



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

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Our Mission

*Enhancing and supporting
the lives of seniors.*

Holiday Card Making

**WEDNESDAY, NOVEMBER 10TH
1:00 PM**

Our very own Judy Johnson will be working with us to create Holiday Greeting Cards. You will walk away with six beautiful handmade cards.

All supplies are provided. The cost is \$12. Reserve you spot today.



Senior Center Book Club

**TUESDAY, NOVEMBER 30TH
6:00 PM VIA ZOOM OR PHONE**

Due to availability of the books we swapped months and will be reading *Two in the Far North* by Margaret Murie this month.

Two in the Far North is an enduring story of life, adventure, and love in Alaska. Mardy embraced the remote Alaskan wilderness and became one

of its strongest advocates. She writes from her heart about growing up in Fairbanks, becoming the first woman graduate of the University of Alaska, and marrying noted biologist Olaus J. Murie.

Discussion is on Zoom; a phone in option is also available. Copies of the books are available at the Senior Center.

National Museum of Wildlife Art

**TUESDAY NOVEMBER 16TH,
10:00 AM**

Come explore the new exhibits at the Museum with us. The bus will leave the Senior Center at 10 for those who want a ride. We will be exploring the following exhibits in a self-guided tour.

While They're Sleeping: A Story of Bears, compelling works from the museum's permanent collection depicting different visualizations of bears.

National Geographic: 50 Greatest Wildlife Photographs features the very best wildlife pictures from the pages of National Geographic.

Admission is \$13, transportation \$3. RSVP to the Senior Center by Monday, Nov 15th at 3pm. Space is limited.



NATIONAL MUSEUM
of WILDLIFE ART

Happy Birthday November

1	Nancy Wilbrecht Suzanne Young Ann Lyons Tom Campbell	9	Heather Robinson Lucretia Finlay Dennis Johnson	16	Leonard Kleiman Keith Mamot Vera Cook	26	Dorothy Tanner Kathleen Mague Helen Begelman
	Espe Herrada	10	Tina Buhler	17	Mimi Saenger		Bitsy Smith
2	Nan Kenyon Faye Harder Joyce Steece	11	Tom Sanford Sheryl May Laurie Bay	18	Mabel Allin Jim Steele Claudia Nettle	27	John Harkness Nick Ryan Helen Feuz
	Betty Terrill	12	Rosemary Seherr-Thoss	19	Tom Yadvish Chuck Samples	28	Susan Hedden Judy Montagne
3	Michael Lenich Paul Zeller Sandra Marshall-Goodson		Sharon Gralund Sherry Kinsella Andy Watson Joseph Burke	20	Ellie Ross Ray Pilgrim Malka Kantor Warren Anderson	29	Diane Carillo Patty Biles Martin Weston Lydia Leitch
4	Kay Ward James Bristol		Jim Graeter Randy Sales	21	Donna Niemi	30	Dora Anselmi Judy Zimmerman
5	John Barry Joe Funk Sue Hoover Jim Janak		Sally Casey Laura Shervin Anne Fletcher-Read	22	Dennis Gralund Carmen Martin Ray Fink Barbara Goody Robin Christensen		Kathy Thorp Ron Weber Erika George
6	Rolf Belden Betty Duncombe	13	Becky Jordan Alana Guarnieri	24	Warren Van Genderen Barbara Ahr-Buchenroth		
7	Carol Wauters Loretta Smith Vance Buell	14	Durelle Lester Nick Centrella Becky Frisbie	25	Sharon Gunberg John Heberger Jr. Vickie Memmer Shelly Buell		
8	Carolyn Vale Jan Norrie Michele LaBounta	15	Laura Mills Doug Ayers Ed Owens				



Birthday Lunch: Tuesday, November 30th

November birthdays will enjoy lunch compliments of First Interstate Bank.



Movie Night at the Senior Center

FRIDAY, NOVEMBER 5TH 6:00 PM

In honor of Veteran's Day we will be showing the movie *Unbroken*.

This is an epic drama that follows the incredible life of Olympian and war hero

Louis "Louie" Zamperini who, along with two other crewmen, survived on a raft for 47 days after a near-fatal plane crash in WWII – only to be caught by the Japanese navy and sent to a prisoner-of-war camp. Adapted from

Laura Hillenbrand's book (*Seabiscuit: An American Legend*), it's the inspiring true story about the resilient power of the human spirit.

Suggested contribution \$5 for popcorn and soda.

