

# NEWSLETTER

Enhancing & Supporting the Lives of Seniors



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SNOW KING

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## Acrylic Painting Foundations

MONDAYS & WEDNESDAYS, 9 - 11 AM  
JANUARY 5<sup>TH</sup> - 28<sup>TH</sup>



Join Miga Rosetti for a hands-on class exploring the essentials of strong artwork, including design, value, color, and texture, through acrylic painting, guided demos, practice, and group discussion. Classes meet Mondays and Wednesdays at 9am through January 28 and are open to all artistic levels. The session concludes with a public art exhibit to share your progress with friends and family. Spots are limited so sign up today. \$20 suggested contribution for the series.

## Beat the Winter Blues: Home Herb Garden Making

THURSDAY, JANUARY 22<sup>ND</sup>  
\$10 SUGGESTED CONTRIBUTION



Grow your own greenery in this hands-on mini herb garden class. Learn planting techniques, care tips, and creative ways to display your herbs. Bringing plants into your home can lift your spirits & brighten your space during the winter months. Take home your thriving mini garden and enjoy fresh herbs all season. Spots are limited so call or visit the front desk to sign up today.



## Coffee with the Mayor

THURSDAY, JAN 8<sup>TH</sup>  
10 AM

Join us at the Senior Center for Coffee with the Mayor! This 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.

## Surviving Cancer Support Group

TUESDAY, JAN 13<sup>TH</sup>  
10:00 AM

This meeting will be held on Zoom throughout the winter. Please see the website for the Zoom link. This support group is 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.

## Jam55 Sessions

FRIDAYS AT 10:15 AM

Join us for casual jam sessions at the senior center. Whether you play ukulele, guitar, tambourine, mandolin, or any other instrument you can think of, come make music and new friends! All skill levels welcome. This isn't a lesson, just a fun hour of playing together.

## Beginner Bridge

Runs for 6 weeks  
Begins WEDNESDAY,  
Jan 21<sup>TH</sup> at 9:30am,  
Taught by Ralph Habersfeld.  
Bridge is a game that you can learn in 10 minutes but it takes a lifetime to master. It is the only game where AI cannot beat human experts! Once you have the basics down, join in one of our many bridge groups during the week to connect with new friends!

## Ask a Lawyer

January Date TBA  
Nancy Norton of Norton Law Office LLC offers a personal approach to Estate Planning and Elder Law. Watch for the date and subject on the website!

## Men's Shed

January Date TBA  
The men's shed is a new group based on a successful international movement. All are welcome.

## Medicare Assistance

THURSDAY, JAN 22<sup>ND</sup>  
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.

## Caregiver Support Group

THURSDAY, JAN 22<sup>ND</sup>  
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.

## Students & Seniors Book Club

TUESDAY, JAN 27<sup>TH</sup>  
4:30 PM

Join high school students from Jackson Hole High School for this special book club! This month they will be discussing *The Sisters: A Novel* by Jonas Hassen Khemiri. Come in to pick up a book and join the discussion!

## Chapter 22 Book Club

MONDAY, JAN 29<sup>TH</sup>  
6:30 PM ON ZOOM

We will be discussing *The Lost Bookshop*. If you are interesting in joining the book club, let us know!





# Brighten Your Winter with Vitamin D



Even in January, vitamin D is essential for bone health, immune support, and overall wellness. A few minutes of sunlight each day can help your body produce it naturally, and there are safe ways to get outside even in winter.

## Step Outside Safely

Try short walks during the sunniest part of the day. Dress in layers, wear hats, scarves, and gloves, and choose non-slip shoes. Walking poles or a cane can help prevent slips on icy patches. Moving slowly between warm indoor spaces and the cold outdoors can make your walks safer and more comfortable. Even a brief step outdoors can lift your spirits and give your body a gentle dose of winter sunshine.

## Indoor Options

If stepping outside isn't possible, sit near a bright window or use a vitamin D lamp approved for home use. Low-impact exercises like chair yoga, gentle stretching, or tai chi can keep muscles strong and complement your time outdoors. Happy lights are available to you at the Senior Center, so take advantage and come in for a session by the light while you read the paper!

## Make It Enjoyable

Pair your walks with music, a favorite podcast, or a friend's company. Setting small daily goals, like walking a little farther each day, can help you stay motivated. Even checking the mailbox or tending to winter plants counts toward your sunlight exposure.

