

NEWSLETTER

Enhancing & Supporting the Lives of Seniors



LIGHTS ON THE
TOWN SQUARE

PHOTO VIA
JACKSONHOLENET.COM

IN THIS ISSUE

COFFEE WITH THE MAYOR

PG 1

HEARING TEST

PG 2

FALL SNACK RECIPES

PG 5

WINTER MINDFULNESS & MENTAL HEALTH

PG 8

Beat the Winter Blues! Activity Fair

FRIDAY, NOVEMBER 7TH
4-6 PM



Beat the blues and discover new ways to stay engaged this winter! Stop by to get your Beat the Blues Bingo card. Explore a variety of local programs that keep you moving, learning, and connected all winter long. Representatives from Teton County Public Health, Teton County Library, Center for the Arts, Rec Center and other community organizations will share upcoming classes, clubs, and events designed to keep you social. Whether you're interested in creative workshops, gentle fitness, or social meetups, there's something for everyone. Enjoy treats, mocktails and creative projects to jump start your winter.

Coffee with the Mayor

THURSDAY, NOV 6TH
10:00 AM

Join us at the Senior Center for our first Coffee with the Mayor! This new every-other-month gathering is a chance to enjoy coffee, ask questions, and share what matters most to you. Come connect with Mayor Arne Jorgensen and your fellow community members in a friendly, relaxed setting. All are welcome!

Blood Drive

WEDNESDAY, NOV 5TH
10 AM - 3 PM

Give the gift of life this winter by joining us for the Senior Center Blood Drive! Donating blood is a simple way to make a big difference in our community, especially during the colder months when supplies often run low. All eligible donors are welcome. Appointments are encouraged but walk-ins are welcome. Join your friends and neighbors in helping others and supporting local hospitals—one donation can save up to three lives!

Register at:

www.redcrossblood.org

Medicare Changes Ahead

FRIDAY, NOV 7TH
1:00 PM

Heather Huhn of Huhn Insurance Agency will be going over the Medicare changes for 2025-2026. Come and listen to make sure you understand your options and are in the best scenario for your needs in 2026.

Surviving Cancer Support Group

THURSDAY, NOV 13TH
10:00 AM

This meeting is changed for November only due to the Veteran's Day closure. All are welcome.

Saturday Lunch

SATURDAY, NOV 15TH
12:00 - 1:00 PM

Join us at the Senior Center for the Victim Services Annual Lunch. Learn how Victim Services supports community members in need while connecting with friends and neighbors over a warm, home-cooked meal. Everyone is welcome to attend and show their support for this important cause.



Caregiver Support Group

THURSDAY, NOV 20TH
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.

Medicare Assistance

THURS, NOV 20th
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.

Chapter22 Book Club

THURSDAY, NOV 20TH
6:30 PM ON ZOOM

November's book is to be determined! Note that the time has changed, and check the website for the book announcement.

Students & Seniors Book Club

TUESDAY, DEC 9TH
4:30 PM

Join high school students from Jackson Hole High School for this special book club! Come in to pick up a book after Nov. 5th.

Hearing Tests with Esther Ellis, RN

Friday, November 14th from 9 - 11:30 AM

Appointments Required



Take care of your hearing with a free screening from Esther Ellis, Head Nurse for the Teton County School District. Regular hearing checks are an important part of staying healthy and connected, especially as changes can happen gradually over time. Whether you've noticed a difference in how well you hear or simply want reassurance, Esther will provide a quick and comfortable test to help you stay on top of your hearing health.

Appointments required, call 733-7300 to reserve your time today.



Veterans Surf & Turf Lunch

WEDNESDAY, NOV 12TH

12PM TO 1PM

RESERVATIONS REQUIRED

Thank you to our Veterans!

We will be serving a steak, shrimp, baked potato and apple pie ala mode.

This special lunch is to say thanks to our Veterans.

This meals is sponsored by



Thanksgiving Lunch

THURSDAY, NOV 20TH

12PM TO 1PM

RESERVATIONS REQUIRED

Join us for a delicious Turkey lunch with

mashed potatoes & gravy, stuffing, relish tray, cranberry sauce and frosted pumpkin bread for dessert.

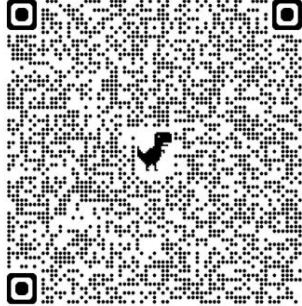
This meal is sponsored by First Interstate Bank.

Be sure to remember your own to-go containers.