Lunch in Honor of Veterans

WEDNESDAY, NOVEMBER 10
12:00 - 1:00 PM

Please reserve your grilled flank steak lunch by 3 pm the day before by calling 733-7300.

In honor of veterans, we would like to invite Veterans, their spouses and all seniors 60+ to pick up a To-Go lunch compliments of the Bank of Jackson Hole.



Giving Back

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Sharon & Glen Self

Judy Legg

Anna Emery Hanson

Charitable Trust

Ann & Tom Deshefy

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LEND A HAND

Dori Smith - Thank you for keeping our flower

beds looking great all summer!

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Toni Ligori

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From Friends

Consider an IRA Charitable Rollover. You must be 70 1/2 or older at the time of the gift. Beginning when you turn 72 you can use your gift to satisfy all or part of your required minimum distribution. You will not pay income taxes on the gift. The transfer does not generate taxable income, so you benefit even if you don't itemize your taxes. Gifts must be received by 12/31/2021. Contact Becky Zaist for more information.

Home Care Corner - Welcome Melissa Rochlitz

Melissa recently moved to Teton Valley from Baltimore, Maryland. She is married to Kevin who is originally from Powell, Wyoming. Their daughter Riley, is currently a freshman at University of Wyoming.

Melissa has spent the last 18 years working in both Assisted Living and Skilled Nursing with seniors and their families. Most recently, she was in a regional capacity travelling to multiple centers across the state of Maryland. Through her work in institutional settings, she sees a huge benefit of supporting seniors staying in their homes. In her spare time, Melissa enjoys football (yes,

she is a Ravens fan!) hiking with her dogs Scout and Rookie, and being a tourist in her new town! She knows that Erin left big shoes to fill but she is looking forward to meeting new friends and a making a difference in the Valley.

Stop in and say hello!
Melissa
Home Care Manager
mrochlitz@seniorcenterjh.org
307-733-7300



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Carrot, Apple Celery Salad Beef & Barley Soup Egg Salad Sandwich Banana Pumpkin Bar *Breakfast Sandwich	2 Green Bean Salad Whole Wheat Crackers Orange Glazed Chicken Herbed Potato Bake Peas & Carrots Poppy Seed Muffin Pineapple *Egg & Sausage Bake	3 Creamy Cole Slaw Pork Wings (Short Ribs) with BBQ Sauce Baked Squash Whole Wheat Roll Fruit Pizza *Breakfast Burrito	4 Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit *Spinach & Ham Quiche	5 Friday Feast Carrot & Coconut Salad Shepherd's Pie Mushroom Gravy Seasoned Green Beans Whole Wheat Bread Fruit Crisp *Cereal	6
7 *Breakfast entrees are listed at the bottom of the daily menu.	8 Lettuce & Tomato Salad Chicken Enchiladas Peas & Onions Fruit Salad Baker's Source Brownie *Breakfast Burrito	9 Garden Bounty Salad Cheeseburger Sweet Potato Wedge Peaches Ranger Cookie *Spinach & Ham Quiche	10 Veteran's Lunch Mandarin, Spinach Salad Grilled Flank Steak, with homemade sauce Rosemary Red Potatoes Winter Blend Vegetables Garlic Roll Black Forest Cake *Egg & Sausage Bake	11 Closed in Observance of Veterans Day	12 Honey Mustard Slaw Fish Florentine Wild Rice Pilaf Glazed Carrots Strawberry Shortcake *Breakfast Sandwich	13
14	15 Lettuce & Tomato Salad Whole Wheat Crackers Braised Pork Chop Mashed Potatoes German Sauerkraut Pumpkin Bread Fruit Cocktail *Cereal	16 Creamy Coleslaw Fish & Chips Whole Wheat Crackers Balsamic Glazed Green Beans Pineapple Chunks Peanut Butter Cookie *Breakfast Sandwich	17 Tortilla Soup Hard Shell Tacos Salsa & Chopped Onions Black Beans Spiced Carrot Cake Fruit Cup *Spinach & Ham Quiche	18 Beef Tips & Mushrooms over Egg Noodles Cauliflower Au Gratin Cinnamon Raisin Bread Fruity Cherry Dessert *Egg & Sausage Bake	19 Friday Feast Carrot Salad Parmesan Chicken Scalloped Potatoes Spinach Whole Wheat Roll Pineapple Upside Down Cake *Breakfast Burrito	20
21	22 Baked Breaded Fish Baked Squash Spring Blend Vegetables Spinach Bread Fruit Parfait *Spinach & Ham Quiche	23 Mixed Green Salad Lasagna Mediterranean Vegetables Garlic Bread Apple Crisp *Breakfast Burrito	24 Thanksgiving Lunch Relish Tray Roast Turkey & Stuffing Mashed Potatoes, Gravy Green Beans Almandine Cranberry Sauce Pumpkin Pie *Breakfast Sandwich	25 Closed for Thanksgiving	26 Closed for Thanksgiving	27
28	29 Garden Vegetable Salad Chili Con Carne Corn Bread Fruit Ambrosia Oatmeal Raisin Cookie *Egg & Sausage Bake	30 Birthday Lunch Tossed Green Salad Braised Beef , Mushroom Gravy Parsley Potatoes Peas & Carrots, Roll Yellow Cake & Cherries *Cereal	<p>Breakfast & Lunch will be served To-Go and home delivered. Reservations must be made by 3 pm the day before.</p> <p>Suggested contribution for seniors is \$2.50 for breakfast and \$5 for lunch. Non-seniors are \$10 for lunch. Menus are subject to change.</p>			

