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Vacant
Home Care Assitant

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

KITCHEN

Amando Perfecto
Head Cook

David Basye
Assistant Cook

Yakelyn Salazar & Jocelyn Colchado
Dishwasher & Prep Cook

Our Mission

Enhancing and supporting the lives of seniors.

Teton Raptor Center

TETON RAPTOR CENTER TOUR
THURSDAY, JULY 21ST
11:00 AM TO 12:00 PM

The cancellation policy is 48 hours in advance.

Join us for a trip to the Teton Raptor Center in Wilson. We will leave the Senior Center at 10:30 am or meet us there at 10:50 am. The cost is \$25 if you ride the bus or \$20 if you meet us there. Space is limited so reserve ASAP.



Movie Night

UNDERCOVER GRANDPA
WEDNESDAY, JULY 6TH
6:00 PM

band together with Jake to go on one last mission.

Jake Bouchard, a shy 17-year-old, has finally scored a date with the incredibly wonderful Angie. When Angie gets kidnapped, the truth about Grandpa comes out. In a last ditch effort to rescue Angie, Grandpa re-enlists "The Devil's Scum", his old special ops unit who

Popcorn and soda will be provided. The suggested contribution for seniors is \$2.



Ice Cream Social

THURSDAY, JULY 21ST
2:30 PM TO 3:30 PM

Cream Month!

Senior and non-seniors are \$1.

Banana split? Yes please!

Join us for our annual outdoor ice cream social. We will have all the fixins to make a delicious banana split.

We look forward to seeing you and celebrating National Ice



Happy Birthday July

1	Ed Ingstad		Mike Adler		Lisa Holmes
2	Rick Brown		Janet Colonel	25	Dick Greig
	Diane Palmore		Dennis Callaghan		Kim McGregor
	William Smithers		Claudia Perry		Patti Randall
3	Frank Bellinghiere		Christine Schuler	26	Robert Righter
	Elaine Luton		Deb Belonick		Ann Smith
4	Jane Frisch		Pam Shea		Georgi Still
	Sue Mortensen	14	Mary Lou Klene		Ann Deshefy
	Paul Vogelhein		Hank Phibbs	27	Alan Galbraith
5	Fran Lange-Doran		Ben Read		Ilene Zwerin
	Carol Andrews	15	Barbara McMullen		Frank Kaunitz
	Jack Strellis		Larry VanOver		Ed Prater
	Arla Burbank		Janeen Mc Creight		David Adams
6	Ruth Elwood		Lee Kunze	28	Cliff Poindexter
	Dick Ferguson	16	Terry Hull		Walter Saunders
	Judy Keresztes	17	John Logan		Clay Hoyt
	Mary Walton		John McAvoy		Abigail Karin
	Jantina Tuthill		Marsha Sensat		John Hansen
7	Dominique Yvernault	18	George Moran	29	Russ Wood
	Douglas Witcher		Margie Aeckerle		Becky Strout
8	Doug Eggers		Stan Steiner	30	Nancy Ayers
	Sid Karin		Dennis Conley	31	Joan Lucas
	Hal Leavell		Dawna Wilson		Grace Anderson
	Mike Randall	19	Becky Zaist		Mike Mason
	Arnold Morris	20	David Dornan		Monica Harden
	Lori Petersen		Susan Barr		
9	Armand Cadol		Peggy McAvoy		
	Ann Muller		Laurie Fukawa	21	
	John Gregg	21	Herb Ford		
10	Linda Edington		Irene Lund		
	Bill Wotkyus	22	Rita Miller		
11	Pat Logan		Elisabeth Evarts		
	Jett Thompson		Joy Surdam		
	Ken Burnes		Gratia Reynolds		
	Cyd Brackett		Rosemary Guderian		
	Maureen Brown		Kathy Hilton		
12	Nancy Richardson		Brent Schaffer		
	Susan Foster	23	Thomas McClung		
	Polly Rubrecht		Michael Dennis		
	Ian Edwards	24	Will Obering		
	Sue Dennis		Gregg Dean		
	Barry Skinner		Peter Barker		
13	Val Waring		German Rodriguez		



Birthday Lunch: Wednesday, July 27th

July birthdays will enjoy lunch compliments of First Interstate Bank.



Hiking Clubs

TUESDAY, JULY 19TH
9:30 AM

ACTIVE HIKING CLUB

The Active Hiking Club will be meeting again to enjoy another great hike in the area. At the time of print the area had not been decided. The active hiking club is led by Diane Galbraith.

Call the Senior Center for the area of the hike. Hikers must be prepared with water, snacks, appropriate footwear, rain gear and sunscreen.

WEDNESDAY, JULY 20TH
9:30 AM

BEGINNING HIKING CLUB

The Beginning Hiking Club will be meeting at the Stilson Parking Lot. From here we will walk the bike path to R Park and Emily's Pond.

Call the Senior Center to reserve your spot. Hikers must be prepared with water, snacks, appropriate footwear, rain gear and sunscreen.

