



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

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Home Care Manager

Vacant
Home Care Assitant

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Reyna Perez, Janette Miller
Kristine Dyke, Becca Jewison
Judy Johnson
Mary Obringer
Dimmie Zeigler
Jerrill McGehee

KITCHEN

Amando Perfecto
Head Cook

David Basye
Assistant Cook

Yakelyn Salazar
Dishwasher & Prep Cook

Our Mission

Enhancing and supporting the lives of seniors.

Father's Day BBQ

FATHER'S DAY BBQ
SUNDAY, JUNE 19TH
12:00 PM TO 1:00 PM

This BBQ will be served outdoors, not To-Go. Reservations are required by 3 pm Friday, June 17th.

Volunteers will be grilling up hot dogs and cheeseburgers to say thanks to fathers & grandfathers.

Seniors are compliments of the Bank of Jackson Hole and non-seniors are \$15.

Please call the Senior Center at 733-7300 to make your reservations.

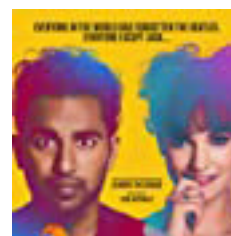


Movie Night

YESTERDAY
TUESDAY, JUNE 7TH
6:00 PM

One day Jack was nobody. Everything was perfectly normal. Until on that one day, a global power outage occurred, affecting everything. The very next day, Jack discovers that he is the only one in the world who remembers The Beatles.

Join us for this hilarious moral dilemma film. Popcorn and soda will be provided. The suggested contribution for seniors is \$2.



Portrait Day

FRIDAY, JUNE 10TH
9:00 AM TO 3:00 PM

Doug Ayers and his team of volunteers have generously offered to take senior portraits throughout the day.

Reservations must be made. In addition to the waived portrait fee everyone will receive a free

5X7 print, digital copies will be available by request. Pets are welcome through the North door.

Please call the Senior Center at 733-7300 to schedule a time.



Happy Birthday June

1	Elizabeth Kingwill Val Schlesinger June Nystrom Jan Buehler	12	Bruce Hawtin Kent Grohne Mary Jane Porterfield Walter Brandt	22	Doc Nash Judy Cox Valerie Ehrich Debra Izatt
2	Jeannine Brown Sue Woodford Tish Hunter Sue Prater	13	Brigette Corrand Jan Marie Hobart Laurie Grant Pete Pedersen	23	Jenny Ryan Ann O'Leary Tilly Bardella Sally McCullough
3	Abi Garaman Sidney Hendricks Sylvia Raumaker Lorado Reetz John Whitehead	14	Lee Walter Nancy Calhoun Sandra Rodeck Norman Scott	24	Doug Jager Phyllis Olson Carol Owens Del Ray John
4	David E Basye Dick Klene T.R. Shelby Dimmie Zeigler John Modi	15	Chris Kimball Sarah Sturges Bob Shervin Carole Neuburger	25	Robert Clark Kathie Chandler Gary Dugdale Victoria Hess
5	Tom Mansuetta Kathy Roby	16	Thelma Quasdorf Julie Redwine Gayle Roosevelt Trish Truitt	26	Paul Divjak Robert Haynam Flo Mansuetta Holly Hunter
6	Richard Galiher William Smith Terry Miller Deb King	17	Jeanine Karns Diane Brown Cal Cathcart Jane Kusek	27	Mary Bergeron Lorelie Miller Billy Tudor Rick Thompson
7	Doug Vlchek Julia Goldensohn Benji Sinclair Richard Harden	18	Dana Kelsey Al Imhoff Virginia Mamot Dynette France	28	Gary Nield Steve Birt Doug Keefe, Jr. George Corless
8	Maggie Bauer Tom Goe Frances Pollak David Raaum	19	Anna Mae Kass Cheryl McFarland Bonnie Pockat Ted Kimmel	30	Margaret Hoster James Dighello Cathie Evans Janine Bay
9	Bill Gordon Darcy Rodenbach	20	Linore Wallace Patricia Jones June McCollister Helmut Thalhammer		Sheila Pecha
10	Lacey Biles John Osborne Cathy Centrella	21	Dail Knori Janet Jones Jill Aanonsen Jan Lovett		
11	Gil Hawxhurst Linda Benson Ann Young Doug Henderson Midge Simpson		John Bielby Yin Peng Haas		



Birthday Lunch: Tuesday, June 28th

June birthdays will enjoy lunch compliments of First Interstate Bank.



Summer Pen Pals Needed

THURSDAY, JUNE 23RD
2:15 PM TO 3:00 PM
TETON LITERACY CENTER

We are partnering with Teton Literacy Center to pair 3rd-5th grade students with a pen pal for the summer. So join the fun and share your love for reading, writing and good ole snail mail with a student this summer!

