



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

Vacant

Office Assistant

HOME CARE

Erin Crow

Melissa Rochlitz

Home Care Manager

Chayla Saxton Ashe

Home Care Assitant

Mark Henderson, RN

Corinne Ahlum, RN

Reyna Perez, Kristine Dyke,

Margaret Harris, Dori Cote

Becca Jewison, Judy John-

son, Janette Miller, Mary

Obringer, Dimmie Zeigler,

Carina Barker

KITCHEN

Amando Perfecto

Head Cook

David Basye & Yocelin

Colchado

Assistant Cooks

Vacant

Dishwasher

Our Mission

*Enhancing and supporting
the lives of seniors.*

Senior Center Book Club

THURSDAY, OCTOBER 28

6:00 PM VIA ZOOM

After a brief summer hiatus the Senior Center Book Club will meet via Zoom on October 28.

This months book is *Rising From the Plains* by McPhee.

If you are not comfortable using Zoom, a phone in option is available. Ask us for assistance so you are able to join the

discussions.

The November book is *This House of Sky* by Ivan Doig. The discussion is Tuesday, November 30th.

The December book is *Two in the Far North* by Margaret Murie. The discussion is Thursday, December 30th.

Copies of the books are available at the Senior Center.

Outdoor Art Classes

SATURDAY, OCTOBER 9TH & 23RD

1:00 TO 3:00 PM

Join Billie Harrington, Art Association Instructor, for Saturday afternoon painting.

The outdoor classes will be held on October 9 and 23rd. The first class, on the 9th, will be at **Emily's Pond** on the Snake River. The class on the 23rd will be at the **Miller House** on the Elk

Refuge.

All art supplies will be provided. You need to bring a chair, your creative spirit and dress appropriately for outdoor weather.

Each class is \$22. Join one or both classes. Reservations are necessary so please call the Senior Center to register.

Trunk Sale

SATURDAY, OCTOBER 16TH

9:00 AM TO 12:00 PM

This is the 1st SCJH Trunk Sale. What is it? This is a garage sale in a SCJH parking space where YOU sell whatever fits in your car trunk.

The cost to join is \$10 and you keep the money from your sale. RSVP as soon you find junk for your trunk!



Happy Birthday October

1	Katy Klotz Kent Fiske	12	Stephen Lottridge Nancy Hoffman	23	Mary Cutler Larrie Rockwell	31	Billy Reinecke
2	Jackie Kalco Jolene Smith Lee Fitzpatrick Mark George Susie Baldock	15	Dianne Fleming Rebecca Smith Bill Collins Christine Benuzzi	24	Barney Koszalka Ahita Bergman Charles Burd Marie Trautman Joe Izzo		
3	Rozan Welch		Bob Fulton		Larry Kummer		
4	John Sidle Tim Binderup Hank Boggs	16	Myrah Crerar Zita Izzo Jack Ruud Martha VanGanderen	25	Pete Karns Craig Carpenter Jackie Anderson Jean DeMarsh Sally Maher		
5	Lois Benson John Buhler Paula O'Leary		Sue Heberger Bob Nigro	26	Leslie Jones Jeremy Schmidt Matt Spaulding		
6	Jackie Benson	17	Jim Holland		Donald Siegel		
7	Richard Ray		Jeanine Mayer	27	Jane Curtis Alan Farnsworth		
8	Leslie Petersen Lynne Becker Dee Mahoney	19	Lori Clark- Erickson Cindy Kahner		Debra Wuersch Bernie Kennedy		
9	Linda Delgado		Chuck Dahl	28	Doug Niemi		
10	Gary Leaman Joan Senape Shirley Burzynski Harry Lawroski John Oaks Nancy Carey Ali Jones	20	Mary Dahlager Mary Talisman Ruth Trout Doyt Bolling Sheila Davis Virginia Lynch	29	Bill Boeder Linda Wilner Patti Bedell Mary McKinney Rick Olson		
11	Joyce May Deb Hill Georgia Ligori	21 22	Shirley Uhl-Toten Ted Voorhees, Jr. Carl Detwyler	30	Judy Easterly Charles Rieb Maureen Skinner		



Birthday Lunch: Wednesday, October 27th

October birthdays will enjoy lunch compliments of First Interstate Bank.



LET'S GO HEAR THE ELK BUGLE

Join us on Wednesday, October 20 at 4:30 pm as we take a ride through Grand Teton National Park making frequent stops to hear the elk.

We will have to-go coffee, tea or cider. Bring you park pass. The cost is \$5 for seniors. Additional fee may apply if you don't have a park pass.

RSVP at the Senior Center by Tuesday at 3 pm. Space is limited.

