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Enhancing and supporting the lives of seniors.

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Karen Smith

Assistant Cook

Glen Gonzalez

Dishwasher

Nadiia Vasko

2nd Annual Spring Art Bazaar

Sat, April 22nd

10 am to 3 pm

\$2 or Donation for Wyoming Foster Families of Teton County

The Senior Center of Jackson Hole will host our 2nd annual Spring Art Bazaar and are welcoming all arts, chefs and skilled trades to hold a booth. Contact the Senior Center to sign up for a booth or plan to come to see all the

wonderful crafts!

The Bazaar will also support Wyoming Foster Families of Teton County. We encourage donations of clothing for all ages, diapers, gift cards, educational toys, and new personal hygiene items.

Selection of recreated Sweetwater Grill's favorite salads will be available for purchase.

Hand Building Mugs

Wed, April 12th &

Thurs, April 27th

\$30 for a Two Week Workshop

Take a two week workshop and build your own ceramic mug at the Art Association. The workshop includes roundtrip transportation from the Senior Center if needed, materials and instruction.

Bread Making Class

Sat, April 29

10 am

\$15 Suggested Donation

Explore your inner baker with our own, Jenny Ryan. She will show you how easy it is to make your own focaccia bread. And you will be taking your masterpiece home to enjoy!

Visit the Museum of the Mountain Man in Pinedale

Wed, April 26th

9 am

\$25 suggested donation

Take a trip into the 19th century and learn about the mountain men that explored the area that we now call our home. Trip includes your transportation, breakfast and museum donation. After the

museum we will take some time to stroll around the downtown.



MUSEUM of the
MOUNTAIN MAN
Sublette County Historical Society

1

Charlotte Kidd
Deanie Carlton
Kathy Bucks

2

Anna Marie Resor
John Batson
Victoria Ross

3

Mary Chessman
Jean Dalton

4

Sheri Aiken
Roberta Despain

6

Benny Tucker
Patti Boyd
Kathy Karahadian
Cindy Budge

7

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Marian Butcher

8

Judith Britton
Jan Campau
Peggy Gagnon

9

Diana Brown
Larry Bennett
Jeff Wilson

10

Martha Pittard
Steven Kuney
Martha Davila
Sandra Dodson
Roger Hayden
Christopher Johnson

11

Alan Bybee
Lou Anne Terry-Roush

12

Myra Cathcart
Stan Zaist

13

Nan Neth
Susan Imhoff
Kate McLaren

14

Nancy Carr
Kathleen McGregor
Jane Folgeman
Linda Thurber
Grant Bell
JJ Villela

15

Ellen Nygaard
Sue Costa
Lisa Potzermits

16

Jim Mathieu
Debbie Valek

17

Rolland Kuhr

18

Randy Yates
Pegi Sobbey
Liz Barczynski

19

Charles Rochford
Maureen Dempsey

20

Eric Fargo
Pepi Stiegler
Garry Tank
Art Denton
Allison Langdon

21

Maggie Armstron
David Donley
Al Zuckerman
Lourdis Santiago

23

Nancy McCarthy
Cecilia Bellinghiere

24

Susie Hermanson
Sandy Strout
Becky Rice
Chuck Bedell

25

Connie Harrison
Paula Holeman
Bert Polkinghorne
Phyllis Weiner
Retha New

26

John Simms
Nancy Brown
Marion Cadol
Charma Whitehead
Kim Lane
Kirsten Yokoi

28

Jennifer Curry Scott

29

Gail Filler
Gloria Lorenzo
Beverly Boynton

30

Robert Lenz
Elaine Kuhr
Rosa Putnam
Beth Droppert

Create an Emergency Plan

To create your emergency plan, discuss the following three questions with your family, friends, housemates, or support network.

1. How will we know what is going on and what we should do? -Sign up for Nixle, an alert system used by local authorities to distribute important safety information. To get free text message alerts, text TETON_WY to 888777.

2. What is our evacuation plan?

- Map out evacuation routes from your home and anywhere else you spend time.
- Become familiar with alternate routes and different transportation options.
- You may be separated from your friends, neighbors or loved ones when disaster strikes. Agree on at least two meeting places where you can go to reunite: one nearby and one further away.

3. What is your communication plan?

- Collect all contact information from your household and write it down. Include other important people and organizations like doctors and service providers.
- Ask an out-of-state friend/relative to be your emergency point of contact. Give them at least two forms of contact information.
- Carry the contact information you've collected with you at all times.

