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### OUR MISSION

Enhancing and supporting the lives of seniors.

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Rachel Galbraith

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#### Home Care Assistant

{Open Position}

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Janette Miller

Becca Jewison

Judy Johnson

Mary Obringer

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#### Head Cook

Karen Smith

#### Assistant Cook

Glen Gonzalez

#### Dishwasher

Nadiia Vasko

## Senior Health and Fitness Day

**Wed, May 31**

**10 am - 12 pm**

Join the Senior Center for the 30th annual National Senior Health and Fitness Day in May Park. National Health and Fitness Day is an annual event promoting the importance of regular physical activity and health opportunities for seniors.

The Senior Center is partnering with Teton County Public Health who will provide diabetes screenings, vaccination information, chronic disease

specialist, cognitive assessments and additional health screens.

Senior Center will host low-impact exercise classes, tips on healthy eating, goal setting resources and more.



## Visit the National Museum of Military Vehicles

**Wed, May 17**

**8 am**

**\$15 suggested donation**

**Reservations required**

The award winning National Museum of Military Vehicles opened in Dubois, Wyoming in August of 2020. The museum hosts nearly 500 fully restored military vehicles, artillery pieces, navel vessels and aircraft dating from 1897 to present with an emphasis on the American Experience in World War II, the Korean War, and the Vietnam War. The focus of the museum is to tell the stories of how these vehicles were used and to

remember the valor of service members who fought, and sometimes died, in them.

Join Benji on the beautiful ride to Dubois and through an education experience that is said to be a "must see!"

The bus will depart the Senior Center at 8 am. We have a 10 am group tour of the WWII vehicles. You may join the tour or explore the museum on your own.

Breakfast will be provided and you will have the opportunity to explore Dubois for lunch before returning to Jackson.



# Happy Birthday May!

Join us for an in house or Meals on Wheels lunch on May 23rd to celebrate your special day and enjoy beef over rice and red velvet cake!

May birthdays are compliments of  
First Interstate Bank.

*May babies' birthstone will make others green with envy*

*May Babies' Birth flowers are sweet and hopeful*

*May babies might be born lucky*

*May babies have positive attitudes*



*May babies are in star-studded company*

*May babies' birth flower is the lily of the valley*



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Answers on back page.

## What is a "QR Code"??

Have you seen those funny little squares on flyers or advertisements? Those are QR Codes and they are really cool ways to get to information! Here is what to do:

1. Open your phone and go to the camera feature.
2. Open the camera as if you are going to take a photo and bring the QR code into focus.
3. There will be a yellow bar that shows up floating in view.
4. Click on the yellow bar to get to the website or information.
5. QR codes are SECURE TECHNOLOGY. You will not get a virus!

Here are a few QR codes to practice on:



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May Volunteer Spotlight is **Diane Ryan**.

Diane wears many hats while volunteering at the Senior Center. You may see her greeting you at the lunch desk on Monday or Friday, teaching Just Relaxing Art or leading a special Holiday Decorations Workshop. Diane was an interior designer in her early life but then found a passion for architecture illustration which she practiced for many years. She drew illustrations of homes, buildings, and landmarks.

Diane moved to Jackson 10 years ago to be closer to her son and found the Senior Center shortly after. In 2022 Diane realized that there was a missing piece in the weekly event calendar and offered to lead an art class. Diane's goal is to create a relaxing space to be creative. There are no

expectations, no rules, no skill level, just create art. We thank Diane for her creative contribution and dedication in the Senior Center.

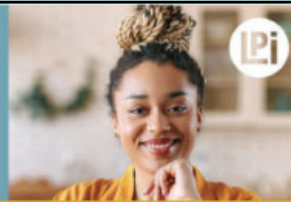


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## Is Your Food Safe?

What is the difference between "Best-before" and "Use-by" when looking at your food labels?

The look-test or sniff-test is not a safe way to know if your food or liquids are still consumable. Here are a few best practices for ensuring food safety.

The "Use by" date is a deadline for when your food becomes unsafe to eat. Religiously use this date! A product could still smell good or look good after the "Use-by" date, but be contaminated.

The "Best-by" date is used on foods with a longer shelf-life, such as pasta or breakfast cereal. Bacteria will not typically grow on these foods so food poisoning is not a concern.

The golden rule to remember is that "Use-by" date is a DEADLINE and "Best-by" date is a GUIDELINE for when to eat your food.



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**Heather Huhn**  
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# 6 MAY 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 and full daily menu available on Senior Center of Jackson Hole website..