## Nutrition Boost

Add vitamin D-rich foods to your meals to support your levels all winter. Eggs, fortified dairy, and fatty fish like salmon or tuna are excellent choices. Incorporating these foods into your daily routine can help maintain healthy bones, support your immune system, and lift your mood during the darker months.



# Medicare Corner

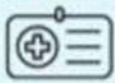
## AN UNEXPECTED CALL FROM MEDICARE?



Do not give out personal information to someone who calls you claiming they are from Medicare or other government agencies.

If you're unsure if it's really them, call them back and ask. Here are their numbers to verify:

**MEDICARE**  
1-800-633-4227



**SOCIAL SECURITY ADMINISTRATION**  
1-800-772-1213



**IRS**  
(INTERNAL REVENUE SERVICE)  
1-800-829-1040



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877.808.2468

If you get an unexpected call from someone claiming to be Medicare, Social Security, or the IRS, hang up. Do not give out personal information to anyone who calls claiming to be from Medicare or another government agency. These places will NOT call you when they need to contact you. If you're unsure whether it's really them, call them back at a public number and ask if anyone has been trying to reach you.

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# January is Glaucoma Awareness Month

January is Glaucoma Awareness Month, a time to highlight this common but often unnoticed eye condition known as the “silent thief of sight.” Glaucoma can develop gradually, sometimes without obvious symptoms, and seniors are at higher risk, making regular eye exams essential for protecting vision and maintaining independence. Early detection through routine checkups can prevent significant vision loss, allowing seniors to continue enjoying daily activities such as reading, cooking, and driving. Supporting eye health also includes eating a nutrient-rich diet with leafy greens, colorful fruits, and omega-3s, staying physically active to improve blood flow, and managing chronic conditions like high blood pressure. Seniors should watch for any changes in vision, including blurred sight or loss of peripheral vision, and report them promptly to an eye care professional. Encouraging friends and family to schedule eye exams can help protect the vision of your community while giving you peace of mind from staying proactive about eye health.

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# Yummy New Year's Snacks

## Chocolate & Pomogranate Bites

These festive bites pair tart pomegranate seeds with rich dark chocolate and a sprinkle of nuts or coconut for a healthy, indulgent treat. Melt dark chocolate and spoon small pools onto parchment paper. Press a few pomegranate seeds on top and sprinkle with chopped nuts or coconut. Let them harden in the fridge and enjoy a bite-sized winter snack full of antioxidants.

## Mini Stuffed Sweet Potatoes

Hearty, colorful, and easy to make, these mini sweet potatoes are perfect for a cozy winter snack. Roast baby sweet potatoes until tender, then slice in half and scoop slightly to make room. Fill each half with black beans, a dollop of Greek yogurt, and a touch of salsa. Top with fresh cilantro and serve warm for a nutritious, savory treat.

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**BREAKFAST IS SERVED FROM 8:30-10 AM**

**LUNCH IS SERVED 12-1:00 PM**



**DINE-IN LUNCH \$7 SUGGESTED**

**CONTRIBUTION FOR SENIORS**

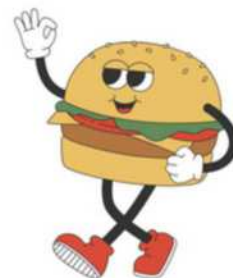
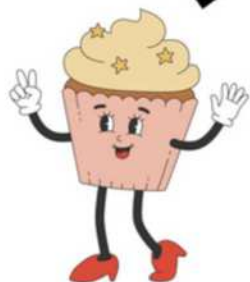
**\$15 FOR NON-SENIORS**

