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KITCHEN

Amando Perfecto
Head Cook

David Basye
Assistant Cook

Yakelyn Salazar
Prep Cook

Sonia Celis
Dishwasher

Our Mission

Enhancing and supporting the lives of seniors.

Movie Night

NIGHT AT THE MUSEUM 2
THURSDAY, SEPT 1ST
6:00 PM

Once the night guard at the Museum of Natural History, Larry Daley (Ben Stiller) is now a successful purveyor of infomercial products. Soon after learning that his museum friends have been shipped to the Smithsonian Institution! Jedediah warns him that four of history's greatest villains

have come to life and are planning to take over the Smithsonian.

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



Old Bill Fun Run Team

JACKSON ELEMENTARY SCHOOL
SATURDAY, SEPTEMBER 10TH
10:00 AM

It has been a couple of years but we are so ready to get out there again. Please join us to walk and show your support for the Senior Center of Jackson Hole and the programming

we offer! Register for the walk online at cfjacksonhole.org. Wear comfortable shoes and bring sunscreen, hats and a waterbottle.



Dancing Through the Decades

WEDNESDAY, SEPT 14, 21 & 28
1:00 PM

Join Marylou Berra, Dancer's Workshop, as she leads you through our favorite decades of music and dance.

In this 3 week class, we will explore some of the popular dances from different decades as

we dance to the hit songs from those periods. Wear comfortable clothes and shoes to move in.

Please sign up at the Senior Center. Suggested contribution for seniors is \$5/class, non-seniors are \$10/class.



Happy Birthday September

1	Mary Springer Rhonda Grasseler	Doris Smith Douglas Kennedy		Nancy Gail Peterson Louis Hildebrand
2	Lorraine Neal Sally Johnson Ann Wenger	Jay Pieper Thomas Grisell	12	23
3	Patty Ewing Barbra Weston Robert Halper	Carl Shuptrine Gale Woodworth Yvonne Wood	13	24
4	Louise DeLand Bonnie Voorhees Paula Jorgenson Laury Lacy	Earleen Horn Wendy Baylor Rebecca Prestrud Susanne Cochary	14	25
5	Julia Scarborough Elizabeth Bolling Julie Alexander Vicki Rosenberg Kathy Sanford	Yvonne Joosten Shelley Rubrecht Kristina Giger Genelle Robishaw Marce Bullock	15	26
6	Margaret Ordway F. Zscheile Lauren Sompayrac Sandra Brown Robert Culver Teresa Flood Donna Highstreet	Clay Taylor James Little Terry Nuttle Nancy Callaghan	16	27
7	Samuel Henslee Kathy Runyan Elizabeth Devine	Vincent Pacent Michael Brightwell Anne Newcomb	17	28
8	Carol Connors Irene Mellion Norman Evarts David Basye Jean Johnson Suzanne Nelson Elizabeth Caesar	Rita Rucks Joyce Roche Carol Francis Joseph Moore Deborah Cotton Craig Smith	18	29
9	Wilbur Oelschlager Ralph Bird Bert Steece Afton Jones Peter Thilmany	Michael Brightwell Anne Newcomb Rita Rucks Joyce Roche Carol Francis Joseph Moore Deborah Cotton Craig Smith	19	30
10	Cathy Nutter (Culver) Joni Upsher	Larry Van Genderen Olivia Meigs Deborah Somers Juliane Datzenko	20	
11	Alix Doherty John Doyle	Marie Gowen Susan Read Penny Dykes Kay Storrud David Auge Shirley Brightwell Jean Ferguson John Hoover, Jr. Regina Schultz Jay Buchner	21	
			22	



Birthday Lunch: Tuesday, September 27th

September birthdays will enjoy lunch compliments of First Interstate Bank.



Prime Rib Fundraiser Dinner

**WEDNESDAY, SEPTEMBER 21ST
6:00 PM**

Recover Our Chairs! We are having a Prime Rib dinner to raise money to recover and refurbish our dining room chairs.

