

NEWSLETTER

Enhancing & Supporting the Lives of Seniors



IN THIS ISSUE

**ALZHEIMER'S
EDUCATION
SERIES**

PG 1

**THE QUEST FOR
FLIGHT**

PG 2

ON THE MOVE

PG 3

It's Spring, Let the Birds Sing



THURSDAY, APRIL 25TH
1 PM



A naturalist with Eco Tour Adventures will present on the birds of the Teton area. They will bring their knowledge and display field items. Come and get excited to go outside and practice your bird-identifying skills. As a bonus, participate in our Bird Bingo to win a four-hour wildlife group tour with Eco Tour Adventures!!

Movie Night

WEDNESDAY APRIL 3RD
5 PM

Discover the hidden world of elephants in 'Secrets of the Elephants,' a captivating documentary exploring their intelligence, family bonds, and life in Africa. Join us for an Earth Month celebration and connect with the incredible wildlife that shares our planet. Bring snacks to share.



Toenail Maintenance

MONDAY, APRIL 8TH
1 PM - 4 PM

\$5 Suggested Donation

Our registered nurse will be available on-site for toenail clippings, a service that complements, not replaces, our quarterly podiatry visits. Please note that the nurse will focus solely on nail care and not address foot issues. A suggested contribution of \$5 is appreciated.

Ask a Lawyer

TUESDAY, APRIL 9TH
1 PM

This month, we're diving into essential insights on estate protection. Join us as attorney Nancy Norton leads the discussion on 'Six Ways to Protect Your Estate.' Take advantage of the opportunity to gain valuable knowledge and ensure the security of your assets.



Student & Senior Book Club

THURSDAY, APRIL 11TH
5 PM

This month we will be discussing "The Great Alone" by Kristin Hannah. Next month we will read "The Lost Art of Keeping Secrets" by Eva Rice. Follow along as the characters navigate love, loss, and the timeless allure of hidden mysteries in post-war London.

Alzheimer's Education Series

TUESDAY, APRIL 16TH
10:30 AM

Debra Antista-Bianchi from the Alzheimer's Association of Wyoming will be here to discuss 'Dementia Conversations.' This course offers caregivers tips and strategies for navigating difficult, yet crucial, discussions about driving, visiting the doctor, and legal and financial planning.

Meals on Wheels Volunteer Open House and Orientation

WEDNESDAY, APRIL 10TH
10 AM



Our Meals on Wheels delivery program could use more helping hands! Join us for this special event, which is dedicated to those interested in making a meaningful impact by donating their time to deliver nourishing meals and warm smiles to those in need within our community. Discover the joy of giving back, meet our dedicated volunteers, and gain insights into the vital role you can play in enhancing the lives of our community members. All are welcome—whether you're an experienced volunteer, contemplating joining us for the first time, or simply curious about what Meals on Wheels entails. Contact us with any questions!



Chapter22 Book Club

THURSDAY, APRIL 25
6 pm on Zoom

This month we will be discussing "The Heaven & earth Grocery Store" by James McBride. Next month we will read "Dirty Work" by Eyal Press. Press offers a paradigm-shifting view of the moral landscape of contemporary America through the stories of people who perform society's most ethically troubling jobs. As Press shows, we are increasingly shielded and distanced from an array of morally questionable activities that other, less privileged people perform in our name. Discussion will be held May 30th.

Caregiver Support Group

THURSDAY, APRIL 18TH
10:30 AM

Join our Caregiver Support Group, led by Carol Taylor. It is an inviting space for caregivers to connect, gain guidance, and navigate their unique journeys together.

The Quest for Flight



TUESDAY, APRIL 23RD
1:30 PM

Doc Nash is a professor, geoscientist, park ranger, writer, cartographer, soccer coach, and car guy. He has had five careers and has had impressive influences on the geographical, aviation, athletic, aviation, and weather fields. Today, he will discuss "Quest for Flight: Humans have always wanted to fly from flying carpets to modern times."

Medicare Assistance

TUESDAY, APRIL 30TH
11:30 AM

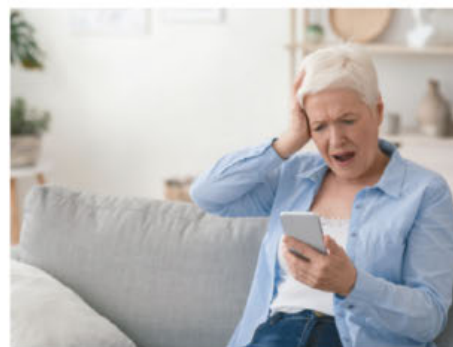
A Medicare professional from the Wyoming State Health Insurance Information Program (SHIIP) and the Senior Medicare Patrol (SMP) will be on-site to answer all your Medicare questions. SMPs and SHIIPs are federally funded programs found in every state. Reservations are not required.

A Message from Our Homecare Team

From your homecare team:
SCAMS: Are you tired of receiving phone calls about your "car warranty," "lower credit card interest rates," or "a family member in trouble?"

These scammers have become very sneaky, scamming Americans out of \$29 BILLION dollars annually. How can you protect yourself and your friends? Ask for a callback number! Scammers want to keep you on the phone and don't want to give you a way to contact them.

Don't give out ANY personal info over the phone! Think it is a family member? Hang up and call them directly to verify.



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New Fitness Program ON THE MOVE

MONDAYS AT 1 PM &
WEDNESDAYS AT 2 PM

Charlie will be teaching 'On the Move,' a nationally accredited, group-based exercise program for older adults it is designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture. It will improve the smoothness and efficiency of walking.

