



307-733-7300 // 830 E. Hansen // [www.SeniorCenterJH.org](http://www.SeniorCenterJH.org) // [info@SeniorCenterJH.org](mailto:info@SeniorCenterJH.org)

**STAFF**

Becky Zaist  
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Rebecca Erskine  
*Assistant Director*

Jenny Ryan  
*Bookkeeper*

Trina Ditomasso  
*Transportation*

Vacant  
*Volunteer & Activities Coordinator*

Monica Harden  
*Office Assistant*

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*Home Care Manager*

Vacant  
*Home Care Assistant*

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Janette Miller

Kristine Dyke

Becca Jewison

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Mary Obringer

Dimmie Zeigler

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Amando Perfecto  
*Head Cook*

David Basye  
*Assistant Cook*

Javier Alcontar  
*Prep Cook*

Sonia Celis  
*Dishwasher*

***Our Mission***

*Enhancing and supporting the lives of seniors.*

*Tribute to Bob Shervin*

**OPEN HOUSE**  
**THURSDAY, OCTOBER 27**  
**4:30-6:30 P.M.**

Join us for a community tribute to Bob Shervin, Senior Center Board Emeritus. Bob has worked tirelessly advocating for seniors long before he was a senior himself. Bob has been a business owner, the Mayor of Jackson, a Teton County Commissioner and the President of the Board for the Senior Center, a generous

philanthropist, and volunteer. Please come out to show Bob how much he means to you and to our community!

Speeches, toasts & roasts will begin at 5:30 pm. Small bites and beverages will be served.



*Trip to Grand Teton National Park*

**WEDNESDAY, OCTOBER 5TH**  
**9:00 AM TO 1:00 PM**

Join us for a drive up into Grand Teton National Park. We will stop and take pictures, go to the gift shops and have a picnic lunch.

picnic lunch and drinks.

Wear comfortable shoes, dress in layers, and bring your camera and a waterbottle.



The cost to join is \$15 for seniors and includes transportation,

*Autumn Art Project*

**WEDNESDAY, OCT 12TH & 19TH**  
**1:30 PM TO 3:00 PM**

Join Diane Ryan for this 2 day workshop to create a lovely Autumn display.

**MONDAYS AND FRIDAYS**  
**1:00 PM**

Diane is also beginning a creativity hour called *Just Art*. Join her in the dining room at 1 pm for an hour to draw, color, sketch and chat. Supplies are provided.

The art project is on display in the dining room. The cost is \$10 for the workshop.

Please sign up in advance.

*Color yourself calm. Coloring is the perfect way to de-stress and improve your focus.*

# Happy Birthday October

1	Alison Jones Carole Liebzeit Katy Klotz Kent Fiske Casey Morton Natasha Lavroushin	12	Arthur Greger Stephen Lottridge Dianne Fleming Rebecca Smith Christine Benuzzi	25	Craig Carpenter Jackie Anderson Jean DeMarsh Richard Rice Ron Matous
2	Jackie Kalco Joy MacConnell Jolene Smith Lee Fitzpatrick Mark George Susan Baldock	14	Teddy O'Neal	26	Dale Miller Leslie Jones Jeremy Schmidt Matt Spaulding Bill Schreiber
3	Rozan Welch Cynthia Cook	15	Bob Fulton Zita Izzo Nancy Ford Wayne Dewall	27	Lori Iverson Donald Siegel Jane Curtis Elizabeth Gilman
4	John Sidle Timothy Binderup Dan Shervin	16	Martha Van Genderen Jean Yurgalewicz Wil Herr Debbie Frizzell	28	Deb Wuersch Bernie Kennedy Sue Mapin Doug Niemi
5	Kay Benson John Buhler Paula O'Leary Marie Gabrielle Kirsten	17	Jeanine Mayer JoAnn Grant Lori Clark-Erickson Diane Guslander	29	Kim Springer Mariam Gilbert Doyt Bolling Edward Long
6	Sara Jane Johnson Jackie Benson Ruth Ellen Martin Lynn Pieron	18	George Hoke Connie Kemmerer	30	Linda Wilner Patti Bedell Rick Olson Judy Easterly
7	Richard Ray	19	Chuck Dahl Mary Dahlager Mary Talisman	31	Maureen Skinner Alena Anthony Dave Chavez Billy Reinecke
8	Leslie Petersen Lynne Becker Andrea Mahoney Karin Larson	20	Carol Jansen Virginia Lynch		Doreen Tome'
9	Richard Albrecht Linda Delgado Timothy Anderson Gary Leaman	21	Shirley Uhl-Toten Clair Carlson		
10	Shirley Burzynski Harry Lawroski John Oaks Nancy Carey Jill Callaway	22	Carl Detwyler		
11	Sam Zillion Deb Hill Georgia Ligori Tom Kohlhardt	23	Sandra Chapman Mary Cutler Larrie Rockwell Susan Clark Ahita Bergman Joan Anzelmo Janice Skinner Sarah Braun		
		24	Marie Trautman Joseph Izzo Pete Karns		



## *Birthday Lunch: Tuesday, October 25th*

October birthdays will enjoy lunch compliments of First Interstate Bank.



