



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

**STAFF**

**Becky Zaist**

*Executive Director*

**Rebecca Erskine**

*Assistant Director*

**Jenny Ryan**

*Bookkeeper*

**Bill McPeak & Julie Sanchez**

*Transportation*

**Vacant**

*Activities Coordinator*

**Lourdes Santiago**

*Volunteer Coordinator*

**Colleen Thompson**

*Office Assistant*

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*Home Care Manager*

**Mark Henderson, RN**

**Corinne Ahlum, RN**

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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.*

***Kiwanis Steak Fry***

**THURSDAY, AUGUST 26TH**

**6:00 PM**

The Dining Room is open and what better way to kick-off our first dinner since 2019! Join us for one of our favorite events, the Kiwanis Steak Fry!

The Kiwanis are as excited as we are and will be grilling up steaks served with potato salad, baked beans, rolls and banana split sundaes for dessert.

For a special treat we will have music by The Littlest Big Band. This duo plays a jazzy

mix of hits from the 1920's to 1950's. We hope you can join us for this festive evening. Please remember reservations are necessary so please let us know by Wednesday, August 25th at 1:00 pm.

The suggested contribution for seniors is \$10 and non-seniors are \$15.



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

**SATURDAY, AUGUST 14TH**

**8:00 TO 11:00 AM**

**TETON PASS HISTORY**

This was the hike originally planned in July that was cancelled.

This 2 mile total, out-and-back hike will go from Trail Creek to the History Trail and back.

Meet at the Old Pass Road parking lot. This is an easy to moderate hike; sneakers will be fine. Elevation gain, ~800 ft. Long pants required, for stinging nettle protection.

**SATURDAY, AUGUST 28TH**

**9:00 AM TO 12:00 PM**

**MURIE CENTER**

Meet at the Murie Center parking lot in GTNP. Carpooling is best.

This is an easy, flat walk from the Murie Cabin to the Snake River. 1.6 miles roundtrip. We will look for signs of wildlife, identify & sample wild berries, and learn about Mardy & Olaus Murie's incredible legacy in wildlands conservation. Benji was a friend and caregiver of Mardy in the early 1990's.

All hikes require 16-24 oz of water, bug repellent, sunscreen and a hat. The suggested contribution for seniors is \$5 per hike. RSVP at the Senior Center.

## Happy Birthday August!

1	Robert Biscombe Grace Barca Katherine Olson Gregory Zeigler	11	Susan Berger Tim Sandlin Carol Kaminski Frank Ewing	18	Beverly Pieper Ed Houk Steve Cook Ruth Williams	25	Pam Bode Edward Schmitt Jane Stewart Richard Rynearson
2	Robert Skaggs Craig Schultz Kristine Dyke Jackie Skaggs		Mary Lohuis Susan Divjak Diana Joy Virginia Anderson	19	Vicki Johnson Rick Liu Rhonda Robles Sydney Elliott	26	Robert Rankin Rebecca Cloetta Joy Steiner Liz Hirschland
3	Bobby Thomas Richard Werner Goran Fransson Daniel Thomas Millie Escobedo	12	Penelope Maldonado Wendy Carlson- Koll Carol Wood Cliff Martin	20	Robert Weber Roger Guest Dorice McNeill Tam Halling Joyce Batson Randall Reedy	27	Daniel Land Sarah Oelschlager Darrell Kruljac Ray Wallace Steven Robinson Thomas Klotz
4	Heather Peacock Venna Sparks Charles Kusek Sheryl Jordan		Joan Shipman John Somerville Jeanne Kirkpatrick Mary Goodfellow	21	John Wilbrecht Louise Galiher Janette Miller Gene Bauer Mary Ellen Pimental	28	Michael Schrotz Denise Fransson James Vanderlin Karen Swaim Stephen Weichman Robert Hammond
5	John Hammer Clyde Mason Danny Matzke Sharene Garaman Maria Clark	13	Kay Stratman Joan Pea Ellen Breiman Virginia Halloran David Samuels		Margaret Mohan Agnes Bourne Gary Duniphan Lisa Larson-Hoyt Deborah VanDerVelde	29	James Vanderlin Karen Swaim Stephen Weichman Robert Hammond Larry Jorgenson Ann Kelley Gwendy Johnson Carol Chesney Anne Mostkoff Kelvin Stirn
6	William Cox Connie Owen Jeff Huot Cynthia Nigro	14	Betty Stone Joan Goldfarb Linda Rode Jean Day Cristina Campos Carrillo	22	Jerry Benson Karen Terra Jane Chapman William Waldron Jennifer Mawyer Doreen Alesna- Baclayon Edward Taylor	30	Joel Goldberg Denise Binderup Anthony Parker Sharon Self John Varley Jennifer Stauth Mary Kay Werner Cindy King Scott Patterson
7	Barbara Dykstra Chip Jones Robert Howe Norbert Kleiber	15	Barbara Garmon Nancy Guthrie Susan Wemple David Peterson Forest Stearns	23		31	
8	Sami Robinson Roberta Werner Jennifer Auge	16	David Peterson Forest Stearns				
9	Gretchen Duniphan Michelle Dorsey	17	Claudia Gillette David Dunlap	24			
10	Peter Ward						

