



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

Frances Wachs, UWyo Intern
Activities Coordinator

Lourdes Santiago

Volunteer Coordinator

Chrisl Glasgow & Bob Werner

Office Assistants

HOME CARE

Melissa Rochlitz

Home Care Manager

Vacant

Home Care Assitant

Mark Henderson, RN

Reyna Perez, Janette Miller

Kristine Dyke, Dori Cote

Margaret Harris

Becca Jewison, Judy Johnson

Carina Barker, Mary Obringer

Dimmie Zeigler

KITCHEN

Amando Perfecto

Head Cook

David Basye

Assistant Cook

Roberto Gonzalez

Dishwasher & Prep Cook

Our Mission

Enhancing and supporting the lives of seniors.

Winter Partner Palooza

FRIDAY, DECEMBER 3RD
12:00- 1:00 PM

Come and visit with us and our Community Partners and learn about the programs they currently offer and let us know the classes, lectures, fitness needs and programming you would like to see in the new year.

Teton County Parks and Rec
Teton County Library
Teton Music School
Hole Food Rescue
Pharmacist Tracy Haling
JH Community Counseling
Art Association of JH

Let's get back to business in 2022!

Wreath Making Class

TUESDAY, DECEMBER 7TH
2:00 PM

Come get festive for the holidays! Make your own beautiful wreath, with instruction from our featured teacher, Whitney Matuauto.

Participants will use natural materials, wire, ribbon and other holiday decor to construct a joyful wreath for your door or wall.

Space is limited. RSVPs are needed by December 3rd. Suggested contribution is \$20. All supplies are provided. Reserve your spot today.



Happy Holiday Season

It has been another challenging year, and we have gotten through it. Our staff is so happy to see everyone coming back to exercise, play games, work on puzzles, read the paper, grab a cup of coffee or pick up lunches.

On December 3rd we look forward to hearing what folks want to do in the new year.

We hope that this holiday season will bring you closer to family and friends than we have been in the last 20 months. However, if it isn't in the plans for the this holiday season please don't be a stranger and come by the Senior Center for a visit.

We wish you a very Merry Christmas.

Happy Birthday December

2	Bill Johnson Nancy Pickett	Judy Lou Davis Karen Faso	19	Carol Harkness Bob Werner	26	Margaret McIntyre Tony Ligor
3	Frederick Reimers Gwenn Wadsworth	Linda Soper Kell Benson	20	Ed Smith Linda Judge		Nancy Dunlap Dan Muscatell
	Susan Erickson 11	Dave Parrott	21	Bill Briggs	27	Dixie Sanders
4	John Shipman Becky Tomsic	Allan Kirch Rocky Rockwell		Rosemary Benson Sharon Parrott		Jo Lawrence Pete Feuz
5	Stephanie Wise	Judith Bernstein		Carol Kelleghan		Daniel Oberembt
6	Nadia Farrell Matthew Montagne	Sharon Gordon Julie Obering		Jim Wong	28	John Heberger Sr.
	Don Frank	Richard Whalen	22	Jerry Vroman		Chris Englund
	Pam Johnson Rita Paradnys	Lucy Chan-Wong Thomas Matthews		Joseph Miazga Norman Mellor III		Kevin Cochary Robyn Lunsford
	Lorrain Rudd	Laurie LaMere		Peggy Davis	29	Harold Turner
7	Beverly Nelson 14	Gordon Pecha		Noel Dykes		Denise Viands
	Reade Dornan	Earle Laysen	23	Jimmy Navratil		Sue Hall
	Alice Widdess	Patricia Jaquith		Yvonne Henze		Dorothy Neckels
	Carolyn Svendsen	Charles Schaap		Bev Vik	30	Evie Lewis
	Dori Cote	Connie Leavell		Martha Birkett		Danny Walker
	Mark Varley	Jana Barrow		Jim Wallace	31	Gwen Mann
8	Ingrid Dingfelder Carolyn Ryan	Debbie Hassler Katherine Johnson	24	Silvia Davila Barbara Huhn		Carol Miller Becky Murphy
	Cynthia Millard	Daniel Fulton		Marguerite Moran		
	Liz Rinn	Gretchen Maus		Vance Carruth		
9	Ann Magnuson	Barney Sanford		Ann Fennern		
10	William Vale	Elizabeth Rutter		Liz Harmening		
	Robert Caesar	Sue Perkins	25	Robyn Jones		
	Vonona Scott	Patt Warren		Bill Warner		
	Linda Eggers	Myles Still		Brandy Mample		
				Lee Burbank		



Birthday Lunch: Tuesday, December 28th

December birthdays will enjoy lunch compliments of First Interstate Bank.



