



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

Flu Shot Clinics

SATURDAY, OCT 3RD & 10TH
9:00 AM TO 4:00 PM

The Teton County Health Department will be hosting drive-thru Adult 60+ Focused Flu Clinics at the Senior Center of Jackson Hole.

This year flu shots will be provided by **APPOINTMENT ONLY**.

Your health symptoms will be checked upon arrival. Please do not come if you are sick.

You must wear a mask for the duration of your appointment.

As a reminder, nurses will need access to your upper arm via your car window to provide the

vaccine, so please dress accordingly.

In order to maintain physical distancing, we are asking individuals to remain in their vehicles for the entirety of their appointment.

Please make your appointment by calling the Health Department at (307) 732-8469.



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Colchado

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Our Mission

*Enhancing and supporting
the lives of seniors.*

OktoberFest

FRIDAY, OCTOBER 9
3:00 PM TO 4:30 PM

Join us for an outdoor afternoon of good music, cider and Oktoberfest line dancing lessons.

It is true, as with everything in 2020, this event is different than in past years. But Teton County Parks and Rec and SCJH are committed to another fun Oktoberfest.

We will have traditional music,

dancing lessons and hot apple cider. And Amando's famous Apple Strudel will be available to the highest bidders.

To RSVP or for more information call 733-7300. Suggested contribution for seniors is \$5.

Masks are required.



Let It Go Workshop

THURSDAY, OCTOBER 15TH AND 29TH
1:00 PM TO 2:00 PM

Learning to Downsize Workshop on Zoom

Now that we all have more time at home than usual, downsizing has been front of mind for many people. This October, learn how to start downsizing in this two-part workshop led by Carol Taylor and Jill Oja-Johnson. This workshop will provide you with practical steps to downsizing, along with support on managing the emotional toll of letting things go.

Carol Taylor has been a clinical social worker for nearly 40 years and specializes in geriatric and hospice care. Through this work, she has supported a number of clients in downsizing, organizing and learning to let go. Carol knows how emotional and draining it can be to start downsizing, and is looking forward to creating an empowering and supported

community during Let It Go!

Jill Oja-Johnson is originally from upper Michigan, but calls herself a local after living in Jackson for 21 years. She holds a Master's degree in Recreation, but her love for being tidy and a need in the valley led her to start her own organizing business, Allow Me, 16 years ago. She is a mom of a soon to be 9-year old son and 2 pitbull fur-babies, runs an airbnb, teaches yoga and helps her husband with parts of his wildlife safari business. She is super excited to facilitate this class because now is the perfect time for organizing and downsizing! LET IT GO is the mantra she lives by, whether it is stuff or mental baggage.

Suggested Contribution for Seniors is \$20
To register please call 733-7300 or email
MacKenzie. mmoore@seniorcenterjh.org

Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Amazon Smile
Elliot D & Eileen JR Stein
Giving Fund
Jackson Hole Duplicate
Bridge
Paul Barbour
Sue & John Hoover, Jr

MISCELLANEOUS DONATION

Joey Moss
Girl Scout Troop 1778

MEMORIAL DONATIONS

Oney Mason
Bonnie Budge

Jan Herbst

Mary & Lee Cutler

Warner Houfek

Mary & Lee Cutler

Ron Kiehn

Karen & Ronnie Banks &
Family

Rollie Knori

Doris Budge

Senator Grant Larson

Bob Shervin
Mary & Mark Obringer

Lou Breitenbach

Bob Shervin

Barbara Van Genderen

Bob Shervin

WISHLIST

We need volunteers to clean out the flower beds for winter. Please call us if you would like to volunteer.
mmoore@seniorcenterjh.org

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.

