

NEWSLETTER

Enhancing & Supporting the Lives of Seniors



JACKSON'S
ANNUAL PUMPKIN
SALE

PHOTO VIA JH NEWS &
GUIDE

IN THIS ISSUE

CRAFTING WITH MELISSA

PG 1

JH HISTORY MUSEUM VISIT

PG 2

STROKE AWARENESS

PG 4

FALL FUN CHALLENGE

PG 9

Breakfast with a Doc Sleep Health from A to ZZZ

MAGGIE HOVDA, MD

THURSDAY, OCTOBER 16TH

9:00 - 10:00 AM



Tired of being tired? Join sleep specialist Dr. Hovda for breakfast and a conversation about:

- What "normal sleep" really means
- Building better sleep hygiene and habits that actually work
- Sleep Medications: Comparing over-the-counter and prescription options
- The truth about wearable sleep tracking technology
- Knowing when it's time to seek professional help

Breakfast compliments of St. John's Health. Reservations are required, so call or stop by the Senior Center to reserve a spot today!

Alzheimer's Education

WEDNESDAY, OCT 1
10:30AM

This program offers helpful guidance for those caring for loved ones with Alzheimer's. Part One focuses on the basics of caregiving, including daily routines, communication strategies, and understanding the progression of the disease. This is the first session in a three-part series designed to support caregivers and promote independence. RSVP by calling 733-7300.

Crafting with Melissa

TUESDAY, OCT. 7TH
1 PM

Wonder what to do with the puzzles that are missing a few pieces? We have a fun fall craft that will put them to good use! Make a pumpkin, ghost or falling leaf collage with Melissa. It will be the perfect addition to your fall decor! Supplies provided. RSVP by calling 733-7300.



Surviving Cancer Support Group

TUESDAY, OCT. 14TH
10 AM

This new support group will be facilitated by Deborah Schobel, retired RN & Military Nurse and cancer survivor. Whether you are in or out of treatment, join us for education, to ask questions, or for just a space to talk. This group will meet on the second Tuesday of each month at 10 am. All ages are welcome.

Caregiver Support Group

THURSDAY, OCT. 16TH
10:30 AM

Join our Caregiver Support Group, led by Carol Taylor, LCSW. It is an inviting space for caregivers to connect, gain guidance, and navigate their unique journeys together. We hope you can join us for this community-building, educational experience. Newcomers welcome.

Ask a Lawyer

TUES, OCT 28TH
1:00 PM

Check your emails and the website for topic of the event in October.

Medicare Assistance

THURS, OCT. 16TH
11:30 AM

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Patrol (SMP) will be on site to answer all your Medicare questions. SMP's and SHIP's are federally funded programs found in every state.

Students & Seniors Book Club

TUESDAY, OCT. 28TH
4:30 PM

Join high school students from Jackson Hole High School for this special book club! This month, the club will read & discuss "Remarkably Bright Creatures" by Shelby Van Pelt. Next month's book will be decided at the meeting. Come in to pick up a book.

Chapter22 Book Club

THURSDAY, OCT. 30TH
6 PM ON ZOOM

This month we will be discussing "Astrophysics for People in a Hurry" by Neil DeGrasse Tyson. The next selection of books will be decided during meeting, so please attend to provide your input!

Fight the Flu, Stay Strong for You!

Friday, October 3rd from 9 am to 1 pm



Protect yourself and those around you from serious illness – yearly flu vaccines are a safe and effective way to stay healthy this flu season. A high-dose flu vaccine will be available to those who are 65 years and older, while supplies last. COVID-19 vaccinations will be available. Ask during your session for more information. Don't forget your Medicare or Insurance card. Vaccination time slots are first-come, first-served.

JH History Museum Visit

THURS, OCT. 9TH, 9 - 11 AM

\$15 SUGGESTED CONTRIBUTION

RESERVATIONS REQUIRED

Discover Jackson Hole's history with a special morning at the JH History Museum!

You are invited to a private gallery open

house featuring the newest exhibit,

Saddle Up! Western Handmade Art & Gear.

Enjoy the artistry and craftsmanship of the American West, the exhibit includes saddles, boots, and other handmade gear that reflect both ranch life and skilled artisans.

From 9–10, enjoy the gallery with Director of Exhibits, Kirsten Corbett, who will answer questions and share insights. Then, from 10–11, we will join a guided historic walking tour of downtown and explore the stories & landmarks that shaped our community.



Dinner and a Movie

THURS, OCT. 23RD

5 PM

\$7 SUGGESTED CONTRIBUTION FOR DINNER

Join us for pizza and The Witches! In this reimagining of Roald Dahl's classic tale, Octavia Spencer shines as a caring and clever grandmother who will do anything to protect her grandson. Together, they uncover a coven's wicked plan to turn children into mice, and must summon all their courage to stop it. The actor's warmth and humor make this spooky Halloween film especially delightful. Come enjoy a slice, a scare, and good company with friends! RSVP by calling 733-7300.