### *Birthday Lunch: Tuesday, August 31st*

August 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.

## Classic Fitness Mondays & Fridays

We are renaming Leslie's Fitness class to Classic Fitness. Lucretia will continue teaching on Mondays. And we are excited to introduce Alice Widdess who will be teaching the Friday class.

"Fitness" has always been a part of Alice's life. From working out at the local YMCA, to Jazzercise to teaching varieties of all exercise programs, she is grateful to offer her instruction to the Senior Center of Jackson Hole!

Alice owned an Aerobic Studio while living in Agoura Hills, CA and developed a niche for teaching floor aerobics, step fitness & strength training. She moved to Jackson in 1996 and her fitness quest continued with participation in classes at Bell Fitness. In 2011 she began teaching "New You" classes in the

downstairs of First Interstate Bank which continued until the onset of COVID.

Alice is excited and motivated to teach fitness classes. "I know I will never be able to replace Leslie and her great classes; but I'm looking forward to bringing motivational, fun and varied classes to the participants."



### Senior Center Book Club

**DISCUSSION DATE TBD**

**6:00PM**

This month we're reading *Rising from the Plains* by John McPhee.

*Rising from the Plains* is John McPhee's third book on geology and geologists. Following Basin and Range and In Suspect

Terrain, it continues to present a cross section of North America along the fortieth parallel series gathering under the overall title Annals of the Former World.

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.

## Old Bill's Fun Run

### GIVING SEASON BEGINS AUGUST 13TH

It is that time again to join the Community Foundation of Jackson Hole to support local non-profits.

This is our biggest fund raiser of the year and the Senior Center of Jackson Hole needs your support. Donations of any size make a difference in our mission to enhance and support the lives of Seniors. Spread the word to family and friends about our organization and this amazing fundraiser.

The giving season for Old Bill's is August 13th through September 17th. Donations can be

made online at <https://www.cfjacksonhole.org/old-bills/give> and we will have forms at the Senior Center.

We will also be forming a team for this years Fun Walk on September 11th. Please let us know if you would like to participate.



