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### OUR MISSION

Enhancing and supporting the lives of seniors.

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#### Home Care Assistant

Open

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Janette Miller

Becca Jewison

Judy Johnson

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Olga Bretado

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#### Head Cook

Karen Smith

#### Assistant Cook

Glen Gonzalez

#### Dishwasher

Nadiia Vasko



### JHHS&M Tour

**Tuesday, November 7th**

**1:30 pm**

**\$12 suggested donation**

We are offering a second chance to have a special private tour of the Jackson Hole Historical Society and Museum with Director of Education, Catherine Maguire, before the museum opens to the public for the winter. The museum illustrates the past and its connection to the present and future through local stories, traditions, places, and artifacts.

**Reservations Required**



### Ask a Lawyer Series

**Tuesday, November 14th**

**1 pm**

We had a great session learning about Dealing with Medical Debt with Nancy Norton in October. This month Nancy will be presenting on Trusts, Wills and Estate Planning. We encourage you to let Reanna or Melissa know if there is topic that you would like discussed in future months.

### Veterans Day Dinner

**Friday, November 10th**

**6 pm**

Chef Karen and Assistant Chef Glen will be preparing our annual Veterans Day dinner with prime rib, twice baked potato and Karen's dessert bar! Join us in celebration to honor America's Veterans. Seniors and non-senior Veterans are complements of Bank of Jackson Hole. Other non-seniors are \$15.

**Reservations are required.**

### THANKSGIVING LUNCH

**Tuesday, November 21st**

**12 pm**

First Interstate Bank will be hosting our annual Thanksgiving Lunch at the Senior Center. Join us for turkey and all the fixings and give thanks! If you are not dining at the Center, but taking your meal with you, your meals will be available from 12:45 - 1 pm.

**Reservations are required.**

## Harvest Nutrition

From the carrot to the Brussels sprout, fall vegetables are packed with nutrients. We see them adorn the table at Thanksgiving and Christmas, but they can add to your diet year round.

Popular vegetables seen on fall menus include sweet potatoes, squash, Brussels sprouts, cauliflower, cabbage and kale. Eating a variety of these vegetables provides great sources of antioxidants, such as flavonoids and carotenoids; vitamins C, A and K; fiber, potassium, magnesium, and calcium.

A few examples of nutrient rich fall vegetables include:

**Kale** - Vitamins K, A, and C; Minerals

**Broccoli** - Antioxidants (such as carotenoids, phenolic compounds); Vitamins E and K; Minerals; Fiber

**Sweet Potatoes** - Vitamin A and C; Potassium; Fiber

**Cauliflower** - Fiber; Folate; Potassium; Carotenoids; Phenolic Compounds

**Carrots** - Vitamin A; Carotenoids; Vitamin K; Potassium; Thiamine; Niacin; Fiber

**Brussels Sprouts** - Vitamin K and C; Calcium; Fiber; Potassium; Folate

**Cabbage** - Vitamin C and K; Manganese. Antioxidants

Fall vegetables make great additions to salads, pizzas, and omelets. They are great for soups and stir fries. Roast different combinations together to add variety to your meals.

Recipes to try:

### Brussels Sprout Salad

Mix together 1 T Cider Vinegar, 1 T Dijon Mustard, 2 t Honey, 1 small garlic clove, minced. Slowly whisk in 2 T Olive Oil until blended.

Toss together with dressing; 1 pound Brussels Sprouts (halved and thinly sliced), 1 small onion, ¼ c Dried Cherries or Cranberries (chopped).

Cover and refrigerate for at least 1 hour. Stir in ¼ c Pecans just before serving.

### Spaghetti Squash

Preheat the oven to 400°. Cut squash in half and set cut side up. Brush with olive oil and season with salt and pepper. Add other seasoning to taste. Bake cut side down until tender, 45 minutes. Scoop out spaghetti squash and top with your favorite sauce or vegetables. Sauce ideas could be marinara sauce, alfredo or other cheese sauce.





## Medicare Assistance

**Senior Center of Jackson Hole**

**Tuesday, November 15th**

**11:30 am**

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Patrol (SMP) on site to answer all your Medicare questions. SMP's and SHIP's are federally funded programs found in every state. Reservations are not required.