Home Care Corner

It may be Summer but Fall will be here before you know it. Now is the perfect time to consider what will keep your mind sharp and your time occupied during the winter months.

Here is a great FREE option. If you are 65 or over, you can take online classes through the University of Wyoming at no charge! It's True!

To keep up your socializing, challenge your friends to take the same class so you can have a study buddy.

Here are the steps involved:

1. <https://www.uwyo.edu/admissions/apply.html>
2. Fill out the registration
3. Select "Apply Now".

4. Click on the ID number in blue.

5. Fill out the application

6. Select "Non degree Seeking"

From here you will be matched with an advisor to help you select one class per semester.

This is a great way to stay busy and learn something new in the process! We can't wait to hear what class you are taking!

Please call the Senior Center to help walk you through registration, if necessary.

Melissa Rochlitz

Home Care Manager

mrochlitz@seniorcenterjh.org

Brown Bag Pharmacy

FRIDAY, JULY 15TH
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.



Whole Food Rescue will continue to come throughout the summer on Thursday and Friday. You can find the

tables set up by the garage at the South end of the parking lot.

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>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 and \$2.50 for breakfast and \$7.50 for lunch To-Go. Non-seniors are \$10 for lunch. Reservations are necessary for breakfast and Wilson To-Go and must be made by 3 pm the day before. Menus are subject to change.</p>				
3	4	5	6	7	8	9
	<p>Closed in observance of Independence Day</p>	<p>Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit *Breakfast Burrito</p>	<p>Coleslaw BBQ Pork Sandwich on Whole Wheat Bun Potato Salad Mandarin, Pineapple, Grape Cup Lemon Bar *Egg & Sausage Bake</p>	<p>Garden Salad with Garbanzos Shepherds Pie Mushroom Gravy Tangy Carrots Whole Wheat Bread Applesauce Cake *Breakfast Sandwich</p>	<p>Creamy Carrot Coleslaw Crackers Cashew Curry Turkey Salad on Romaine Whole Wheat Roll Fresh Fruit *Spinach & Ham Quiche</p>	
10	11	12	13	14	15	16
	<p>Beef Tips with Mushrooms Egg Noodles Broccoli with Lemon Cinnamon Raisin Bread Fruity Cherry Salad *Breakfast Sandwich</p>	<p>Chicken Mulligatawny Soup Layered Salad with Chicken Marinated Carrots Roll Strawberries & Bananas Peanut Butter Cookie *Egg & Sausage Bake</p>	<p>Vegetable Salad Fish Tacos with Cabbage Lime Slaw Mexicali Corn Black Beans with Cilantro Lemon Cream Dessert *Cereal</p>	<p>Asian Salad Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Angel Food Cake & Berries *Spinach & Ham Quiche</p>	<p>Friday Feast Spinach & Strawberry Salad Lasagna Italian Veggie Blend French Bread Bananas & Mandarin Oranges *Breakfast Burrito</p>	
17	18	19	20	21	22	23
	<p>Taco Salad over Corn Chips Peas & Carrots Whole Wheat Bread Stick Melon Cup Rocky Road Pudding *Hard Boiled Egg</p>	<p>Marinated Cucumber Salad, Crackers Buffalo Chicken Macaroni Salad Watermelon Chunks Pina Colada Cake *Breakfast Burrito</p>	<p>Salad with Garbanzos Philly Cheesesteak Oven Roasted Rosemary Potatoes Mixed Vegetables Sugar Cookie *Spinach & Ham Quiche</p>	<p>Mixed Green Salad with Croutons Vegetarian Eggplant Cacciatore Brown Rice Fresh Fruit Salad *Breakfast Sandwich</p>	<p>Spinach Strawberry Salad with Croutons Parmesan Coated Fish Roasted Root Vegetables Whole Wheat Roll Grapes Chocolate Surprise Cake *Egg & Sausage Bake</p>	
24	25	26	27	28	29	30
	<p>Lettuce & Tomato Salad Chicken Enchiladas Ranch Style Beans Fruit Cup Date Bar *Breakfast Burrito</p>	<p>Beef & Broccoli Stir Fry Brown Rice Steamed Carrots Egg Roll Grapes *Spinach & Ham Quiche</p>	<p>Birthday Lunch Spring Salad Hot Turkey Sandwich Mashed Potatoes Spinach Pineapple Upside Down Cake *Breakfast Sandwich</p>	<p>Garden Salad Salmon Salad on Whole Wheat Roll Macaroni Salad Melon Cup Vanilla Ice Cream *Egg & Sausage Bake</p>	<p>Creamy Coleslaw Cheeseburger on Whole Wheat Bun Lettuce, Tomatoes, Pickles & Onions Corn on Cob Pear Crisp *Cereal</p>	

Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Jackson Hole Duplicate Bridge
Anonymous Fund of the
Community Foundation of
Jackson Hole
Wyoming Hunger Initiative
C&N Foundation
Bob Shervin
Shirley & Wes Timmerman

MISCELLANEOUS DONATION

Debby Rhea
Family of DJ Anselmi

Owen Ankeny (Marigold kits for
Meals on Wheels clients)
Wendi Smith
Chris Englund

MEMORIAL DONATIONS

GIL ORDWAY

Bob Shervin
Mary & Mark Obringer

BLENDINE WALTERS

Sheila Weitz

GENE SINN

Sheila Weitz

MARALYN & GRANT LARSON

Bob Shervin
Doris Budge
Beverly Clark

MEMORY WALL

ELLEN LINN

Wednesday Bridge Group

DR. BILL HOLMES

Bridge Friends

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.

