



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

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**Laurie Watsabaugh,**

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**David Basye & Yocelin**

**Colchado**

*Assistant Cooks*

**Marcos Medina**

*Dishwasher/Prep Cook*

***Our Mission***

*Enhancing and supporting  
the lives of seniors.*

***Caroling Sing-Along***

**THURSDAY, DECEMBER 10TH  
4:00 PM**

It is a strange year, and we can't gather in large groups to carol, but we can still enjoy some good holiday music together!

Join the vocalists and musicians of Cathedral Voices for a holiday caroling sing along.

You can participate through zoom or by calling in with your regular phone:

To join on zoom, please go to [www.seniorcenterjh.org/events](http://www.seniorcenterjh.org/events) and click on Caroling Sing-Along on December 10th.

To call in with your phone, dial 346-248-7799 and enter in

the code 811-4923-7108 when prompted.

Please call the Senior Center if you need assistance to join the fun.



***Experience the Benefits of Tai Chi***

**THURSDAYS AT 10:30 AM**

Greg Brazelton is the Tai Chi instructor for the Senior Center.

He teaches a very beginner friendly class that introduces you to the series of movements and breathing patterns of Tai Chi.

Tai Chi is a series of gentle, flowing movements performed in a slow and intentional manner.

Physically, Tai Chi helps build and maintain agility, strength, and

balance. Mentally, it has been shown to decrease stress and anxiety.

According to Mayo Clinic, some research even shows that regularly practicing Tai Chi can help lower blood pressure and improve joint pain.

Please contact MacKenzie Moore at 733-7300 to learn how to join the class on Zoom or on the phone.

## *Giving Back*

### **MONETARY DONATIONS**

Odd Fellow's Lodge #8  
Ariela Schreiber  
Jackson Hole Duplicate  
Bridge  
Jackie & Weldon Richardson  
Smith's Food & Drug  
Anna Emery Hanson  
Charitable Trust  
Sally Johnson  
Doreen Ward  
Cathy Toolson  
Margie & Bubba Shivler  
Carla Shaffer  
Jane Frisch  
Greg Amlong  
Jackson Hole Duplicate  
Bridge

### **MISCELLANEOUS DONATION**

Jan McKay  
Jackson Cupboard  
Leslie

### **MEMORIAL DONATIONS**

#### **CARL JANNEY**

Bob Shervin  
Joel Goldberg

#### **MARION BUCHENROTH**

Bonnie Budge  
Berniece & Harold Turner  
Cecilia & Frank Bellinghiere

#### **ANN SEIBERT**

Ray Elser  
Bob Shervin

#### **GEORGE THOMPSON**

Greathouse Family  
Heidi Zardus  
Julie & Kathie Longnecker

Betty & Chuck Terrill  
Berniece & Harold Turner  
Maggie & Dick Scarlett  
Janna Stearns  
Virginia & Melvin Hutchings  
Donna & Cliff Martin  
Bonnie Budge  
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Bank of Jackson Hole  
Mary & Mark Obringer  
Sharleen Kominsky  
Chris & Louisa Sandvig  
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Neal & Sharon Nethercott  
Dennis Lyman  
Bobby & Larae Ransom  
Connie & James Huspek  
Carney Logan Burk  
Architects  
Horton & Juli Spitzer  
Donor Advised Fund of the  
Community Foundation of  
Jackson Hole  
Karns Family Fund of the  
Community Foundation of  
Jackson Hole  
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Wyoming  
Cecilia & Frank Bellinghiere