Join us for a delicious evening of great food, friends and fun. We will be serving locally raised Prime Rib, baked potatoes, wedge salad and homemade pie for dessert.

Tickets are \$40/person and must be purchased in advance. Private tables are available for \$400. Private tables can seat up to 8 guests. Special gifts and a complimentary bottle of Champagne will be served to private tables.

The cost to recover a chair is \$175. Our goal with recovering the chairs is to keep re-usable items out of our landfill. If you

are unable to attend but would like to donate to our chair fund please contact the Senior Center.

Stop in the Senior Center to purchase your tickets.



Spam Alerts

Unfortunately fraud is becoming too common. In a report on CNBC's Make It, it states that the oldest Americans lose the most money. In 2020 adults over 60 who actually reported fraud crimes lost \$966,000,000. AARP reports that consumers lost \$5,800,000,000 to fraud crime in 2021.

DO NOT LET YOURSELF BECOME A VICTIM!

Simple steps can keep you safe. Don't give personal information, ever. Ask for a phone number to call back. If they won't provide that then hang up. Government agencies always mail you documentation if you owe money. They don't want cash, gift cards, or crypto currency.

Here are scams reported by AARP Wyoming:

1. Geek Squad Impersonation emails: Invoices are attached and to be downloaded. Or Thank

You For Order, with a fake order attached. Don't download these. Check your credit card statement for charges instead. If there is in fact a charge, dispute it with your credit card company not the phone number or people emailing you.

2. The Social Security Administration DOES NOT suspend your Social Security number. This email scam tells you that your ssn# will be terminated within 24 hours. They are trying to get you to respond with personal information.

3. COVID-19 Relief scams continue. Emails offering money from the Covid 19 Alleviation Program. The scammers are looking for your personal information.

If it seems too good to be true, it is!

**Save the date for a Medicare Part D presentation
Friday, October 7th at 1:00 pm.**

Our Medicare Counselors will be explaining the Medicare Part D program, which is coverage of prescription drugs. Open enrollment or changes to existing enrollment begins on Oct 15th, so come and learn about the program early.

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Breakfast entrees are listed at the end of the daily menu.	Lunch is served in the dining room. To-Go and home delivered. Suggested contribution for seniors dining in is \$5, home delivered and To-Go is \$7.50 lunch and \$2.50 breakfast. Non-seniors are \$10 for lunch. Reservations are required for breakfast and Wilson To-Go by 3 pm the day before. Menus are subject to change.					
4	5 CLOSED FOR LABOR DAY	6 Lettuce & Tomato Salad Chicken Enchiladas Ranch Style Bean Carrot Strips Tropical Fruit Salad Brownie *Breakfast Burrito	7 Carrot, Celery & Cuke Salad Rancher's Meat Loaf Mashed Sweet Potatoes Almond Broccoli Wheat Drop Biscuits Pear Crisp *Egg & Sausage Bake	8 Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit *Spinach & Ham Quiche	9 Flicka & Ernie's Friday German Style Tomato Salad Herb Roast Pork , Gravy Twice Baked Potatoes Green Beans Whole Wheat Bread Strawberry Ice Cream *Breakfast Sandwich	10
11 Breakfast/Lunch is available for pick-up at the Old Wilson Schoolhouse on Mondays from 12:30-1:00 pm. Reservations are required.	12 Beef Tips & Mushrooms, Brown Rice Broccoli with Lemon Cinnamon Raisin Bread Fruity Cherry Geletin *Spinach & Ham Quiche	13 Tossed Green Salad Ham & Maccaroni Bake Brussels Sprouts Pumpernickel Roll Peach Crisp *Breakfast Sandwich	14 Vegetable Salad Fish Tacos Cabbage Lime Slaw Whole Wheat Tortillas Savory Black Beans Mexicali Corn Lemon Cream Dessert *Breakfast Burrito	15 Beet Salad Oven Fried Chicken Mashed Potatoes Gravy Blend Vegetables Whole Wheat Roll Mandarin Orange Gingerbread Cake *Egg & Sausage Bake	16 Friday Feast Garden Vegetable Salad Spaghetti & Meat Sauce Blend Vegetables Garlic Bread Apple Crisp *Cereal	17
18	19 Crunchy Calico Salad Spinach-Mushroom Chicken Brown Rice Carrot Coins Whole Wheat Roll Fresh Apple *Breakfast Sandwich	20 German Coleslaw Baked Fish Basil & Garlic Pasta Swiss Chard Roll Fresh Grapes *Spinach & Ham Quiche	21 Beef Barley Soup ½ Egg Salad Sandwich on Whole Wheat Bread Three Bean Salad Mandarin Oranges Chocolate Chip Cookie *Instant Oatmeal Prime Rib Dinner 6PM	22 Tortilla Soup Hard Shell Tacos Salsa & Chopped Onion Black Beans Spiced Carrot Cake Fruit Cup *Breakfast Burrito	23 Bob's Friday Waldorf Fruit Salad Swiss Steak Tomato Sauce Baked Potato Brussels Sprouts Whole Wheat Bread Blueberry Plum Crisp *Egg & Sausage Bake	24
25	26 Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Bread Apricots *Breakfast Burrito	27 Birthday Lunch Spinach Salad Roast Beef , Gravy Mashed Potatoes Roasted Asparagus Whole Wheat Bread Angel Food Cake & Berries *Egg & Sausage Bake	28 Green Salad Cabbage Rolls with Tomato Sauce Mixed Vegetables Apple Pumpkin Cake *Breakfast Sandwich	29 Creamy Green Pepper Salad BBQ Pork Boston Baked Beans Carrot & Celery Strips Pears in Apricot Sauce Oatmeal Raisin Cookie *Cereal	30 Mixed Green Salad Chicken Cacciatore Creamy Polenta Whole Wheat Bread Broccoli Cherry Cobbler *Spinach & Ham Quiche	

