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Vacant

Home Care Assitant

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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

Vacant

Dishwasher & Prep Cook

Our Mission

Enhancing and supporting the lives of seniors.

Beginner Spanish Classes

FRIDAY, JANUARY 14TH
11:00 AM TO 12:00 PM

Ashley Potzernitz from Teton County Parks and Rec is back to teach beginning Spanish!

This weekly Spanish class will be an 8 week course and will teach basic Spanish grammar and vocabulary.

All beginners and anyone who wants a refresher from the last series are encouraged to join.

The suggested contribution is \$40 per person. Please RSVP by Tuesday, January 11th.



Brown Bag Pharmacy

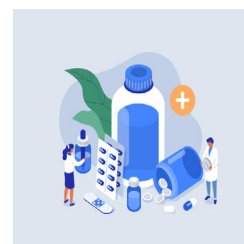
FRIDAY, JANUARY 21ST
11:00 AM TO 12:00 PM

This new monthly event is in partnership with local pharmacists as an opportunity to know more about your medications.

Learn about medication instructions and interactions-- please bring your medications and over the counter

medications/supplements with you to the appointment.

Participants will need to sign up ahead of time at the Senior Center.



Color and Emotion Art Series

COLOR AND EMOTION: CLASS 1
THURSDAY, JANUARY 27TH
10:30 AM TO 12:00 PM

This Color & Emotion art series is an unique intersection of history, art and emotion taught by Frances Wachs.

This series will meet on Thursdays, for six consecutive weeks.

Class 1 will feature a short presentation on art history and then a hands-on art activity with all supplies included.

The suggested contribution is \$60 for the series. It is strongly encouraged that participants can commit to all or most of the dates. RSVP by January 21st, space is limited.

Happy Birthday January

1	Rosemary McIntosh Douglas Barbour Ellen Sanford Marsha Covington Derek Goodson Maurene Gustafson	10	Sally Berman James Turley Shelley Sundgren Marilyn Humann Viki Clark Sue Bybee Robert Williams Ed Wigg	20	Bobbie Taylor Janet Wood O'Ann Fredstrom David Elan Judy Hammerschlag Christine Glasgow Margaret Schultz Charles Bancroft	31	Adrienne Ward Gail Harbeck Bruce Burkland Nanette Bean Diane Lenich Janice Vandegrift
2	Margie Thomas		Jane LaJohn		Maria Christel		
3	Robert Kass		Marlene Goe	24	George Ford		
4	Mary Ann Lawroski Estela Torres	12	Ray Hunt Louise Martens Chelcie Jonke Bob Rogers Henry McCurdy	25	Bill O'Neil Gary Edington Sue Lurie Diane Galbraith Mary Shouf Roberta Glidden Valerie Lee		
5	Martin Murphy		Tom Jordan		Joyce Butcher		
6	John Kearsley Susan Dong Anne Bowen Sharon Brown Linda Hanlon	13 14	Karen Lloyd Pam Flores Nancy Kaufman Laurie Jurekovic	26 27	Julie McLaurin Alina Plummer LeeAnna Scott Virginia Adler Maree Webster Michael Rosenberg Joanne Hennes		
7	Ann Williams Jo Schmillen	15	Peter Benoliel Heather Dagle Jill Patterson				
8	Dave Roters Paul Cote	18	Janet Pusey Olivia Tanner	29 30			
9	Ronald Frisch Barbara Vickland Jimmie Barrow Marla Hill	19					



Birthday Lunch: Tuesday, January 25th

January birthdays will enjoy lunch compliments of First Interstate Bank.



From the Desk of the Executive Director

My best wishes to you all for a happy and healthy 2022! As we enter this new year, I am hopeful that we will gradually emerge from many of the restrictions of the past two years living with a pandemic. We will continue to go cautiously, putting your safety and health at the forefront. We are excited to be making plans for new programs and opportunities while we continue old favorites.

To start off the new year, we are highlighting staff favorites for our lunches. I am betting that many of them are your favorites too, or soon will be.

Can you guess what our Head Cook, Amando's favorite meal is? Check out the menu and give us a call for a To-Go lunch, or delivery through our Meals on Wheels program.

The Senior Center has always been a place to connect with others, to see old friends and to make new ones. We look forward to seeing you and hearing from you this year!

