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OUR MISSION

Enhancing and supporting the lives of seniors.

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Home Care Manager

Melissa Rochlitz

Home Care Assistant

{Open Position}

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Janette Miller

Kristie Dyke

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Judy Johnson

Mary Obringer

Mandy Salamon

Cheyenne Cowley

KITCHEN STAFF

Head Cook

Karen Smith

Assistant Cook

Glen Gonzalez

Prep Cook

Javier Alcontar

Dishwasher

Nadiia Vasko

Upcoming Facility Closure

**Fri, March 3 & Mon, March 6
ALL DAY**

The Senior Center of Jackson Hole will be closed on March 3rd and 6th for maintenance and training. On these dates we will not be offering any meal services, or exercises classes. We will serve Friday Feast on Thursday March 2nd. Frozen meals will also be available on Thursday.



Knitting Basics



March 9th, 16th, 23rd & 30th

1 - 2 pm

\$10 suggested donation per class

Come and learn the basics of knitting with your friends. All supplies will be provided. Advance sign-up encouraged in order to have appropriate supplies.

Sip and Paint

March 24th

2 - 4 pm

\$20

RSVP March 15th

Join Melissa for a beginner friendly paint along that guides you to creating your own masterpiece. All supplies will be provided. .



1

Phyllis Hazen

3

Ralph Haberfeld
Ralph Boyack

4

Minnie Irwin
Mark Zwerin

6

Carol Kessler
Connie Hansen

9

Roger Elletson
Cush Cushman
Judy Johnson

11

Pauline Polkinghorne
Rilla Varley

13

Clara Bush
Jim Wolf
John Ryan

14

Linda Kraft
Sharon Gusa

15

Marty Leith

15

Judy Pilgrim

19

Robin Kennedy

20

Jim Clouse

21

Al Wilner
Lorie Cahn

22

Collen Thompson

25

Sarah Sullivan

27

Joe Kinsella
Barbara Conitz

29

Jim Roscoe

30

Lisa Ridgway
Larry Johnson

31

Dotty Hodges
Stephanie Brown
Gwen Burns
Erich Jost
Marguerite Swope

Birthday Celebration



BIRTHDAY LUNCH | MARCH 21ST In House and Meals on Wheels
March birthdays will enjoy lunch compliments of First Interstate Bank



From the Desk of the Executive Director

I am a big fan of the weird national holidays that celebrate things you would never have thought of. March is a month of cabin fever and wishing the snow would melt faster so we are going to recognize a few of these fun holidays this month.

March 1st - Compliment Day - no matter what you say this day it has to be complimentary.

March 2nd - Old Stuff Day - we have a lot of it and will be having an office supply and more sale beginning at 11 am.

March 9th - Popcorn Lovers Day - join us at 3 pm for many flavors of popcorn and a movie.

March 24th - National Waffle Day - we will add a delicious waffle with assorted topping to the breakfast menu on this day.

March 30th - National Take a Walk in the Park Day - join us at 1:30 pm and we will take a walk in (or around as we wish the snow would melt faster) May Park and the neighborhood.



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Volunteer Spotlight

March Volunteer Spotlight is **Cindy Brown**. Cindy is our dedicated blood pressure nurse. Previous to volunteering at the Senior Center, Cindy practiced nursing for 23 years in the critical care unit. Her favorite part of her job was getting to educate patients. After leaving nursing and moving to Jackson, Cindy realized that she wanted to continue helping people and she wanted to give back to the community.

Cindy's favorite part of volunteering is getting to talk with our members as long as she wants while still teaching!

Thank you Cindy for choosing to spend your time at the Senior Center and helping our seniors!

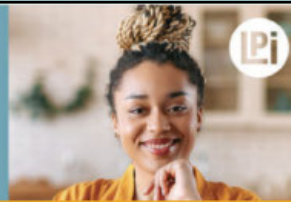


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A Message from our Home Care Manager

Are you one of the 88% of people who would like to remain in your home as long as possible? Here are a couple of ways that you can "Age-Proof" your home.

Live on one floor – a first floor set up of a bedroom and bath can go a long way toward an age-friendly home.

Get rid of trip hazards – throw rugs with curled corners are just begging for a fall. Also, make sure cords are out of the way.