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Mon Suggested contribution for senior fitness classes is \$5. Non-seniors are \$7. To join Duplicate Bridge call Ray at (208) 520-4437. To learn how to play or join Contract Bridge call Irene at (310) 993-7485					
4	5 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	6 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 6:00 Quilt Guild	7 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	8 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	9 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Mahjong	10 10:00 Classic Fitness with Alice 10:00 Old Bill's Fun Run/Walk
11	12 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 1:00 Duplicate Bridge 3:00 Active Yoga	13 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	14 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 12:45 Board Meeting 1:00 Dancing class 1:00 Contract Bridge	15 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 6:00 Book Club	16 9:30 Active Hiking Club 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Mahjong	17
18	19 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	20 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	21 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Dancing class 6:00 Prime Rib Fundraiser Dinner	22 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	23 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Mahjong	24
25	26 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	27 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	28 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Dancing class	29 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	30 8:30 Flu Shot Clinic 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Mahjong	

Giving Back

MONETARY DONATIONS

Marge Ordway
Estate of Phyllis Hallet
Odd Fellows Lodge #8
Smiths Food & Drug
Amazon Smile
Margaret Hazen
Bernie & Doug Kennedy

MISCELLANEOUS DONATIONS

Annette & John Eastman Family
Francesca Hammer
Joni Upsher
Diane Walker
Carolyn Hawxhurst
Barb Easterlin
Cynthia Bloom
Shirley Craighead
MaryAnn McLeod
Clear Creek Group
Francoise Roux
Stan Steiner

Eastman Family
Ruth Elwood Family
Gene Jansen Family
Yippy I-O Candy Company

MEMORIAL DONATIONS

JANET BODOH

Mary & Mark Obringer

VICKI JOHNSON

JH Rec Center Aqua Nymphs & Neptunes

GIL ORDWAY

Maggie & Dick Scarlett

GENE JANSEN

Bob Shervin

RUTH ELWOOD

Bob Shervin

MEMORY WALL

EMILEE UNGER

Anonymous

GILMAN ORDWAY

Anonymous

Thank you to our sponsors for Friday meals:

- 1st Friday for all senior meals – Community Foundation of Jackson Hole
- 2nd Friday for all dine in senior meals – Flicka Scott & Ernie Wampler
- 3rd Friday for all senior meals – Community Foundation of Jackson Hole
- 4th Friday for all dine-in senior meals and Meals on Wheels – Bob Shervin

WISHLIST

We are looking for a handyman/woman to do minor repair jobs around the Senior Center. Call us if you have an interest.

