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Karen Smith

Assistant Chef

Glen Gonzalez

Dishwasher and Prep Cook

Javier Sanchez

Christmas Brunch

Thursday, December 21st

10:30 - 11:30 am

Join us for a special Christmas brunch hosted by First Interstate Bank. Chef Karen and Assistant Chef Glen will be preparing a choice off egg bake, eggs benedict, or French toast. With the delicious brunch we will be hosting a White Elephant party and special guests Jackson Hole Cathedral Voices. Call today to reserve your spot for this limited seating event.



AARP Job Fair

Tuesday, December 5th

9 - 11 am

AARP is offering Senior Community Service Employment Program, a federally funded employment training and placement program for eligible unemployed seniors. AARP will be onsite to discuss employment options and taking applications. Please join us for this excellent opportunity to work in your community with local non-profits. Reservations not required.



Ask a Lawyer Series

Tuesday, December 12

1 pm

We had another great learning session about Trusts, Wills and Estate Planning with Nancy Norton in November. This month Nancy will be presenting on Financial Power of Attorney and Healthcare Power of Attorney. We encourage you to let Reanna or Melissa know if there is topic that you would like discussed in future months.

Connect to Tech

Connect to Tech for the Holidays

Thursday, December 7th

2:30 - 4 pm

We will have technology stations ready to help you learn how to use your Facebook or Instagram account more efficiently, download WhatsApp and SnapChat so you talk to your loved ones around the world and more. Bring your PC, Mac, tablet, mobile device or whatever technology you use to communicate and we will have experts to help! This event is sponsored by Trinity Real Estate.



5 ways to stay healthy in winter

Winter can be a challenging time to stay healthy and feel at your best. So how can you protect your mental and physical health at this time of year? Follow these five steps and you will be on your way.

1. Cheap ways to stay warm

Cold temperatures can put a strain on your heart, so it's important to try to stay warm. With energy more expensive now than ever, our readers shared their cost-effective tips for how to keep warm in winter.

Layer your clothes, even inside. Get a good warm pair of slippers and wear socks with them. Get an electric blanket or hot water bottle to heat your bed before you get in. Make sure you change your duvet and blankets to winter ones and that your pajamas are warm.

When a cold spell hits, make sure you have plenty of food supplies and essentials such as toilet paper. It is also smart to cook in bulk, putting meals in the freezer. Stay in contact with friends and neighbors who could be called on in an emergency, and find someone who will order food online for you if you don't know how.

2. How to make healthy winter meals

Eating a healthy balanced diet that includes at least five portions of fruit and vegetables per day can help your immune system to work well. Many of you said that your favorite healthy winter meals are homemade soups, stews, curries and casseroles packed with lots of vegetables. Stewed or baked fruit for dessert, or warming porridge with fruit for breakfast, are other ways you get your 5-a-day in winter.

Remember that frozen or canned fruit and vegetables (if there's no added salt or sugar) are just as healthy as fresh, and can be more affordable if they're out of season in winter.

3. How to exercise in winter

Staying active doesn't just benefit your long-term heart health – studies have shown moderate-intensity exercise can help strengthen your immune system. The cold, rain and shorter days can make it feel harder but you must stay motivated. It doesn't have to be formal exercise for you to get active. Any movement is better than staying still for long stretches of time.

4. How to boost your winter mental health

Physical and mental health are linked, and this can be a tough season for many of us. Some people say it helps them to take note of things they feel grateful for. Try to notice any good things in your life when you're feeling down, however small. It could be the sunshine in the morning, the colors of the falling leaves, a warm cup of tea, or a great book you're enjoying.

You could write your thoughts down each day in a journal so that you can look back on it when you're feeling low. You could also share with a family member or friend at the end of the day to end it on a positive note. It can also help to build socializing into your day, even in small ways.

If you think you might be experiencing some form of winter blues or seasonal depression, you should try and get as much natural light as possible, especially at midday and on brighter, sunnier days. This is because sunlight is thought to boost your levels of serotonin, a chemical linked with more positive moods.

5. How to avoid getting sick

Getting outside is also a good way to boost our levels of vitamin D, as it's made through our skin when we are outdoors in daylight. There's good evidence that doing this can support your bone and muscle health, and there's some evidence that it could reduce your risk of respiratory infections.

