



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

2020 Seniors of the Year

The Senior Center Board of Directors is pleased to announce Bobbi & Ken Thomasma as the 2020 Seniors of the Year.

Ken & Bobbi, both teachers, have lived in the valley for the past 44 years. They have made a lasting impact on our community over the years through their professional & volunteer work.

Since we are not able to honor them with a special dinner, we encourage you to drop them a note (bring to the Senior Center) or give them a call.

Thank you to all of our outstanding 2020 nominees and congratulations Bobbi & Ken!



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Amando Perfecto

Head Cook

David Basye & Yocelin

Colchado

Assistant Cooks

Our Mission

Enhancing and supporting the lives of seniors.

Beginning Spanish Classes

TUESDAYS & THURSDAYS
FIRST THREE WEEKS OF
NOVEMBER
11:00 AM TO 12:00 PM

Ashley Potzernitz, with Parks and Rec, is returning to teach her beloved Spanish classes on Zoom!

These classes will follow an interactive lesson plan focused on grammar, vocabulary and conversational Spanish. You will be able to practice your Spanish

in small groups using virtual breakout rooms - no advanced Zoom skills necessary!

Suggested contribution: \$42 for 6 classes. Space is limited! Call MacKenzie to get the Zoom link or phone number to call in for the classes.



Holiday Art Classes

**MONDAY, NOVEMBER 16TH, DECEMBER 7TH,
AND DECEMBER 14TH
6:00 PM TO 7:30 PM**

Billi Harrington, from the Art Association of Jackson Hole, is going to be teaching a three-part workshop on making your own clay ornaments, wreaths, wrapping paper and holiday cards!

Make a drink (recipes will be included in

the craft kits) and join us as we learn new techniques, listen to holiday music and chat.

Each week, you will need to pick up your art kit from the Senior Center.

Suggested contribution: \$65 for the workshop or \$22 for individual class. This price includes the supplies. Price for non-seniors: \$90. Classes will be on Zoom or by phoning in. Call 733-7300 to register.

Thanksgiving Lunch Wednesday, November 25 12:00-1:00 pm

Amando will cook us a lunch we will all be thankful for! Turkey and all the fixins will be served curbside and home delivered.

Reservations are required by 3:00 pm the day before. Please call 733-7300 to RSVP.

Senior Thanksgiving lunch is compliments of First Interstate Bank. The price for non-seniors is \$15.



Giving Back

MONETARY DONATIONS

Odd Fellow's Lodge #8
Sharon & Glen Self
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Bob Shervin
Mary & Mark Obringer

GEORGE THOMPSON

Bob Shervin

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 *Breakfast entrée is listed at the bottom of the daily menu	2 Creamy Cole Slaw BBQ Pork Baked Squash Light Wheat Roll Fruit Pizza *Quiche	3 Lettuce & Tomato Salad Chicken Enchiladas Ranch Style Beans Fruit Cup Date Bar *Egg & Sausage Bake	4 Asian Salad Roast Beef Mashed Potatoes, Gravy Pacific Blend Vegetables Baked Apple Ginger Snap Cookie *Breakfast Sandwich	5 Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Bread Apricots *Cereal	6 Friday Feast Garden Salad Spaghetti & Meat Sauce Angel Hair Noodles Blend Vegetables Garlic Bread Pear Crisp *Breakfast Burrito	7
8	9 The Everything Salad Ham & Bean Soup Bread Spinach, Beet Slices Citrus Fruit Salad *Cereal	10 Veterans Lunch Vegetable Salad Baked Chicken Mashed Potatoes, Gravy California Blend Vegetables Devil's Food Cake with Strawberry Sauce *Breakfast Burrito	11 Closed in Observance of Veteran's Day	12 Spring Salad Almond Crusted Fish Tartar Sauce Baked Sweet Potato Seasoned Zucchini Corn Bread Fruit Salad *Breakfast Sandwich	13 Spinach Salad Beef Pot Pie Green Beans Peanut Butter Cookie Cinnamon Pears *Quiche	14
15	16 German Style Tomato Salad Swedish Meatballs Mashed Potatoes Roasted Brussel Sprouts Roll Peach Cream Whip over Cake *Egg & Sausage Bake	17 BirthDay Lunch Carrot Salad Roast Pork , Gravy Mashed Sweet Potato Broccoli Whole Wheat Bread Pineapple Upside Down Cake *Quiche	18 Creamy Coleslaw Fish & Chips (Baked) Breaded Fish & Home Fries) Balsamic Green Beans Fresh Fruit Tapioca Pudding *Cereal	19 Mixed Green Salad Swiss Steak , Tomato Sauce Rice Pilaf Carrot Coins French Bread Grapes *Breakfast Burrito	20 Friday Feast Green Bean Salad Herb Baked Chicken Baked Squash Zucchini with Nutmeg Roll Chilled Pineapple Oatmeal Raisin Cookie *Breakfast Sandwich	21
22	23 Creamy Confetti Cole Slaw Lemon Baked Fish Roasted Red Potatoes Mixed Vegetables Strawberry Shortcake *Breakfast Burrito	24 Garden Vegetable Salad Stuffed Green Papper Tomato Gravy Baked Potato, Sour Cream Whole Wheat Bread Fruit Crisp *Breakfast Sandwich	25 Thanksgiving Lunch Relish Tray Roast Turkey , Gravy Mashed Potatoes Green Beans Almandine Cranberry Sauce Stuffing Pumpkin Pie *Egg & Sausage Bake	26 Closed for Thanksgiving	27 Closed for Thanksgiving	28
29	30 Tortilla Soup Soft Shell Tacos Salsa, Onion Mexicali Corn Fudge Brownie Fresh Fruit *Breakfast Sandwich	<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.</p> <p>Non-seniors are \$10 for lunch.</p> <p>Menus are subject to change</p> <p>Call by 3:00 pm the day before to reserve, or by Friday to reserve for Monday</p>				