Bingo at the Fair

THURSDAY, JULY 28TH
11:00 AM TO 12:00 PM

Let's get together and play Bingo at the Teton County Fair.

The bingo game can be found under the Big Top on the Fair Building lawn. Meet us there at 10:45 am or ride the Senior Center bus for \$1. We will leave the Center at 10:35.

We will spend the 1st hour playing Bingo then we will walk around to see the Fair exhibits and 4-H animals. The bus will return to the Center around 1 pm.



Art Classes in July

FRIDAY, JULY 1ST
5:00 PM TO 7:00 PM

Billie Harrington from the Art Association is excited to offer two Plein Air painting workshops at the Miller House on the Elk Refuge. The first will be Friday, July 1st from 5-7 pm. The second is Saturday, July 30th from 9-11 am.

These workshops are a great time to paint with the evening and morning light. Seniors are a suggested contribution of \$20 per class. All supplies will be provided. Please reserve your space at the Senior Center.

WEDNESDAYS, JULY 13TH, 20TH AND 27TH
1:30 PM

Diane Ryan will teaching a three class series to learn sketching and drawing. All the supplies will be provided.

The suggested contribution for seniors is \$20 for the series. Please call the Senior Center to reserve your space.

"In drawing, nothing is better than the first attempt."- Pablo Picasso.

Senior Mondays at Old Wilson Schoolhouse

MONDAYS IN JULY

Beginning July 11th, the Senior Center of Jackson Hole will be serving To-Go lunches and breakfasts from the Schoolhouse at 5655 Main Street. Both will be served from 12:30 pm to 1 pm.

Meals from the Schoolhouse will only be served To-Go and will require a reservations. The suggested contribution for seniors is \$7.50 for lunch and \$2.50 for breakfast.

Please call the Senior Center by 3 pm the day before to make your reservations.

In addition to the meals, Jo Warden will

be teaching an Active Yoga class Monday afternoon. The class will begin at 4:45 pm.

Active Yoga uses basic postures emphasizing balance, stability and strength. Please bring your own mat and props (bolster, block and strap).

The suggested contribution for seniors is \$5 and non-seniors are \$7.

Look for Classic Fitness with Alice coming in August! If there is a class or activity you would like to see in Wilson or if you want to teach a class or start a group for seniors please call the Senior Center and let us know.

Book Club

DATE TO BE DETERMINED

6:00 PM BY ZOOM

This month the Book Club will be reading *The Soul of an Octopus* by Sy Montgomery.

In pursuit of the wild, solitary, predatory octopus, popular naturalist Sy Montgomery has practiced true immersion journalism. From New England aquarium tanks to the reefs of French Polynesia and the Gulf of Mexico, she has befriended octopuses with strikingly different personalities—gentle Athena, assertive Octavia, curious Kali,

and joyful Karma. Each creature shows her cleverness in myriad ways: escaping enclosures like an orangutan; jetting water to bounce balls; and endlessly tricking companions with multiple "sleights of hand" to get food.

Please call the Senior Center for the discussion date. Books are available at the Senior Center and e-readers can be borrowed from the library at no charge. The discussion will be held on Zoom and in person this month.

Lemon Berry Cream Pie

Recipe from Elaine Luton

Elaine was the winner of the Spring Baking Challenge. She would like to note that she is 90 years old and is retiring so new bakers need to step up!

2 cups of berries - Elaine used raspberries

½ cup granulated sugar

Mix sugar & berries then mash let it set while you make the filling.

Lemon filling, in a pan mix together:
¼ tsp of gelatin

¾ cup granulated sugar

1 Tbsp butter

1 tsp lemon zest

1/3 cup cold water

In a bowl add:

1/3 to 1/2 cup freshly squeezed lemon juice

3 egg yolks

Mix the egg yolks with lemon juice then add to the pan with gelatin mixture. Cook on the stove until thick, constantly stirring. Let cool.

Whip 3 egg whites, 1/2 tsp cream of tarter and 1 Tbsp of

sugar until stiff peaks form and fold into cooled lemon mixture. Put lemon cream into a 9" graham cracker crust or baked pie shell.

Strain the berries to remove the seeds then cook until juice is nearly gone. Let berries cool and then marble into the lemon cream with a knife. Refrigerate a couple hours until set. Garnish with fresh berries.

More to know:

Volunteers Needed

We can use some help around the Senior Center. If you have time to spare please give us a call and we will let you know what is needed.



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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
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