Wear a mask when you are in crowded or indoor spaces. Wash your hands and make sure to communicate with friends/loved ones when you are planning to meet to ensure they are well. If you are sick, stay home to help stop the spread of disease.

Read the full article here.



Blood Pressure Checks

Mondays

11:30 am - 12:30 pm

We are happy to announce that blood pressure checks are back. Our Registered Nurses from the Home Care team will be here every Monday. Reservations are not required.

Classic Games

Tuesdays

10 am - 12 pm

\$2 suggested donation

We are going to begin hosting Classic Games. We have Dominos, Skip-Bo, Euchre and more. Join in the fun and let us know if there is a game you would like to play!

Toe Nail Clippings

Monday, December 4th

1 - 4 pm

\$5 suggested donation

Starting in December we will have one of our Registered Nurses on site to perform toe nail clippings on the first Monday of every month. This will not be replacing the quarterly visit from podiatrist Dr. Smith and the Nurse will only clip nails, they will not address any foot issues. Reservations are not required and seniors will be seen on a first come, first serve basis.

Holiday Carolers

Wednesday, December 6th

9:45 am

Mountain Academy Kindergarten through 4th graders will be at the Senior Center performing the

holiday classics. Please come and join us in the holiday cheer!

Medicare Assistance

Wednesday, December 13th

11:30 am

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Patrol (SMP) on site to answer all your Medicare questions. SMP's and SHIP's are federally funded programs found in every state. Reservations are not required.



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Chapter22 Book Club
Thursday, December 7th
6 pm on Zoom

This month Book Club will be discussing *Lessons in Chemistry* by Bonnie Garmus. Chemist Elizabeth Zott is not your average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results. But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ("combine one

tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Healthy Habits for the Holidays
Thursday, December 14th
10:30 am

We know the holidays can be a challenge for many so we have invited Maggie Cochran with Vista Counseling to discuss healthy mental practices for the holiday season. We hope you can join us for this important discussion!

Cookie Decorating
Tuesday, December 19th
1 pm

We had so much fun decorating cookies for Halloween we are going to do it again for the holidays. We hope you join us in the fun! Reservations are not required.

Student and Seniors Book Club
January 11th
5 pm

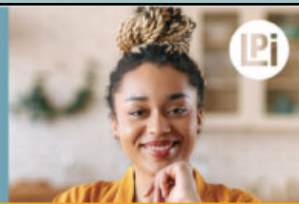
Beginning in January the Senior Center will be hosting a new book club with the support of Teton County Library. The Student and Seniors Book Club will be led by high school students and will meet in person at the Senior Center. The first book will be *Lioness of Boston* by Emily Franklin. For more details or to sign up, please contact Reanna.

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Managing Stress

Whether you're experiencing everyday stress or you're suffering from prolonged stress caused by an ongoing circumstance in your life, one thing is certain — you need to help yourself relax! Thankfully, there are all kinds of relaxation techniques to counteract the stressors life throws at you.

Decompression

To counteract more physical forms of stress, try this simple technique: Apply a warm heat wrap to your neck and shoulder area for 10 to 15 minutes. Make sure to relax the muscles in your face and throughout your upper body. Foam rollers can work wonders on highly stressed areas of the back and legs. Or, if you've got the time (and money), get the full decompression experience by visiting your local massage therapist.

Meditation

Meditation is a powerful way to calm your heart rate, focus attention and increase awareness of potential sources of stress. Research has found that regular meditation can even change the structure of the brain and strengthen the hippocampus, an area of the brain crucial for memory and learning. The two most popular meditation techniques are mindfulness (being aware of any feelings, thoughts, ideas as they present themselves) and concentrative (disciplined focus on a mantra, a singular sound or image). Sit comfortably with eyes closed; best practices recommend staying engaged between 15 to 20 minutes, although newcomers may be challenged to do more than a few minutes. Start small, stay consistent, and don't give up!

Movement

Getting the body moving and the blood flowing has been demonstrated to heighten mental stimulation and is one of the very best stress relievers. Try practices such as yoga to actively engage body and mind and increase flexibility and balance, effectively reducing stress levels. If all you have time for is a walk or a jog, take the opportunity to counteract the cortisol and enjoy the sense of well-being brought on by the presence of endorphins in the brain.