**DINE-IN BREAKFAST \$5**

**SUGGESTED CONTRIBUTION**

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

## LUNCH COUNTER JANUARY 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, JAN 5TH

Soup, Salad Bar &  
Baked Potato  
Chocolate Chip  
Cookie

### TUE, JAN 6TH

Lemon Chicken  
Brownie

### WED, JAN 7TH

Fish  
Fruit Crisp

### THUR, JAN 1ST

Closed for New  
Year's Day

### FRI, JAN 2ND

FRIDAY FEAST  
French Dip  
Apple Brown Betty

### MON, JAN 12TH

Soup, Salad Bar &  
Sandwich  
Snickerdoodle

### TUE, JAN 13TH

Spaghetti &  
Meatballs  
Tiramisu

### WED, JAN 14TH

Roast Beef  
Oatmeal Raisin  
Cookie

### THUR, JAN 15TH

Fish  
Cupake

### FRI, JAN 16TH

FRIDAY FEAST  
Taco Bar  
Churro & Fruit  
Sauce

### MON, JAN 19TH

Soup, Salad Bar &  
Sandwich  
Peanut Butter  
Chocolate Cookie

### TUE, JAN 20TH

BIRTHDAY LUNCH  
Steak & Fries  
Strawberry  
Shortcake

### WED, JAN 21ST

Linguine & Clam  
Sauce  
Banana Pudding

### THUR, JAN 22ND

Roast Pork  
Glazed Blueberry  
Muffin

### FRI, JAN 23RD

Cubano Sandwich  
Apricot Crisp

### MON, JAN 26TH

Soup, Salad Bar &  
Baked Potato  
Spice Cupcake

### TUE, JAN 27TH

Stuffed Chicken  
Breast  
Fruit Pizza

### WED, JAN 28TH

Hot Roast Beef  
Sandwich, mashed  
potatoes & gravy  
Red Velvet Cookie

### THUR, JAN 29TH

Chili & Corn Bread  
Key Lime Bars

### FRI, JAN 30TH

BBQ Pulled Pork  
Carrot Cake with  
Raisins



# January Activity Calendar

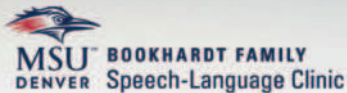
CHECK THE WEBSITE FOR UPDATES

| MON  | TUE   | WED  | THU  | FRI  |
|--|---|--|--|--|
|  |   |  | <p>1</p> <p>CLOSED FOR NEW YEAR'S DAY!</p> <p>2026</p>   | <p>2</p> <p>8:45 Awake &amp; Aligned</p> <p>9:00 Collage on Your Own</p> <p>10:00 Classic Fitness with Alice</p> <p>10:15 Jam55 Session</p> <p>11:30 Hole Food Rescue</p> <p>1:00 Mahjong- Beginners Welcome!</p> <p>1:00 Knitting Club</p> <p>2:00 Strength &amp; Conditioning</p>                      |
| <p>5</p> <p>9:00 Foundations of Acrylics</p> <p>11:00 Fitness with Alice (Wilson)</p> <p>11:00 Movement &amp; Strength</p> <p>11:30 Blood Pressure Checks</p> <p>1:00 Duplicate Bridge</p> <p>1:00 On the Move</p> <p>2:00 Circuit Training</p> <p>3:00 CORE Yoga</p>  | <p>6</p> <p>9:00 Pilates on the TV</p> <p>9:00 Massage - <b>cancelled</b></p> <p>10:00 Massage - <b>cancelled</b></p> <p>10:30 Yoga</p> <p>11:00 Chair Massage <b>cancelled</b></p> <p>11:45 Senior Step</p> <p>1:00 Reiki/Healing Touch</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> <p>1:00 Pinochle</p> <p>1:30 Strength with Jo</p> | <p>7</p> <p>9:00 Foundations of Acrylics</p> <p>9:00 Yoga for Strength</p> <p>10:00 Tech Tutor</p> <p>10:30 Tai Chi with Ken</p> <p>11:45 Classic Fitness with Alice</p> <p>12:00 Canasta</p> <p>1:00 Fun Bridge</p> <p>1:00 Swissball Yoga</p> <p>2:00 On the Move</p>  | <p>8</p> <p>9:00 Functional Fitness</p> <p>10:00 Coffee with the Mayor</p> <p>10:30 Yoga Basics</p> <p>10:45 Chair Yoga</p> <p>11:00 Beginner Bootcamp with Alice (Wilson)</p> <p>11:30 Hole Food Rescue</p> <p>12:00 Dancing Through the Decades</p> <p>1:00 Duplicate Bridge</p>                               | <p>9</p> <p>8:45 Awake &amp; Aligned</p> <p>9:00 Collage on Your Own</p> <p>10:00 Classic Fitness with Alice</p> <p>10:15 Jam55 Session</p> <p>11:30 Hole Food Rescue</p> <p>1:00 Mahjong- Beginners Welcome!</p> <p>1:00 Knitting Club</p> <p>2:00 Strength &amp; Conditioning</p>                      |
