



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

Welcome Back

It has been great to welcome people back into the building for activities over the past couple of months. Starting June 1st we are welcoming people back into our dining room! You will now have the option of eating lunch:

- in the dining room
- picking up curbside
- Meals on Wheels for those unable to come to the Senior Center.

The Senior Center Board of Directors has determined that for the time being we will be a Mask Required and Vaccination

Required building. We anticipate that at some point we will be able to drop the mask requirement, but not until we can ensure the health and safety of everyone in the building. We ask for your understanding and patience as we adapt to the ever-changing COVID risk situation. We are taking a cautious approach in hopes that we can continue to offer more and more in-person services.

We look forward to seeing you!



STAFF

Becky Zaist

Executive Director

Rebecca Erskine

Assistant Director

Jenny Ryan

Bookkeeper

Bill McPeak & Julie Sanchez

Transportation

Kat Clauson

Activities Coordinator

Maggie Land

Volunteer Coordinator

HOME CARE

Erin Crow

Home Care Manager

Corinne Ahlum, RN

Frankie Fernyhough,

Dori Cote, Kristine Dyke,

Chris Encinas, Margaret Harris,

Deb Wuersch, Becca Jewison

Judy Johnson, Janette Miller,

Mary Obringer, Reyna Perez,

Laurie Watsabaugh,

Dimmie Zeigler, Carina Barker

KITCHEN

Amando Perfecto

Head Cook

David Basye & Yocelin

Colchado

Assistant Cooks

Culinary Classes

TUESDAY, JUNE 8TH
3:30 PM - 5:00 PM

This month, we are learning to make fresh homemade pasta with Chef Jason Mitchell.

Chef Mitchell started his culinary career in California back in the early nineties, cooking fresh Italian and Northern California Spa Cuisine in the Sacramento and Napa Valley region. He has performed various stagier, which is an old French culinary term meaning apprenticeship or "work for food" with very well-known and respected Chefs in Berkeley

and Yountville. He has been published in A Taste of Wyoming and various magazines, newspapers and periodicals and is working on his first novel about his life as a professional chef.

Suggested contribution for seniors is \$15 and pasta rollers are available on loan.



Our Mission

Enhancing and supporting the lives of seniors.

Happy Birthday June!

1	Bernadette Jehl Elizabeth Kingwill Georgia Mayer June Nystrom Karen Priebe Valerie Schlesinger	12	Walter Brandt Jeffery Crabtree Bruce Erickson Bruce Hawtin Jan Marie Hobart	21	Jill Aanonsen Janet Jones Dail Knori Jan Lovett Lois O'Neal
2	Susan Woodford	13	Dail Barbour Laurene Grant Norman Scott Leland Walter	22	Judy Cox Penny Gaitan Pete Jorgensen Mary Lewis Bernard Mamerow Thomas Nash Jenny Ryan
3	Sylvia Raumaker Lorado Reetz	15	Thelma Quasdorf Cynthia Satagaj-Radda Bob Shervin Nancy Vaughn	23	Roman Barczynski Matilda Bardella Sally McCullough Sue McGuire Ann O'Leary Scott Shervin
4	George Doran Richard Klene Yvonneda Martin John Modi T.R. Shelby Dimmie Zeigler	16	Diane Brown Jeanine Karns Julie Redwine Gayle Roosevelt Patricia Truitt	24	Victoria Hess Carol Owens Cheryl Schwartz
5	Greta Gretzinger David Ottley Katherine Roby	17	William Guheen Dana Kelsey Jane Kusek Marcy McDonald Nancy Rogers	25	Mary Bergeron Holly Hunter Anna Tryka Lorelie Miller Richard Thompson Inger Trudelle
6	Richard Galiher William Smith	18	Richard Collister Marilyn Hartman Al Imhoff	26	John Daily Carol Fidroeff Douglas Keefe Jr. Nancy Pettus Shirley Thomas
7	Julia Goldensohn Patty Krause Mark Lovett Benji Sinclair	19	Janet Cole Ted Kimmel Cheryl McFarland Linore Wallace	27	Buck Beckett Cathy Evans Sheila Pecha
8	Marguerite Bauer Peggy McClung-Puche David Raaum Linda Schmidt	20	Cora Levings Linda MacMillan June McCollister Helmut Thalhammer Melinda Wilson	28	
10	Lacey Biles Mary Centrella John Johnston Cletus LaMere John Osborne			29	
11	Linda Benson Mary K Turner			30	

Birthday Lunch: Tuesday, June 29th

June 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 give us a call to renew.