Unlock Hidden Benefits

11 Senior Perks You Might Be Missing



Many seniors overlook valuable benefits that can enhance their financial well-being. From property tax exemptions to grocery discounts and Medicare savings programs, these perks are often forgotten but easy to claim. Discover how to access these opportunities and make the most of your entitlements. Read the full article by scanning the QR code.

Family Caregiver Appreciation Month

November is National Family Caregivers Month, a time to recognize and honor the dedication of those who care for aging loved ones. Being a caregiver can be rewarding but also challenging and stressful. This month, consider showing appreciation with a heartfelt note, a small gift, or simply spending quality time together. Local support groups and respite services are also great ways for caregivers to recharge and connect. Let's celebrate the incredible work caregivers do and remind them they are not alone. If you are a caregiver for a loved one, thank you, we appreciate you!

Quick & Delicious Fall Snacks

Pumpkin Spice Energy Bites

Skip the oven and mix up a healthy fall snack! Combine 1 cup oats, $\frac{1}{2}$ cup pumpkin puree, $\frac{1}{4}$ cup honey, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{4}$ cup mini chocolate chips. Roll into bite-sized balls and chill. Perfect with coffee or tea!

Maple Pecan Snack Mix

Toss pecans, pretzels, and a handful of dried cranberries with a drizzle of maple syrup and a sprinkle of salt. Bake briefly to toast and caramelize for a crunchy, sweet & salty treat.

BREAKFAST IS SERVED FROM 8:30-10 AM

LUNCH IS SERVED 12-1:00 PM



DINE-IN LUNCH \$7 SUGGESTED

CONTRIBUTION FOR SENIORS

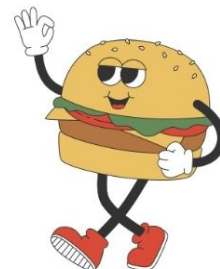
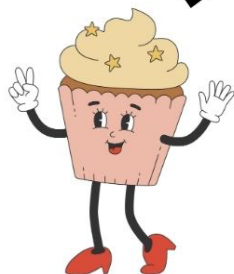
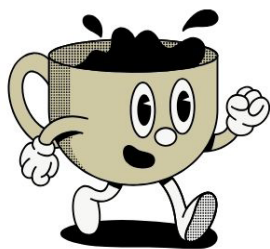
\$15 FOR NON-SENIORS

DINE-IN BREAKFAST \$5

SUGGESTED CONTRIBUTION

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

LUNCH COUNTER NOVEMBER MENU



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, NOV, 3RD

Soup, Salad Bar,
Grilled Ham &
Cheese Sandwich
Molasses Cookie

TUE, NOV 4TH

Stuffed Peppers
Fruit Crisp

WED, NOV 5TH

Parmesan
Encrusted Fish
Lemon Bar

THUR, NOV 6TH

Swedish Meatballs
over Egg Noodles
Brownie

FRI, NOV 7TH

FRIDAY FEAST
Beef or Chicken
Fajitas
Carrot Cake

MON, NOV 10TH

Salad Bar, Soup,
Flatbread Pizza
Chocolate Dipped
Macaroons

TUE, NOV 11TH

Closed for Veteran's
Day

WED, NOV 12TH

VETERANS LUNCH
Grilled Shrimp &
Steak
Apple Pie

THUR, NOV 13TH

Chicken & Broccoli
Fettucini
Banana Nut Bread

FRI, NOV 14TH

Meatloaf
Ice Cream Sundae
SAT, NOV 15TH
Taco Soup & Salad
Peach Crisp

MON, NOV 17TH

Salad Bar, Soup,
Egg or Chicken
Salad Croissant
Caramel Apple
Crisp

TUE, NOV 18TH

BIRTHDAY LUNCH
Roast Pork
Black Forest Cake

WED, NOV 19TH

Beef Tacos
Chocolate Chip
Cookies

THUR, NOV 20TH

THANKSGIVING
LUNCH
Turkey Dinner
Pumpkin Bars

FRI, NOV 21ST

FRIDAY FEAST
Spaghetti &
Meatballs
Red Velvet Cookie

MON, NOV 24TH

Soup, Salad &
Baked Potato Bar
Pumpkin Cupcakes

TUE, NOV 25TH

Lasagna
Caramel Apple Crisp

WED, NOV 26TH

NO LUNCH SERVED
TODAY. BRUNCH
SERVED 8:30-11AM
TO-GO MEALS
AVAILABLE UNTIL 1 PM
FOR THE LONG
WEEKEND.