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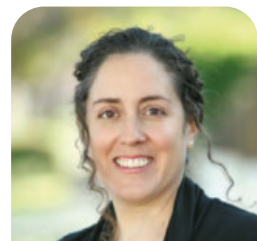
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Heather Huhn
Broker & Agent

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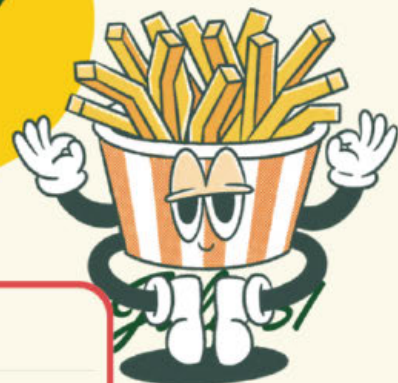


Dine - In
Seniors \$7
Non Seniors \$14
Suggested Donation

The Senior Center Lunch Counter

Prepared by Chef Karen & Asst. Chef Glen

Lunch 12 - 1 pm



Dec 1 - 8

(1) FRIDAY FEAST LASAGNA

WITH VEGGIES, FRENCH BREAD AND FRESH MELON

(4) SOUP AND SALAD BAR

(5) PORK CUBANO

WITH PICKLES, POTATO SALAD, COLESLAW, FRUIT SALAD AND LEMON BAR

(6) BEEF ENCHILADA

WITH REFRIED BEANS, SALSA, SALAD AND DESSERT

(7) BREADED PESTO CHICKEN SANDWICH

WITH TATERTOTS, FRUIT AND DESSERT

(8) BBQ BEEF SANDWICH

WITH PASTA SALAD, FRESH FRUIT AND DESSERT

Dec 18 - 22

(18) SOUP AND SALAD BAR

(19) CHEESEBURGERS

WITH COLESLAW, BAKED BEANS, FRENCH FRIES AND DESSERT

(20) ROAST PORK

WITH VEGETABLE SOUP, BAKED SQUASH, STEWED TOMATOES, BREAD AND DESSERT

(21) CHRISTMAS BRUNCH 10:30 AM

CHOICE OF EGG BAKE, EGGS BENEDICT OR FRENCH TOAST, ASSORTED PASTRIES, FRESH FRUIT AND JUICE

(22) BAKED POTATO BAR

WITH SALAD, WHOLE WHEAT ROLL AND DESSERT

Made
Fresh

Dec 11 - 15

(11) SOUP AND SALAD BAR

(12) WILD RICE CHICKEN BAKE WITH BROCCOLI

WITH APPLE SLAM, WHOLE WHEAT BREAD, FRUIT COBBLER

(13) SHRIMP CREOLE

WITH COBB SALAD, WHOLE WHEAT BREAD, CARROTS AND CITRUS FRUIT SALAD

(14) FISH BAKE

WITH COLESLAW, ROASTED POTATOES, MIXED VEGGIES, STRAWBERRIES AND DESSERT

(15) FRIDAY FEAST BEEF PASTA BAKE

WITH GARLIC BREAD, MIXED VEGGIES, SPINICH SALAD WITH PEARS AND DESSERT

Dec 25 - 29

(25) CLOSED FOR CHRISTMAS

(26) CLOSED FOR CHRISTMAS

(27) REUBEN SANDWICH

WITH TOSSED SALAD, FRUIT AND COOKIE

(28) BIRTHDAY LUNCH CHICKEN CAPRESE OVER PASTA

WITH VEGGIE SALAD, APPLE AND BIRTHDAY CAKE

(29) BEEF TACO SALAD

WITH SPANISH RICE AND BEANS, FRESH FRUIT



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.