# August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Monday's Sack Lunch Carrot & Celery Sticks <b>Beef &amp; Spinach Wrap</b> Granola Bar Fresh Fruit Milk	<b>2</b> Honey Mustard Slaw <b>Cheeseburger</b> with Lettuce & Tomato Sweet Potato Wedges Peach Chocolate Chip Cookie <b>*Spinach &amp; Ham Quiche</b>	<b>3</b> Cauliflower & Broccoli Salad <b>Fish Tacos</b> Spiced Carrot Cake Fruit Cup <b>*Cereal</b>	<b>4</b> Carrot Salad <b>Roast Pork</b> Mashed Potatoes, Gravy Green Beans Whole Wheat Bread Pineapple Upside Down Cake <b>*Egg &amp; Sausage Bake</b>	<b>5</b> Tomato Soup <b>Grilled Cheese</b> on Whole Wheat Bread Deli Salad Melon Cup Ice Cream Sundae Bar <b>*Breakfast Sandwich</b>	<b>6</b> <b>Friday Feast</b> Mixed Green Salad <b>Italian Baked Chicken</b> Creamed Potatoes Peas & Carrots Whole Wheat Roll Pineapple Cream Whip <b>*Breakfast Burrito</b>	<b>7</b>
<b>8</b> <b>*Breakfast entrees are listed at the bottom of the daily menu</b>	<b>9</b> Stuffed Tomato & Cabbage Salad <b>Lemon Pepper Fish</b> Potato Salad Carrot Coins Whole Wheat Bread Pineapple & Blueberry Fruit Sundae <b>*Cereal</b>	<b>10</b> Garden Salad <b>Spaghetti Meat Sauce</b> Angel Hair Noodles California Blend Vegetables Garlic Bread Pear Crisp <b>*Breakfast Burrito</b>	<b>11</b> Salad <b>Smothered Chicken</b> Garden Rice Swiss Chard Whole Wheat Roll Chilled Apricots <b>*Spinach &amp; Ham Quiche</b>	<b>12</b> Potato Leek Soup <b>BBQ Pork Sandwich</b> Blend Vegetables Fresh Peach Molasses Cookie <b>*Egg &amp; Sausage Bake</b>	<b>13</b> Spring Salad <b>Beef Pot Pie</b> Seasoned Zucchini Peanut Butter Cookie Cinnamon Pears <b>*Breakfast Sandwich</b>	<b>14</b>
<b>15</b>	<b>16</b> Spring Salad <b>Baked Pork Chop</b> , Gravy Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Bread Apple Crisp <b>*Egg &amp; Sausage Bake</b>	<b>17</b> Garden Salad <b>Buffalo Chicken</b> (sauce on side), Potato Salad Blend Vegetables* Garlic Bread Banana <b>*Breakfast Sandwich</b>	<b>18</b> Mixed Green Salad <b>Turkey Club Sandwich</b> on Whole Wheat Bread Pasta Salad Fruit Cup Fudge Brownie <b>*Cereal</b>	<b>19</b> Cole Slaw <b>Fish Cakes</b> , Tartar Sauce Whipped Potatoes Tomato & Zucchini Bake Whole Wheat Bread Orange Sauced Peaches Roll <b>*Spinach &amp; Ham Quiche</b>	<b>20</b> <b>Friday Feast</b> Vegetable Surprise <b>Beef Stroganoff</b> Steamed Rice Pan-Roasted Broccoli Roll Apple Brown Betty <b>*Breakfast Burrito</b>	<b>21</b>
<b>22</b>	<b>23</b> Lettuce & Tomato Salad <b>Chicken Fajitas</b> , Salsa & Sour Cream Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie <b>*Breakfast Burrito</b>	<b>24</b> Marinated Carrots <b>Swedish Meatballs</b> Mashed Potatoes Roasted Brussels Sprouts Roll Berry Pie <b>*Egg &amp; Sausage Bake</b>	<b>25</b> Tossed Salad <b>Baked Fish</b> Macaroni & Cheese Spinach Strawberry Shortcake <b>*Breakfast Sandwich</b>	<b>26</b> Vegetable Salad topped with <b>Crunchy Chicken</b> <b>Salad</b> , Whole Wheat Bread Potato Salad, Fresh Peach <b>*Oatmeal</b> <b>6:00 pm</b> <b>Kiwanis Steak Fry</b>	<b>27</b> Mediterranean Salad <b>Ham &amp; Macaroni Bake</b> Grilled Broccoli Whole Wheat Roll Fruit Cup <b>*Spinach &amp; Ham Quiche</b>	<b>28</b> Cole Slaw <b>Grilled Steak</b> Boston Baked Beans Celery & Carrots, Roll Banana Split Sundae
<b>29</b>	<b>30</b> Green Salad & Fresh Avocado <b>Chile Rellenos</b> Refried Beans Spanish Rice Grapes <b>*Breakfast Sandwich</b>	<b>31</b> <b>Birthdays Lunch</b> Broccoli Craisin Salad <b>Roast Beef</b> , Gravy Baked Potato Blend Vegetables Yellow Cake & Cherries <b>*Spinach &amp; Ham Quiche</b>	Breakfast & Lunch will be served in the dining room, to-go and home delivered. Reservations must be made by 3 pm the day before for all dining options! Suggested contribution for seniors is \$2.50 for breakfast, \$5 for lunch Non-Seniors are \$10 for lunch. Menus are subject to change			