## Nutrition Talk and Alzheimer's

**Senior Center of Jackson Hole**

**Wednesday, November 29th**

**11 am**

Senior Center Nutritionist, Kelly Hatch will be discussing healthy eating habits that may help reduce the risks of Alzheimer's Disease. She will also

provide nutrition tips for caregivers of those with Alzheimer's or dementia

## Connect to tech for the Holidays

**Senior Center of Jackson Hole**

**Thursday, December 7th**

**2:30 - 4 pm**

**\$5 Suggested donation**

In December we will have technology stations ready to help you learn how to use your Facebook or Instagram account more efficiently, install Snapchat to talk to your grandchildren, download WhatsApp so you talk talk to your loved ones around the world and more. Bring your PC, Mac, tablet, mobile device or whatever technology you use to communicate and we will have experts to help!



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**Jackson Hole Sotheby's**  
INTERNATIONAL REALTY



**Teton Mudpots Fall Sale**  
**At the Art Association**  
**November 2 - 4**

**10 am - 4 pm**

Many different clay forms will be available for purchase and viewing including cups, mugs, bowls of various dimension, plates, platters, pitchers, jars, fermenting crock pots, and sculptures. The ever-popular bargain pottery racks with prices starting as low as \$3 will be in abundance and filled with many small cups, bowls and unique forms.

**Brainstorm Speaker Series:**  
**Jesse Eisinger**  
**At the Center for the Arts**  
**Wednesday, November 8th**  
**7 pm**  
**Free**

This series will address "The Fight to Tax the Rich and Why it Matters for Our Democracy". Jesse traces the unlikely history for the income tax, to the 150 year fight the wealthy have waged against taxes in this country, and brings us to the rise of modern-day superrich tax avoidance.

**Creative Aging Workshop**  
**At the Teton County Library**  
**Mondays, November 27th -**  
**January 29th**  
**10 - 11:30 am**

**Free**

Join author Greg Zeigler for a creative aging workshop for adults on "Writing Fiction - The Long & Short of It!".

**Greater Yellowstone Amphibian Monitoring Program Presentation**

**At the Teton County Library**  
**Tuesday, November 14th**  
**6 pm**

**Free**

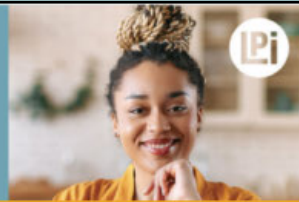
The Grand Teton & Yellowstone amphibian monitoring team will give us an introduction to the NPS Long-term Wetland and Amphibian Monitoring Program, including an in-depth look at the status of frogs, toads and salamanders in the two National Parks. Included will be reports on climate impacts to wetlands and dependent species, information on invertebrate status and other recent work.

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The snow has arrived in the mountains! Hard to believe that we are almost back to winter! We wanted to share a few safety tips for everyone to keep in mind:

### Hypothermia sets in FAST!

- Keep your indoor temperature set to 65 degrees or warmer.
- Layer up! 2-3 thinner layers of loose fitting clothing are warmer than one bulky layer!
- Wear the essentials! Use a hat, gloves, boots and a scarf even if you will only be out for "a minute".
- As we get older, you actually shiver less! You may not know how chilled you really are!

### Falls increase this time of year!

- Wet pavement could actually be ice.... Keep a small bag of salt or cat litter near the door.
- Use shoes or boots with non-skid soles.
- If you use a cane, now is the time to replace the rubber tip if it is worn or get an ice pick attachment. Of course, ski poles are a good substitute!

### Fire safety and Carbon Monoxide poisoning

- If you have a fireplace or woodstove, carbon monoxide poisoning can be a real factor!
- Install a CO2 detector, the gas is colorless and odorless.
- If you feel confused, dizzy or nauseous or have blurred vision – this might be CO2 poisoning. Get fresh air ASAP and call 911!

And this is the time to put together an Emergency kit including a flashlight, extra batteries, 3 days of food supplies, first aid kit, water, and a dust mask to help filter contaminated air. Visit Teton County's website by viewing the QR code for full kit details.



We love seeing your faces and hearing your voices! Stay safe and if you need any help, please don't hesitate to call us!!