Each week you will write a letter to your young pen pal here in Jackson. Then your pen pal will write you back after they receive the letter.

We will kick off the summer program on June 23rd with some fun games and interview questions. The program will conclude with a party at Teton Literacy Center Thursday, August 4th from 4-5 pm.

To sign up to be a pen pal please call the Senior Center.



Home Care Corner

As the weather improves, many of us are looking forward to getting out in the sun and staying hydrated is critical!

"As you get older, it's even more important to stay hydrated. A study from the University of California, Los Angeles School of Nursing found that up to 40% of elderly people may be chronically underhydrated."

"Seniors are more vulnerable to dehydration for a number of reasons:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.
- Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.
- Additionally—according to a recent

study—older adults' bodies don't regulate temperature as efficiently as those of younger people. This means that during exercise or activity, seniors are more likely to become dehydrated through sweating."

*National Council on the Aging

Hydration can be more than just drinking straight water.

1. Avoid caffeine and alcohol
2. Drink throughout the day, not just a large amount of water at once
3. Include drinks with electrolytes like sports drinks, juice or even bouillon
4. 6-8 glasses of water is a minimum. Add more if you will be exercising or outdoors
5. Add hydrating foods like watermelon 92% water, strawberries 91% water, peaches 89% water, cucumbers 95% water, and cottage cheese has 80% water and protein!

Melissa Rochlitz
Home Care Manager
mrochlitz@seniorcenterjh.org

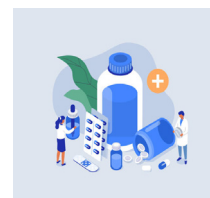
Brown Bag Pharmacy

FRIDAY, JUNE 17TH
11:00 AM TO 12:00 PM

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.



June 2022									
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
			1 Honey Mustard Coleslaw Whole Wheat Crackers Almond Crusted Fish Tartar Sauce Mashed Sweet Potatoes Zucchini Corn Bread Fruit Salad *Egg & Sausage Bake	2 Three Bean Salad Meat & Veggie Pizza Cinnamon Apples Rice Pudding *Spinach & Ham Quiche	3 Friday Feast Lettuce & Tomato Salad Wheat Crackers Baked Chicken Au Gratin Potatoes Green Beans Roll Berry Tart *Breakfast Burrito	4			
		Lunch is served in the dining room, To-Go and home delivered. Suggested contribution for seniors dining in and home delivered is \$5 for lunch, \$2.50 for breakfast, and \$7.50 for lunch To-Go. Non-seniors are \$10 for lunch. Reservations for breakfast must be made by 3 pm the day before. Menus are subject to change.	5 49'er Salad Stuffed Green Pepper Tomato Gravy Baked Potato & Sour Cream Whole Wheat Bread Fruit Cobbler *Cereal	6 Spinach Mushroom Salad Fish Cakes Au Gratin Potatoes Italian Vegetables Whole Wheat Roll Peach Berry Crisp *Egg & Sausage Bake	7 Coleslaw Pork Chop & Gravy Brown Rice Seasoned Green Beans Whole Wheat Bread Ice Cream with Strawberries *Breakfast Sandwich	8 Lettuce and Tomato Salad Beef Fajitas with Flour Tortillas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie *Breakfast Burrito	9 Chicken Caesar Salad Whole Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake *Breakfast Burrito	10 Lettuce Salad Baked Steak Teriyaki Egg Noodles Mushroom Gravy Peas & Carrots Roll Banana *Spinach & Ham Quiche	11
12	13 Honey Mustard Slaw Fish Florentine Wild Rice Pilaf Glazed Carrots Whole Wheat Bread Strawberry Shortcake *Egg & Sausage Bake	14 Vegetable, Broccoli Slaw Grilled Chicken Sandwich on Whole Wheat Bun Oven Fries Blueberry Cobbler *Spinach & Ham Quiche	15 Lettuce and Tomato Salad Beef Fajitas with Flour Tortillas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie *Breakfast Burrito	16 Vegetable Salad Baked Ziti with Sausage Broccoli Garlic Bread Mandarin Orange Jello *Breakfast Sandwich	17 Friday Feast Carrot, Celery & Cuke Salad Meat Loaf Mashed Sweet Potatoes Zucchini, Wheat Biscuit Pear Crisp *Hard Boiled Egg	18			
19 Father's Day Cookout Garden Salad Cheeseburger or Hot Dog Sweet Potato Wedges Watermelon Chocolate Chip Cookie	20 Tossed Salad & Avocado Whole Wheat Crackers Chiles Rellenos Refried Beans Spanish Rice Grapes *Breakfast Burrito	21 Lettuce & Tomato Salad Open Faced Roast Beef Sandwich Mashed Potatoes & Gravy Green Beans with Red Pepper Pineapple & Cottage Cheese *Breakfast Sandwich	22 Crunchy Calico Salad Spinach Mushroom Chicken Brown Rice Broccoli Whole Wheat Roll Fresh Apple *Spinach & Ham Quiche	23 Spinach Salad with Hard Boiled Egg Vegetarian Pasta Primavera Whole Wheat Roll Strawberries & Bananas *Cereal	24 Stuffed Tomato & Cabbage Salad Lemon Pepper Fish Potato Salad Carrot Coins Whole Wheat Bread Pineapple & Blueberry Fruit Sundae with Granola *Egg & Sausage Bake	25			
26	27 Mixed Relish Tray Pork Carnitas Tacos Salsa Refried Beans Fruit Cup *Spinach & Ham Quiche	28 Birthday Lunch Tossed Green Salad Braised Beef Mushroom Gravy Parsley Potatoes Swiss Chard, Roll Yellow Cake with Cherries *Breakfast Burrito	29 Vegetable Salad Chicken & Herbed Fettuccini Broccoli Whole Wheat Bread Apple Pie *Breakfast Sandwich	30 Creamy Coleslaw Fish & Chips Balsamic Glazed Green Beans Pineapple Chunks Tapioca Pudding *Egg & Sausage Bake					