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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> <p>Call by 3:00 pm the day before to reserve</p>	<p>5</p> <p>Vegetable Salad Chicken & Herbed Fettuccine Broccoli Whole Wheat Bread Apple Pie *Egg & Sausage Bake</p>	<p>6</p> <p>Garden Bounty Salad Cheeseburger Sweet Potato Wedge Peaches Chocolate Chip Cookie *Breakfast Burrito</p>	<p>*Breakfast entrée is listed at the bottom of the daily menu</p>	<p>1</p> <p>Spinach Mushroom Salad Fish Cakes Au Gratin Potatoes Italian Vegetables Whole Wheat Bread Plum Betty *Cereal</p>	<p>2</p> <p>Friday Feast Broccoli Craisin Salad Pork Chop & Mushroom Gravy Roasted Red Potatoes Minnesota Green Beans Fresh Apple Cake *Breakfast Sandwich</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>Vegetable Salad Chicken & Herbed Fettuccine Broccoli Whole Wheat Bread Apple Pie *Egg & Sausage Bake</p>	<p>6</p> <p>Garden Bounty Salad Cheeseburger Sweet Potato Wedge Peaches Chocolate Chip Cookie *Breakfast Burrito</p>	<p>7</p> <p>Parmesan Coated Fish Roasted Root Vegetables (sweet potatoes & red peppers) Minnesota Green Beans Cheese & Onion Roll Winter Berry Parfait *Oatmeal</p>	<p>8</p> <p>Cabbage Roll Casserole Baked Potato Pacific Blend Vegetables Chunky Applesauce Chocolate Surprise Cupcake *Breakfast Sandwich</p>	<p>9</p> <p>Apple & Carrot Slaw Roast Pork Spaetzle German Red Cabbage Whole Wheat Roll Apricots German Chocolate Cake *Quiche</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>Beef Tips & Mushrooms Over Egg Noodles Cauliflower Au Gratin Cinnamon Raisin Bread Fruity Cherry Dessert *Cereal</p>	<p>13</p> <p>Fish Florentine Brown Rice Lemon Glazed Carrots Wheat Roll Ambrosia Fruit Cup Chocolate Chip Cookie *Quiche</p>	<p>14</p> <p>Tossed Green Salad Ham & Macaroni Bake Brussels Sprouts Pumpnickel Roll Peach Crisp *Egg & Sausage Bake</p>	<p>15</p> <p>Lettuce & Tomato Salad Chicken Fajitas Flour Tortillas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie *Breakfast Burrito</p>	<p>16</p> <p>Friday Feast Tossed Green Salad Lasagna Italian Vegetables French Bread Mandarin Oranges *Breakfast Sandwich</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>Tortilla Soup Fish Tacos Onion, Salsa Mexicali Corn Fudge Brownie Fresh Fruit *Breakfast Burrito</p>	<p>20</p> <p>Asian Salad Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Angel Food Cake & Berries *Breakfast Sandwich</p>	<p>21</p> <p>Carrot, Celery & Cuke Salad Yankee Pot Roast Parsley Potatoes Stewed Tomatoes Whole Wheat Bread Fruit Parfait *Quiche</p>	<p>22</p> <p>Meatloaf & Gravy Cauliflower Mac 'n Cheese Blend Vegetables Apricots Oatmeal Spice Cake *Egg & Sausage Bake</p>	<p>23</p> <p>49er Salad Chicken & Vegetable Pasta in Orange Sauce Whole Wheat Roll Pear Crisp *Oatmeal</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Vegetable Salad Lamb & Vegetable Stew Parsley Potatoes Whole Wheat Bread Pineapple Upside Down Cake *Breakfast Sandwich</p>	<p>27</p> <p>Vegetable Surprise Beef Stroganoff Steamed Rice Pan-Roasted Broccoli Roll Apple Brown Betty *Cereal</p>	<p>28</p> <p>Birthdays Lunch Lettuce & Tomato Salad Baked Chicken Au Gratin Potatoes Green Beans Roll Devil's Food Cake & Strawberries & Sauce *Breakfast Burrito</p>	<p>29</p> <p>Vegetable Tossed Salad Baked Fish Filets Tartar Sauce Mashed Sweet Potatoes Spinach Cindy's Roll Fruit Cocktail *Quiche</p>	<p>30</p> <p>German Style Tomato Salad Hot Open Faced Roast Beef Sandwich, Gravy Mashed Potatoes Carrot Coins Chilled Pineapple & Cottage Cheese *Egg & Sausage Bake</p>	<p>31</p>

Fitness Classes begin on Zoom

Beginning October 1st Fitness Classes are on Zoom. Here is a description of the classes and how to join the fun.

TUESDAY AT 9 AM: *Pilates with Michaela*

This Pilates mat class is great for developing core strength and stability. Pilates also helps build proper alignment, deep breathing and flexibility. This class is a great way to get (or stay) strong this winter! Michaela is a certified Pilates instructor who also teaches classes at Dancers Workshop.

What you will need: A yoga mat, an exercise band, a small ball, and arm weights of 1, 2 or 3 lbs

TUESDAY AT 10:30 AM: *Yoga with Trish*

Join this refreshing all-levels yoga class to reset your entire body: it may be exactly what you need right now! This class offers a strong, thorough flow practice that includes a little bit of everything. During this class, you'll move every part of your body and walk away feeling accomplished and satisfied!

What you will need: A yoga mat, a chair or wall nearby for extra stability, a yoga block, a blanket or towel and a belt/strap

WEDNESDAY AT 9:00 AM: *Yoga for Strength with Jo*

This class combines traditional yoga postures with strength training exercises to increase stability, balance and strength. Come ready for a very active fitness class!

What you will need: Yoga mat and a set of hand weights

THURSDAY AT 9:00 AM: *Functional Fitness with Jo*

Join this popular interval training class for an intense, full body workout! This active class offers a combination of strength, agility and balance exercises. This is a beginner friendly class, but be prepared to get a little sweaty!