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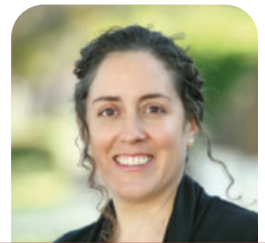
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**Heather Huhn**  
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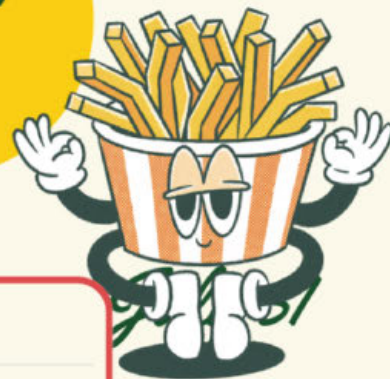
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Dine - In  
Seniors \$7  
Non Seniors \$14  
Suggested Donation

# The Senior Center Lunch Counter

Prepared by Chef Karen & Asst. Chef Glen

## Lunch 12 - 1 pm



### Nov 1 - 3

(1) CHICKEN & WILD RICE SOUP AND 1/2 TURKEY SANDWICH

WITH APPLE SALAD, BANANA, PEANUT BUTTER COOKIE

(2) SWEET AND SOUR PORK

WITH VEGGIE FRIED RICE, SESAME GREEN BEANS, ASIAN SALAD, BERRY DESSERT

(3) FRIDAY FEAST SLOPPY JOE

WITH GARDEN SALAD, MIXED VEGGIES, FRUIT CUP DESSERT

### Nov 13 - 17

(13) CLOSED FOR VETERANS DAY

(14) THAI PEANUT CHICKEN OVER RICE NOODLES

WITH FRUIT, FROZEN YOGURT

(15) CHEESEBURGER WITH BACON

WITH COLESLAW, BAKED BEANS, SUNCHIPS, DESSERT

(16) CHILI AND 1/2 SANDWICH

WITH GARDEN SALAD, FRUIT SALAD

(17) FRIDAY FEAST ITALIAN SAUSAGE WITH PEPPERS AND ONIONS

WITH GARDEN SALAD, FRENCH FRIES, APPLE BROWN BETTY

Made  
Fresh

### Nov 6 - 10

(6) CHICKEN & SPINACH ENCHILADAS

WITH BLACK BEANS, MEXICAN CORN WITH ZUCCHINI, CANTALOUPE & GRAPES

(7) SHRIMP CREOLE

WITH SALAD, RICE & BLACK-EYED PEAS, SPINACH, WHOLE WHEAT ROLL, FRUIT SALAD

(8) LAMB & VEGGIE STEW

WITH VEGETABLE SALAD, PARSLEY RED POTATOES, WHOLE WHEAT BREAD, PEACH COBBLER

(9) STUFFED GREEN PEPPER WITH TOMATO GRAVY

WITH GARDEN SALAD, BAKED POTATO, WHOLE WHEAT BREAD, FRUIT CRISP

(10) CHEF SALAD

WITH SOUP, WHOLE WHEAT ROLL, FRUIT, DESSERT

### Nov 20 - 24

(20) TACO SALAD WITH CORN CHIPS

WITH BLACK BEANS, FRUIT CUP, SPICED CARROT CAKE

(21) THANKSGIVING LUNCH ROAST TURKEY

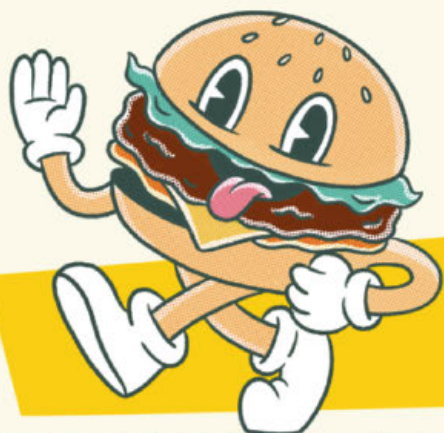
WITH MASHED POTATOES AND GRAVY, RELISH TRAY, GREEN BEAN CASSEROLE, CORNBREAD, CRANBERRY SAUCE, PUMPKIN DESSERT

(22) BRAISED BEEF

WITH SPINACH SALAD WITH MANDARIN ORANGES, ROSEMARY RED POTATOES, MIXED VEGGIES, GARLIC ROLL, BLACK FOREST CAKE

(23) CLOSED FOR THANKSGIVING

(24) CLOSED FOR THANKSGIVING



### Nov 27 - 30

(27) PHILLY CHEESESTEAK

WITH BROCCOLI-CRAISIN SALAD, ROASTED POTATOES, GRAPES

(28) BIRTHDAY LUNCH MEATLOAF WITH MUSHROOM GRAVY

WITH MIXED VEGGIES, MAC & CHEESE, WHOLE WHEAT ROLL, PINEAPPLE UPSIDE DOWN CAKE

(29) BEEF POT ROAST

WITH GREEK SALAD, CARROT & ONIONS, POTATOES & GRAVY, MIXED BERRY CRISP

(30) TURKEY, SMOKED GOUDA & CRANBERRY CHIPOTLE SAUCE SANDWICH

WITH GARDEN SALAD, APPLES, OATMEAL RAISIN COOKIE



Breakfast and lunch are served in the dining room and to Meals on Wheels clients.  
Breakfast is served 8:30 - 10 am. Lunch is served 12 - 1 pm. Menus are subject to change