Get the right bed height – the best height for getting in/out of bed is between 17" and 23" from the floor.

Add a place to sit – a shower chair or bench paired with a handheld showerhead creates a safer situation. Also, have a place to sit when putting on shoes or boots.

Rethink kitchen storage – move heavy bowls or appliances out of an upper shelf and store them at waist level.

Safety on stairs – add handrails on both sides of staircases (rounded rails are easiest to grip), consider a ramp entrance and add lighting to stairwells.

Add lighting – consider changing existing light bulbs to a higher wattage or LED bulbs for better visibility.

Many of these "upgrades" are low cost and easy to do. Have a friend walk through your home to help you identify options to make safe changes.

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Bill Clough

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6 MARCH 2023 MENU

SENIOR CENTER OF JACKSON HOLE

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Lemon Chicken	02 Friday Feast Taco Salad	03 Closed for Maintenance
06 Closed for Maintenance	07 Lasagna	08 Egg Salad Sandwich	09 Cheeseburger	10 Brunswick Stew
13 Jambalaya	14 Meatball Sub	15 Turkey, Mashed Potatoes & Gravy	16 Beef Stew	17 St. Patrick's Day Lunch Reuben
20 Sweet & Sour Beef	21 Birthday Lunch Calzone	22 Baked Chicken	23 Patty Melt	24 Bob's Friday Beef Enchiladas
27 Ham	28 Beef Pot Pie	29 Chile Verde	30 Turkey Melt	31 Meatloaf with Gravy

Word List:

ACADIA
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CASCADES
MAMMOTH
DUNES

ARCHES
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CAVE
SMOKY

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OLYMPIC
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D A T D N D U N D K A T M A I J A P
A O I O C O N G A R E E R D X R M Q
N A E T I O E E V E R G L A D E S E
S R V A N G Y E L L O W S T O N E E

MARCH 2023 ACTIVITIES

SENIOR CENTER OF JACKSON HOLE

7

Suggested contribution for senior fitness classes is \$5.
Non-Seniors are \$7.

To join Duplicate Bridge call Ray at (208) 520-4437.
To learn how to play or join Contract Bridge call Irene at (310) 993-7485.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Alice's Classic Fitness 1:00 Contract Bridge 1:30 Salsa Lessons	02 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:00 COVID Booster 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	03 Closed for Maintenance
06 Closed for Maintenance	07 9:00 Pilates 10:00 Piano Lessons 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:00 Mahjong 1:30 Bingo 1:30 Aerobics for Strength	08 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Alice's Classic Fitness 1:00 Contract Bridge 1:30 Salsa Lessons	09 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:00 COVID Booster 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 3:00 Movie & Popcorn	10 10:00 Alice's Classic Fitness 10:00 Coffee Club 11:00 BP Check 11:00 Cybersecurity Talk 11:30 Hole Food Rescue 1:00 Holiday Crafts 2:00 Men's Strength Conditioning
13 10:00 Lucretia's Classic Fitness 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 1:00 Just Relaxing Art 3:00 Active Yoga	14 9:00 Pilates 10:00 Coffee Club 10:00 Piano Lessons 1:00 Bible Study 1:00 Mahjong 1:30 Bingo 1:30 Aerobics for Strength	15 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Alice's Classic Fitness 1:00 Contract Bridge 1:30 Salsa Lessons	16 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	17 10:00 Alice's Classic Fitness 10:00 Coffee Club 11:00 Blood Pressure Check 11:30 Hole Food Rescue 1:00 Just Relaxing Art 1:00 St. Patrick's Day Trivia 2:00 Men's Strength Conditioning
20 10:00 Lucretia's Classic Fitness 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Just Relaxing Art 1:00 Duplicate Bridge 3:00 Active Yoga	21 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:00 Mahjong 1:00 Medical Emergency Seminar	22 10:00 Coffee Club 10:30 Tai Chi 11:45 Alice's Classic Fitness 1:00 Contract Bridge	23 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	24 10:00 Alice's Classic Fitness 10:00 Coffee Club 11:00 Blood Pressure Check 11:30 Hole Food Rescue 1:00 Just Relaxing Art 2:00 Men's Strength Conditioning 2:00 Sip and Paint
27 10:00 Lucretia's Classic Fitness 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Holiday Crafts 1:00 Duplicate Bridge 3:00 Active Yoga	28 9:00 Pilates 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:00 Bible Study 1:00 Mahjong 1:30 Bingo 1:30 Aerobics for Strength	29 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Alice's Classic Fitness 1:00 Contract Bridge	30 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 1:30 pm Walk in the Park	31 10:00 Alice's Classic Fitness 10:00 Coffee Club 11:00 Blood Pressure Check 11:30 Hole Food Rescue 1:00 Just Relaxing Art 2:00 Men's Strength Conditioning