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.

Assisted Living on the SPET Ballot

Great News!

Assisted Living was approved to be on the SPET ballot in November.

The Senior Center is sponsoring this SPET initiative to further the effort to re-establish

Assisted Living as an option in our community.

More information to come in the October newsletter.



Flu Shot Clinic at the Senior Center

FRIDAY, SEPTEMBER 30TH
8:30 AM TO 12:30 PM

No appointments needed.

Flu vaccination is the best way to protect yourself and loved ones against flu and its potentially serious complications.

COVID vaccines will not be available at this clinic.

Bring your Medicare card and supplemental insurance cards. Regular and High Dose will be available.



Active Hiking Club

ACTIVE HIKING CLUB
FRIDAY, SEPTEMBER 16TH
9:30 AM

Join us for the wonderful Autumn weather, in the beautiful area we live. We always love suggestions of where you would like to hike so don't be afraid to let us know if there is somewhere you want to explore.

The active hiking club is led by Diane Galbraith. Hikers must be prepared with water, snacks, appropriate footwear, rain gear and sunscreen.



Chapter 22 Book Club

THURSDAY, OCTOBER 6TH
6:00 PM BY ZOOM

Chapter 22 Book Club, led by Susan Imhoff, will be reading *Klara and the Sun* by Kazuo Ishiguro, and discussing the book via Zoom on October 6th.

From her place in the store, Klara, an Artificial Friend with outstanding observational qualities, watches carefully the behavior of those who come in to browse, and of those who pass on the street outside. She remains hopeful that a customer will soon choose her, but when the possibility emerges that her circumstances may change forever, Klara is warned not to invest too

much in the promises of humans.

In Klara and the Sun, Kazuo Ishiguro looks at our rapidly changing modern world through the eyes of an unforgettable narrator to explore a fundamental question: what does it mean to love?

Books are available at the Senior Center and e-readers can be borrowed from the library at no charge.

The Senior Center Book Club is made possible by support from the Teton County Library Foundation and Friends.



Old Bills Fun Run

DONATIONS ACCEPTED TILL SEPTEMBER 16

September is Old Bill's Fun Run – the most important fundraising event of the year for the Senior Center. Please consider a donation to the Senior Center to help us continue to provide meals, activities, transportation, in-home care and advocacy for senior issues in the coming year. All donations, big or small make a difference!

To make a tax-deductible donation, write "Senior Center of Jackson Hole" on the donation form and make your check payable

to the Community Foundation of Jackson Hole. Or, you can give on-line at www.oldbills.org and pay by credit/debit card. We also have donation forms at the Senior Center and would be happy to help you.

Be sure to stop by our booth Saturday, September 10th at the Fun Run. If you would like to join the group walking see the front page of the newsletter for details.



More to know:

SENIOR CENTER LIBRARY

Thank you so much for donations of books for the Library.

Please remember when donating books to us, we have a very small space. Because of this we are looking for books that are published after 2015, best sellers

and in great condition.

We are also asking that when you return a book please do not reshelve it yourself just put it in the return basket in the corner.

BLOOD PRESSURE SELF MONITORING PROGRAM

Invest in your health! Receive support in establishing the habit of self-monitoring your blood pressure for 4 months.

This complimentary program includes consultations with a program facilitator, weekly

check-ins and nutrition education.

Check-ins are approximately 10 minutes per month. Blood pressure cuffs are available for loan, if needed.

Contact Becky Zaist to enroll or for more information.

BOARD OF DIRECTORS

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Cecilia Herbert
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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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