| <p>12</p> <p>9:00 Foundations of Acrylics</p> <p>11:00 Movement &amp; Strength</p> <p>11:00 Fitness with Alice (Wilson)</p> <p>11:30 Blood Pressure Checks</p> <p>1:00 Duplicate Bridge</p> <p>1:00 On the Move</p> <p>2:00 Circuit Training</p> <p>3:00 CORE Yoga</p>   | <p>13</p> <p>9:00 Pilates</p> <p>9:00 Massage</p> <p>10:00 Massage</p> <p>10:00 Surviving Cancer Support Group</p> <p>10:30 Yoga</p> <p>11:00 Chair Massage</p> <p>11:45 Senior Step <b>is Cancelled</b></p> <p>1:00 Reiki/Healing Touch</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> <p>1:00 Pinochle</p> <p>1:30 Strength with Jo</p> | <p>14</p> <p>9:00 Foundations of Acrylics</p> <p>9:00 Yoga for Strength</p> <p>10:00 Tech Tutor</p> <p>10:30 Tai Chi with Ken</p> <p>11:45 Classic Fitness with Alice</p> <p>12:00 Canasta</p> <p>1:00 Fun Bridge</p> <p>1:00 Swissball Yoga</p> <p>2:00 On the Move</p>   | <p>15</p> <p>9:00 Functional Fitness</p> <p>10:30 Yoga Basics</p> <p>10:45 Chair Yoga</p> <p>11:00 Beginner Bootcamp with Alice (Wilson)</p> <p>11:30 Hole Food Rescue</p> <p>12:00 Dancing Through the Decades</p> <p>1:00 Duplicate Bridge</p>   | <p>16</p> <p>8:45 Awake &amp; Aligned</p> <p>9:00 Collage on Your Own</p> <p>10:00 Classic Fitness with Alice</p> <p>10:15 Jam55 Session</p> <p>11:30 Hole Food Rescue</p> <p>1:00 Mahjong- Beginners Welcome!</p> <p>1:00 Knitting Club</p> <p>2:00 Strength &amp; Conditioning <b>is Cancelled</b></p> |
| <p>19</p> <p>9:00 Foundations of Acrylics</p> <p>11:00 Fitness with Alice (Wilson)</p> <p>11:00 Movement &amp; Strength <b>is Cancelled</b></p> <p>11:30 Blood Pressure Checks</p> <p>1:00 Duplicate Bridge</p> <p>1:00 On the Move <b>is Cancelled</b></p> <p>2:00 Circuit Training <b>is Cancelled</b></p> <p>3:00 CORE Yoga</p> | <p>20</p> <p>9:00 Pilates</p> <p>9:00 Massage</p> <p>10:00 Massage</p> <p>10:30 Yoga</p> <p>11:00 Chair Massage</p> <p>11:45 Senior Step</p> <p>1:00 Reiki/Healing Touch</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> <p>1:00 Pinochle</p> <p>1:30 Strength with Jo</p>   | <p>21</p> <p>9:00 Foundations of Acrylics</p> <p>9:00 Yoga For Strength</p> <p>9:30 Beginning Bridge</p> <p>10:00 Tech Tutor</p> <p>10:30 Tai Chi with Ken</p> <p>11:45 Classic Fitness with Alice</p> <p>12:00 Canasta</p> <p>1:00 Fun Bridge</p> <p>1:00 Swissball Yoga</p> <p>2:00 On the Move</p>                                      | <p>22</p> <p>9:00 Functional Fitness</p> <p>10:30 Yoga Basics</p> <p>10:30 Caregiver Support</p> <p>10:45 Chair Yoga</p> <p>11:00 Beginner Bootcamp with Alice (Wilson)</p> <p>11:30 Hole Food Rescue</p> <p>11:30 Medicare Assistance</p> <p>12:00 Dancing Through the Decades</p> <p>1:00 Duplicate Bridge</p> | <p>23</p> <p>8:45 Awake &amp; Aligned</p> <p>9:00 Collage on Your Own</p> <p>10:00 Classic Fitness with Alice</p> <p>10:15 Jam55 Session</p> <p>11:30 Hole Food Rescue</p> <p>1:00 Mahjong- Beginners Welcome!</p> <p>1:00 Knitting Club</p> <p>2:00 Strength &amp; Conditioning</p>                     |
| <p>26</p> <p>9:00 Foundations of Acrylics</p> <p>11:00 Fitness with Alice (Wilson)</p> <p>11:00 Movement &amp; Strength</p> <p>11:30 Blood Pressure Checks</p> <p>1:00 Duplicate Bridge</p> <p>1:00 On the Move</p> <p>2:00 Circuit Training</p> <p>3:00 CORE Yoga</p>   | <p>27</p> <p>9:00 Pilates</p> <p>9:00 Massage</p> <p>10:00 Massage</p> <p>10:30 Yoga</p> <p>11:00 Chair Massage</p> <p>11:45 Senior Step</p> <p>1:00 Reiki/Healing Touch</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> <p>1:00 Pinochle</p> <p>1:30 Strength with Jo</p>   | <p>28</p> <p>9:00 Foundations of Acrylics</p> <p>9:00 Yoga for Strength</p> <p>9:30 Beginning Bridge</p> <p>10:00 Tech Tutor</p> <p>10:30 Tai Chi with Ken</p> <p>11:45 Classic Fitness with Alice</p> <p>12:00 Canasta</p> <p>1:00 Fun Bridge</p> <p>1:00 Swissball Yoga</p> <p>1:00 Acrylic Class Exhibition</p> <p>2:00 On the Move</p> | <p>29</p> <p>9:00 Functional Fitness</p> <p>10:30 Yoga Basics</p> <p>10:45 Chair Yoga</p> <p>11:00 Beginner Bootcamp with Alice (Wilson)</p> <p>11:30 Hole Food Rescue</p> <p>12:00 Dancing Through the Decades</p> <p>1:00 Duplicate Bridge</p>   | <p>30</p> <p>8:45 Awake &amp; Aligned</p> <p>9:00 Collage on Your Own</p> <p>10:00 Classic Fitness with Alice</p> <p>10:15 Jam55 Session</p> <p>11:30 Hole Food Rescue</p> <p>1:00 Mahjong- Beginners Welcome!</p> <p>1:00 Knitting Club</p> <p>2:00 Strength &amp; Conditioning</p>                     |