Giving Back

MONETARY DONATIONS

Jackson Hole Duplicate
Bridge
Amazon Smile
Syringa Property
Management
Irene & Alan Lund
Odd Fellow's Lodge #8

MISCELLANEOUS DONATION

Betsy Stevenson
Nancy Callaghan
Edwin Artz

4-H LIVESTOCK ANIMALS (ADDITIONAL DONATION)

Bank of Jackson Hole

MEMORIAL DONATIONS

HOWDY HARDEMAN

Mary & Mark Obringer

D. TERRY ROGERS

Thelma & Orville
Quasdorf

GRACIE PELISSIER

Dorothy Hester

HAL RICHARDSON

Thelma & Orville
Quasdorf

BETTY BENSON

Thelma & Orville
Quasdorf

CHUCK TERRILL

Bonnie Budge
Mary & Mark Obringer

BUCK BECKETT

Bob Shervin
Bonnie Budge

ROBERT SUMMERS

Bob Shervin
Mary & Mark Obringer

ROGER GUEST

Julie & Larry Kummer
Mary & Mark Obringer
Greg & Dimmie Zeigler

MARALYN LARSON

Bob Shervin

BUCK BECKETT, LION

JH Lions Club

DON CLARK, LION

JH Lions Club

JOHN DORSEY, LION

JH Lions Club

JON ERICKSON, LION

JH Lions Club

RAY FLOREANI, LION

JH Lions Club

BOB MCINTOSH, LION

JH Lions Club

BOOTS NELSON, LION

JH Lions Club

DON RYAN, LION

JH Lions Club

HERMAN WACKERMAN, LION

JH Lions Club

MEMORY WALL

GRACIE PELISSIER

Her Loving Family

HOWARD HARDEMAN

Bonnie Budge

CHARLES (CHUCK) TERRILL

The Terrill Family

LEND A HAND

Tyler Valentine

Andy Erskine

Kiki Zaist

Orville Quasdorf

Tim Conan

Larry Bennett

Irene Lund

Al Imhoff

Thank you for the donations through Old Bill's! A complete listing of donors will be in the November newsletter.

Home Care Corner—Farewell to Erin Crow

As some of you may have heard my time at the Senior Center is coming to a close after over 3 years of service to our senior community. I sincerely thank you for welcoming me into your lives and will always cherish the relationships that I have formed through this experience.

The Senior Center is such an amazing resource of support for seniors to live independently at home and I am humbled to have been a part of this organization during such a vital time for services. Covid has been tough for everyone but especially for healthcare workers. I implore all of you to please get vaccinated, wear a mask and make safe choices to protect yourself, others and help the healthcare workers who are truly worn down. I think seniors know more than any age group how to navigate the ups & downs of life and I am hoping somehow, we can get back to less

challenging times.

I am so proud of our amazing Home Care team that has done so much to keep you going, keep you safe and keep you smiling through all of this! You are in good hands. Also please give a warm welcome to the new Home Care Manager, Melissa Rochlitz, who will be joining the team this month from Baltimore. She has many years of senior care experience, Wyoming connections & is beyond excited to meet all of you. I will be helping with the transition then planning to stay in the valley. I look forward to seeing many of you fondly around town.

