



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

**STAFF**

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**Rebecca Erskine**

*Assistant Director*

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*Bookkeeper*

**Bill McPeak & Julie Sanchez**

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**Vacant**

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**Lourdes Santiago**

*Volunteer Coordinator*

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**Pam Flores**

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Deb Wuersch, Becca Jewison

Judy Johnson, Janette Miller,

Mary Obringer, Reyna Perez,

Dimmie Zeigler, Carina Barker

**KITCHEN**

**Amando Perfecto**

*Head Cook*

**David Basye & Yocelin**

**Colchado**

*Assistant Cooks*

**Mariano Arzate Alcantara**

*Dishwasher*

***Our Mission***

*Enhancing and supporting  
the lives of seniors.*

***Come On In!***

The Dining Room is open! We would love to have you come in to dine with us. It's a great chance to meet old and new friends, catch up on the latest news and enjoy a delicious, hot meal served on real plates instead of out of cartons. We are serving lunch in the dining room Monday-Friday from 12:15 – 1:00. Please call to let us know you are coming to dine in by 3:00 the day before so that Amando knows how many to cook for.

We will continue our curb-side pick-up option Monday-Friday

from 12:00-12:30. If you need to pick up your meal later, please come into the building to pick it up.

So, call up a friend and make arrangements to meet at the Senior Center for lunch. We look forward to seeing you soon!



***Hiking Club with Guide Benji Sinclair***

**SATURDAY JULY 3RD**

**7:30 AM**

**LOOKING AT IDEAL MOOSE**

**HABITAT**

This hike goes to Mail Cabin Creek. Meet at the Stagecoach parking area in Wilson. We will carpool from there. This is a easy/moderate hike. There are a few uphill but mostly flat. Hiking shoes are recommended. 1.5 miles.

**SATURDAY JULY 17TH**

**8:00 AM**

**TETON PASS HISTORY**

This hike will be from Trail Creek to History Trail. Meet at the Old Pass Road parking area. This is an easy hike. Sneakers are okay.

4 miles roundtrip

**SATURDAY JULY 30TH**

**8:00 AM**

**EDIBLE & MEDICINAL ALPINE PLANTS**

This hike will be to Mount Elly from Teton Pass. Meet at the Stagecoach parking area in Wilson. We will carpool from there. This is a mildly strenuous hike, we will go slowly. Hiking shoes are required. 3 miles roundtrip.

All hikes require 16-24 oz of water, bug repellent, sunscreen and a hat. The suggested contribution for seniors is \$10 per hike. RSVP at the Senior Center.

## Happy Birthday July!

1	Cathy Fonatsch	14	Ben Read	26	Carol McCain
2	Frank Bellinghiere		Hank Phibbs		Gloria Rogers
	Richard Brown		Mary Lou Klene		Jane Baldwin
	William Smithers	15	Barbara McMullen		Robert Righter
3	Elaine Luton		John Trudelle	27	Alan Galbraith
	Kenneth Bradberry	18	Dawna Wilson		David Adams
4	John Guslander		Dennis Conley		Frank Kaunitz
	Susan Mortensen		George Moran		Ilene Zwerin
5	Frances Lange		Margaret Aeckerle	28	Abigail Karin
	Jack Strellis		Maria Almaguer		Clay Hoyt
6	Corbin McNeill Jr.		Stan Steiner		Clifford Poindexter
	Judith Keresztes	19	Ernest Anderson		John Hansen
	Richard Ferguson		Rebecca Zaist		Karen Wernicke
	Ruth Elwood	20	David Dornan		Leona Bollar
7	Carol Robinson		Eula Monroe		Walter Saunders
	Helen Kudar		Laurie Fukawa	29	Keith Austin
8	Arnold Morris		Peggy McAvooy		Rebecca Strout
	Douglas Eggers		Susan Barr		Russell Wood
	Harold Leavell	21	Irene Lund	30	Nancy Ayers
	Mike Randall	22	Brent Schaffer	31	Grace Anderson
9	Armand Cadol		Charlene Zuckerman		Joan Lucas
	Cynthia Riedel		Elisabeth Evarts		Mike Mason
	John Gregg		Gratia Reynolds		
	Sylvia Pack		Joyce Surdam		
11	Jett Thompson		Rita Miller		
	Maureen Brown		Rosemary Guderian		
12	Gregory Bownds	23	John Porter		
	Ian Edwards		Thomas McClung		
	Polly Rubrecht	24	German Rodriguez		
13	Christine Schuler		Gregg Dean		
	Claudia Perry		John Schwertz		
	Dennis Callaghan		Will Obering		
	Janet Colonel	25	Dick Greig		
	Marilyn Paine		James Ross		
	Michael Adler		Kim McGregor		
	Robert Baker				



 **First  
Interstate Bank**

### *Birthday Lunch: Tuesday, July 27th*

July 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.