# August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> All classes are in person unless noted.	<b>2</b> 8:30 Museum trip to Dubois 10:00 Classic Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>3</b> 9:00 Pilates 10:30 Yoga 1:30 Tech Tutoring (Appointment Only) 1:30 Bingo	<b>4</b> 9:00 Yoga for Strength (online too) 1:00 Contract Bridge	<b>5</b> 9:00 Functional Fitness (online too) 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Duplicate Bridge	<b>6</b> 10:00 Classic Fitness with Alice Friday Feast 12:00 Hole Food Rescue	<b>7</b>
<b>8</b>	<b>9</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>10</b> 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	<b>11</b> 9:00 Yoga for Strength (online too) 1:00 Contract Bridge 4:00 pm Open House at Sage Living at St. John's Health	<b>12</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 1:00 Duplicate Bridge	<b>13</b> 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue	<b>14</b> 8:00 Hiking Club Reservations required
<b>15</b>	<b>16</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>17</b> 9:00 Pilates 10:30 Yoga 1:30 Tech Tutoring (Appointment Only) 1:30 Bingo 8:30 The Mole Agent movie showing at Teton County Library	<b>18</b> 9:00 Yoga for Strength (online too) 1:00 Contract Bridge	<b>19</b> 9:00 Functional Fitness (online too) 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Duplicate Bridge	<b>20</b> 10:00 Classic Fitness with Alice Friday Feast 12:00 Hole Food Rescue	<b>21</b>
<b>22</b>	<b>23</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>24</b> 9:00 Pilates 10:30 Yoga 1:00 Tech Tutoring (Appointment Only) 1:30 Bingo	<b>25</b> 9:00 Yoga for Strength (online too) 11:30 Medicare Assistance 1:00 Contract Bridge	<b>26</b> 9:00 Functional Fitness (online too) 10:30 Tai Chi May Park 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Duplicate Bridge 6:00 Kiwanis Steak Fry	<b>27</b> 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue	<b>28</b> 9:00 Hiking Club Reservations required
<b>29</b>	<b>30</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 1:30 Pinochle 4:00 Duplicate Bridge	<b>31</b> 9:00 Pilates 10:30 Yoga 1:30 Bingo	<p>For activities requiring reservations, please call 733-7300. Suggested contribution for Senior fitness classes \$5.00 Non-seniors are \$10.00</p> <p>To join Duplicate Bridge: Call Ray @ (208)520-4437 To join Contract Bridge: Call Irene @ (307) 734-9733</p>			

## Giving Back

### MONETARY DONATIONS

Marge & Gil Ordway  
Mike Cashmer  
JH Duplicate Bridge  
Lori Sprows  
Jean DeMarsh  
John Gregg  
Mary Ann McLeod  
Judy Legg  
Smith's Food & Drug  
Odd Fellow's Lodge #8

### MISCELLANEOUS DONATION

St. John's Health  
Riley & Haley Deming, from  
Girl Scout Troop #1778  
Shirley Craighead  
Kim Lane  
Bert Bollar

### MEMORIAL DONATIONS

**FOSTER FRIESS**  
Cecilia & Frank Bellinghiere

### MARGENE JENSEN

Bob Shervin  
Bonnie Budge

### BETTY BENSON

Bob Shervin  
Janis Ferrin Allen & Family  
Mary & Mark Obringer  
Helen Feuz  
Laurene Grant  
Doris Budge

### TERRY ROGERS

Laurene Grant

### BARNEY HOLMES

Bonnie Budge

### MEMORY WALL

**BETTY BENSON**  
Family & All Her Card  
Playing Friends

### BETTY BENSON

Bonnie Budge

### EARL BASYE

The Family

### LEND A HAND

Ronnie Grasseler  
Student Service Group from  
Presbyterian Church JH &  
St. John's Episcopal Church