## Medicare Part D Presentation

**FRIDAY, OCTOBER 7TH**  
**1:00 PM**

Join Steve Dodson, WSHIIP Program Manager, who will be explaining the Medicare Part D program, which is coverage of prescription drugs. He will then show us:

- How to create a personal account on Medicare.gov
- Navigate the website so a person can input and edit the prescriptions they are currently

taking

- Shop for a prescription drug plan that is going to fit their needs during open enrollment.

Open enrollment or changes to existing enrollment begins on Oct 15th, so come and learn about the program early.



## SPET #13 Senior Assisted Living Planning

Please consider SPET Initiative #13, Senior Assisted Living Planning!

Join the Senior Center of Jackson Hole as an advocate for one of the most important initiatives ensuring that Jackson is a senior citizen friendly community. By supporting this \$1.93 million initiative the first steps will be taken to make assisted living available for seniors, who represent 22% of the Teton County population. This SPET initiative ultimately helps all of us, so we can age in our community. The funds will cover planning,

feasibility assessment, and facilities concepts that will be the foundation for a senior assisted-living facility.

Please spread the word about the campaign for Senior Assisted Living. This senior-friendly initiative is on the November ballot. Absentee voting opened on September 23 and Election Day is Tuesday, November 8th. For more information or to get involved with this effort, contact Anne Schuler, Political Action Committee Chair, at [a.schuler@bresnan.net](mailto:a.schuler@bresnan.net).

### Brown Bag Pharmacy is Back

**Thursday, October 6th at 10:30 am to 12:30 pm.**

Throw all your current medications, vitamins, supplements and anything else you take daily in a bag and come and talk with a Pharmasist about possible interactions. Appointment times are necessary so call the Senior Center to sign up.

## Poker Night

**MONDAY, OCTOBER 10TH**  
**4:30 PM TO 6:30 PM**

Bill Mc Peak will be starting a poker night beginning in October. The buy in is Nickles, Dimes and Quarters, so bring your money bag.

Suggested contribution for seniors is \$2 for snacks and drinks.

Please call the Senior Center if you want to join the game.