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Volunteer Spotlight

April Volunteer Spotlight is **Scott Schnieder**. Some of you may not know Scott but he is our Meals to Wheels go to volunteer. There are many days when we are one driver short for our delivery routes and Scott rarely says no when we ask him to step in.

When asking Scott why he likes volunteering with Meals on Wheels he said, "I like helping seniors that cannot leave their homes. Also, because I am a good Eagle Scout."

If Scott is not volunteering at the Senior Center you may find him working at Habitat for Humanity or hanging out at the Elks Club. We thank Scott for always being there for our seniors when we call!

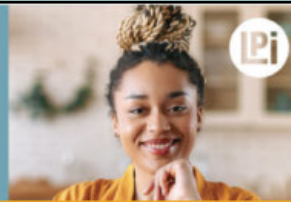


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Welcome Judy Woodard!

This month we are welcoming the newest member of our team, Judy Woodard. Judy is our Home Care Manager. She comes to us with multiple years of experience in Senior Living. Judy is the mother of three and a grandmother of 6 but you would never guess it!

She was born in Tennessee and raised her family in Ashville, North Carolina and has fallen in love with Jackson.

Judy enjoys the outdoors and loves the snow but this winter

has really put that to the test.

Another fun fact...Judy can row her own 8 man white water raft- she is a true Jackson fit!

Please help us welcome Judy by stopping in to introduce yourself!

And do not worry....Melissa will still be at the Senior Center now leading the role of Development Manager and Activities Coordinator.



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APRIL 2023 MENU

SENIOR CENTER OF JACKSON HOLE

LUNCH MENU

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.

Week of April 3-7

Monday - Baked Fish
Tuesday - Ground Beef Stroganoff
Wednesday - Croissant Sandwich
Thursday - National Burrito Day - Burrito
Friday - National Beer Day - Beer Brats

Week of April 10 - 14

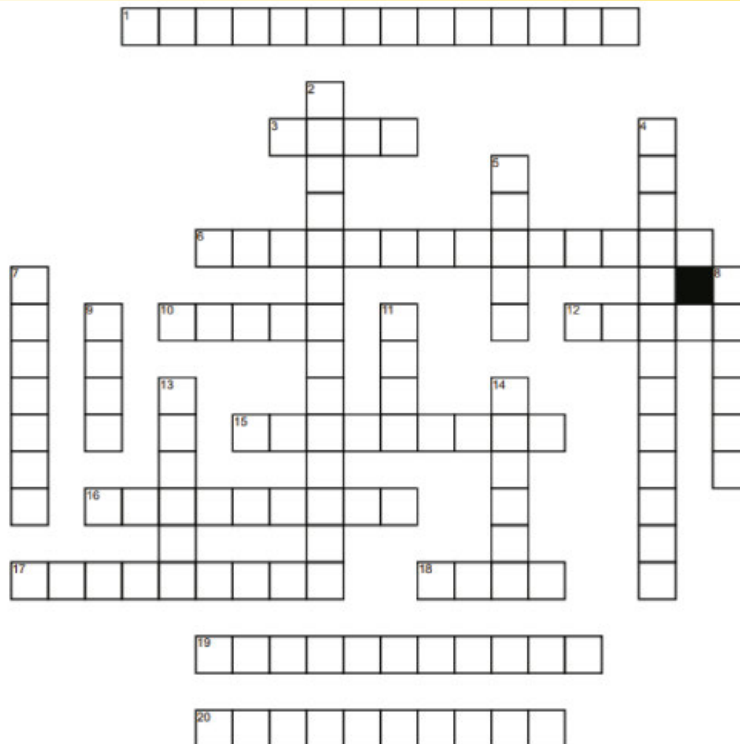
Monday - Pesto Shrimp
Tuesday - Pizza
Wednesday - National Grilled Cheese Day -
Grilled Cheese
Thursday - Grilled Steak Caesar Salad
Friday - BBQ Beef Sandwich

Week of April 17 - 21

Monday - Baked Ziti
Tuesday - Chef Salad
Wednesday - Sloppy Joe
Thursday - Chicken Pot Pie
Friday - French Dip

Week of April 24 - 28

Monday - Turkey Club Wrap
Tuesday - Mediterranean Pasta
Wednesday - Cubano Pork Sandwich
Thursday - Shepard's Pie
Friday - Chili Dog



Across

1. What festival is held in spring?
3. What weather occur in April?
6. What do you do to house in spring?
10. Air is?
12. Birds does what?
15. School has what in April?

16. what sickness do you get in spring?