# NOVEMBER ACTIVITIES

Mon	Tue	Wed	Thu	Fri
		1 9:00 Yoga for Strength 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	2 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge	3 10:00 Classic Fitness with Alice 11:00 Piano Lessons 11:30 Hole Food Rescue 2:00 Strength & Conditioning
6 10:00 Classic Fitness with Lucretia 11:00 Fitness with Alice (Wilson) 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 2:30 Tech Tutor 3:00 Active Yoga	7 9:00 Pilates 10:00 Mahjong 10:30 Yoga 1:30 Bingo 1:30 Strength with Jo 1:30 JHSM Tour 6:00 Quilting Guild	8 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge	9 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	10 10:00 Classic Fitness with Alice 11:00 Piano Lessons 11:30 Hole Food Rescue 2:00 Strength & Conditioning 6:00 Veterans Dinner
13 Closed for Veteran's Day	14 9:00 Pilates 10:00 Mahjong 10:30 Yoga 1:00 Ask a Lawyer 1:30 Bingo 1:30 Strength with Jo	15 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge	16 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	17 10:00 Classic Fitness with Alice 11:00 Piano Lessons 11:30 Hole Food Rescue
20 10:00 Classic Fitness with Lucretia 1:00 Duplicate Bridge 1:00 Pinochle 2:30 Tech Tutor	21 9:00 Pilates 10:00 Mahjong 12:00 Thanksgiving Lunch 1:30 Bingo	22 10:00 Tech Tutor 10:30 Tai Chi 12:00 Canasta 1:00 Contract Bridge	23 Closed for Thanksgiving	24 Closed for Thanksgiving
27 10:00 Classic Fitness with Lucretia 11:00 Fitness with Alice (Wilson) 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 2:30 Tech Tutor	28 9:00 Pilates 10:00 Mahjong 12:00 Birthday Lunch 1:30 Bingo 1:30 Strength with Jo	29 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:00 Nutrition Talk 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	30 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	

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Ms. Ann King Carter



We have closed out another summer with a tremendous support from all of our amazing volunteers! From breakfast and lunch desk, dining room and kitchen help, tech tutors, MOW drivers, facility support and everything in-between! We are truly grateful for all the help you provide us at the Senior Center in supporting the Seniors of our community!

This month we would like to highlight Tyler Valentine. Tyler is one of our Meals on Wheels delivery drivers and delivers the Pioneer route every Thursday. He has chosen this route because he can fit it into his busy work schedule as a Senior Planner with the Town of Jackson.

Tyler's drive to volunteer comes from "his belief in Christ". He believes in giving to those less fortunate; the homeless, elder, poor and sick. The best part about delivering Meals on Wheels is that he has developed personal relationships.

It has also provided him the opportunity to help some seniors more with odds and ends around the house. He also has shared special moments just spending time with his friends he has made over the 5 years he has been volunteering. Thank you for your continued dedication and support as a volunteer to our Meals on Wheels Program.



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**Carter Harrison**

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**Monetary Donation**

Irene & Alan Lund  
 Margaret Hochheiser  
 Claudia & Michael Schrotz  
 Cathie Evans  
 Marna & Robert MacLean  
 Monday Breakfast Club  
 Bobbie & Ed Taylor

Thank you to First Interstate Bank for hosting our monthly birthday lunch which will be held on **Tuesday, November 28th at 12 pm.** For those of you celebrating your birthday in November, please come celebrate with us !

A sincere thank you to those who supported Old Bill's Fun Run through volunteering, walking and donations.