Becky Zaist
Executive Director
bzaist@seniorcenterjh.org

Online Cooking Class

**MONDAY, JANUARY 24TH
4:00 PM TO 5:30 PM**

We are excited to be offering a new online cooking class with Ian McGregor. This first class will feature Mexican cuisine.

Ian is one of the lucky few who can say they were born and raised right here in Jackson. He is the co-founder of Farmstead Cider. Farmstead

Cider is hard cider handmade in Jackson Hole from local Wyoming and Rocky Mountain apples.

You also may recognize Ian from the Jackson Farmer's Market where he got his start selling local produce and pies as Mr. McGregor's Garden and Roots Kitchen and Cannery.

The suggested contribution for the class is \$25 for seniors. The class must have 12 participants to go, so grab a friend to join the fun. Ingredients lists will be able the week before.

RSVP by Wednesday, January 19th.



Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Sue & Darrel Hoffman
Anonymous
Jackson Hole Duplicate
Bridge
Pree Mildner

MISCELLANEOUS DONATION

Hungry Jack's
Chuck Fidroeff
Greta Eagan
Melissa Reichert

MEMORIAL DONATIONS

GRACIE PELLISIER
Old West Press
ROBERT HAMMOND
Mary & Mark Obringer
MAXINE KIEHN
Alicia & Tom Davis
RON KIEHN
Alecia & Tom Davis
RUTH & ERNIE HIRSCH
Claudia Gillette

We want to extend a special THANK YOU to the employees of **HUB International, Jackson.** They provided extra meals for our Meals on Wheels customers for the Thanksgiving and Christmas Holidays!

**THANK YOU FOR MAKING
OUR HOLIDAYS BRIGHT
WITH CHRISTMAS TREES**

**FROM THE SOROPTIMIST
TREE FESTIVAL:
HAPPY H'OWL'DAYS!**
Bob Shervin

POINSETTA CHRISTMAS
Faith & Mike May

**I AM DREAMING OF A PINK
CHRISTMAS**
Jackson Hole Young Life

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.

Home Care Corner

Did you ever wonder how long leftovers are "good" in your refrigerator? You might be surprised!! Especially during the holidays, we all keep a lot of stuff in the fridge.

Here are a few good tips to help keep you safe from potential food poisoning:

- Cooked meat (turkey or ham) 3-4 days
- Raw chicken 1-2 days
- Lunch meat 3-5 days
- Macaroni, egg or chicken salad 3-4 days
- Raw bacon up to 7 days (but, let's not push it!)
- Cake up to 1 week

- Pie 3-4 days
- Veggies 3-4 days

Your fridge slows the growth of bacteria, it does not stop the spoiling process!!

When in doubt, throw it out!

For more food safety information visit:
www.foodsafety.gov

Happy New Year!