## Hearing Screenings

**TUESDAY, JULY 6TH**  
**9:30 AM TO 2:30 PM**

Ester Ellis, RN BSN will be conducting hearing screening. Appointments are required for the screening and will be scheduled every 15 minutes.

Clients will receive a copy of the screening and a referral to an audiologist, if necessary.

Please call the Senior Center for an appointment time.

Screening equipment was generously donated by the Jackson Hole Lions Club.



### Senior Center Book Club

**WEDNESDAY, JULY 28TH**  
**6:00PM**

This month we're reading *Aloha Rodeo* by David Wolman and Julian Smith.

In August 1908, three unknown riders arrived in Cheyenne, Wyoming, their hats adorned with wildflowers, to compete in the world's greatest rodeo. Steer-roping virtuoso Ikua Purdy and his cousins Jack Low and Archie Ka'au'a had travelled 4,200

miles from Hawaii, of all places, to test themselves against the toughest riders in the West. Dismissed by whites, who considered themselves the only true cowboys, the native Hawaiians would astonish the country, returning home champions—and American legends.

The Book Club is \$3 and books can be picked up at the Senior Center. The Club will decide to meet in person or stay on Zoom. Call the Senior Center to join.

## National Museum of Military Vehicles Trip

**MONDAY, AUGUST 2ND**  
**8:30 AM TO 3:30 PM**

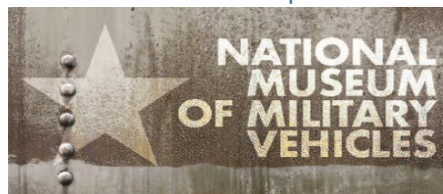
The Senior Center will be taking a day tour to Dubois to see the National Museum of Military Vehicles.

We will depart the Senior Center at 8:30 am. Once we arrive at the Museum in Dubois we will have a guided tour. If you want to see the Museum on your own that is fine too.

This trip will provide a sack lunch. Picnic area at the Musuem is where we will have lunch. We will depart Dubois around 2 pm.

This is a wonderful and huge museum so remember to wear good walking shoes. We also recommend a water bottle and hat for picnicing.

Reservations are limited and required. The cost is \$25, this includes lunch, museum admission and tranportation.



# July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>All classes are in person unless noted.</b>	<b>5</b> Closed in Observance of Independence Day	<b>6</b> 9:00 Pilates 9:30 Hearing Screening 10:30 Yoga 1:30 Bingo	<b>7</b> 9:00 Yoga for Strength online too 1:30 Contract Bridge 6:00 Paint & Sip in May Park Reservations required	<b>1</b> 9:00 Functional Fitness online too 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 2:00 Duplicate Bridge	<b>2</b> Friday Feast 12:00 Hole Food Rescue	<b>3</b> 7:30 Hiking Club Reservations required
				<b>8</b> 9:00 Functional Fitness online too 10:30 Tai Chi May Park 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue 2:00 Duplicate Bridge	<b>9</b> 12:00 Hole Food Rescue	<b>10</b>
<b>11</b>	<b>12</b> 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 2:00 Grand Teton Music Festival in May Park 4:00 Duplicate Bridge	<b>13</b> 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	<b>14</b> 9:00 Yoga for Strength online too 6:00 Paint & Sip in May Park Reservations required 1:30 Contract Bridge	<b>15</b> 9:00 Functional Fitness online too 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 2:00 Duplicate Bridge	<b>16</b> Friday Feast 12:00 Hole Food Rescue	<b>17</b> 8:00 Hiking Club Reservations required
<b>18</b>	<b>19</b> 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>20</b> 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	<b>21</b> 9:00 Yoga for Strength online too 1:30 Contract Bridge 2:30-3:30 Ice Cream Sundae Social 6:00 Paint & Sip in May Park Reservations required	<b>22</b> 9:00 Functional Fitness online too 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 2:00 Duplicate Bridge	<b>23</b> 10:00-12:00 trip to the Art Fair 12:00 Hole Food Rescue	<b>24</b>
<b>25</b>	<b>26</b> 10:00 Leslie's Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>27</b> 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	<b>28</b> 9:00 Yoga for Strength online too 11:30 Medicare Assistance 1:30 Contract Bridge 6:00 Senior Book Club 6:00 Paint & Sip in May Park Reservations required	<b>29</b> 9:00 Functional Fitness online too 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 2:00 Duplicate Bridge	<b>30</b> 10:00 -12:00 trip to the Teton County Fair 12:00 Hole Food Rescue	<b>31</b> 8:00 Hiking Club Reservations required