17. What animal shows that spring is coming?

18. Weather is?

19. Opposite of long sleeve

20. What holiday shows love in May

Down

2. What is it called when time is moved one hour back?

4. Farmers does what?

5. School has spring what?

7. What blooms in spring?

8. Opposite of Autumn

9. Animals does what?

11. Season of

13. Animals carry

14. Holiday involving bunnies

APRIL 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
03 10:00 Classic Fitness with Lucretia 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	04 9:00 Pilates 9:00 Did You Know Chat 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	05 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Alice's Classic Fitness 1:00 Contract Bridge	06 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Sharpie Tie Dying	07 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Relaxing Art
10 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 10:30 Cyber Talk 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 1:00 Just Relaxing Art 3:00 Active Yoga	11 9:00 Pilates 9:00 Did You Know Chat 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	12 9:00 Yoga for Strength 10:00 Coffee Club 10:00 Hand Building Mugs 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:45 Board Meeting 1:00 Contract Bridge	13 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	14 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Relaxing Art 1:00 Weightlifting Basics 2:00 Men's Strength Conditioning
17 10:00 Classic Fitness with Lucretia 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	18 9:00 Pilates 9:00 Did You Know Chat 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	19 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	20 9:00 Functional Fitness 10:00 Coffee Club 10:00 COVID Booster 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	21 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Relaxing Art 1:00 Weightlifting Basics 2:00 Men's Strength Conditioning
24 10:00 Classic Fitness with Lucretia 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	25 9:00 Pilates 9:00 Did You Know Chat 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:00 Bible Study 1:30 Bingo 1:30 Aerobics for Strength	26 9:00 Mountain Man Museum Trip 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	27 9:00 Functional Fitness 10:00 Coffee Club 10:00 Hand Building Mugs 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 4:00 Happy Hour Social	28 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Relaxing Art 1:00 Weightlifting Basics 2:00 Men's Strength Conditioning

A few of our favorite moments in March! 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.

**Bingo!****Cyber Safety****Always a puzzle going****St. Patrick's Day****Tai Chi**

April Events at the Senior Center

Did You Know Coffee Chat Tuesdays

9 am

Each Tuesday through April we will have a topic discussion over coffee. Topics will vary based on interest and participation. We hope to see you here!

Weightlifting Basics Course

Fridays April 14, 21, 28

1 pm

\$5 Suggested Donation

Are you overwhelmed when you come to the gym because you do not know where to start? Join Charlie to learn

about our weight machines and free weights so you can plan a workout on your own or join a class in the future.

Sharpie Tie Dying

April 6th

\$5 Suggested Donation

Have you ever heard of Sharpie tie dying? Come see what it is all about and make your own showpiece!

Cyber Talk

April 11th

10:30 am

\$5 Suggested Donation

We had a very informative

discussion with Keith, IT Director with Teton County last month, so we are holding another talk. Come to the Center to ensure you are making the safest decisions when you are online, texting or emailing.

Spring Happy Hour

April 27th

4 pm

\$5 Suggested Donation

Celebrate spring at the Senior Center and gather for drinks, bites and friends. We will be serving up a special Spring cocktail.

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 Candy for all the sweets!**



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Earth Day Sugar Cookies

Earth Day is celebrated on April 22nd. Make these Earth Day Cookies to help celebrate the day.

Ingredients

2 cups all-purpose flour
1/2 tsp baking powder
1/4 tsp salt
1/2 cup unsalted butter
1 cup granulated sugar
1 large egg
1 tsp vanilla extract
blue and green food coloring

Instructions

Whisk together the flour, baking powder and salt in a bowl. Cream together the butter and sugar in a large bowl, until light. Beat in the vanilla and the egg.

Add the dry ingredients to the butter mixture. Beat until the dough comes together. If you are using an electric mixer, the dough will pull away from the side of the bowl when it is done.

Once you have mixed up a batch of cookie dough, divide the batch in half. Color one-half blue and one-half green.

Roll out each batch to about 1/2 inch thickness.

Place a large piece of parchment paper on your work surface. This will help the dough not stick. Now for the fun part. Rip the dough into pieces and start patching the two colors together. Press the seams together with your fingers. Keep ripping and

patching until you have mixed the two colors. Creating an earth likeness of water and land.

Lightly flour the rolling pin and roll the cookie dough to 1/4 inch thickness. rolled out. Cut out cookies with round cutter.

Bake cookies on a parchment paper lined baking sheet, in a 325°F oven for 10-14 minutes until lightly golden on the bottom of the cookie.



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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 are so you are not missing any last minute event information!

POP UP EVENTS!

We are having many pop up events so be sure to follow us on Facebook and Instagram to stay in the know!



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