# October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> *Breakfast entrees are listed at the end of the daily menu	<b>3</b> Tossed Salad <b>Beef Stew</b> Whole Wheat Bread Picked Beets & Onions Peanut Butter Cookie Citrus Fruit Salad <b>*Egg &amp; Sausage Bake</b>	<b>4</b> Lettuce & Tomato Salad <b>Chicken Fajita</b> Flour Tortillas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie <b>*Breakfast Sandwich</b>	<b>5</b> Carrot & Celery Strips <b>Roast Pork</b> Whipped Potatoes Steamed Cabbage Whole Wheat Roll Apple Crisp <b>*Hard Boiled Egg</b>	<b>6</b> Creamy Cole Slaw <b>Baked Fish &amp; Chips</b> Balsamic Glazed Green Beans Whole Wheat Roll Pineapple Chunks Tapioca Pudding <b>*Spinach &amp; Ham Quiche</b>	<b>7</b> <b>Friday Feast</b> Marinated Vegetable Salad <b>Sloppy Joe on Whole Wheat Bun</b> Sweet Potato Puffs Pears Peaches'n Cream Bar <b>*Breakfast Burrito</b>	<b>1</b>
<b>9</b>	<b>10</b> Mixed Green Salad <b>Chicken Cacciatore</b> Creamy Polenta Broccoli Whole Wheat Bread Cherry Cobbler <b>*Cereal</b>	<b>11</b> Tortilla Soup <b>Soft Shell Tacos</b> Onions, Salsa Mexicali Corn Fudge Brownie Fresh Fruit <b>*Egg &amp; Sausage Bake</b>	<b>12</b> Asian Salad <b>Baked Steak Teriyaki</b> with Egg Noodles Stir Fry Vegetables Pineapple Chunks Ginger Snap Cookie <b>*Spinach &amp; Ham Quiche</b>	<b>13</b> The Everything Salad CROUTONS <b>Ham &amp; Bean Soup</b> Whole Wheat Bread Spinach Beet Slices Fruit Salad with Citrus <b>*Breakfast Burrito</b>	<b>14</b> <b>Flicka &amp; Ernie's Friday</b> Spring Salad & Croutons <b>Almond Crusted Fish</b> Baked Sweet Potatoes Seasoned Zucchini Corn Bread Fresh Fruit <b>*Breakfast Sandwich</b>	<b>15</b>
<b>16</b>	<b>17</b> Garden Vegetable Salad with Garbanzo Beans <b>Beef Enchiladas</b> Chuck Wagon Vegetables Whole Wheat Roll Strawberries & Banana <b>*Breakfast Sandwich</b>	<b>18</b> Carrot & Raisin Salad <b>Tuna Noodle Bake</b> Seasoned Zucchini Whole Wheat Bread Peach Cobbler <b>*Spinach &amp; Ham Quiche</b>	<b>19</b> Spinach Mushroom Salad with Mandarins <b>Sweet &amp; Sour Pork</b> Steamed Rice Peas & Carrots Egg Roll Banana <b>*Breakfast Burrito</b>	<b>20</b> <b>Oven Fried Chicken</b> Mashed Potatoes & Gravy Blend Vegetables Pumpnickel Roll Mandarin Oranges Gingerbread Cake <b>*Egg &amp; Sausage Bake</b>	<b>21</b> <b>Friday Feast</b> Spring Salad <b>Roast Beef, Gravy</b> Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Apple Cobbler <b>*Instant Oatmeal</b>	<b>22</b>
<b>23</b>	<b>24</b> Asian Style Slaw <b>Mongolian Beef</b> Lo Mein Noodles Whole Wheat Roll Apricots Fortune Cookie <b>*Spinach &amp; Ham Quiche</b>	<b>25</b> <b>BirthDay Lunch</b> Apple Slaw <b>Roast Pork</b> Spätzle German Red Cabbage Whole Wheat Roll Apple Cake <b>*Breakfast Burrito</b>	<b>26</b> Spinach Mushroom Salad <b>Fish Cakes</b> Au Gratin Potatoes Italian Vegetables Whole Wheat Bread Plum Betty <b>*Cereal</b>	<b>27</b> Vegetable Salad <b>Loaded Baked Potato</b> (Chile, cheese, onions, sour cream, etc..) Grilled Broccoli Roll Fruit Salad Oatmeal Raisin Cookie <b>*Breakfast Sandwich</b> <b>4:30 Tribute to Bob Shervine</b>	<b>28</b> <b>Bob's Friday</b> Garden Bounty Salad <b>Cheeseburger</b> Sweet Potato Wedge Peaches Chocolate Chip Cookie <b>*Egg &amp; Sausage Bake</b>	<b>29</b>
<b>30</b>	<b>31</b> Honey Mustard Slaw <b>Fish Florentine</b> Wild Rice Pilaf Glazed Carrots Strawberry Shortcake <b>*Breakfast Burrito</b>					

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.

# October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b>	<b>3</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 1:00 Just Art 3:00 Active Yoga 4:30 Active Yoga in Wilson 6:00 Movie Night	<b>4</b> 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 6:00 Quilt Guild	<b>5</b> 9:00 Trip to Grand Teton Park 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	<b>6</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 10:30 Brown Bag Pharmacy 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	<b>7</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Medicare Part D Presentation 1:00 Just Art	<b>8</b>
<b>9</b>	<b>10</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 1:00 Just Art 3:00 Active Yoga 4:30 Active Yoga in Wilson 4:30 Poker Night	<b>11</b> 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	<b>12</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:45 Board Meeting 1:00 Contract Bridge 1:30 Autumn Art Project	<b>13</b> 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	<b>14</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Art	<b>15</b>
<b>16</b>	<b>17</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 1:00 Just Art 3:00 Active Yoga 4:30 Active Yoga in Wilson	<b>18</b> 9:00 Pilates 9:30 Active Hiking Club 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	<b>19</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:30 Autumn Art Project	<b>20</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	<b>21</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Artificial Intelligence Discussion 1:00 Just Art	<b>22</b>
<b>23</b>	<b>24</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Just Art 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	<b>25</b> 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	<b>26</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	<b>27</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Medicare Supplemental Ins. Info 4:30 pm Tribute to Bob Shervin	<b>28</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Art	<b>29</b>
<b>30</b>	<b>31</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Just Art 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson					

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

## Giving Back

### MONETARY DONATIONS

Odd Fellow Lodge #8  
Jackson Hole Duplicate Bridge  
Anna Emery Hanson Charitable  
Trust  
Claudia & Michael Schrotz  
Leonard Kleiman  
Panwy Foundation  
Knobloch Family Foundation