#### **LYNN CLARK**

Bonnie Budge

#### **BARBARA VAN GENDEREN**

Martha Feagin  
Mary Lohuis

#### **SALLY HAUBART**

Mary & Mark Obringer

#### **JEAN WEBBER**

Mary & Mark Obringer

#### **SENATOR GRANT LARSON**

Karns Family Fund of the  
Community Foundation of  
Jackson Hole

#### **BOB GRAHAM**

Karns Family Fund of the  
Community Foundation of  
Jackson Hole

#### **ELLEN LINN**

Karns Family Fund of the  
Community Foundation of  
Jackson Hole

#### **TODD ROBERTSON**

Bob Shervin  
Bonnie Budge

#### **BUNNY COOPER**

Mary Lohuis

#### **MIKE METHERELL**

Mary Lohuis

#### **LOU BRIETENBACH**

Mary Lohuis

#### **LOU CENTRELLA**

Mary Lohuis

#### **DEIDRE 'DEE' WHITENER**

Mary Lohuis

#### **WILLIAM O'NEIL**

Janet O'Neil

#### **MEMORY WALL**

#### **NADENE ROBERTSON**

In Loving Memory from her  
Family

### *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.*

# December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Baked Breaded Fish Baked Squash Spring Blend Vegetables Spinach Bread Fruit Parfait *Oatmeal	<b>2</b> Pork Chop Supreme Scalloped Potatoes German Blend Vegetables Ambrosia Fruit Cup Oatmeal Spice Cake *Quiche	<b>3</b> Garden Salad Hawaiian Chicken Whipped Potatoes Herbed Green Beans Whole Wheat Bread Applesauce Cake *Egg & Sausage Bake	<b>4</b> Friday Feast Tossed Salad Beef Stew Whole Wheat Bread Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad *Breakfast Burrito	<b>5</b>
<b>6</b> *Breakfast entrée is listed at the bottom of the daily menu	<b>7</b> Carrot & Celery Strips Parmesan Chicken Mashed Garlic Potatoes Seasoned Zucchini Whole Wheat Roll Fresh Fruit *Quiche	<b>8</b> 49er Salad Hungarian Hamburger Goulash Broccoli Roll Pineapple *Egg & Sausage Bake	<b>9</b> Fish Florentine on Brown Rice Glazed Carrots Wheat Roll Ambrosia Fruit Cup Chocolate Chip Cookie *Breakfast Burrito	<b>10</b> Lettuce & Tomato Salad Hot Open Faced Roast Beef Sandwich, Gravy Mashed Potatoes Brussels Sprouts Grapes *Breakfast Sandwich	<b>11</b> Carrot & Celery Strips Roast Pork Mashed Sweet Potato Green Beans & Bacon & Onions Corn Bread Applesauce *Cereal	<b>12</b>
<b>13</b>	<b>14</b> Spinach Strawberry Salad Parmesan Fish, Lemon & Spices Roasted Root Vegetables Roll Chocolate Surprise Cake *Oatmeal	<b>15</b> Birthday Lunch Mandarin Orange Spinach Salad Roast Beef, Gravy Rosemary Red Potatoes Winter Blend Vegetables Garlic Roll Black Forest Cake *Breakfast Burrito	<b>16</b> Tomato & Cuke Salad Turkey Tetrazzini Ginger Carrots Whole Wheat Bread Creamy Citrus Fruit Salad *Breakfast Sandwich	<b>17</b> Potato Leek Soup BBQ Pork Sandwich Harvest Blend Vegetables Apricots Molasses Cookie *Quiche	<b>18</b> Friday Feast Carrot, Celery & Cuke Salad Rancher's Meat Loaf Mashed Sweet Potatoes Almond Broccoli Wheat Drop Biscuit Fresh Fruit *Egg & Sausage Bake	<b>19</b>
<b>20</b>	<b>21</b> Oven Fried Chicken Mashed Potatoes, Gravy Pacific Blend Vegetables Mandarin Oranges Gingerbread Cake *Breakfast Burrito	<b>22</b> Garden Vegetable Salad Beef Stroganoff over Rice Herbed Broccoli Whole Wheat Roll Fruit Cup *Quiche	<b>23</b> Christmas Lunch Spinach & Strawberry Salad Glazed Baked Ham Scalloped Sweet Potatoes & Apples Brussels Sprouts Magic Cookie Bar *Oatmeal	<b>24</b> Closed for Christmas	<b>25</b> Closed for Christmas	<b>26</b>
<b>27</b>	<b>28</b> Vegetable Salad Beef Pepper Steak Steamed Rice Carrot Coins Whole Wheat Bread Apple *Breakfast Sandwich	<b>29</b> Garden Vegetable Salad Fish Cakes, Tartar Sauce Whipped Potatoes Tomato & Zucchini Bake Corn Meal Roll Orange Sauced Peaches *Breakfast Burrito	<b>30</b> Tossed Green Salad Salisbury Steak Baked Potato & Sour Cream Spinach Whole Wheat Roll Pear Crisp *Egg & Sausage Bake	<b>31</b> New Year's at Noon Carrot & Toasted Coconut Salad Hot Open Faced Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Pumpkin Mousse *Cereal	Advanced reservations are encouraged and <b>must</b> be made by 3 pm the day before. Please reserve by Friday for Monday.	

