



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

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Executive Director

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Bookkeeper

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Volunteer & Activities Coordinator

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Office Assistant

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Home Care Manager

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Home Care Assistant

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Vacant
Head Cook

Vacant
Assistant Cook

Javier Alcontar
Prep Cook

Vacant
Dishwasher

Our Mission

Enhancing and supporting the lives of seniors.

SPET Open House

OPEN HOUSE
FRIDAY, NOVEMBER 4TH
11:30 AM TO 1:30 PM

Come and learn more about the SPET initiatives on the November Ballot.

Each SPET initiative will be set up with information and able to answer your questions.

Election day is November 8th.

Dinner Honoring Veterans

THURSDAY, NOVEMBER 10TH
6:00 PM

Please join us in honoring Veterans at our annual Veteran's Dinner.

This wonderful event is sponsored by the Bank of Jackson Hole.

Dinner will be:

Spinach Salad

Roast Beef, Gravy

Rosemary Red Potatoes

Vegetables

Garlic Roll

Black Forest Cake

Senior meals are compliments of the Bank of Jackson Hole. Non-seniors \$15. **No To-Go or dining room lunch will be served on this day.**



New Exercise Classes

TUESDAYS
1:30 PM TO 2:30 PM

Jo Warden will be teaching **Aerobics for Strength.**

This will be a fun upbeat class that gets your heart pumping and strengthens your muscles.

The class will incorporate different hand weights.

Seniors are a \$5 suggested contribution.

FRIDAYS
2:00 PM TO 2:45 PM

Charlie Shinkle will be starting a **Men's Strength Conditioning** class.

This class will teach the basics of weight lifting. The best reasons to lift weights are:

- To get and stay toned and fit.
- Protect bone health and muscle mass.
- Develop better body mechanics.

Seniors are a \$5 suggested contribution.

Happy Birthday November

1	Nancy Wilbrecht Suzanne Young Barbara Lyons Tom Campbell Shirley Greenhoe Espe Herrada	13	Joseph Burke Jim Graeter Randy Sales Laura Shervin Anne Fletcher Read	27	Helen Begelman Mary Brown Emily Smith Rebecca Young John Harkness Nick Ryan William Fehr
2	Nan Kenyon Faye Harder Joyce Steece	14	Leanna Jordan Alana Guarnieri	28	Helen Feuz Susan Hedden Judy Montagne Bobbi Eva Diane Carillo Mildred Parks Heidi Zardus Karen Brown
3	Betty Terrill Michael Lenich Michael Wardell Rita Whaley Carol Harvey Joseph Piccoli Sandra Marshall- Goodson	15	Nick Centrella Alan Brumsted Doug Ayers Ed Owens	29	Patty Biles Martin Weston Lydia Leitch Wallace Harich
4	Lucy Rankin Kay Ward Suzanne Niles Jim Bristol	16	Leonard Kleiman Keith Mamot Ourdia Hodge	30	Judy Zimmerman Claudia Schrotz Kathy Thorp Ron Weber Erika George
5	Joe Funk Sue Hoover Carmela Lisanti Kimberly Kernan	17	Miriam Saenger		
6	Connie Huspek	18	Randall Zingler		
7	Carol Wauters Loretta Smith Cindy Corless	19	Barbara Weflen Claudia Nettle Tom Yadvish Chuck Samples Ellen Ross		
8	Carolyn Vale Janice Norrie	20	Jim Eden Sandra Long Ray Pilgrim		
9	Heather Robinson Lucretia Finlay Dennis Johnson Jenny Danenkauer Jennifer Kohlhardt	21	Donna Niemi		
10	Tina Buhler	22	Dennis Gralund Roger Calhoun Claudia Worster		
11	Roger Freed Laura Bay	24	John Sharsmith Ray Fink Barbara Goody Robin Christensen		
12	Rosemary Seherr-Thoss Sharon Gralund Sherry Kinsella Andrew Watson	25	Warren Van Genderen Lee Schlesinger Barbara Ahr Buchenroth Sharon Gunberg John Heberger, Jr. Vickie Memmer		
		26	Jayann Fordon Dorothy Tanner Peter Van Roijen Kathleen Mague		



Birthday Lunch: Wednesday, November 30th

November birthdays will enjoy lunch compliments of First Interstate Bank.



From the Desk of the Executive Director

As many of you have likely heard, I will be retiring effective December 1. It has been my honor and pleasure to lead this organization for the past 15 years. I have made so many dear friends, worked with incredible Board members and had amazing and dedicated staff members on our team. I have felt supported, inspired and fulfilled working for an organization that does an incredible job of serving seniors in so many vital ways. I am very grateful.

It is my pleasure to announce that Rebecca Erskine, current Assistant Director, has been hired by the Board of Directors to be the new Executive Director of the Senior Center starting

in December. Rebecca has been with the Senior Center for the past 5 years, knows our programs thoroughly and has the leadership skills to take the Senior Center forward.