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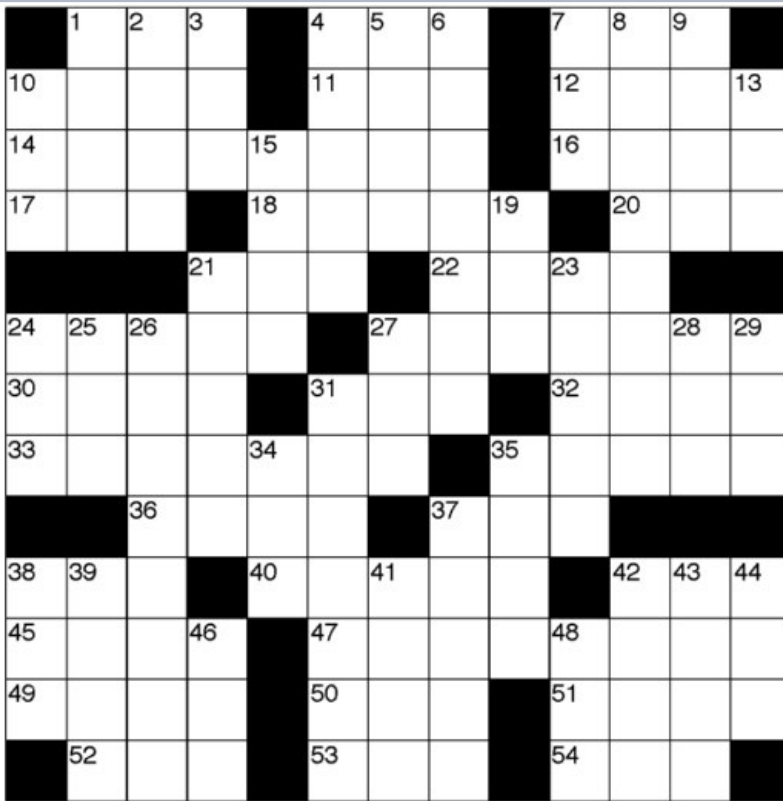
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## ACROSS

- 1 Family member
- 4 Signed (abbr.)
- 7 Atlantic (abbr.)
- 10 Amorphous mass
- 11 Haw. garland
- 12 Thunderfish
- 14 Apropos
- 16 Besides
- 17 Soft drink
- 18 Keen
- 20 Thus (Lat.)
- 21 Query
- 22 Charity
- 24 Weapon
- 27 Native
- 30 Wings
- 31 Skate
- 32 Berne's river
- 33 Wall
- 35 Inside
- 36 First principles
- 37 Kind of lettuce
- 38 Alas (Ger.)
- 40 Welsh onion
- 42 Limb
- 45 Bath cake

- 47 Madness
- 49 Work (Sp.)
- 50 Rubber tree
- 51 Love of Radames
- 52 This one (Lat.)
- 53 Sup
- 54 Before common era (abbr.)

## DOWN

- 1 Rosebud, e.g.
- 2 Captive of Hercules
- 3 Compass direction
- 4 Loose
- 5 Bend
- 6 Aromatic herb
- 7 One hundred square meters
- 8 Magic charm
- 9 Continue
- 10 Bikini top
- 13 Drug Enforcement Admin. (abbr.)
- 15 Container
- 19 Ancient times
- 21 Sharp
- 23 Resources
- 24 Science class
- 25 According to (2 words)
- 26 4th incarnation
- 27 Auricle
- 28 Fury
- 29 Wax (pref.)
- 31 Leavings
- 34 Interstate Commerce Commission (abbr.)
- 35 Daughter of Eurydice
- 37 Santa's reindeer
- 38 Jap. volcanic crater
- 39 Cork County port
- 41 Firstborn of Benjamin
- 42 Of the kind of (suf.)
- 43 Journey
- 44 Sheep's cry
- 46 Lumberman's boot
- 48 Capture



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## OUR HOURS

**Monday - Thursday**

8:00 AM - 4:00 PM

**Friday**

8:00 AM - 3:00 PM

## BOARD OF DIRECTORS

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David Augé

### Vice Chair

Michael Schrotz

### Secretary

Irene Lund

### Treasurer

Anne Schuler

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Bruce Hawtin

Jamie Turner

Naomi Floyd

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### Tech Tutor

Tech tutor available every Monday from 2:30 - 4 pm and Wednesday from 10 am - 12 pm. Call the Senior Center to sign up.

### Age Friendly Jackson Hole

Do you have a collection of old ski poles? AFJH is in need of donations. Please drop off any donations to the Senior Center.

### Extra Meal Tickets

We love that you all are enjoying Chef Karen's meals so much! We encourage you to purchase an extra meal to take home for dinner or the weekend when you are closed. To do so, please see the lunch desk to purchase an extra ticket for \$7.

### Cancellation Policy

To insure that all seniors who are interested in our events and activities that require a reservation, we will now be enforcing a 24 hour cancellation policy. This includes weekends - if an event is scheduled for Monday, you must cancel by Friday. Payment is required at the time of reservation for all events that note require reservations.



P.O. Box 4677  
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