# Winter Stargazing

January nights offer some of the clearest and most beautiful stargazing opportunities of the year. The crisp, cold air often reduces haze and makes stars appear brighter, giving you an excellent view of winter constellations like Orion, Taurus, and Gemini, which are high in the evening sky. Look for the sparkling Pleiades cluster, often called the Seven Sisters, which sits within Taurus and is easy to spot on clear nights. Bright planets may also be visible early in the evening or later at night, depending on the time of year. Even from a backyard, porch, or balcony, you can enjoy the night sky. Beginners can start by locating Orion's Belt, a short line of three bright stars that can help guide you to other constellations. Wrap yourself in a warm blanket, sip a favorite hot drink, and use a pair of binoculars to spot star clusters and subtle details. Take your time noticing patterns, twinkling stars, and the slow movement of the sky. Winter stargazing offers a peaceful way to reflect, feel a sense of wonder, and connect with the natural rhythms of the season.



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# Winter Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 | 1 | 2 |   | 8 |   |   |
|   | 4 |   |   | 8 |   |   |   | 6 |
|   | 6 |   |   | 9 |   | 7 | 1 |   |
|   |   | 2 |   | 6 |   | 1 |   |   |
| 6 | 8 |   | 7 |   |   | 4 | 2 |   |
|   | 1 |   |   |   | 5 |   | 8 |   |
| 7 |   |   |   | 5 | 1 |   | 6 | 8 |
| 5 |   | 8 |   | 7 |   | 2 |   | 1 |
| 1 |   |   | 8 |   | 2 |   | 7 | 5 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 6 | 2 | 4 | 8 | 9 | 3 | 1 |
| 1 | 4 | 2 | 3 | 7 | 6 | 8 | 5 | 9 |
| 8 | 9 | 6 | 3 | 5 | 1 | 4 | 2 | 7 |
| 7 | 8 | 9 | 6 | 5 | 3 | 2 | 1 | 4 |
| 3 | 2 | 4 | 1 | 6 | 7 | 5 | 8 | 9 |
| 9 | 5 | 1 | 6 | 4 | 2 | 7 | 3 | 8 |
| 2 | 1 | 7 | 4 | 9 | 6 | 5 | 3 | 8 |
| 6 | 9 | 5 | 7 | 3 | 8 | 1 | 4 | 2 |
| 4 | 3 | 8 | 1 | 2 | 6 | 5 | 7 | 9 |



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- Alex Roberts
- Monday Breakfast Group

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In Memory of Cindy Stilson  
Mary & Mark Obringer

In Memory of Ed Wigg  
Mary & Mark Obringer

## 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.

## *End of Year Giving*

Your end of year gift is vital to existing and expanding programming, transportation, current and new fitness programs, retaining experienced fitness instructors and our in-house meal programs and Meals on Wheels. Your generosity allows seniors to remain in their homes for as long as possible. Have questions? Let us know!



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Community!





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### HOME CARE &

### VOLUNTEER MANAGER:

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P.O. BOX 4677

JACKSON HOLE, WY 83001

830 E. HANSEN

(307) 733-7300

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