### 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.

## Outdoor Movie Night

**TUESDAY, AUGUST 17TH**

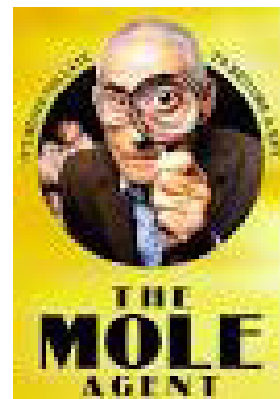
**SUNSET (AROUND 8:30) ON THE LAWN AT THE LIBRARY**

Join us for an outdoor showing of the Oscar nominated documentary, ***The Mole Agent***.

This evening event is brought to us by DIY Docs. DIY Docs stands for do-it-yourself documentaries, and is a community-based media organization that seeks to teach filmmaking skills and to share real-life stories. We know a good movie makes a big impact.

In addition, we want to share good movies! So after a long year of social isolation DIY Docs, in partnership with the Library and Teton County Parks & Rec, is providing safe ways to gather and reconnect.

***The Mole Agent*** features an 83-year-old spy, hired to infiltrate a nursing home and investigate the care of one of its residents. His spy glasses, camera pen, and detective duties fall to the wayside as he works his way into the hearts of the mostly female residents.



## *From the Desk of the Executive Director*

It's our annual survey time! How exciting! This is your chance to give us feedback on our meal programs and let the State know how much these meals mean to you.

As a part of our grant requirements for Federal and State funding we are required to do a survey once a year. They tell us what questions to ask and it helps if we have a large number of people return the completed surveys. Please help us meet this

requirement by filling out a survey and getting it back to us.

We will have the surveys available at the Senior Center throughout the month of August. People who receive home delivered meals will get a survey with their meal – which can be mailed or returned to your delivery volunteer. I thank you in advance for helping us with this!

### *National Museum of Military Vehicles Trip*

**MONDAY, AUGUST 2ND**

**8:30 AM TO 3:30 PM**

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. The picnic area at the Museum is where we will have lunch. We will depart Dubois around 2 pm.

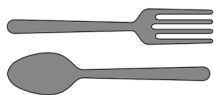
Wear good walking shoes. We also recommend a water bottle and hat for picnicing.

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

## *Need to Know...*

### **BEGINNING AUGUST 1ST DINING OPTIONS**

We will continue offering dining in the Dining Room, Home Delivered Meals and To-Go meals. The change is that we will not be able to deliver the To-Go meals curbside to your car. To-Go meals will be available to pick up in the Dining Room. Dining in and To-Go will be available and served 12:00 PM to 1:00 PM



### **TETON COUNTY SHERIFF**

We would like to send our sincere thanks to the Teton County Sheriff's Department for picking up prescriptions and delivering them to seniors around the Valley. This was a huge responsibility for them and they helped so many stay safe from COVID!

This program has been discontinued as Deputies are needed for law enforcement.



### **MENTAL HEALTH SURVEYS**

Do you live or work in Teton County? If yes, your perspectives will help us with community wellbeing as we emerge from COVID 19.

Type this link into your computer to share your experiences.

**[www.prcsurvey.com/begin/TetonCounty2021](http://www.prcsurvey.com/begin/TetonCounty2021)**

Please see that seniors are represented by completing the survey.

# Ongoing:

## BOARD OF DIRECTORS NOMINATIONS

The Senior Center of Jackson Hole is currently accepting nominations for the Board of Directors.

If you would like to nominate someone or express interest yourself please contact Becky Zaist at 307-733-7300 or by emailing [bzaist@seniorcenterjh.org](mailto:bzaist@seniorcenterjh.org)

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**Please remember that reservations are strongly encouraged for dining in the Dining Room and Take-Out. Meals reservations need to be made by 3:00 pm the day before or by 3:00 pm Friday for lunch Monday. Thank you!**

## 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

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## *Hours*

**MONDAY – THURSDAY**

8:00 AM – 4:00 PM

**FRIDAY**

8:00 AM – 3:00 PM



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**Live Your Best Life**  
**August Newsletter 2021**