Wishing all of you
health & happiness!
Erin Crow



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Re-opening the dining room will assessed as the risk status of the County changes.</p>	<p>Breakfast & Lunch will be served To-Go and home delivered. Reservations must be made by 3 pm the day before. Suggested contribution for seniors is \$2.50 for breakfast & \$5 for lunch. Non-seniors are \$10 for lunch. Menus are subject to change.</p>				<p>1 Friday Feast Tossed Green Salad Swiss Steak, Tomato Sauce Baked Potato, Broccoli Wheat Roll Banana Split Dessert *Breakfast Sandwich</p>	<p>2</p>
<p>3</p> <p>*Breakfast entrees are listed at the bottom of the daily menu</p>	<p>4 Lettuce & Tomato Salad Chicken Fajitas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie *Cereal</p>	<p>5 Tossed Green Salad Cabbage Roll Casserole Tomato Sauce Scandinavian Vegetables Chilled Peas Pumpkin Cake *Spinach & Ham Quiche</p>	<p>6 Greek Salad Beef Pot Roast Potatoes, Carrots & Onions Gravy Potato Roll Mixed Berry Crisp *Egg & Sausage Bake</p>	<p>7 Spring Salad Almond Crusted Fish Mashed Sweet Potatoes Seasoned Zucchini Corn Bread Fruit Salad *Breakfast Sandwich</p>	<p>8 Tossed Green Salad Ham & Macaroni Bake Brussel Sprouts Pumpnickel Roll Peach Crisp *Breakfast Burrito</p>	<p>9</p>
<p>10</p>	<p>11 Cole Slaw Lamb Chops, Mint Jelly Steamed Rice Seasoned Green Beans Whole Wheat Bread Ice Cream & Strawberries *Breakfast Burrito</p>	<p>12 Vegetable Salad Chicken & Herbed Fettuccine Broccoli Garlic Bread Apple Pie *Breakfast Sandwich</p>	<p>13 Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Roll Apricots *Spinach & Ham Quiche</p>	<p>14 Mixed Relish Tray Pork Carnitas Tacos Salsa Refried Beans Fruit Cup *Egg & Sausage Bake</p>	<p>15 Friday Feast Garden Salad Spaghetti & Meat Sauce Zucchini Focaccia Bread Peachy Pudding *Cereal</p>	<p>16</p>
<p>17</p>	<p>18 Carrot Salad Braised Pork Chop Scalloped Potatoes Lemony Cauliflower Banana Bread Fruit Salad *Spinach & Ham Quiche</p>	<p>19 Lettuce & Tomato Salad Hot Beef Sandwich Mashed Potatoes, Gravy Spinach Pineapple & Cottage Cheese Oatmeal Raisin Cookie *Cereal</p>	<p>20 Spinach, Mushroom & Mandarin Salad Sweet & Sour Chicken Steamed Brown Rice Peas & Carrots Egg Roll Banana *Breakfast Sandwich</p>	<p>21 49er Salad Stuffed Green Peppers Tomato Gravy Whipped Potatoes Whole Wheat Bread Apricot Crisp *Breakfast Burrito</p>	<p>22 Parmesan Coated Fish Roasted Root Vegetables Green Beans & Red Pepper Strips Cheese & Onion Roll Winter Berry Parfait *Egg & Sausage Bake</p>	<p>23</p>
<p>24</p>	<p>25 Vegetable Salad Tamale Pie Peas & Carrots Whole Wheat Bread Chilled Peaches Molasses Cookie *Egg & Sausage Bake</p>	<p>26 Spinach Mushroom Salad Fish Cakes Au Gratin Potatoes Italian Vegetables Whole Wheat Bread Plum Betty *Breakfast Burrito</p>	<p>27 Birthday Lunch Sunshine Salad Oven Baked Chicken Mashed Potatoes, Gravy Whole Wheat Bread Pacific Blend Vegetables Gingerbread Cake *Instant Oatmeal</p>	<p>28 Tossed Salad Beef Stew Whole Wheat Roll Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad *Breakfast Sandwich</p>	<p>29 Cole Slaw Herb Roast Pork, Gravy Mashed Potatoes Blend Vegetables Whole Wheat Bread Chunky Applesauce Cinnamon Coffee Cake *Spinach & Ham Quiche</p>	<p>30</p>
<p>31</p>						

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>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 on-line: Call Ray @ (208)520-4437 To join Contract Bridge: Call Irene @ (307) 734-9733</p>			<p>1 9:00 Flu Clinic with Alice 10:00 Classic Fitness Friday Feast 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>2</p>
<p>3 All classes are offered in person with a mask or on-line</p>	<p>4 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>5 9:00 Pilates 10:30 Yoga 1:30 Bingo 6:00 Quilt Guild</p>	<p>6 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>7 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue</p>	<p>8 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>9 1:00 Outdoor Painting class. Reservations required Meet at the Emily's Pond parking lot.</p>
<p>10</p>	<p>11 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>12 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>13 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center 12:45 Board Meeting</p>	<p>14 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue</p>	<p>15 10:00 Classic Fitness with Alice Friday Feast 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>16 9:00 Trunk Sale in the parking lot of the Senior Center.</p>
<p>17</p>	<p>18 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>19 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>20 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center 4:30 Elk Bugling Tour</p>	<p>21 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue</p>	<p>22 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>23 1:00 Outdoor Painting class. Reservations required Meet at the Miller House parking lot</p>
<p>24</p>	<p>25 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>26 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>27 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>28 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue</p>	<p>29 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>30</p>
<p>31</p>						

Welcome to new Board members

At the September meeting of the Senior Center Board of Directors, *David Augé, Anne Schuler, Sara Van Genderen and Bruce Hawtin* were elected as members.

Congratulations to *Bob Shervin* who was elected Emeritus Board Member in recognition of his 34 years of service to seniors!

FLU SHOT CLINIC FRIDAY, OCTOBER 1, 9-4 PM

Teton County Health Department will host a flu clinic at the Senior Center.

Appointments for this clinic

will be required and can be made at www.tetoncountywy.gov/fluvox. Please call the Call Center at 307-732-8628 if you need assistance.



We are looking for volunteers to help with To-Go lunches, packing To-Go breakfasts and Meals On Wheels delivery. Please contact Lourdes, Volunteer Coordinator if you can help, 733-7300 or lsantiago@seniorcenterjh.org.

BOARD OF DIRECTORS

Bob Shervin
Emeritus

Lou Hochheiser
Chair

John A Turner
Vice Chair

Bruce Hawtin
Secretary

Sara Van Genderen
Treasurer

Irene Lund
Cecilia Herbert

Michael Schrotz
David Augé

Anne Schuler

Hours

MONDAY – THURSDAY

8:00 AM – 4:00 PM

FRIDAY

8:00 AM – 3:00 PM



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Live Your Best Life
October Newsletter 2021