### MISCELLANEOUS DONATION

Presbyterian Church  
Carolyn Ryan  
Larry Jorgenson

Nickie Nowlin  
St. John's Hospice  
Mark Anselmi

### MEMORIAL DONATIONS MONTY NETHERCOTT

Bob Shervin  
Mary & Mark Obringer

### VICKI JOHNSON

Lisa Rullman & Charlie Craighead

### ROGER STROUT

Lisa Rullman & Charlie Craighead

### SAVE OUR CHAIRS DONATIONS

Janet & Bob Wood  
Abigail Karin

**Thank you to everyone who  
attended our Prime Rib dinner to  
help raise funds to re-cover the  
dining room chairs!**

### 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.

## Movie Night

**NIGHT AT THE MUSEUM 3  
MONDAY, OCTOBER 3RD  
6:00 PM**

*In the final movie, Larry discovers that the tablet of Ahkmenrah's magic is failing. So he, his now-teenage son Nick, along with Teddy Roosevelt, Sacagewea, Jedidiah, Octavius, Dexter, Attila the Hun, and a new caveman figure named Laaa (who looks like Larry) travel to the British Museum to undo the curse with the help of Ahkmenrah's parents, and a narcissistic Sir Lancelot of Camelot*

*before they all die.*

The suggested contribution for seniors is \$2.  
Bring a snack to share.



## Artificial Intelligence Discussion

**FRIDAY, OCTOBER 21  
1:00 PM**

"Artificial intelligence: where we are & where we are going. 2022, the future is ours-maybe"

A pro & con discussion to unscramble the buzzwords, e.g., AI, algorithm, machine learning, robots, GIS, and 3D printing.

Put your thinking caps on and be ready to take part!

Thomas Nash Ph.D., aka Doc Nash, Professor Emeritus, The University of Akron 2019. Doc is a professor, geoscientist, park ranger, writer, cartographer, soccer coach and car guy. He lives in Jackson and enjoys giving "Tom Talks"

## Active Hiking Club

**ACTIVE HIKING CLUB**  
**TUESDAY, OCTOBER 18TH**  
**9:30 AM**

Join us for the wonderful Autumn weather, and the beautiful views of the changing leaves. We will be hiking the Phillips Ridge.

Please call the Senior Center to reserve a spot. We will coordinate car pooling the day before. 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

**DISCUSSION DATE TO BE DETERMINED**  
**6:00 PM BY ZOOM**

Chapter 22 Book Club, led by Susan Imhoff, will be reading *The Lincoln Highway* by Amor Towles

*In June, 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California where they can start their lives anew.*

*But when the warden drives away, Emmett discovers that two friends from the work farm—the wily, charismatic Duchess and earnest, offbeat Woolly—have stowed away in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future, one that will take the four of them on a fateful journey in the opposite direction to the city of New York.*

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.*

## Autumn Safety Tips

Autumn is a wonderful time with crisp air and beautiful colors. Help enjoy the season by following some 'best practices' as we head into the fall that ring true, especially for seniors:

1. Get your flu shot! Contrary to rumors...you cannot get the flu from a flu shot. The viruses used in the flu vaccination are inactivated and cannot cause the flu.
2. Reduce Fire Risk: If you use a space heater or fireplace as the temps drop, keep flammable items away. Also, replace the batteries on your smoke detectors.

3. Keep Warm! Hypothermia develops quickly! Layer up, wear a hat and keep gloves with you.
4. Stay Hydrated! Drinking water, hot tea and even soups can help keep you hydrated.
5. Clear Away the Leaves! Leaves can be a major slip and fall hazard.
6. Check on Your Neighbors! As temps fall and we spend more time indoors...check on your neighbors. Even a phone call can make a huge difference!

Melissa Rochlitz  
Home Care Manager

# More to know:

## **HUHN INSURANCE** **THURSDAY, OCTOBER 27TH** **1:00 PM TO 3:00 PM**

Heather Huhn will be here to assist with supplemental Medicare plan options for the New Year including health plans, prescription drug plans and to

discuss the new plans coming to the area for 2023.

People should just drop by on Oct 27th between 1 pm and 3 pm to receive a Medicare plan review and guidance for the 2023 upcoming year.

## **VOLUNTEERS NEEDED**

Help us spread the word that we are looking for Meals on Wheels drivers, lunch desk volunteers and To-Go lunch packers.

We are still looking for someone

who is interested in odd jobs, like lightbulb changes, hanging pictures and vaccuming vents to just name a few!

Call the Senior Center to help!

## **BOARD OF DIRECTORS**

Bob Shervin  
*Emeritus*

David Augé  
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Michael Schrotz  
*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

## October 2022 Newsletter