### Week of May 1-5

Monday - Shrimp Fried Rice \*\*  
Tuesday - Roasted Pork Tenderloin  
Wednesday - Cheeseburgers \*\*  
Thursday - BBQ Chicken  
Friday Feast - Soup and Salad

### Week of May 8 - 14

Monday - Meatloaf  
Tuesday - Gyros  
Wednesday - Chicken Spinach Enchilada \*\*  
Thursday - Muffuletta Pasta Salad \*\*  
Friday - Beef Barley Soup  
Sunday - Mother's Day Brunch

### Week of May 15 - 19

Monday - Steak and Potato Salad  
Tuesday - Hot Chicken Sandwich  
Wednesday - Chili Verde with Pork  
Thursday - Beef Taco Salad\*\*  
Friday Feast- Pasta Bake\*\*

### Week of May 22 - 26

Monday - Meatball Sub Sandwich  
Tuesday Birthday Lunch - Cuban Ropa Vieja (Beef over Rice)  
Wednesday - Egg Salad Sandwich  
Thursday - Baked Chicken  
Bob's Friday Feast- Bob's BBQ

### Week of May 30 - 31

Tuesday- Turkey Pasta Salad\*\*  
Wednesday- Pizza \*\*

\*\*Vegetarian option available for dine-in only

## Recipe Nook - Watermelon Sorbet

With summer ahead, cravings start for something icy, sweet and cold. Fruits, vegetables, smoothies, salads, and yogurt are always a refreshing and healthy treats!

### Ingredients

1/2 of a medium size watermelon  
1 can of pink lemonade concentrate thawed  
1 can of crushed pineapple

### Directions

Cut the watermelon in half and scoop out the watermelon using an ice cream scoop. It is easiest if the watermelon is cut in half lengthwise.

Put the watermelon scoops in a blender or food processor and process until smooth.

Measure 8 cups of the puree and put in a freezer safe bowl.

Add the lemonade and pineapple.  
Stir until well mixed.

Place in the bowl in the freezer and freeze until solid.

Scoop into a dish, add a sprig of mint and enjoy!





# MAY 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
<b>01</b> 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 2:30 Tech Tutor 3:00 Active Yoga	<b>02</b> 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:30 Bingo 1:30 Aerobics for Strength 6:00 Quilting Guild	<b>03</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Swissball Yoga	<b>04</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Bible Study 1:00 Duplicate Bridge	<b>05</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:30 Hole Food Rescue 1:00 Just Relaxing Art 2:00 Strength Conditioning 5:30 Cinco de Bingo Dinner
<b>08</b> 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 2:30 Tech Tutor 3:00 Active Yoga	<b>09</b> 9:00 Pilates 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:30 Bingo 1:30 Aerobics for Strength	<b>10</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Swissball Yoga	<b>11</b> 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Bible Study 1:00 Duplicate Bridge	<b>12</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:00 BP Checks 11:30 Hole Food Rescue 1:00 Just Relaxing Art 2:00 Strength Conditioning
<b>15</b> 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 2:30 Tech Tutor 3:00 Active Yoga	<b>16</b> 9:00 Pilates 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:30 Bingo 1:30 Aerobics for Strength	<b>17</b> 8:00 Military Vehicle 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 1:00 Swissball Yoga	<b>18</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Bible Study 1:00 Duplicate Bridge	<b>19</b> 9:00 Teton Powwow 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:00 BP Checks 11:30 Hole Food Rescue 1:00 Just Relaxing Art 2:00 Strength Conditioning
<b>22</b> 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 2:30 Tech Tutor 3:00 Active Yoga	<b>23</b> 9:00 Pilates 10:00 Coffee Club 10:00 Piano Lessons 10:30 Yoga 1:30 Bingo 1:30 Aerobics for Strength	<b>24</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Swissball Yoga	<b>25</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Pinochle 1:00 Bible Study 1:00 Duplicate Bridge	<b>26</b> 10:00 Classic Fitness with Alice 10:00 Mahjong 10:00 Coffee Club 11:00 BP Checks 11:30 Hole Food Rescue 1:00 Just Relaxing Art 2:00 Strength Conditioning
<b>29</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>30</b> 10:00 Coffee Club 10:30 Yoga 1:30 Bingo 1:30 Aerobics for Strength	<b>31</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:00 Senior Health and Fitness Fair 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Swissball Yoga		

## April snow showers brought Senior Center smiles!



May is Mental Health Awareness month. This is the perfect time to evaluate how you are feeling, incorporate simple steps in your daily life and seek help without shame or guilt if you need it.