I want to thank the Board of Directors, the staff and all who use our services. I have many memories to cherish and I look forward to all that is to come in the future!

Becky Zaist
Executive Director

Medicare Information

**WEDNESDAY, NOV 2ND, 16TH & 30TH
1:00 PM TO 3:00 PM**

Heather Huhn, Huhn Insurance, will be at the Senior Center to answer any questions you have about Medicare Advantage plans and Medicare Supplemental Insurance.

No appointments necessary.

OPEN ENROLLMENT FOR MEDICARE IS OPEN NOW UNTIL DECEMBER 7TH.

Open enrollment is the time of year you can make changes to your Medicare coverage. The changes you make will take effect on January 1st.

Take action during Open Enrollment to ensure your coverage will meet your needs in 2023.

Brown Bag Pharmacy

Tuesday, November 15th 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 Carmel Tice, Pharmacist, about possible interactions. Appointment times are necessary so call the Senior Center to sign up.

Poker Night

**MONDAY, NOVEMBER 7TH
4:30 PM TO 6:30 PM**

Bill Mc Peak will continue a monthly poker night. 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.



November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Breakfast entrees are listed at the end of the daily menu		1 Garden Salad Stuffed Green Pepper Tomato Gravy Baked Potato Sour Cream Whole Wheat Bread Fruit Crisp *Instant Oatmeal	2 Tossed Salad with Garbanzo Beans Philly Cheese Steak Sandwich Sweet Potato Fries Mixed Vegetables Sugar Cookie *Egg & Sausage Bake	3 Vegetable Salad Lamb & Veggie Stew Parsley Potatoes Whole Wheat Bread Pineapple Upside Down Cake *Spinach & Ham Quiche	4 Friday Feast Spinach Mushroom Salad Monterey Chicken Brown Rice Grilled Broccoli Whole Wheat Roll Apricots *Breakfast Sandwich	5
6	7 Marinated Carrots Swedish Meatballs over Mashed Potatoes Roasted Brussel Sprouts Whole Wheat Roll Peach Cream Whip served over Cake *Breakfast Sandwich	8 Parmesan Coated Fish Roasted Vegetables Minnesota Green Beans Cheese & Onion Roll Winter Berry Parfait *Breakfast Burrito	9 Lettuce & Tomato Salad Chicken Enchiladas Ranch Style Beans Fruit Cup Date Bar *Spinach & Ham Quiche	10 No Lunch (MOW@ noon) Veterans Dinner 6pm Spinach Salad Roast Beef, Gravy Rosemary Red Potatoes Blend Vegetables Garlic Roll Black Forest Cake *Egg & Sausage Bake	11 CLOSED FOR VETERANS' DAY	12
13	14 Spring Salad Baked Pork Chop, Gravy Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Bread Apple Crisp *Cereal	15 Thanksgiving Lunch No To-Go served Relish Tray Roast Turkey, Gravy Stuffing Mashed Potatoes Green Beans Almandine Cranberry Sauce Pumpkin Pie *Spinach & Ham Quiche	16 Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit *Breakfast Sandwich	17 Pickled Beet & Onion Salad Whole Wheat Crackers Beef a la Mode Whipped Potatoes Whole Wheat Bread Berry-Pineapple Fluff *Breakfast Burrito	18 Friday Feast Garden Salad with Croutons Chili Con Carne Mozzarella Cheese Stick Corn Bread Fresh Fruit *Egg & Sausage Bake	19
20	21 Vegetable Salad Baked Chicken, Gravy Mashed Potatoes Blend Vegetables Whole Wheat Roll Devil's Food Cake with Strawberry Sauce *Spinach & Ham Quiche	22 Tossed Green Salad Beef Fajitas Spanish Rice Carrots & Peas Grapes *Egg & Sausage Bake	23 Mixed Green Salad Lasagna Mediterranean Vegetables Garlic Bread Fruit Crisp *Breakfast Burrito	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING	26
27	28 Creamy Cole Slaw Whole Wheat Crackers Baked Fish Cheddar Mashed Potatoes Herbed Broccoli Banana Bread Fruit Cocktail *Egg & Sausage Bake	29 Tortilla Soup Hard Shell Tacos Salsa & Onions Black Beans Spiced Carrot Cake Fruit Cup *Breakfast Sandwich	30 Birthday Lunch Tossed Green Salad Braised Beef Mushroom Gravy Parsley Potatoes Peas & Carrots Roll Yellow Cake, Cherries *Spinach & Ham Quiche	<p>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.</p>		