New Hiking Club

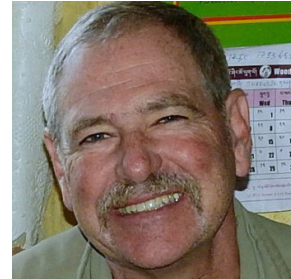
SATURDAY, JUNE 19TH
8:00 AM

Take a walk in the woods with naturalist and hiking enthusiast Benji Sinclair.

This first walk will take us up Cache Creek. All ability and fitness levels are welcome. Benji will talk about the flora and fauna seen along the way.

The hikes will continue every other Saturday throughout the summer. Suggestions on where to hike are welcome.

This is a great chance to get outside, make friends and learn about birds, wildflowers, and lower your resting heart rate!
\$10 suggested contribution for seniors.



Senior Center Book Club

WEDNESDAY, JUNE 30TH
6:00PM

This month we're diving into *Poster Child: A Memoir* by *Emily Rapp Black*.

At the age of four, Emily had her left foot amputated. By the time she was eight, she had become the smiling "poster child" for the March of Dimes. For years she made appearances at church suppers and rodeos, all the while she was learning to live with what she later described as "my

grievous, irrevocable flaw".

This book is a page turner! Book Club is \$3 and books can be picked up at the Senior Center. Refreshments will be available. Call Kat to join the club.



So happy to be back...

Here are some quotes we are hearing around the Senior Center.

I love seeing people in person and not on a computer screen!

Yeah! Real hugs!!

I had no idea that was how you were supposed to do that Yoga move. I have been doing it wrong for a year!

You look amazing! Is that hair color COVID gray!

I reserved an hour of equipment room time but am exhausted after 10 minutes. See you tomorrow!

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All fitness classes and activities are in-person unless noted.		1 9:00 Pilates 1:30 Bingo	2 9:00 Yoga for Strength 1:30 Contract Bridge	3 9:00 Functional Fitness 10:30 Tai Chi (May Park) 10:30 Yoga Basics 12:00 Hole Food Rescue Free Food Van 2:00 Duplicate Bridge	4 8:00 Pilates 12:00 Hole Food Rescue Free Food Van	5
	6	7 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study	8 9:00 Pilates 10:30 Yoga 1:30 Bingo 3:30 On-line Cooking Class Reservations required	9 9:00 Yoga for Strength 1:30 Contract Bridge	10 9:00 Functional Fitness 10:30 Tai Chi (May Park) 10:30 Yoga Basics 12:00 Hole Food Rescue Free Food Van 2:00 Duplicate Bridge	11 8:00 Pilates 12:00 Hole Food Rescue Free Food Van
13	14 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study	15 9:00 Astoria Hot Springs Trip Registration required 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	16 9:00 Yoga for Strength 6:00 Paint & Sip Series in May Park Reservations required 1:30 Contract Bridge	17 9:00 Functional Fitness 10:30 Tai Chi (May Park) 10:30 Yoga Basics 12:00 Hole Food Rescue Free Food Van 2:00 Duplicate Bridge	18 8:00 Pilates 12:00 Hole Food Rescue Free Food Van	19 8:00 Hiking Club Reservations required
20 Father's Day Cookout Reservations required	21 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study 1:00 Podiatrist (Appointment Only)	22 9:00 Pilates 10:30 Yoga 1:30 Bingo	23 9:00 Yoga for Strength 1:30 Contract Bridge	24 9:00 Functional Fitness 10:30 Tai Chi (May Park) 10:30 Yoga Basics 12:00 Hole Food Rescue Free Food Van 2:00 Duplicate Bridge	25 8:00 Pilates 12:00 Hole Food Rescue Free Food Van	26
27	28 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study	29 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	30 9:00 Yoga for Strength 5:00 Book Club 6:00 Paint & Sip Series in May Park Reservations required 1:30 Contract Bridge	For activities requiring reservations, please call 733-7300. Suggested contribution for Senior fitness classes \$5.00 Non-seniors are \$10.00 To join Duplicate Bridge: Call Ray @ (208)520-4437 To join Contract Bridge: Call Irene @ (307) 734-9733		