Try to use these practices in your daily life:

- Connect with family and friends. You are never alone. If you feel like you have no one to connect with, come to the Senior Center to meet our team and other participants.
- Exercise daily.
- A walk around the block, gardening, vacuuming, or anything to get yourself moving. Classes at the Senior Center are offered on Zoom if you are unable to attend in person.
- Get sleep at night. If you have trouble sleeping seek help from your physician.
- Eat healthy and drink plenty of water. Cooking, for some, is a stress relief.
- Get support if you find you have increasing or persistent symptoms of mental unwellness.

Jackson Hole Community Counseling Center, 307-733-2046, is available to start the conversation of improving mental health.

If you have concerns about your friends or family members and their mental health, consider attending the discussion with Beverly Shore on May 18th. See more information in the Senior Center Events.

Dial 988 for immediate Suicide or Crisis Lifeline.





## Cinco de Bingo Dinner Friday, May 5 5:30 - 8:30 pm

Join the Senior Center for a special night of dinner and bingo. A special a la carte menu will be offered including nachos, chile rellenos, tacos and margaritas. Grab your friends and purchase a table for 6 people. Private tables include bingo packets, daubers, extra large nachos, and a pitcher of margaritas for \$250. Single players can play for \$35 each. Cash prizes! Do not miss the fun! **Private tables must be reserved in advance.**

## NEW CLASS Swissball Yoga Wednesdays 1 pm \$5 Suggested Donation

Have you ever seen the large balls in the fitness room and wondered how to use them? Charlie will show you in our new Swissball Yoga class. This is a low impact conditioning class focuses on movement, stability and flexibility.

## Mother's Day Brunch Sunday, May 14 11 am - 1 pm Complimentary

Jackson's Elks Lodge #1713 will be here to prepare and serve our annual Mother's Day Brunch. Reservations are required for this delicious Beef Tenderloin Brunch. Call 307-733-7300 to reserve today.

## Suicide Prevention Discussion Wednesday, May 18th 10:30 am Teton County Certified Prevention

Specialist, Beverly Shore will be discussing how to recognize signs of risk and how to support your friends and loved ones who may be a threat of self harm or suicide.

## Teton Powwow Friday, May 19th 9:15 am

### \$2 for round trip transportation

Take the Senior Center Bus to attend the educational presentation and preview of dance traditions of the American Indian culture at the Center for the Arts. **Reservations are required.**

## Memorial Day Lunch Celebration Friday, May 26th 12 - 1 pm

Join us for Bob's BBQ and Rootbeer Floats as you begin your weekend celebrations.

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**Community in Unity for Suicide Prevention****Wednesday, May 3rd****5:30 - 8 pm****The Center Lobby & Theater**

This groundbreaking talk with Dr. Kent Corso will be discussing the latest research and innovative strategies in suicide prevention.

**Jackson Town Spring Clean-Up**  
**Saturday, May 13****Town Square**

Get your friends and family together for this community event and join the Rotary Club for the annual town clean-up. Email [jhcleanup@gmail.com](mailto:jhcleanup@gmail.com) to sign up.

**3rd Annual Teton Powwow**  
**Saturday, May 20****10 am****Snow King Resort**

Full-day celebration of American Indian cultures will feature dancers representing many tribes throughout the West who will compete in many traditional and contemporary dance forms. Central Wyoming College's Tribal Wisdom Society students and Native American Jump Start will collaborate to manage the powwow and educational programs.

**20th Annual Eco Fair**

The Eco Fair features sustainability-focused participant exhibits, green power, local food and beverage, engaging demonstrations, the EcoKids discovery zone, and recycling education.

**Old West Days****May 19 - 29**

Enjoy the annual events such as chili cookoff, Best of the West Parade, Old West Brew Fest, Mountain Man Rendezvous and more over the ten day festival at the Teton County Fairgrounds.

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8:00 AM - 4:00 PM

**Friday**

8:00 AM - 3:00 PM

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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!

### Senior Center Spring Clean-up

Have you left your hat, coat, gloves or water bottle at the Senior Center this winter? Help us clean out the closet by checking the lost and found and left behind items before the end of May and they become donations.

### Private Training

Are you interested in a private fitness training session? Jo and Charlie are available, contact the Senior Center for more information.

Puzzle on page 2.

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