DECEMBER ACTIVITIES

MON	TUE	WED	THU	FRI
				10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Tech Tutor 2:00 Strength & Conditioning
11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 1:00 Toenail Clipping 2:00 Boxing & Strength 3:00 Active Yoga	9:00 Pilates 9:00 AARP Job Fair 10:00 Classic Games 10:30 Yoga 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge	9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 2:30 Connect with Tech 6:00 Chapter 22 Book Club	10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Tech Tutor
11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 3:00 Active Yoga	9:00 Pilates 10:00 Classic Games 10:30 Yoga 1:00 Ask a Lawyer 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:30 Medicare Assistance 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Tech Tutor 2:00 Strength & Conditioning
11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 3:00 Active Yoga	9:00 Pilates 10:00 Classic Games 10:30 Yoga 1:00 Mahjong 1:00 Cookie Decorating 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	9:00 Functional Fitness 10:30 Yoga Basics 10:30 Christmas Brunch 11:30 White Elephant Party 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:30 Tech Tutor
 <p>Closed for Christmas</p>	 <p>Closed for Christmas</p>	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge	9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:30 Tech Tutor

Thank you!!

We had a very successful Veterans Day dinner last month. We would not have been successful without the help from our local Boy Scouts of America, Ed Liebzeit who delivered an inspiring speech and Judge Tim Day for his taps playing. We would like to thank the Boy Scouts and parents for their support in making this event a success:

Patrick McGaugh with scouts Travers and Rosalie McGaugh
 Elvis Olais with scouts Eli and Ella Olais
 Bill Mayer with his scouts Peter, Jack, and Eliza Mayer
 Justin Adams with scout Gil Adams
 Jennifer Dawes with scout Cooke Dawes
 Lindsay Wilcox with scout Henry and daughter Whitney Wilcox
 Scout Gus Mitha
 Scout James Neishabouri
 Scout Jackson Neishabouri
 Mindy Kim-Miller with scout Silvia Kim-Miller



Sit to Stand Exercises

The #1 Exercise to Do as You Get Older

Seated? Please stand (don't use your hands) to give tribute to the one exercise that fitness gurus say stands out among the rest for healthy aging. Now be seated again. Consider that your first rep.

When you have to go to the washroom, that's a squat. When you get in the car, that's a squat. Every time you sit down or stand up, that's a squat. Squats strengthen muscles in your legs, lower back, and core which provides the antidote to those challenging moments when we struggle to get up from that deep, old sofa. They can also help protect your joints, improve your balance, and prevent falls. Some research even shows a link between strong leg muscles and longevity.

Here's how to get started:

1. Get in position

If you're new to squats, hold on to a steady surface.

Set your feet about shoulder-width apart or a little wider. Toes should face slightly outward.

2. Lower into a squat

Keep your back straight, chest up, and heels planted. Push your hips back like you are sitting in a chair.

Try to keep your weight evenly distributed on both feet with your weight mostly on your heels, not your toes. Make sure your knees do not extend forward over your toes.

3. Repeat

Aim for two sets of 10, at a tempo of two seconds down, two seconds up. Inhale on the way down and exhale on the way up. As your body tires, make sure you're not hunching over or letting your knees cave in. For best results, repeat 2-3 times a week.

It is hard to believe that we are getting close to closing out 2023. What a wonderful year it has been and so much is due to the help of our wonderful volunteers! For the month of December we would like to highlight Jackie Anderson, one of our regular Meals on Wheels volunteers.

Jackie began volunteering at the Senior Center many years ago after seeing what a special place it was for her mom and dad, as they attended lunches, bingo, and special events. Jackie stated, that "the Senior Center is a bright and happy place with noticeably caring and loving staff and volunteers; Meals on Wheels is one of the unseen gems of our small mountain town. Delivering lunches to the homes of our community members who are in need of a little extra care is just as special for the volunteers as it is for the happy and thankful recipients. All people want to be seen and noticed and cared for, and we truly all need each other. Every interaction I've had over all the years has been special to me; it's the smiles that mean the most. There is so much more to our community that is down that alley or behind the

fences and around the bend many have not seen. Loving people who have the wisdom and fortitude to have lived through the Wyoming winters and seen the changes and have the stories to tell. I love these people and they have made me humble. My heart goes out to the Senior Center and I'm privileged to be a small part of the love they give."

A huge thank you to Jackie for always being there on our last minute requests and filling in the gaps in between.