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Spinach & Mushroom Salad Monterey Chicken Steamed Rice Grilled Broccoli Whole Wheat Roll Chilled Apricots *Breakfast Burrito	2 Tossed Salad Salisbury Steak Country Style Gravy Mashed Potatoes Harvard Beets Plum Crisp *Egg & Sausage Bake	3 Tossed Salad Baked Fish Macaroni & Cheese Spinach Strawberry Shortcake *Spinach & Ham Quiche	4 Friday Feast Greek Salad Beef Pot Roast & Gravy Potatoes, Carrots & Onions Potato Roll Mixed Berry Crisp *Breakfast Sandwich	5	
6	7 Coleslaw Barbecue Pork Sandwich on Wheat Bun Potato Salad Mandarin, Pineapple & Grape Cup Lemon Bar *Breakfast Sandwich	8 Tossed Salad with Beans & Carrots Meat & Veggie Pizza on Whole Wheat Crust Mixed Fruit Cup Creamy Rice Pudding *Spinach & Ham Quiche	9 Spinach Salad Baked Fish with Dill Sauce Roasted Red Potatoes Three Bean Salad Yellow Cake with Lemon Cream Frosting Oranges *Cereal	10 Asian Salad Chicken Stir Fry with Vegetables over Sesame Noodles Ginger Peas Almond Bark Cookie *Egg & Sausage Bake	11 Garden Vegetable Salad French Dip Sandwich on Whole Wheat Hoagie Bun Horseradish Sauce Seasoned Green Beans & Red Pepper Strips Grapes *Breakfast Burrito	12	
13	14 Spring Salad Baked Italian Pasta Roasted Asparagus Focaccia Bread Grapes Tapioca Pudding *Spinach & Ham Quiche	15 Hawaiian Tossed Salad Fish Cakes Zucchini, Carrots & Basil Roasted Red Potatoes Whole Wheat Bread Chocolate Cherry Mousse *Breakfast Sandwich	16 Asian Salad Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Angel Food Cake with Berries *Breakfast Burrito	17 Vegetable Salad Beef Pepper Steak Steamed Rice Carrot Coins Whole Wheat Bread Grapes *Instant Oatmeal	18 Friday Feast Spring Salad Hot Open Faced Turkey Sandwich Mashed Potatoes, Gravy Spinach Pineapple Upside Down Cake *Egg & Sausage Bake	19	
20 Father's Day Garden Salad Cheeseburger or Hot Dog Sweet Potato Wedge Peaches Chocolate Chip Cookie	21 Beef with Mushrooms over Egg Noodles Cauliflower Au Gratin Cinnamon Raisin Bread Fruity Cherry Gelatin *Cereal	22 Russian Garden Salad Baked Chicken Mashed Potatoes, Gravy Asian Blend Vegetables Wheat Roll Fresh Fruit *Egg & Sausage Bake	23 Tossed Green Salad Ham & Macaroni Bake Brussels Sprouts Pumpnickel Roll Peach Crisp *Breakfast Sandwich	24 Taco Salad on Corn Chips Peas & Carrots Melon Cup Rocky Road Pudding *Breakfast Burrito	25 Spring Salad Almond Crusted Fish Baked Sweet Potato Seasoned Zucchini Corn Bread Fruit Salad *Spinach & Ham Quiche	26	
27	28 Chicken Caesar Salad Whole Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake *Egg & Sausage Bake	29 Birthday Lunch Pork Chop Supreme Scalloped Potatoes German Blend Veggies Ambrosia Fruit Cup Oatmeal Spice Cake & Ice Cream *Instant Oatmeal	30 Carrot & Toasted Coconut Salad Shepherd's Pie Mushroom Gravy Seasoned Green Beans Whole Wheat Bread Fruit Crisp *Spinach & Ham Quiche	<p>Breakfast & Lunch will be served in the dining room, curbside and home delivered.</p> <p>Reservations must be made by 3 pm the day before for all dining options!</p> <p>Suggested contributions is \$2.50 for breakfast, \$5 for lunch Non-seniors are \$10 for lunch Menus are subject to change</p>			