# July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Breakfast entrees are listed at the bottom of the daily menu	Breakfast & Lunch will be served in the dining room, curbside and home delivered. <b>Reservations must be made by 3 pm the day before for all dining options!</b> Suggested contributions is \$2.50 for breakfast, \$5 for lunch Non-seniors are \$10 for lunch Menus are subject to change					
<b>4</b>	<b>5</b> <b>Closed in Observance Day of Independence Day</b>	<b>6</b> <b>Ham 'n Pasta Salad</b> on Leaf Lettuce Blend Vegetables Ambrosia Fruit Cup Lemon Cornmeal Cookie <b>*Breakfast Burrito</b>	<b>7</b> Spinach Salad <b>Roast Beef</b> Mashed Potatoes, Gravy Roasted Asparagus Angel Food Cake & Berries <b>*Egg &amp; Sausage Bake</b>	<b>8</b> Lettuce & Tomato Salad <b>Chicken Enchiladas</b> Ranch Style Beans Tropical Fruit Cup Date Bar <b>*Spinach &amp; Ham Quiche</b>	<b>9</b> Creamy Cole Slaw <b>Fish &amp; Chips</b> Balsamic Green Beans Pineapple Chunks Tapioca Pudding <b>*Breakfast Sandwich</b>	<b>10</b>
<b>11</b>	<b>12</b> Tossed Green Salad <b>Lasagna</b> Italian Vegetables French Bread Melon Cup <b>*Breakfast Burrito</b>	<b>13</b> Carrot, Raisin, Pineapple Salad <b>Chicken Filet</b> with Peas & Spring Onions Herb Brown Rice Spring Blend Vegetables Boston Brown Bread Cran-Apple Crisp <b>*Spinach &amp; Ham Quiche</b>	<b>14</b> German Cole Slaw <b>Baked Fish</b> Basil & Garlic Pasta Spinach Blueberry Muffin Grapes <b>*Breakfast Sandwich</b>	<b>15</b> Tossed Green Salad <b>Hot Open Faced Roast Beef Sandwich</b> Mixed Vegetables Seasonal Fruit Chocolate Chip Cookie <b>*Egg &amp; Sausage Bake</b>	<b>16</b> <b>Friday Feast</b> Mixed Relish Tray <b>Roast Pork</b> Mashed Sweet Potatoes Green Beans, Bacon & Onions Corn Bread Applesauce <b>*Cereal</b>	<b>17</b>
<b>18</b>	<b>19</b> German Tomato Salad <b>Barbecue Chicken</b> Potato Salad Lemon Blueberry Muffin Fresh Peach <b>*Breakfast Sandwich</b>	<b>20</b> Honey Mustard Slaw <b>Fish Florentine</b> Wild Rice Pilaf Glazed Carrots Strawberry Shortcake <b>*Egg &amp; Sausage Bake</b>	<b>21</b> Lettuce Salad <b>Hard Shell Tacos</b> , Salsa Peas & Carrots Spanish Rice Fruit Cup <b>*Breakfast Burrito</b>	<b>22</b> Garden Vegetable Salad <b>Bratwurst</b> Whole Wheat Bun Herbed Potato Bake Creole Green Beans Apple Brown Betty <b>*Cereal</b>	<b>23</b> Spring Salad <b>Swiss Steak</b> with Tomato Sauce over Shell Pasta Grilled Broccoli French Bread Fresh Plum <b>*Spinach &amp; Ham Quiche</b>	<b>24</b>
<b>25</b>	<b>26</b> Spinach Mushroom Salad <b>Mediterranean Fish</b> Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit <b>*Cereal</b>	<b>27</b> <b>Birth Day Lunch</b> Beet Salad <b>Oven Fried Chicken</b> Mashed Potatoes, Gravy Broccoli Mandarin Oranges Devil's Food Cake with Strawberry Sauce <b>*Spinach &amp; Ham Quiche</b>	<b>28</b> <b>Chef Salad</b> Carrot Sticks Whole Wheat Crackers Whole Wheat Bread Chocolate Chip Cookie Strawberries & Banana <b>*Breakfast Sandwich</b>	<b>29</b> Lettuce Salad <b>Meat Loaf</b> , Gravy Parsley Potatoes Spinach Roll Fruity Gelatin Salad <b>*Breakfast Burrito</b>	<b>30</b> Creamy Green Pepper Salad <b>BBQ Pork</b> Boston Baked Beans & Bacon Carrot & Celery Tray Roll Fresh Pear <b>*Egg &amp; Sausage Bake</b>	<b>31</b>
				<b>1</b> Spinach & Strawberry Salad <b>Parmesan Fish</b> Roasted Vegetables Cornbread Chocolate Surprise Cake <b>*Breakfast Sandwich</b>	<b>2</b> <b>Friday Feast</b> 4ger Salad <b>Stuffed Green Pepper</b> Tomato Gravy Whipped Potatoes Whole Wheat Bread Apricot Crisp <b>*Breakfast Burrito</b>	<b>3</b>