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength 6:00 Quilt Guild	2 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 Medicare Supplemental Ins. Info 1:00 Dancing Through the Decades	3 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	4 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Art 2:00 Men's Strength Conditioning	5	
6	7 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	8 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	9 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 1:00 Dancing Through the Decades	10 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	11 Closed for Veterans Day	12
13	14 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	15 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 10:30 Brown Bag Pharmacy 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	16 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 Medicare Supplemental Ins. Info 1:00 Dancing Through the Decades	17 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	18 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Art 2:00 Men's Strength Conditioning	19
20	21 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	22 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	23 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	24 Closed for Thanksgiving	25 Closed for Thanksgiving	26
27	28 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	29 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	30 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 Medicare Supplemental Ins. Info	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

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Annie & Rod Newcomb
Jackson Hole Duplicate Bridge
Carole Schneider
Amazon Smile
Smith's Food & Drug
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MISCELLANEOUS DONATION

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Bonnie Budge

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SAVE OUR CHAIRS DONATIONS

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Sherry & Joe Kinsella

Create a Living Legacy

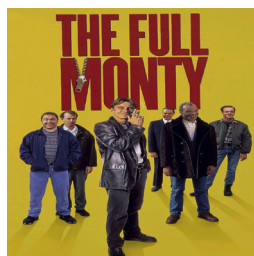
Consider leaving a gift to the Senior Center in your will. Your good deed will survive you and provide a memorial for your family and for generations to come.

Movie Night

THE FULL MONTY
WEDNESDAY, NOV. 2ND
6:00 PM

After losing his job at a steel factory, Gaz learns that his wife wants to sue him for missed child support payments. Desperate for money, Gaz and his friend Dave decide to create their own male strip-tease act.

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



Thanksgiving Lunch

TUESDAY, NOVEMBER 15TH
12:00 PM TO 1:00 PM
DINE-IN AND MEALS ON WHEELS ONLY

Come and enjoy a delicious Thanksgiving lunch at the Senior Center. We are serving all the holiday favorites.

This meal is sponsored by First Interstate Bank. Non-seniors are \$15.

This meal is only served in the dining room and by Meals On Wheels. No To-Go will be available.



Home Care Corner

Looking for a fun way to keep active and your mind alert this winter? Give Winter Bird Watching a try.

Hot birding spots in Grand Teton National Park include The Jackson Lake Dam area, Taggart Lake Trailhead, Willow Flats, Oxbow Bend, Antelope Flats, Menor's Ferry at Moose.

Trumpeter swans, finches, hawks and eagles all stay at Grand Teton for the winter, including rare birds like the Great Gray Owl and Greater Sage Grouse. Seeing winter birds like the Snow

Bunting with the glistening snowy backdrop is also very exciting.

Help maintain the health and safety of the birds by admiring them from distance (at least 25 feet away). So bundle up and dust off the binoculars and get out there looking for our feathered friends.

Melissa Rochlitz
Home Care Manager

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 Night Watchman* by Louise Erdrich.

Based on the extraordinary life of National Book Award-winning author Louise Erdrich's grandfather who worked as a night watchman and carried the fight against Native dispossession from rural North Dakota all the way to Washington, D.C., this powerful

novel explores themes of love and death with lightness and gravity and unfolds with the elegant prose, sly humor, and depth of feeling of a master craftsman.

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.

Mulled Cider Recipe

While mulled cider isn't rocket science, there are a few things to keep in mind when making this cozy drink.

Here's what makes this recipe your new go-to: Toast the spices first. Toasting the spices for a few minutes in the pot or a skillet helps to release even more of their flavor during the simmering time. This also kick starts the incredible aroma!

Garnish last. If you cook mulled cider with fruit like orange slices and apple slices, they'll fall to the bottom and the color will fade. Instead, use them as a garnish after cooking: it looks beautiful for serving!

Recipe from acouplecooks.com

1 whole nutmeg
10 allspice berries
10 cloves
2 star anise
4 cinnamon sticks
½ gallon apple cider
¼ cup rum, optional
1 small orange, for garnish
Whole cranberries, for garnish
Toast all the spices in a pot for 2 to 3 minutes over medium heat. Stir occasionally. They should become more fragrant. Pour in the cider and bring to just a simmer, then turn heat to low and keep warm on the stove for an hour. Stir in rum and ganish with orange slices and cranberries just before serving.

Old Bill's Fun Run Donors

**Thank you so much to everyone who supported the
Senior Center of Jackson Hole through Old Bill's Fun Run.
Your generosity is truly appreciated!**

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Teton Hand Therapy
John and Ann Willott
Amy and Steve Unfried
Zaidee and Robbie Fuller

*All donations were not in at the time of publication. See December newsletter for additional donor appreciation.



More to know:

WE ARE HIRING!

We are currently looking to fill our Volunteer Coordinator position. This is a part-time position in the mornings.

If you are friendly, enjoy working with people, not afraid of a

computer and need something to do Monday through Friday, we would love to talk to you.

A full job description is online at seniorcenterjh.org/join-our-team

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!

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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
November 2022 Newsletter