Medicare Minute: Choosing the Right Plan

Did you know you can get your Medicare through either Original Medicare or a Medicare Advantage plan? Original Medicare lets you see any doctor who accepts Medicare, while Advantage plans often have provider networks but may include extra benefits like dental, vision, or hearing. Each option comes with different costs and rules, so it's important to compare carefully before enrolling. For free, unbiased assistance, contact Wyoming's State Health Insurance Assistance Program (SHIP) at 1-800-856-4398 or visit www.wyomingseniors.com to explore your options.

Stroke Awareness and Prevention

World Stroke Day is recognized this month, offering an important reminder about recognizing symptoms and taking steps to reduce risk. A stroke happens when blood flow to the brain is blocked or interrupted, and quick action can make all the difference. Learn the warning signs with the word FAST: Face drooping, Arm weakness, Speech difficulty, and Time to call 911. Acting fast can save lives and limit long-term effects. Prevention is also key. Healthy habits such as regular exercise, balanced meals, not smoking, and managing conditions like high blood pressure, diabetes, or high cholesterol all lower your risk. This month is a good time to check in on your health, learn the signs, and share this life-saving knowledge with friends and family!



Spooky Halloween Treats



Stuffed Mini Peppers

Cut the tops off small orange or yellow peppers and scoop out the seeds. Carefully carve little jack-o'-lantern faces into the sides. Fill each pepper with hummus, cottage cheese, or your favorite veggie dip for a festive and healthy Halloween bite.



Cucumber Mummies

Slice a cucumber into thick rounds. Wrap each piece with thin strips of cheese (like mozzarella or string cheese), leaving small gaps. Add two tiny olive slices or peppercorns for "eyes," and you'll have a tray of spooky, bite-sized mummies that are as healthy as they are fun.

BREAKFAST IS SERVED FROM 8:30-10 AM

LUNCH IS SERVED 12-1:00 PM

Menus are subject to change.
Check the website for a full list
of sides.



DINE-IN LUNCH \$7 SUGGESTED

CONTRIBUTION FOR SENIORS

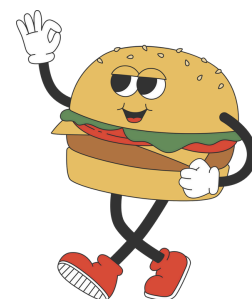
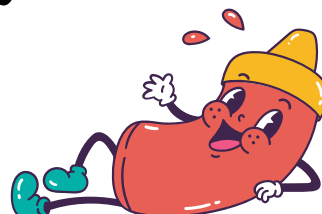
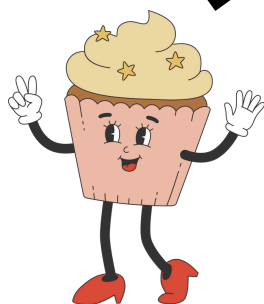
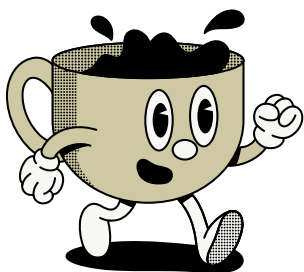
\$15 FOR NON-SENIORS

DINE-IN BREAKFAST \$5

SUGGESTED CONTRIBUTION

LUNCH COUNTER

OCTOBER MENU



MON, OCT 6TH

Soup, Salad Bar,
Hot Pastrami
Sandwich
Cupcakes

MON, OCT 13TH

Salad Bar, Soup,
Flat Bread Pizza
Chocolate
Milkshakes

MON, OCT 20TH

Salad Bar, Soup,
Baked Potato
Mini Donuts

MON, OCT 27TH

Soup, Salad Bar,
Warm Turkey &
Provolone Pita
Pumpkin Cupcakes

TUE, OCT 7TH

Roasted Chicken
Thighs
Tiramisu

TUE, OCT 14TH

Meatball Alfredo
Fruit Parfait

TUE, OCT 21ST

BIRTHDAY LUNCH
Pork Marsala over
Mashed Potatoes
Apple Spice Cake

TUE, OCT 28TH

Ground Beef Tacos
Ice Cream

WED, OCT 1ST

BBQ Pork Ribs
Fruit Tart

WED, OCT 8TH

Beef Stew
Chocolate Chip
Cookie

WED, OCT 15TH

Teriyaki Pork
Fruit Sorbet

WED, OCT 22ND

Red Beans and Rice
Dessert Nachos

WED, OCT 29TH

Enchilada Chicken
Verde
Chocolate Mousse

THUR, OCT 2ND

Grilled Shrimp
Tacos
Churro & Fruit Dip

THUR, OCT 9TH

Pork Green Chili
Tres Leches Cake

THUR, OCT 16TH

Maple Salmon
Lemon Cake

THUR, OCT 23RD

Coconut Shrimp
Fruit Sorbet

THUR, OCT 30TH

Beef Chili Bar
Brownies

FRI, OCT 3RD

FRIDAY FEAST
Marry Me Chicken
Peanut Butter Bars
Disco Dance
Farewell to Karen

FRI, OCT 10TH

Roast Lamb
Baclava

FRI, OCT 17TH

FRIDAY FEAST
Beef Stroganoff
Brownie Sundae

FRI, OCT 24TH

Glazed Ham
Baked Apples

FRI, OCT 31ST

Roasted Pork
Almond Cake
Halloween Games

Weekly Breakfast Menu: Each breakfast is served with fruit, yogurt, pastry & potatoes.