We had a lot of fun in February. Here are a couple of photos from the last month. Make sure you are signed up to receive our emails to learn more about pop up events. We are also sharing these on Facebook and Instagram. If you are not signed up to receive our emails, see Reanna.



Astoria Hot Springs



Valentine's Day



Sleigh Ride



Dessert Bar



Breakfast



Bingo

COVID Booster Clinic

March 2nd & 9th
11 am - 2 pm

Is it time for your COVID booster? Bring your vaccine card down to the Senior Center and receive your next booster. A couple of notes, your last dose must have been received over 2 months ago. Both Pfizer and Moderna will be available. No appointments necessary while supplies last!



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

March Events at the Senior Center



Holiday Craft Classes

March 10th & 27th

1 pm

\$10 suggested donation

6 people required for class

March is a special month for holiday crafting. On March 10th Diane will create a special event to celebrate St. Patrick's day. Then on March 27th she will be leading "decorate an Easter bunny". Join the class for a fun take

home piece of your own art or the perfect gift for a young family member.

Empowered to Stay Ahead of Online Threats

March 10th

11 am

Cybersecurity doesn't have to be scary! With a little knowledge, effort, and time, you can keep your sensitive data and computer systems safe. It all starts with people...with you. Join us in the North end for this informative talk.

St. Patrick's Day Trivia

March 17th

1 pm

\$5 suggested donation

Come dressed in your best St. Patrick's Day garb and test your trivia knowledge. Fun and laughs are guaranteed!

Medical Emergency Seminar

March 21st

1 pm

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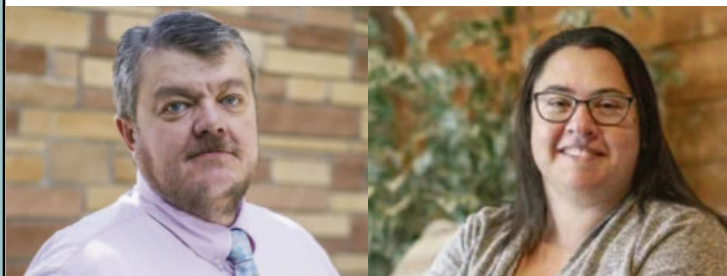
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Easy Blueberry Crisp Recipe

March is National Kidney Health Month. To keep your kidneys healthy eat lots of dark leafy greens, berries, cranberries, sweet potatoes, olive oil and cabbage.

Ingredients

For the Filling

5 cups fresh blueberries
1 tablespoon vanilla extract
2 tablespoons fresh lemon juice
2 tablespoons arrowroot powder or cornstarch
¼ teaspoon kosher salt

For the Topping

5 tablespoons cold unsalted butter (or vegan butter or refined coconut oil)
1 cup rolled oats
½ cup coconut sugar or granulated sugar

½ cup almond flour
1 teaspoon vanilla extract
½ teaspoon kosher salt
1 teaspoon culinary lavender, crushed under the bottom of a glass until powdery (optional)*

Instructions

1. Preheat the oven to 350F. Lightly grease an 8-inch pie plate or a cast-iron skillet.
2. Make the filling: In a large bowl, toss together the blueberries, vanilla, lemon juice, arrowroot and salt until well coated. Transfer the filling to the prepared pie plate.
3. Make the topping: Wipe out the bowl, then chop the butter into small pieces and add it to the bowl, with

the oats, coconut sugar, almond flour, vanilla, salt, and lavender. Pinch it all together with your fingertips until it forms a sandy dough. Sprinkle the topping evenly over the filling.

4. Bake for about 45 minutes, or until the filling bubbles and the topping is golden brown. Allow to cool at least 15 minutes.



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Tech Tutor

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

Are you signed up for our email list? Make sure you so you are not missing any last minute event information!



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