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Medicare Assistance is available via phone and email this month. Please call the Senior Center and we will get you in touch with one of the Medicare Counselors.</p>		<p>1 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:00 Ukulele Class 1:00 Contract Bridge</p>	<p>2 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Dupliate Bridge</p>	<p>3 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:00 Spanish 2 12:00 Hole Food Rescue 1:00 Mahjong</p>	<p>4</p>
5	<p>6 9:30 Spanish Conversation Club 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 3:00 Active Yoga 4:15 Duplicate Bridge</p>	<p>7 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 6:00 Movie Night 6:00 Quilt Guild</p>	<p>8 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 12:45 Board Meeting 1:00 Contract Bridge</p>	<p>9 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Dupliate Bridge</p>	<p>10 9:00 am Portrait Day 10:00 Classic Fitness with Alice 10:00 Coffee Club 12:00 Hole Food Rescue 1:00 Mahjong</p>	<p>11</p>
12	<p>13 9:30 Spanish Conversation Club 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 3:00 Active Yoga 4:15 Duplicate Bridge</p>	<p>14 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo</p>	<p>15 9:00 Yoga for Strength 10:00 Coffee Club 10:00 AFJH Listening Session 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge</p>	<p>16 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Dupliate Bridge 6:00 Book Club</p>	<p>17 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:00 Brown Bag Pharmacy 12:00 Hole Food Rescue 1:00 Mahjong 1:00 Go to the Art Fair</p>	<p>18</p>
19	<p>20 9:30 Spanish Conversation Club 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 3:00 Active Yoga 4:15 Duplicate Bridge</p>	<p>21 9:00 Pilates 9:30 Active Hiking Club Taggart Lake Loop 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 5:30 AFJH Listening Session</p>	<p>22 9:00 Yoga for Strength 9:30 Beginning Hiking Club Jenny Lake 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge</p>	<p>23 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Dupliate Bridge 2:00 TLC Pen Pal kickoff Party</p>	<p>24 10:00 Classic Fitness with Alice 10:00 Coffee Club 12:00 Hole Food Rescue 1:00 Mahjong 1:00 Tech Tutor</p>	<p>25 8:00 am Trunk Sale in the SCJH parking lot</p>
26	<p>27 9:30 Spanish Conversation Club 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 3:00 Active Yoga 4:15 Duplicate Bridge</p>	<p>28 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo</p>	<p>29 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge</p>	<p>30 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Dupliate Bridge</p>	<p>For activities reservations call 733-7300. Suggested contribution for senior fitness classes is \$5, non-seniors are \$7.00 To join Duplicate Bridge call Ray at (208) 520-4437. To join or learn to play Contract Bridge, call Irene 310-993-7485.</p>	

Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Ellen Wozniak
JH Duplicate Bridge
Elaine Luton
Smith's Food & Drug
Sue and John Hoover

MISCELLANEOUS DONATION

Dave Barrett
Jim Lewis
Dirk Schneider
Myra Crevar

MEMORIAL DONATIONS DR. WILLIAM (BILL) HOLMES

Cecilia English
Jean & Dick Thompson
Bill Moreau

MABEL (CHICKIE) ALLIN Joel Goldberg

Thank You to the Elks Lodge

The Mother's Day Brunch was a wonderful event! We appreciate all the volunteers who came and made this time for Mothers so special!

2nd Annual Trunk Sale

SATURDAY, JUNE 25TH
8:00 AM TO 12:00 PM

Join us for our 2nd Trunk Sale!