Mon - Egg Bake

Tue - Omelets

**Wed - French Toast
& Bacon**

**Thur - Eggs
Benedict**

**Fri - Chef's
Choice**

MON	TUE	WED	THU	FRI
		1	2	3
		9:00 Yoga for Strength 10:00 Tech Tutor 10:00 Alzheimer's Education 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) - CANCELLED 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge	8:45 Awake and Aligned 9:00 Collage on Your Own 9:00 Flu Clinic 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning
6	7	8	9	10
9:30 Line Dancing 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	9:00 Pilates 9:00 Massage 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:00 Crafting with Melissa 1:30 Strength with Jo 6:00 Quilting Guild	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	9:00 JH History Museum Visit 9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge	8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning
13	14	15	16	17
9:30 Line Dancing - CANCELLED 11:00 Movement & Strength 11:00 Fitness with Alice (Wilson) 11:30 Blood Pressure Checks 1:00 Podiatrist 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	9:00 Pilates on the TV 9:00 Massage 10:00 Massage 10:00 Cancer Support Group 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	9:00 Breakfast w/ a Doctor 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Caregiver Support 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Medicare Assistance 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge 5:00 Dinner & a Movie	8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning
20	21	22	23	24
9:30 Line Dancing 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	9:00 Pilates 10:30 Yoga on the TV 11:00 Chair Massage 11:45 Senior Step 12:00 Birthday Lunch 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo	9:00 Yoga For Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge 5:00 Movie Night: "The Witches"	8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Knitting Club 1:00 Mahjong- Beginners Welcome! 2:00 Strength & Conditioning
27	28	29	30	31
9:30 Line Dancing 10:00 Memory Page Making 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	9:00 Pilates 9:00 & 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Sr Step Cancelled 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Ask a Lawyer 1:30 Strength with Jo 4:30 Students & Seniors Book Club	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) - CANCELLED 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge 6:00 Chapter22 Book Club	8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning



Día de los Muertos: A Different Way to Celebrate “Spooky Season”

Día de los Muertos, or Day of the Dead, is a vibrant tradition celebrated on November 1st and 2nd in Mexico and other cultures to honor and remember loved ones who have passed away. Families create colorful altars called ofrendas with photos, favorite foods, flowers, and candles, celebrating the lives of those they've lost rather than mourning them. It's a time for storytelling, remembrance, and community, reminding us of the joy in remembering the people who shaped our lives.

Global Handwashing Day is Oct. 15th!

Handwashing is one of the easiest and most effective ways to prevent illness. Taking just 20 seconds with soap and water—scrubbing all parts of your hands—helps protect you and those around you from germs that cause colds, flu, and other infections. This Global Handwashing Day is a great reminder that small habits make a big difference for our health.



Fall Fun Challenge!

Put your thinking cap on to solve these seasonal brainteasers, then bring your answers to the front desk. The first person to answer one correctly wins a prize!

Riddles:

1. A brief thief of green, I move
without footsteps;
I trade emerald for ember on leaf and
branch.
What am I?
2. Born in a green suit, fitted with a tiny
crown;
I fall without a flight and hold the
promise of forests.
What am I?

Trivia:

1. What fruit is traditionally
used to make cider?
2. Which holiday always
falls on the fourth
Thursday in November?

Monetary Donations

- Irene & Alan Lund
- Monday Breakfast Group
- Dan Bennett
- Stan Takami Foundation
- Elks BPOE #1713

Join The Mountain Top Club!

The MTC is a group of supporters that choose to make a monthly contribution on a recurring basis. This special group of supporters creates sustainable funds that are used for grassroots programs at the Senior Center and helps to reduce the cost of fundraising. If you are interested, please stop by and see Melissa.

Bricks

Cathy & Bob Culver
Claudia & Michael Schrotz
Jackson Hole Lions Club Intl.

Special Thanks

To everyone who donated
through Old Bill's!

Comprehensive list pending for November Newsletter

Memorials

In Memory of Bill Hansen
Bonnie Budge

In Memory of Jerry Spence
Cecilia & Frank Bellinghiere

In Memory of Gerard Yvernault
Cecilia & Frank Bellinghiere

In Memory of Kay Benson
R. Douglas Inglis



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