Giving Back

MONETARY DONATIONS

Odd Fellow's Lodge #8
Jackson Hole Duplicate Bridge
Jennifer & Michael Stauth

MISCELLANEOUS DONATION

Debbie Rhea

MEMORIAL DONATIONS

PHYLLIS BREEN

Berniece & Harold Turner

CAROL BLACK

Berniece & Harold Turner

IMOGENE MAY SPERL

Bob Shervin

MEMORY WALL

NORA RICHINS

John & Marjorie Ryan Family

IMOGENE MAY SPERL

Bonnie Budge

NEWSLETTER DONATIONS

Barbara Szefc
Nancy & Bob Norton
Dimmie & Greg Zeigler
Bob Shervin
Gwen & Bill Hansen
Beverly Vik
Jack Ruud

LEND A HAND

Dorie Smith
Sage and Jen Kandolin
Elks Lodge
Presbyterian Church
Team Rubicon
Lions Club
Hole Food Rescue

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.

Home Care Corner

It is so exciting to see how far we have come in the past 14 months!

I feel like spring is in the air times 10 right now, thanks to the increased number of people who are vaccinated.

Everyone seems to have more pep in their step as they walk through the Senior Center halls again. I did not know how much I had missed the chatter in the hallways as people greet each other, discuss current events or give family updates. It is so great to have life back in this big building again!

Thank you for your continued patience and understanding throughout this challenging time.

As you know, here at the Senior Center we were on the front lines fighting to protect all of you and making sure you felt supported via meals, home care, transportation, activities and advocacy. We were there for you then, before then, now and forever.

Now it is time to celebrate!!!! So cheers to the other side of the tunnel with the bright spring sunshine to greet us and let's keep the train moving forward with continued gratitude & positivity.

Erin Crow
Home Care Manager
ecrow@seniorcenterjh.org

Paint & Sip Series

WEDNESDAY, JUNE 16TH & 30TH

6:00PM

MAY PARK

Art Association artist, Billi Pate, is back and excited to teach a Plein Air, painting outdoors, series in May Park!

The two day series will explore different mediums and techniques, while building skills and creating beautiful works of art!

Supplies are provided in partnership with the Art Association of Jackson Hole. Bring your own beverages!

Suggested contribution for the series is \$45.



Astoria Hot Springs Trip

TUESDAY, JUNE 15TH

8:00 AM

Take a soak and a tour of the newly remodeled facility! This is a great opportunity to soak the stress of the last year away, in a beautiful setting. Space is limited, so call Kat at the Senior Center to reserve your spot and a ride to the hot

spring.

\$10 Suggested contribution for seniors.



Emergency Broadband Benefit Program

FEDERAL COMMUNICATIONS COMMISSION

1-833-511-0311

The Federal Communication Commission has launched a temporary program to help families and households struggling to afford internet service during the COVID-19 pandemic.

The Emergency Broadband Benefit provides a discount of up to \$50/month toward broadband service for eligible

households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer or tablet from participating providers.

Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using a mail in

application or online.

You can learn more about the benefit, including eligibility and enrollment information calling 1-833-511-0311 or visiting www.fcc.gov/broadbandbenefit.



Upcoming:

BAR J CHUCKWAGON
FRIDAY, SEPTEMBER 3RD
6:00PM

Get your cowboy boots ready! We're going to Bar J Chuckwagon, to enjoy one last dinner show before

they close for good! Space is limited, so call to reserve your seat.



GRAND TETON MUSIC FESTIVAL
MONDAY, JULY 12
2:00 PM

On the Road, a string quartet made up of Festival Orchestra

musicians will be playing in May Park. Bring a blanket or chair. All are welcome.

BOARD OF DIRECTORS

Lou Hochheiser

Chair

John A Turner

Vice Chair

Bruce Hawtin

Secretary

Sara Van Genderen

Treasurer

Bob Shervin

Irene Lund

Cecilia Herbert

Michael Schrotz

Hours

MONDAY – THURSDAY

8:00 AM – 4:30 PM

FRIDAY

8:00 AM – 3:00 PM



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

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Live Your Best Life
June Newsletter 2021