Christmas Lunch To-Go

**WEDNESDAY, DECEMBER 22
12:00 PM - 1:00 PM**

Christmas lunch will be served To-Go and through Meals on Wheels.

Please reserve your baked

Ham lunch by Tuesday, December 21st at 3 pm.

Senior lunches are compliments of First Interstate Bank. Non-seniors are \$15.00. The menu include baked ham,

scalloped sweet potatoes with apples, brussel sprouts and chocolate Yule Log cake.



Volunteer Spotlight

Meet Bob Werner. You see his smiling eyes at our front desk.

Bob was born in Minnesota and moved to Jackson in 1970. He lived here on and off during and after college in the 1970s and 80s, then moved here semi-permanently when he retired in 2016. He was a geography professor at the University of St. Thomas in St. Paul, Minnesota.

"When I was a teenager, I first

volunteered to pound nails into siding that was coming loose on Our Lady of the Mountains Catholic church. I was surprised to learn how good it made me feel about myself and so it became the catalyst that led me to volunteer at various places throughout my life.

I love volunteering. It's win-win... good for the people I serve and it's good for me. Volunteering

leads me to be positive about myself, feel like I make a contribution, and gives me fulfillment. What could be better than that, eh?"



Giving Back

MONETARY DONATIONS

JH Duplicate Bridge
Smiths Food & Drug
Claudia & Michael Schrotz
Teton Home Care Plus
Ammon Foundation
Knobloch Family Foundation
Ben Roth
Odd Fellow's Lodge #8
Betty Benson Memorial
Trust

MISCELLANEOUS DONATION

Abigail Karin
Mr & Mrs Gary Winter
Nancy Ford
JH Airport
CC Builders

MEMORIAL DONATIONS MICHAEL MAGUE - LION

JH Lion's Club

CHUCK TERRILL

Deana & Andy Shamy

HAL RICHARDSON

Karns Family Fund of CFJH

CLYDE MASON

Mary & Mark Obringer
Jana Stearns
Julie & Barry Alexander

RUTH HIRSCH

Mary & Mark Obringer

JANET MOYER

Cindy King

ROGER STROUT

Carol & Peter Coxhead

ROBERT HAMMOND

Bob Shervin

GRANT & MARALYN LARSON

Jayne & Al Hilde

MEMORY WALL CLYDE MASON

Bonnie Budge

DON & JANET MOYER

Anonymous

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

The snow has arrived!! Hard to believe that we are back to winter! Here are a few safety tips:

- Hypothermia sets in FAST!
- Keep your indoor temperature set to 65 degrees or warmer.
- Layer up! 2-3 thinner layers of loose fitting clothing are warmer than one bulky layer. As we get older, we shiver less! You may not know how chilled you really are.
- Use a hat, gloves, boots and a scarf even if you will only be out for "a minute".
- Wear shoes or boots with non-skid soles.

Falls increase this time of year! Wet pavement could actually be ice so keep a small bag of salt or cat litter near the door. If you use a cane, now is the time to get an ice pick attachment. Of course, ski poles are a good substitute!

We love seeing your faces and hearing your voices! Stay safe and if you need any help, please don't hesitate to call us!