What you will need: Hand weights and a stability ball

THURSDAY AT 10:30 AM: *Tai Chi with Greg*

This gentle, low-impact class is a great way to improve your balance, agility and flexibility while releasing stress. Tai chi is a type of martial arts and is a series of slow, flowing movements great for treating or preventing injuries. Greg's class is very beginner friendly, so don't worry if you have never done tai chi before! Note: no class on Thursday, October 1st.

No equipment needed.

The suggested contribution for online fitness classes is \$5 for seniors and \$7 for non-seniors.

In order to join an online fitness class, please go to seniorcenterjh.org/fitness/ and click "View Calendar". Click on the class and day of the fitness class and then click on the link in your browser.

Keep checking the website for more and updated Fitness Class information.

Tech Tutor appointments are available to learn Zoom. Contact Mackenzie for appointment times.

Don't have home exercise equipment? No problem! Use these instead...

Exercise band (sometimes called a theraband) use a belt or strap of any kind

Small exercise ball use a pillow

Yoga Mat use a towel or rug (anything to put on the ground for cushioning and to ensure the ground isn't slippery)

Arm weights use cans of soup, water bottles or jugs of milk

Yoga Block use books

Happy Birthday October!

1	Carole Liebrezeit Katy Klotz Kent Fiske Louisa Sandvig		Shirley Burzynski Ann Frame Biba Parker Creed Law Deb Hill		Fred Miles Hal Richardson Janie Mickelson Joe Izzo Larry Kummer
2	Jane Kochman Lee Fitzpatrick Mark George Sally Rains Susie Baldock		Georgia Ligori Kathy Kjellgren Les Davidson Sam Zillion	25	Marie Trautman Jean DeMarsh Sally Maher
3	Ellae Elinwood Maggie Hunt Marnie Paulus Rozan Welch Sharon Zelenko	12	Christine Benuzzi Dianne Fleming Jane Kranenberg Nancy Hoffman Stephen Lottridge	26	Jeremy Schmidt Leona May Leslie Jones
4	John Sidle Tim Binderup	13	Donnie Rodgers	27	Charles Epstein Nancy Turley
5	John Buhler June Heinbuch Kay Benson	14	Diana Kitchen	28	Bernie Kennedy Debby Rhea Doug Niemi
6	Cindy Witkowski Dick Howard Jackie Benson Kathryn Singer Paula Leisinger Sara Jane Johnson	15	Bob Fulton Frank Londy Jack Ruud Myra Crerar Patsy Palmer Zita Izzo	29	Ann Harris Betty Benson Patti Bedell
7	Emmie Hill Richard Ray	16	JC Whitfield Jim Holland Martha Van Genderen Nancy Brumsted Sue Heberger	30	Judy Easterly June Sweede Rick Olson
8	Bill Happersett Jr. Dee Mahoney Leslie Petersen Lynne Becker Martha McCravey	17	Cindy Kahner Don Landis Jeanine Mayer JoAnn Grant Lori Clark-Erickson	31	Billy Reinecke Dave Chavez Doreen Tome' Jeanette "Moosie" Woodling Stephen Hoff
9	Susan Ordway Greta Andazola James Burnside Linda Delgado	18	Beverly Landis		
10	Alan Wood Ali Jones Harry Lawroski Jill Callaway John Fox John Oaks Nancy Carey	19	Carol Jansen Chuck Dahl Mary Dahlager Mary Talisman Ruth Trout Sheila Davis		
		20	Annie Albrecht		
		21	Barney Koszalka		
		23	Mary Cutler		
		24	Craig Carpenter		



Birthday Lunch: October 28th

October 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:

Medicare Open Enrollment

OCTOBER 15-DECEMBER 7

It is recommended that Medicare recipients review their Part D prescription drug coverage annually to make sure the current plan will meet their needs. If changes are needed, open enrollment is the time to make them.

There are several options for help:

-Call 1-800-MEDICARE

-On-line go to:

www.Medicare.gov

or meet with one of our WSHIP volunteers. You will need a list of your prescriptions, dosage & frequency. To schedule a call with June or Martha call the Senior Center at 733-7300.

Spanish Classes

NOVEMBER 3, 5, 10, 12, 17 & 19
11:00 AM – 12:00 PM

This November, learn Spanish from home via Zoom!

Ashley Potzernitz will be facilitating her popular beginning Spanish classes

again on Tuesdays and Thursdays in November.

Suggested Contribution for Seniors is \$30

Cost for Non-seniors is \$42

To register call 733-7300 or email MacKenzie.
mmoore@seniorcenterjh.org

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Hours

MONDAY – FRIDAY
8:00 AM – 3:00 PM



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Live Your Best Life
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