This is a garage sale out of the trunk of your car. The cost to join is \$10 and you keep the

money from your sale. So go get the junk in your trunk and reserve your space today.



Classic Fitness on Wednesday Too!

WEDNESDAYS BEGINNING JUNE 15TH
11:45 AM TO 12:45 PM

Classic Fitness with Alice will also be offered

on Wednesdays beginning on June 15th. This is the same great class you enjoy on Fridays.

Age Friendly Jackson Hole

We Want To Hear From You!

Age Friendly Jackson Hole (AFJH) has completed the first 5-year cycle as an AARP/WHO Network of Age-Friendly Communities. We are now preparing for the next cycle and development of our Action Plan. We want to hear from you on what will make Jackson Hole more inclusive and accessible for people of all ages and abilities.

We have planned two opportunities for your voice to be heard:

- June 15 at 10:00 at the Senior Center, North Dining Room or by Zoom
- June 21 at 5:30 at the Senior Center, North Dining Room or by Zoom

We will be asking for your input on the following areas:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social Participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

Thank you for taking time to help make our community more age-friendly!



From the Desk of the Executive Director

STILL The Best Meal Deal in Town!

Starting in June we will be raising our suggested contribution for take-out meals to \$7.50 per meal. This increase is necessary to pay for the cost of packing supplies and staff time to package meals for pick-up. You will still be able to use your punch cards, but each meal will be 1 ½ punches. Many senior centers have already stopped offering a pick-up option due to the additional costs. But we want to be able to offer meal pick-up for as long as possible, as we know it works better for some folks.

Dine-in meals and Meals on Wheels will remain a suggested contribution of \$5.00 per meal. Come join us in the dining room to be with old friends and make new ones!

Lunch is available from noon until 1:00

Monday-Friday. There is no need to make reservations for lunch for pickup or dine-in. For breakfast orders or Meals on Wheels, please call us by 3:00pm the day before.

Help is available for anyone who finds the suggested contribution a hardship. Please see Becky for more information.

Rancher Street Work

During the summer months, the Town of Jackson will be completing a Capital Improvement Project on Rancher Street. Sections of Rancher Street will not be accessible during daytime hours. Please Plan to use Hansen Ave or Broadway to Nelson Dr. to reach the Senior Center during construction.

Thank you!
Becky Zaist
Executive Director

Let's Go to the Art Fair Together

FRIDAY, JUNE 17TH
1:00 PM TO 3:00 PM
\$6 for ride and admission

Meet at the Senior Center to ride the bus to the Center for the Arts lawn for the first summer Art Fair. We will spend a couple hours enjoying the Fair and return to the Center at 3:15 pm.

Book Club

THURSDAY, JUNE 16TH

6:00 PM BY ZOOM

This month the Book Club will be reading *Love in the Time of Cholera* by Gabriel Garcia Marquez.

In their youth, Florentino Ariza and Fermina Daza fall passionately in love. When Fermina eventually chooses to marry a wealthy, well-

born doctor, Florentino is devastated, but he is a romantic. Her husband dies at last. Fifty years, nine months, and four days after he first declared his love for Fermina, he will do so again.

Books are available at the Senior Center. The discussion will be held on Zoom this month.

Figure It Out

1. What never asks a question but gets answered all the time?
2. How do you make the number one disappear?
3. What occurs once in a minute, twice in a moment, and never in your life?

4. What travels the world while stuck in one spot?
5. Forwards, I'm heavy; backward, I'm not. What am I?
6. What's as big as a building and weighs nothing?

Answers on the last page.

More to know:

SPANISH CONVERSATION CLUB MONDAYS IN JUNE 9:30 AM TO 10:30 AM

Ashley Potzernitz will be leading a weekly Club de café y conversación.

This is an informal, drop-in club where beginners can practice their Spanish conversational skills through activities, games and simple conversation.

SUMMER HIKING CLUBS

Beginning in June we will have two hiking clubs each going out once a month. The beginning hiking club will be led by Sandy Strout and the advanced hiking club will be

led by Diane Galbraith.

Sign up in advance for the hikes at the Senior Center. Hikers must be prepared with water, snacks, appropriate footwear, rain gear and sunscreen.

Answers to Figure It Out on page 7.

1. Your phone.
2. Simply add the letter "g" to the front of the word, and "one" is now "gone!"

3. The letter "m."
4. A stamp.
5. Backward, the word "ton," a very heavy unit of measure, is "not."
6. A shadow.

BOARD OF DIRECTORS

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Vice Chair

Bruce Hawtin
Secretary

Cecilia Herbert
Treasurer

Irene Lund
Sara Van Genderen

John A Turner
Anne Schuler

Lou Hochheiser

Hours

MONDAY – THURSDAY

8:00 AM – 4:00 PM

FRIDAY

8:00 AM – 3:00 PM



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Live Your Best Life

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