Melissa
Home Care Manager
mrochlitz@seniorcenterjh.org

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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 and \$5 for lunch. Non-seniors are \$10 for lunch. Menus are subject to change</p>						
7	<p>6 Tossed Salad Swiss Steak with Tomato Sauce Baked Potato Broccoli Wheat Roll Banana Split Dessert *Breakfast Burrito</p>	<p>7 49er Salad Hungarian Hamburger Goulash Spinach Roll Chilled Pineapple *Egg & Sausage Bake</p>	<p>1 Spinach Mushroom Salad Monterey Chicken Steamed Rice Grilled Broccoli Whole Wheat Roll Apricots *Breakfast Burrito</p>	<p>2 Parmesan Coated Fish Roasted Vegetables Green Beans & Red Pepper Strips Cheese & Onion Roll Winter Berry Parfait, *Spinach & Ham Quiche</p>	<p>3 Friday Feast Spring Salad Baked Pork Chop, Gravy Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Bread Apple Crisp *Breakfast Sandwich</p>	4
12	<p>13 Asian Salad Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Angel Food Cake with Berries *Breakfast Sandwich</p>	<p>14 Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Bread Apricots *Spinach & Ham Quiche</p>	<p>15 German Cole Slaw Beef Pot Roast with Potatoes, Carrots & Onions, Gravy Potato Roll Berry Crisp *Egg & Sausage Bake</p>	<p>16 Garden Salad with Garbanzo Beans Turkey Tetrazzini Zucchini Whole Wheat Bread Citrus Salad *Cereal</p>	<p>17 Friday Feast Marinated Carrots Swedish Meatballs over Mashed Potatoes Brussels Sprouts, Roll Peach Cream Whip Cake *Breakfast Burrito</p>	18
19	<p>20 Mixed Relish Tray Fish Tacos Refried Beans Fruit Cup *Spinach & Ham Quiche</p>	<p>21 Oven Fried Chicken Mashed Potatoes, Gravy Blend Vegetables Whole Wheat Roll Mandarin Oranges Gingerbread Cake *Breakfast Sandwich</p>	<p>22 Christmas Lunch Spinach Salad Glazed Baked Ham Scalloped Sweet Potatoes & Apples Brussels Sprouts Rye Roll Chocolate Yule Log *Breakfast Burrito</p>	<p>23 Closed for Christmas</p>	<p>24 Closed for Christmas</p>	25
26	<p>27 Garden Salad with Garbanzo Beans Spaghetti Meat Sauce, Angel Hair Pasta Blend Vegetables Garlic Bread Apple Crisp *Egg & Sausage Bake</p>	<p>28 Birthday Lunch Carrot Salad Roast Pork Mashed Potatoes, Gravy Green Beans Whole Wheat Bread Pineapple Upside Down Cake *Breakfast Burrito</p>	<p>29 Asian Salad Chicken Stir Fry, Veggies over Sesame Noodles Ginger Pears Almond Bark Cookies *Spinach & Ham Quiche</p>	<p>30 Spring Salad Whole Wheat Crackers Almond Crusted Fish Tartar Sauce Mashed Sweet Potatoes Seasoned Zucchini Corn Bread Fruit Salad *Breakfast Sandwich</p>	<p>31 Closed for New Years</p>	

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For activities requiring reservations please call 733-7300.</p> <p>Suggested contribution for senior fitness classes \$5.00. Non-seniors are \$7.00</p> <p>To join duplicate bridge online call: Ray (208) 520-4437. For Contract Bridge call: Irene (307) 734-9733</p>	<p>1 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>2 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>3 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 11:30 Medicare Assistance 12:00 Partner Palooza 12:00 Hole Food Rescue</p>	<p>4</p>	
<p>5 LIEAP, Low Income Energy Assistance Program. applications are available for winter heating bill assistance.</p>	<p>6 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>7 9:00 Pilates 10:30 Yoga 1:30 Bingo 2:00 Wreath Making 6:00 pm Quilt Guild</p>	<p>8 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>9 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue</p>	<p>10 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue</p>	<p>11</p>
<p>12</p>	<p>13 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>14 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>15 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>16 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue</p>	<p>17 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue</p>	<p>18</p>
<p>19</p>	<p>20 10:00 Classic Fitness with Lucretia 1:30 Bible Study</p>	<p>21 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>22 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>23 Closed for Christmas</p>	<p>24 Closed for Christmas</p>	<p>25</p>
<p>26</p>	<p>27 10:00 Classic Fitness with Lucretia 1:30 Bible Study 1:30 Podiatrist</p>	<p>28 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p>29 9:00 Yoga for Strength 10:30 Tai Chi at the Senior Center</p>	<p>30 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue 6:00 Book Club</p>	<p>31 Closed for New Year's.</p>	

More information:

THURSDAY, DECEMBER 30TH 6:00 PM VIA ZOOM OR PHONE

The Book Club book this month is *This House of Sky* by Ivan Doig.

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

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.

BOARD OF DIRECTORS

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Michael Schrotz
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Cecilia Herbert
Treasurer

Irene Lund

Sara Van Genderen

John A Turner

Lou Hochheiser

Anne Schuler

Hours

MONDAY – THURSDAY

8:00 AM – 4:00 PM

FRIDAY

8:00 AM – 3:00 PM

**CLOSED DEC. 25-26 AND
DEC. 31**



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

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Live Your Best Life

December Newsletter 2021