Fitness Classes continue on Zoom

Mondays 5 pm: Restorative Yoga with Jill
This month November 2nd & 16th

Tuesdays 9 am: Pilates with Michaela

Tuesdays 10:30 am: Yoga with Trish

Wednesdays 9 am: Yoga for Strength with Jo

Thursdays 9 am: Functional Fitness with Jo

Thursdays 10:30 am: Tai Chi with Greg

The links to join our zoom fitness classes are posted on the fitness calendar on www.seniorcenterjh.org or call 733-7300 to join by phone.

Veterans Day Lunch

TUESDAY, NOVEMBER 10

12:00 PM-1:00 PM

While we are honoring our Veterans a little differently this year we encourage all Veterans to join us for curbside lunch pick up. Boyscout Troop 268 will delivering the lunch bags to the cars.

Call to RSVP by 3:00 pm on Monday, November 9th. Senior Veterans Day lunches are compliments of the Bank of Jackson Hole. The price for non-seniors is \$10.



Welcome to Home Care

My name is Stacey Grohne, and I am interning with Erin and the home care team until June 2021 for my graduate program in social work through the University of Wyoming.

Prior to pursuing my graduate degree, I worked at the Jackson Hole Community School for 13 years, where I taught a multitude of high school math and science classes.

I am lucky to say Wyoming is my home; however, I am originally from Florida and moved to Jackson in 2002 after attending college in North Carolina. I initially only planned to stay in the valley for a few years; however, I met my wonderful husband, and we started a family. We have three spunky children Piper (11), Mia (9), and Tucker (5), along with a menagerie of furry critters.

When I am not busy with my family or studying, you can usually find me running, gardening, riding my horse, or skiing. Simply

put, I love to be outside!

I am incredibly excited to work with such a fantastic group of individuals, and I look forward to getting to know many of the Senior Center customers and working on several exciting projects with Erin!



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**Thank you to all who supported
the Senior Center through Old Bill's Fun Run
All 397 of you!**



Happy Birthday November!

1	Suzanne Young	13	Alana Guarnieri	Dorothy Tanner
2	Faye Harder		Eileen Blackwell	Waltraud Walter
	Joyce Steece		Allan Krapf	Mary Hutz
	Faye Harder	14	Cally Crow	27 Nicholas Ryan
	Nan Kenyon		Helena Harrice	John Harkness
	Denis Lyman		Charles Brumsted	28 Helen Feuz
3	Betty Terrill		Becky Frisbie	Judith Montagne
	Joseph Piccoli		Nicholas Centrella	Susan Hedden
	Carol Harvey	15	Stephen Owens	Phyllis Hallett
	Michael Witz		Barbara Mueller	John Gilmore
	Glenda Ramsay	16	Carolyn Douglas	29 Lydia Leitch
4	Mary Vogel-Friend	17	Mimi Saenger	Martin Weston
	Lucy Rankin		Tania Evans	Patricia Biles
5	James Janak	18	Lucille McKinney	Agnes Pelissier
	Peggy Douglas		Cindy Booth	30 Claudia Schrotz
	Joseph Funk	18	Terry Ray	Erika George
6	Betty Duncombe		Mabel Allin	Ronald Weber
	Connie Huspek	19	Ellen Ross	Kathy Thorp
	Rolf Belden	19	John Whitmore	Barry Anderson
7	Vance Buell		Barbara Weflen	Dora Anselmi
	Carol Wauters	20	Ray Pilgrim	
	Bob Norton		Deborah Wood	
8	Carolyn Vale		Alexander Kidd	
9	Dennis Johnson	21	Stephen Bock	
	Lucretia Finlay		Mary Beam	
	Heather Robinson		Donna Niemi	
10	JoAn Bogen		Eunice Conine	
	Bonnie Budge		Maura Harrington	
11	LoyDean Barney	22	Dennis Gralund	
	Tom Getler	24	Robin Christensen	
	Judith Harpell		Barbara Goody	
	Roger Freed		Raymond Fink	
	Elizabeth Shockley		Dan Keller	
	Carol Bowers	25	Warren Van Genderen	
12	Sharon Gralund		Shelly Buell	
	Rosemary Seher-Thoss		Vickie Memmer	
	Anne Fletcher Read		Sharon Gunberg	
	James Graeter		Joseph Greene	
	Andy Watson	26	Emily Smith	
	Sherry Kinsella		Emily Shelby	
	Diane Jezek		Kathleen Mague	
	Laura Shervin			