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Tribute Bricks

Tina Welling Buhler

If you are interested in purchasing a Tribute Brick or making any other donations, see Melissa Rochlitz.



Thank you to First Interstate Bank for volunteering for our monthly birthday lunches, Thanksgiving lunch and Christmas Brunch. We look forward to seeing you every month. Birthday lunch will be held on **Thursday, December 28th at 12 pm.** For those of you celebrating your birthday in December, please come celebrate with us !



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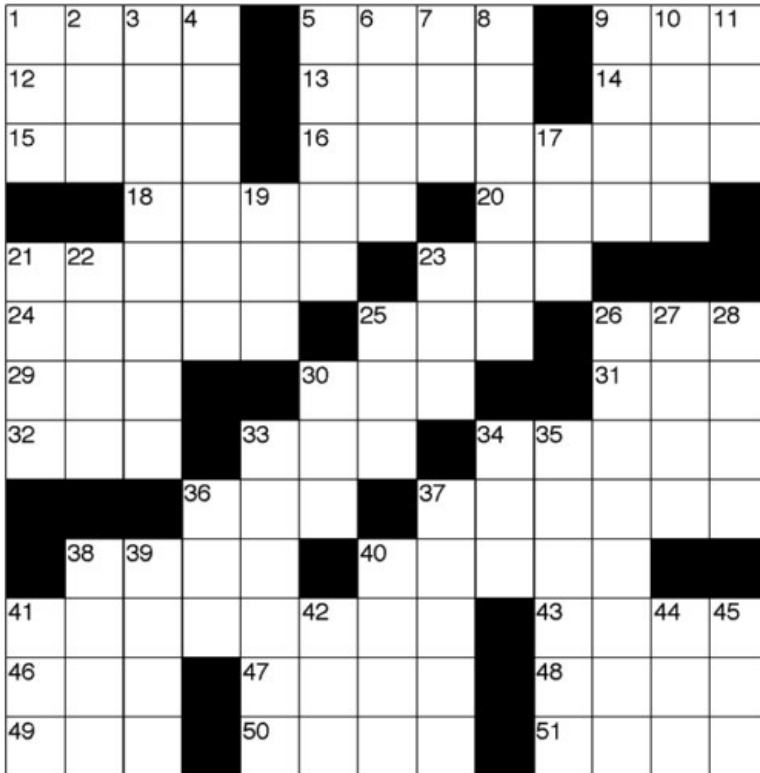
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ACROSS

- 1 Cupid
- 5 Melville's captain
- 9 Compass direction
- 12 Ocean motion
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- 16 Slope
- 18 Witch city
- 20 Troubles
- 21 Call
- 23 Circuit Court of Appeals (abbr.)
- 24 Abhor
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- 29 Ger. district of old
- 30 Jewish scholar
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- 3 Ulysses
- 4 Grave
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- 8 Woman's garment
- 9 Blind in falconry
- 10 Offspring
- 11 Within (pref.)
- 17 Bantu language
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- 25 Siesta
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- 30 Abrade
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- 41 Belonging to (suf.)
- 42 Law (Fr.)
- 44 Dead on arrival (abbr.)
- 45 Comparative ending



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OUR HOURS

Monday - Thursday

8:00 AM - 4:00 PM

Friday

8:00 AM - 3:00 PM

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Lucretia's Classic Fitness

As you may be aware, our dear Lucretia has retired. But do not worry, Charlie Shinkle has taken over and will be coaching Mondays at 11am!

Age Friendly Jackson Hole

Happy Holidays from Age Friendly Jackson Hole! We are in the middle of recruiting three teams (volunteer leaders and team members) for tackling our focus areas after the turn of the year. Our focus areas are: Transportation gaps in service, business certification as "age friendly," and advocacy. If you have any interest in joining the effort, questions, suggestions, please contact any of us on the Steering Committee at agefriendlyjh@gmail.com.

Also, if you have unwanted ski poles (downhill or cross country) or know of a good source, please let us know. We have to replenish our bright green taped poles, placed at Town corners, to assist folks in

crossing icy streets. We need lots! If you can drop them off to the Senior Center, that would be great. Or, let us know of a source and we'll try to pick them up. Thanks for helping with this! Becky, Jean, Floren, and Michael



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