THUR, NOV 27TH

CLOSED FOR
THANKSGIVING

FRI, NOV 28TH

CLOSED FOR
THANKSGIVING

CHECK THE WEBSITE FOR THIS MONTH'S
CANCELLATIONS

November Activity Calendar

MON	TUE	WED	THU	FRI
3 9:30 Line Dancing 11:00 Fitness with Alice (Wilson) - CANCELLED 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	4 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 1:30 Strength with Jo 6:00 Quilting Guild	5 9:00 Yoga for Strength 10:00 Blood Drive 10:00 Tech Tutor 10:30 Tai Chi with Ken 10:30 Alzheimer's Caregiver Class 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	6 9:00 Functional Fitness 10:00 Coffee with the Mayor 10:30 Yoga Basics 10:45 Chair Yoga on TV 11:00 Beginner Bootcamp w/ Alice (Wilson) - CANCELLED 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge	7 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 Medicare Changes with Huhn Insurance 1:00 Knitting Club 2:00 Strength & Conditioning 4:00 Beat the Winter Blues Kickoff
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	11 Closed for Veterans Day 	12 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	13 9:00 Functional Fitness 10:00 Surviving Cancer Support Group 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	14 8:45 Awake and Aligned 9:00 Hearing Tests 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
17 9:30 Line Dancing 11:00 Movement & Strength 11:00 Fitness with Alice (Wilson) 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	18 9:00 Pilates 9:00 Massage 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step - CANCELLED 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo	19 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	20 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	21 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
24 9:30 Line Dancing 11:00 Fitness with Alice (Wilson) - CANCELLED 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 - CANCELLED	25 9:00 Pilates 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step - CANCELLED 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo CANCELLED	26 9:00 Yoga For Strength - CANCELLED 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice - CANCELLED 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga	27 CLOSED FOR <i>Thanks Giving</i>	28 CLOSED FOR <i>Thanks Giving</i>

Winter Mindfulness & Mental Health



Shorter days and colder weather can take a toll on mood and mental health, especially for older adults. Practicing mindfulness can help ease stress, lift your spirits, and keep you grounded during the winter months. Simple activities like deep breathing, gentle stretching, meditation, or keeping a gratitude journal can make a meaningful difference. Even just a few minutes each day spent focusing on the present moment can improve overall well-being, help manage winter stress, and create a sense of calm. Incorporating these small practices into your daily routine can make the season feel brighter and more balanced.

November Trivia 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!

Veteran's Day Trivia

1. Veterans Day was originally known by what name?
2. Which branch of the U.S. Armed Forces has the most active-duty members?
3. Which city hosts one of the largest Veterans Day parades in the country?
4. What is the name of the ceremony held every Veterans Day at Arlington National Cemetery?

Thanksgiving Trivia

1. What year was Thanksgiving first celebrated as a national holiday in the United States?
2. Which U.S. state is known for producing the most turkeys each year?
3. What do most historians believe the Pilgrims and Wampanoag ate at the first Thanksgiving instead of turkey?

Monetary Donations

- Marna MacLean
- Alicia & Tom Davis
- Lynn Pieron
- Gwenn Gilday
- Monday Breakfast Group
- Dan Bennett

Furloughed Meal Fund

- Doreen Wise
- Method Bookkeeping
- Marti Perry
-

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.

Memorials

In Memory of Kay Benson
Patsy & David Raaum

In Memory of Ernie Wampler
Mary & Mark Obringer

In Memory of Jay Pistono
Cecilia & Frank Bellinghiere

In Memory of Ted Benson
Patsy & David Raaum

In Memory of Monte Evans
Patsy & David Raaum

In Memory of Diane McKissick
Patsy & David Raaum

In Memory of Dick Greig
Patsy & David Raaum



Our Staff

EXECUTIVE DIRECTOR:

Rebecca Erskine

OPERATIONS MANAGER:

Melissa Rochlitz

BOOKKEEPER:

Katie Beech

HOME CARE & VOLUNTEER MANAGER:

Ale Gomez

TRANSPORTATION:

Trina Ditomasso

CHEF:

Yvonne Jackson

ASSISTANT CHEF:

Angela Zarate

DISHWASHER:

Dulce Pasten

FRONT DESK:

Vacant

HOME CARE STAFF:

Rolf Belden, RN

Janette Miller, CNA

Cheyenne Cowley, CNA

Sharon Brandt

Sabrina Valvassori

Bronwyn Elswick, CNA

REMOTE ASSISTANT:

Ruby Erskine

Board of Directors

Dave Augé, Chair

Michael Schrotz, Vice Chair

Open, Secretary

Anne Schuler, Treasurer

Jamie Turner

Wyatt Ison

Sarah Shervin

Susan Gervais

Andy King



P.O. BOX 4677

JACKSON HOLE, WY 83001

830 E. HANSEN

(307) 733-7300

WWW.SENIORCENTERJH.ORG

NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO. 13
JACKSON, WY

November 2025 Newsletter