

NEWSLETTER

Enhancing & Supporting the Lives of Seniors



TORCHLIGHT
PARADE ON
SNOW KING

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Acrylic Painting Foundations

MONDAYS & WEDNESDAYS, 9 - 11 AM
JANUARY 5TH - 28TH



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 22ND
\$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 8TH
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 13TH
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 21TH at 9:30am,
Taught by Ralph Haberfeld.
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 22ND
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 22ND
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 27TH
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 29TH
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.

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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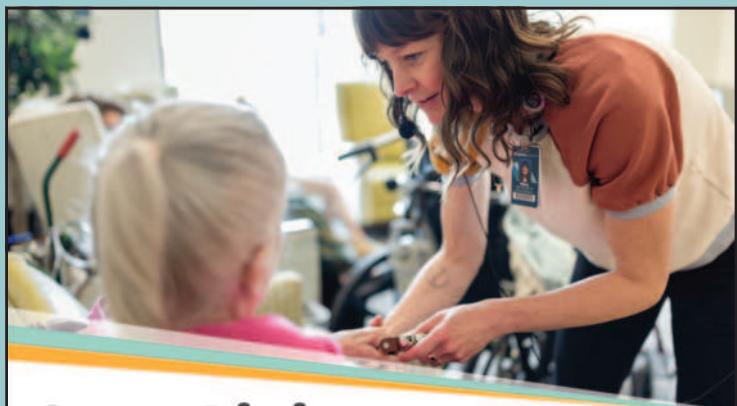


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St John's HEALTH
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Yummy New Year's Snacks

Chocolate & Pomegranate 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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Senior Center of Jackson Hole, Jackson Hole, WY

C 4C 05-1306

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

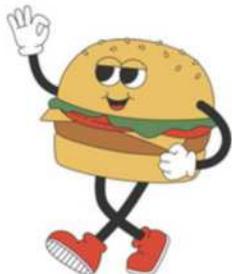
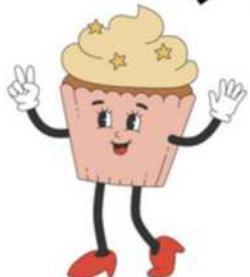
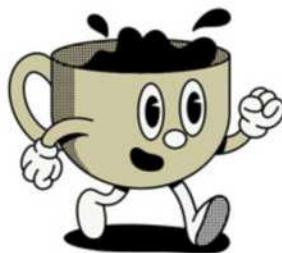
\$15 FOR NON-SENIORS

DINE-IN BREAKFAST \$5

SUGGESTED CONTRIBUTION

LUNCH COUNTER

JANUARY MENU



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

Mon - Egg Bake

Tue - Omelets

Wed - French Toast

Thur - Eggs
& Bacon

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 8TH

Chicken Pot Pie
Chocolate Zucchini
Cake

FRI, JAN 2ND

Closed for New
Year's Day

FRI, JAN 9TH

Lasagna
Caramel Ice Cream
Sundae

MON, JAN 12TH

Soup, Salad Bar &
Sandwich
Snicherdoodle

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

1
CLOSED FOR NEW
YEAR'S DAY!

2026

5

9:00 Foundations of Acrylics
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

6

9:00 Pilates on the TV
9:00 Massage - **cancelled**
10:00 Massage - **cancelled**
10:30 Yoga
11:00 Chair Massage **cancelled**
11:45 Senior Step
1:00 Reiki/Healing Touch
1:00 Duplicate Bridge
1:00 Canasta
1:00 Pinochle
1:30 Strength with Jo

7

9:00 Foundations of Acrylics
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

8

9:00 Functional Fitness
10:00 Coffee with the Mayor
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

9

8:45 Awake & Aligned
9:00 Collage on Your Own
10:00 Classic Fitness with Alice
10:15 Jam55 Session
11:30 Hole Food Rescue
1:00 Mahjong- Beginners Welcome!
1:00 Knitting Club
2:00 Strength & Conditioning

12

9:00 Foundations of Acrylics
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

13

9:00 Pilates
9:00 Massage
10:00 Massage
10:00 Surviving Cancer Support Group
10:30 Yoga
11:00 Chair Massage
11:45 Senior Step **is Cancelled**
1:00 Reiki/Healing Touch
1:00 Duplicate Bridge
1:00 Canasta
1:00 Pinochle
1:30 Strength with Jo

14

9:00 Foundations of Acrylics
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

15

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

16

8:45 Awake & Aligned
9:00 Collage on Your Own
10:00 Classic Fitness with Alice
10:15 Jam55 Session
11:30 Hole Food Rescue
1:00 Mahjong- Beginners Welcome!
1:00 Knitting Club
2:00 Strength & Conditioning **is Cancelled**

19

9:00 Foundations of Acrylics
11:00 Fitness with Alice (Wilson)
11:00 Movement & Strength **is Cancelled**
11:30 Blood Pressure Checks
1:00 Duplicate Bridge
1:00 On the Move **is Cancelled**
2:00 Circuit Training **is Cancelled**
3:00 CORE Yoga

20

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 Duplicate Bridge
1:00 Canasta
1:00 Pinochle
1:30 Strength with Jo

21

9:00 Foundations of Acrylics
9:00 Yoga For Strength
9:30 Beginning Bridge
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

22

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 Hole Food Rescue
11:30 Medicare Assistance
12:00 Dancing Through the Decades
1:00 Duplicate Bridge

23

8:45 Awake & Aligned
9:00 Collage on Your Own
10:00 Classic Fitness with Alice
10:15 Jam55 Session
11:30 Hole Food Rescue
1:00 Mahjong- Beginners Welcome!
1:00 Knitting Club
2:00 Strength & Conditioning

26

9:00 Foundations of Acrylics
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

27

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 Duplicate Bridge
1:00 Canasta
1:00 Pinochle
1:30 Strength with Jo

28

9:00 Foundations of Acrylics
9:00 Yoga for Strength
9:30 Beginning Bridge
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
1:00 Acrylic Class Exhibition
2:00 On the Move

29

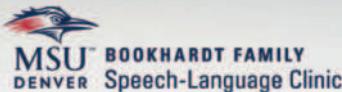
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10:00 Classic Fitness with Alice
10:15 Jam55 Session
11:30 Hole Food Rescue
1:00 Mahjong- Beginners Welcome!
1:00 Knitting Club
2:00 Strength & Conditioning

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		

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

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- Cooke Family Charitable Foundation
- Gayle Downing
- Dan Bennett
- Alex Roberts
- Monday Breakfast Group

Bricks

LoyDean Barney

Memorials

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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