## Happy Birthday November!

2	Bobby Dailey Gail Wells	14	Julie Obering Debbie Hassler	26	Patricia McDonald William Warner
3	Loring Woodman Elizabeth Benson		Katherine Johnson Earle Laysen		Elizabeth Bartek Nancy Dunlap
	Suson Erickson Fred Reimers		Connie Leavell Harriet Minczeski	27	Jayne Kirk Tony Ligor
4	Gwenn Wadsworth Joseph Byron		Nancy Ninnemann Charles Schaap		William Garson Dixie Sanders
	John Shipman Becky Tomsic	15	Julia Stanley Daniel Fulton	28	Kevin Cochary Christopher Englund
5	Imogene Mebane Loris Wilson	16	Carol Poole Claire McConaughy		John Heberger Edward Minczeski
6	Matthew Montagne	17	Susan Perkins Elizabeth Rutter	29	Adele Thompson Susan Hall
7	Dori Cote Reade Dornan	18	Jane Matthews Myles Still		Dorothy Neckels John Paulus
	Austin Everett Karen McBee		Dana Thompson Carol Harkness		Harold Turner Denise Viands
	Carolyn Svendsen Alice Widdess	19	Julie Kummer	30	Evie Lewis
8	Ingrid Dingfelder	20	Yong Ayling	31	Gwen C Mann
	Debi Hardeman Cynthia Millard		Ann Byron Linda Judge		Susan McCracken Carol Miller
	Elizabeth Rinn Carolyn Ryan	21	William Briggs Robert Everett		Becky Murphy
	Suzanne Salzman Willard Woolwine		Carol Kelleghan Judy Larson		
9	Gator Rawley		Sharon Parrott Jerry Vroman		
10	Gayle Bartlett Kell Benson		James Wong Noel Dykes		
	Robert Caesar	22	Norman Mellor III Joseph Miazga		
	Linda Eggers Kenneth Schechter		Melody Robertson Martha Birkett		
	Vonona Scott Linda Soper	23	Silvia Davila Yvonne Henze		
11	William Vale Shelley Botts		Beverly Vik James Wallace		
	Mark Hassler Christine Willemain		John Carruth Robyn Jones		
12	Donald Rockwell	24	Morris Mellion Lee Burbank		
13	Lucy Chan-Wong John Davis		Mark Giger		
	Judith Gordon Laurie LaMere	25			



### Birthday Lunch: December 15th

December birthdays will enjoy  
to-go lunch compliments  
of First Interstate Bank.



## Help the Center While Helping Yourself

As 2020 comes to a close, there are some special one-time provisions of the CARES Act (which will expire after 12/31/20) to make tax-deductible donations to the Senior Center, even if you don't itemize deductions.

Those who take the standard deduction may now deduct up to \$300 (\$600 per couple) for monetary donations to the Senior Center. Normally no deduction is permitted. People who itemize may deduct cash gifts to the Senior Center up to 100% of their adjusted gross income in 2020- up from 60%.

Also, individuals with IRAs can make a donation of up to \$100,000 from their IRAs without having it included in taxable income.

Every year the Senior Center relies on donations to fund over 25% of its budget. Please consider a gift now that will help the Center continue to help Jackson Hole seniors live independently.

We recommend that you consult your financial advisor on your specific tax considerations.

To make a donation or for more information, please contact Becky Zaist at 307-733-7300 or [bzaist@seniorcenterjrh.org](mailto:bzaist@seniorcenterjrh.org)

### Christmas Lunch WEDNESDAY, DECEMBER 23RD 12:00 PM-1:00 PM

We hope you will join us for a festive Christmas curbside lunch. Amando will be preparing a delicious baked ham dinner.

Call to RSVP by 3:00 pm on Tuesday, December 22nd. Senior lunches are compliments of the First Interstate Bank. The price for non-seniors is \$15.



## Private Personal Training

We are excited to offer online individualized personal training with Exercise Specialist Jo Warden.

Jo teaches fitness classes and provides personal training services for clients at the Senior Center. Online exercise training is the perfect way to stay active during the pandemic and these long Jackson winters!

Jo will guide you through exercise sessions that are customized for your specific needs and goals. Appropriate for all levels and

abilities.

Suggested Contribution: \$45 per session. For more information, please call Jo at 208-270-0056



### Fitness Class Schedule

Tuesdays 9 am:  
**Pilates with Michaela**  
Tuesdays 10:30 am:  
**Yoga with Trish**  
Wednesdays 9 am:  
**Yoga for Strength with Jo**

Wednesdays 1:15 pm:  
**Restorative Yoga with Jill**  
Thursdays 9 am:  
**Functional Fitness with Jo**  
Thursdays 10:30 am:  
**Tai Chi with Greg**



# Don't Miss:

## Carol-a-Grams

Spread holiday cheer this year by sending your loved ones a carol-a-gram!

The Cathedral Voices have recorded a beautiful set of holiday songs this year. This recorded carol-a-gram will be sent to a person of your

choosing in the week leading up to the winter holidays.

Let a friend know that you're thinking about them!

Suggested contribution per carol-a-gram: \$2. Call the Senior Center to send a carol-a-gram.

## LIEAP Applications are available

Need help paying your winter heating bills? You may qualify for assistance through

Wyoming Low Income Energy Assistance program.

Applications are available at the Senior Center by calling 733-7300. Or apply online at [leapwyo.org](http://leapwyo.org)

### BOARD OF DIRECTORS

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Bob Shervin

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Irene Lund

Cecilia Herbert

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### Hours

**MONDAY – FRIDAY**

8:00 AM – 3:00 PM

**CLOSED DECEMBER 24TH  
& 25TH FOR CHRISTMAS**



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**  
**December Newsletter 2020**