## Giving Back

### MONETARY DONATIONS

Odd Fellow's Lodge #8  
Nadia Farrell  
Jackson Hole Duplicate  
Bridge  
John Hoover  
Amazon Smile  
Drs. MJ & Dan Forman  
Joy & Ron Surdam  
C&N Foundation  
Julie & Will Obering  
Ila Rogers  
Bob Shervin  
Marge & Gil Ordway

### MISCELLANEOUS DONATION

Jack Babcock  
Shirley Timmerman  
Kim & Kirk Lane  
Dorothy Hester

### MEMORIAL DONATIONS

**D. TERRY ROGERS**  
Bob Shervin  
The Ranck Girls & Spouses  
Mark Evans  
Aunt Sandra Mecham &  
Family  
David & Cannon Attorneys  
Betty & Chuck Terrill  
Jett Thompson  
Barbara Crowley  
Suzanne & Steve Olmstead  
Maggie & Dick Scarlett  
Syd & Gary Elliot  
Linda Gunther  
Mary Ann Tapp  
Marge & Gil Ordway

### BARBARA VAN GENDEREN

Jean & Fred Staehr

### FOSTER FRIESS

Marge & Gil Ordway  
Bob Shervin

### HAL RICHARDSON

Marge & Gil Ordway  
Bob Shervin

### LEND A HAND

Lottie  
Nell  
Finley

### WISHLIST

We need a patio umbrella  
and weighted stand

### 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.*

## Volunteer Spotlight

I am Lourdes Santiago, the new Volunteer Coordinator at your Senior Center.

My position involves many tasks including arranging Meals On Wheels volunteers, working with the Meals On Wheels clients, arranging volunteers to assist with events, in the dining room, packing to-go breakfast & lunches, and other tasks around the Senior Center.

I am very happy to be part of the powerful Senior Center team. I am excited to be working with the amazing Jackson Hole senior community and looking forward to meeting each and every one of you.

If you have any interest in volunteering please get in touch with me.

I am currently looking for:

Meals on Wheels delivery volunteers

Volunteer Drivers for out of town transportation

A shuffle board guru to teach us how to play



Rock on' Jackson Hole Seniors,  
Lourdes Santiago  
Volunteer Coordinator  
lsantiago@seniorcenterjh.org

## Paint & Sip Classes

**EVERY WEDNESDAY EVENING IN JULY**  
**6:00PM**  
**MAY PARK**

Art Association artist, Billi Pate, is back and excited to continue teaching Plein Air, painting outdoors, in May Park!

The weekly classes 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 each class is \$22.



## Cycling Without Age

The Pilots of the tri-shaw bike are ready to get cycling again.

If you or someone you know would enjoy a peaceful ride around the area please give us a call.

The tri-shaw is an electric, three wheeled bike with the passengers riding

comfortably in the front. This is a great way to get out and feel the exhilaration of biking again. Call the Senior Center to schedule a ride or email to: [cwajacksonhole@gmail.com](mailto:cwajacksonhole@gmail.com).



## Join Us For...

**ICE CREAM SOCIAL**  
**WEDNESDAY, JULY 21ST**  
**2:30 PM TO 3:30 PM**

We will be have an Ice Cream Sundae Social outside the front doors.

Middle School Youth volunteers will be dishing up ice cream sundaes so we can socialize and enjoy summer!



**TRIP TO THE ART FAIR**  
**FRIDAY, JULY 23RD**  
**10 AM TO 12 PM**

Don't battle the traffic and then try to find parking - come with us! Let's go enjoy the Art Association outdoor Art Fair together.

Meet at the Senior Center at 9:45 am. \$1 for the ride and then \$5 donation for the Art Fair.



**TRIP TO THE TETON CO. FAIR**  
**FRIDAY, JULY 30TH**  
**10 AM TO 12 PM**

The Teton County Fair will be fully open again this year! Join us to see the exhibits, animals, ride the train and walk around the midway.

Meet at the Senior Center at 9:45 am. \$1 for the ride.



# Need to know:

## CALLING ALL BRIDGE PLAYERS

We would love to have you join us for some fun Bridge playing on Wednesdays from 1:30-3:30pm in the north end of the dining room.

We play Chicago style Bridge

and change partners every fourth hand.

It is a great way to hone your Bridge skills and make new friends. \$3 suggested contribution. Call Irene Lund at 310-983-7485 to join.

## 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.



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

## BOARD OF DIRECTORS

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Bruce Hawtin  
*Secretary*

Sara Van Genderen  
*Treasurer*

Bob Shervin  
Irene Lund

Cecilia Herbert  
Michael Schrotz

## Hours

MONDAY – THURSDAY  
8:00 AM – 4:00 PM

FRIDAY  
8:00 AM – 3:00 PM

CLOSED MONDAY, JULY  
5TH

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**Live Your Best Life**  
**July Newsletter 2021**