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>10:00 Classic Fitness with Lucretia 1:30 Bible Study</p> <p>LIEAP, Low Income Energy Assistance Program. applications are available for winter heating bill assistance.</p>	<p>2</p> <p>9:00 Pilates 10:30 Yoga 1:30 Bingo 6:00 Quilt Guild</p>	<p>3</p> <p>9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center 12:00 Blood Pressure Clinic</p>	<p>4</p> <p>9:00 Functional Fitness 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue 1:00 Medicare Advantage, Supplements and Prescription Drug Insurance Assistance</p>	<p>5</p> <p>10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only) 6:00 Movie Night</p>	<p>6</p> <p>Daylight Savings – don't forget to turn your clocks back</p>	
<p>7</p>	<p>8</p> <p>10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>9</p> <p>9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>10</p> <p>9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center 12:00 Blood Pressure Clinic 1:00 Holiday Card Making Class</p>	<p>11</p> <p>Closed in Observance of Veterans Day</p>	<p>12</p> <p>10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>16</p> <p>9:00 Pilates 10:00 Trip to the National Museum of Wildlife Art 10:30 Yoga 11:30 Medicare Assistance 1:30 Bingo</p>	<p>17</p> <p>9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center 12:00 Blood Pressure Clinic</p>	<p>18</p> <p>9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Medicare Advantage, Supplements and Prescription Drug Insurance Assistance</p>	<p>19</p> <p>10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 12:00 Tech Tutoring (Appointment Only)</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>23</p> <p>9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>24</p> <p>9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center 12:00 Blood Pressure Clinic</p>	<p>25</p> <p>Closed for Thanksgiving</p>	<p>26</p> <p>Closed for Thanksgiving</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>30</p> <p>9:00 Pilates 10:30 Yoga 1:30 Bingo 6:00 Book Club</p>	<p>For activities requiring reservations, please call 733-7300. Suggested contributions for Senior fitness classes \$5.00 Non-seniors are \$7.00.</p> <p>To join Duplicate Bridge on-line call: Ray (208) 520-4437 To join Contract Bridge call: Irene (307) 734-9733</p>			

We sincerely thank all of our donors who generously gave to the Senior Center through Old Bill's Fun Run.

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More information:

THURSDAY, NOV 4TH & 18TH, DEC. 2ND 1:00-3:00 PM

Heather Huhn of the local health insurance agency, Huhn Insurance Agency, will be here to assist Seniors with their annual enrollment questions

for Medicare Advantage, Medicare Supplements and Prescription Drug plans and to go over the new Medicare Advantage plans that will be available in Teton County in the new year.

OPEN ENROLLMENT FOR MEDICARE THROUGH DEC. 7

Medicare Assistance is available from WSHIIP/SMP Counselors here at the Senior

Center Nov 4th and 16th. If you are unavailable on those days and need assistance please call the Senior Center at 733-7300.

WYOMING SMILES SENIOR DENTAL PROGRAM

The program is designed to serve low income adults 65+. The program will help participants with preventative, restorative and

prosthodontic needs.

Applications are accepted until Dec. 17th. Call 307-632-3313 for more information or stop by the Senior Center to pick up an application.



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

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Hours

MONDAY – THURSDAY

8:00 AM – 4:00 PM

FRIDAY

8:00 AM – 3:00 PM

**CLOSED NOV 11 &
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