Melissa Rochlitz

Home Care Manager

mrochlitz@seniorcenterjh.org

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
This month is Staff Favorite's Month. Each week a Staff Favorite menu is featured.						
2	3 Beef Tips & Mushrooms Egg Noodles Broccoli Cinnamon Raisin Bread Cherry Gelatin *Cereal	4 Bill's Favorite Honey Mustard Slaw Fish Florentine Wild Rice Pilaf Glazed Carrots Strawberry Shortcake *Egg & Sausage Bake	5 Chef's Salad Grilled Cheese on Whole Wheat Bread Tomato Soup Strawberries & Ice Cream *Breakfast Burrito	6 Amando & Reyna's Favorite Lettuce & Tomato Salad Chicken Enchiladas Peas & Onions Fruit Salad Brownie *Spinach & Ham Quiche	7 Becky's Favorite Friday Feast Tossed Salad Lasagna Italian Vegetables French Bread Grapes *Breakfast Sandwich	1
9	10 Judy's Favorite Green Salad & Avocado Whole Wheat Crackers Chiles Rellenos Refried Beans Spanish Rice Grapes *Breakfast Burrito	11 Lettuce & Tomato Salad Hot Open Faced Roast Beef Sandwich , Gravy Mashed Potatoes Carrot Coins Chilled Pineapple with Cottage Cheese *Breakfast Sandwich	12 Spring Salad Savory Baked Chicken Mashed Sweet Potatoes Green Beans Whole Wheat Roll Cinnamon Pears *Instant Oatmeal	13 Crunchy Vegetable Surprise Beef Stroganoff Steamed Rice Pan Roasted Broccoli Whole Wheat Roll Apple Brown Betty *Egg & Sausage Bake	14 Melissa & Dimmie's Favorite Parmesan Coated Fish Roasted Vegetables Minnesota Green Beans & Red Pepper Strips Cheese & Onion Roll Winter Berry Parfait *Spinach & Ham Quiche	15
16	17 Mixed Green Salad Chicken Pot Pie With Potatoes, Peas & Carrots & Biscuit Green Beans Fruit Pizza *Breakfast Sandwich	18 Rebecca's Favorite Garden Salad Cheeseburger with Lettuce & Tomato Sweet Potato Wedges Peaches Ranger Cookie *Spinach & Ham Quiche	19 Apple Slaw Roast Pork Scalloped Potatoes Mixed Vegetables Whole Wheat Roll Pumpkin Pie *Egg & Sausage Bake	20 Hawaiian Tossed Salad Fish Cakes Zucchini, Carrots & Basil Roasted Red Potatoes Whole Wheat Bread Apple Crisp *Breakfast Burrito	21 Friday Feast Mandarin, Spinach Salad Roast Beef , Gravy Rosemary Red Potatoes Blend Vegetables Garlic Roll Gingerbread Cake *Cereal	22
23	24 Lourde's Favorite Tossed Salad Pork Wings (BBQ Short Ribs) Baked Squash Wheat Roll Fruit pizza *Spinach & Ham Quiche	25 Birthdays Lunch Carrot, Celery, Cuke Salad Rancher's Meat Loaf Mashed Sweet Potatoes Almond Broccoli Wheat Biscuit Yellow Cake, Cherries *Breakfast Burrito	26 Monica's Favorite Spinach Salad Mediterranean Fish Brown Rice Grilled Zucchini Fresh Fruit Roll *Breakfast Sandwich	27 Lettuce & Tomato Salad Beef Fajitas Flour Tortillas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie *Instant Oatmeal	28 Jenny's Favorite Chicken Caesar Salad Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake *Egg & Sausage Bake	29
30	31 Chris & David's Favorite Spring Salad Almond Crusted Fish Mashed Sweet Potatoes Seasoned Zucchini Corn Bread Fruit Salad *Egg & Sausage Bake	Breakfast and lunch continue to 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 lunch. Non-seniors are \$10 for lunch. Menus are subject to change.				

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 10:00 Classic Fitness with Lucretia 1:30 Bible Study	4 9:00 Pilates 10:30 Yoga 1:30 Bingo	5 9:00 Yoga for Strength 10:30 Tai Chi	6 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue	7 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue	8
9	10 10:00 Classic Fitness with Lucretia 1:30 Bible Study	11 9:00 Pilates 10:30 Yoga 1:30 Bingo	12 9:00 Yoga for Strength 10:30 Tai Chi	13 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue	14 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 11:00 Spanish Class 12:00 Hole Food Rescue	15
16	17 10:00 Classic Fitness with Lucretia 1:30 Bible Study	18 9:00 Pilates 10:30 Yoga 1:30 Bingo	19 9:00 Yoga for Strength 10:30 Tai Chi 1:00 Medicare Advantage, Supplements and Prescription Drug Insurance Assistance	20 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue	21 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 11:00 Spanish Class 11:00 Brown Bag Pharmacy 12:00 Hole Food Rescue	22
23	24 10:00 Classic Fitness with Lucretia 1:30 Bible Study 4:00 Cooking Class: Mexican dinner	25 9:00 Pilates 10:30 Yoga 1:30 Bingo	26 9:00 Yoga for Strength 10:30 Tai Chi	27 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Color & Emotion Art series 12:00 Hole Food Rescue	28 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 11:00 Spanish Class 12:00 Hole Food Rescue 12:20 Hearing Screenings	29
30	31 10:00 Classic Fitness with Lucretia 1:30 Bible Study					

For activities requiring reservations please call 733-7300.
Suggested contribution for senior fitness classes is \$5.
Non-seniors are \$7.00
To join Duplicate Bridge online call Ray (208) 520-4437.
For Contact Bridge call Irene 734-9733.

More information:

SENIOR CENTER BOOK CLUB THURSDAY, JANUARY 27TH 6:00 PM VIA ZOOM OR PHONE

The Book Club book this month is *Billionaire Wilderness* by Justin Farrell.

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

HEARING SCREENINGS FRIDAY, JANUARY 28TH 12:20 PM TO 3:00 PM

Ester Ellis, RN BSN will be conducting hearing screening again. 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.

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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

January Newsletter 2022