry Neal Mary Beth Riemondy Ken Thomasma Annie Wenger	12	Dede Brooks John Oglietti Nance Parriott Gudrun Rice Yvonne Wood	23	Deb Lapointe Lokey Lytjen Claudia Mauro Stephen Pecha Robin Smith
3	Carol Black Louise DeLand Patty Ewing Happy Weston	13	Wendy Baylor Jamee Cochary Ann DiTommaso Earleen Horn Becky Prestrud Jim Williams	24	Richard Grabowski Miriam Lenz Ann Lowery Janice O'Kelley
4	Julie Alexander Jerry Carlson Paula Jorgenson Laury Lacy Bonnie Voorhees	14	Karl Lyon Shelley Rubrecht	25	Beth Auge' Jim Green Gwen Hansen Marie McCormack Dennis Pagliaro
5	Bob Culver Teresa Flood Lynn Hollbacher Marge Ordway Paul Zscheile	15	Marce Bullock Carol Carr Kris Giger Genelle Robishaw	26	Patti Berlin Rena Guest
6	Jim Fabi Lynn McDowell	16	Kay Boda Jim Little Terry Nuttle	27	Ruth Happersett
7	Carol Connors Sara Lilley Irene Mellion David Young	17	Janet Anderson Carol Chase Annie Newcomb Vincent Pacent	28	David Dewald Lynn Finkel Edward Redmond Joy Watson
8	David I Basye Bette Caesar Norm Evarts Jean Johnson Kathy Shidner	18	Chris Jacobson	29	Frank Hess Dorothy Hester Gerry Schultz Marj Swansen Barbara Sedlin
9	Afton Jones Ross Longfield Bert Steece Peter Thilmany	19	Harry Baxter John Hanlon Mary Lee Mahlerwein	30	
10	Cathy Nutter (Culver) Joni Upsher Don Wadsworth Betty Walton	20	Olivia Meigs Debbie Somers Larry Van Genderen		
		21	David Auge Tim Bradley Penny Dykes Joe Giovanini		
		22	Patrick Dominick		



Birthday Lunch: Sept. 24th

September birthdays will enjoy to-go 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 give us a call to renew.

Upcoming:

Hole Food Rescue Free Food Table

Our curbside pick up drive-thru is growing. Each Thursday, Hole Food Rescue will set up another stop in the drive-thru for you to pick up some free food. There will be two or three options for free food each week, so you can take what you want. No need get out of your car!

Flu Shot Clinic in October:

We are currently working on a flu shot clinic in October. More information will be available in the coming weeks.

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

Hours

MONDAY – FRIDAY

8:00 AM – 3:00 PM

Closed Monday, Sept 7 in observance of Labor Day



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

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Live Your Best Life

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