I am thankful for all the people I get to see and chat with everyday at curbside lunch.

I am thankful for all the volunteers that spend their time helping us and others.

I am thankful for my dog, Panda.

I am grateful for the resilience of our staff, Board & volunteers.

I am thankful for a healthy new grandson.

I'm thankful that my kids are back in school and I could come back to work!

I'm thankful to be able to serve seniors, for my health & my job.

I am thankful for being healthy.

From the Senior Center Staff!

Birthday Lunch: November 17th

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



Fall Bake Off Winner & Recipe

Congratulations to **Elaine Luton**, the winner of the Fall Bake Off. Elaine's Apple Cheesecake was the grand champion of a very competitive and yummy contest! Below is the recipe so you can make this delicious winner at home! Thank you to everyone who participated.

Almond Apple Cheesecake

Crust:

1 cup all purpose flour
1/3 cup sugar
1/2 cup cold butter, cubed
1/3 cup seedless raspberry jam

Filling:

2-8 ounce packages cream cheese softened
1/2 cup sugar
2 eggs lightly beaten
2 teaspoons vanilla extract

Topping:

1/3 cup sugar
1/2 teaspoon cinnamon
3 cups tart apples peeled and thinly sliced
1/2 cup sliced almonds

1. Preheat oven to 350°. For the crust, combine flour, sugar and cubed butter in a bowl until crumbly. Press into the bottom of a greased 9" springform pan. Prick with a fork. Bake for 10 minutes or until soft but set. Set aside to cool.
2. Spread the jam carefully over the cooled crust
3. For the filling, beat cream cheese and sugar until smooth. Add eggs and vanilla, beat until just blended. Pour filling over the jam & crust.
4. For the topping, combine sugar and cinnamon in a large bowl. Add the sliced apples and toss to coat. Spoon the apples over the filling. Sprinkle the top with sliced almonds.
5. Bake at 350° for 55-60 minutes or until the center is almost set. Cool for 10 minutes. Carefully run a knife around the edge of the pan to loosen. Cool for another hour then refrigerate overnight.



Neighbors with Nature

TUESDAY, NOVEMBER 24TH
2:00-3:00 PM

Join us for a presentation and community chat about our wildlife neighbors in Jackson and the issues that affect them.

Kate Gersh, Associate Director of the Jackson Hole Wildlife Foundation (JHWF) will present on their findings from game cameras in the Cache/Game Creek/Snow King area, and the Mountain Bluebird nest monitoring sites. Get to know the bluebirds that have been returning to nest in Jackson year after year!

Shane Moore, wildlife documentary filmmaker, will share some of his footage of local wildlife and migrations, while discussing chronic wasting disease and other hot topics

affecting wildlife.

Call MacKenzie at 733-7300 to get the Zoom link or phone number to call and listen to the presentation.



Don't Miss:

Calling All History Buffs!

Pen Pal Program with 5th & 6th grade students

You will receive letters from your pen pal once a month on a particular history topic. There will be couple questions for you to write about.

Your task is to reflect on the student's letter and the

questions they ask, maybe research a bit and write a letter back to your pen pal. This program will run for the full-length of the school year providing students with an authentic audience to practice their writing, proofreading and handwriting.

Sign up by calling MacKenzie at 733-7300 or emailing mmoore@seniorcenterjh.org

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 lieapwyo.org

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Hours

MONDAY – FRIDAY

8:00 AM – 3:00 PM

**CLOSED NOVEMBER 11TH
IN HONOR OF
VETERANS DAY**



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