This 12-week program meets twice a week for an hour. The suggested contribution is \$5/class. We recommend signing up for the series as the lessons build on themselves.



A Murder, SOLVED!

We had a great time - murder was solved, and our Murder Mystery Dinner was a resounding success and intrigue and excitement filled the room. A special thank you to our generous sponsors whose support added a touch of mystery and magic to the evening. Your commitment to our community events is genuinely appreciated!

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Why should a business want to be age-friendly?

Businesses that adapt their services and physical locations to be age-friendly can expand their customer base and revenue while helping older adults remain active in their community.

Consider the following:

- Older adults (65 or older) are the fastest-growing population in the United States. By 2030, 1 in every 5 Americans will be 65 or older, and by 2034, the nation will have more people aged 65 or older than children under the age of 18.
- People 50 or older contribute \$8.3 trillion to the U.S. economy each year, or 40 percent of the U.S. gross domestic product (GDP). In other words, in terms of direct spending, 56 cents of every dollar spent in the U.S. in 2018 was attributable to the 50-plus population. That amount is expected to increase to 61 cents by 2050.
- Most adults (96 percent) are grandparents by age 65. According to an AARP report released in 2019, grandparents spend a collective \$179 billion annually on their grandchildren, with an average spending of \$2,562.
- Nearly 40 percent of people (70 or older) use an assistive device (such as a walker) to meet their self-care and mobility needs; more than 50 percent have a toilet-related modification (such as grab bars or a raised toilet seat) in their home. Being considerate of and accommodating to differing mobility and other needs can be crucial to a business's success.



Email AFJH at agefriendlyjh@gmail.com for more information.

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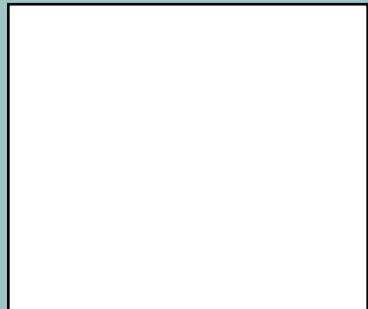

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Broker & Agent

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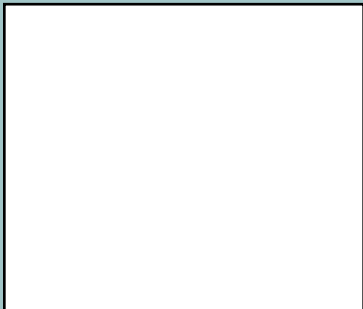
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Lunch Counter April Menu



Dine In
Lunch
Seniors \$7
Non Seniors \$14
Suggested
Contribution

Dine In
Breakfast
Seniors \$5
Non Seniors \$5
Suggested
Contribution



Monday, April 1
Soup & Salad Bar
Oatmeal Raisin Cookie for Dessert

Tuesday, April 2
Chicken with Sundried Tomato Cream Sauce
Fruit for Dessert

Wednesday, April 3
Lamb Stew
Peach Cobbler for Dessert

Thursday, April 4
Stuffed Peppers
Fruit Crisp for Dessert

Friday, April 5
Friday Feast
Patty Melt
Chocolate Chip Cookie for Dessert

Breakfast Entrees this week:
Mon - Avocado Tomato Scramble
Tue - Berry French Toast
Wed - Sausage Bake
Thu - Breakfast Burrito
Fri - Waffle

Monday, April 8
Soup and Salad Bar
Brownie for Dessert

Tuesday, April 9
Taco Salad
Carrot Cake for Dessert

Wednesday, April 10
Chicken and Spinach Skillet Pasta
Pears for Dessert

Thursday, April 11
Philly Cheese Steak Sandwich
Strawberry Cake for Dessert

Friday, April 12
Chili Verde (not spicy)
Apple Crisp for Dessert

Breakfast Entrees this week:
Mon- Veggie Quiche
Tue- Breakfast Burrito
Wed- Bacon Breakfast Sandwich
Thu- Eggs Benedict
Fri- Blueberry Pancakes



Monday, April 15
Soup & Salad Bar
Banana Bread for Dessert

Tuesday, April 16
Chicken Parmesan with Angel Hair Pasta
Mandarins for Dessert

Wednesday, April 17
Cuban Pork Sandwich (not spicy)
Lemon Bar for Dessert

Thursday, April 18
Honey Garlic Chicken
Strawberry Fluff for Dessert

Friday, April 19
Friday Feast
Shepards Pie
Apple Cake for Dessert

Breakfast Entrees this week:
Mon- Bacon Tomato Scramble
Tue- Waffle
Wed- Sausage Biscuits
Thu- Ham Bake
Fri- Veggie Quiche

Monday, April 22
Soup & Salad Bar
Frosted Chocolate Cupcake

Tuesday, April 23
Birthday Lunch
Lasagna
Tiramisu for Dessert

Wednesday, April 24
Pulled Pork
Strawberry Rhubarb Crisp for Dessert

Thursday, April 25
Sloppy Joe
Fruit for Dessert

Friday, April 26
Meatloaf
Apricot Crisp for Dessert

Monday, April 29
Soup and Salad Bar
Cookie for Dessert

Tuesday, April 30
Quesadillas
Cookie for Dessert

Breakfast Entrees this week:
Mon- French Toast
Tue- Sausage Bake
Wed- Breakfast Burrito
Thu- Breakfast Sandwich
Fri- Ham & Veggie Egg Scramble

Mon - Avocado Tomato Scrmble
Tue- Waffle



BREAKFAST IS SERVED FROM 8:30- 10:30 AM AND LUNCH IS SERVED 12- 1:00 PM IN THE DINING ROOM. MENUS ARE SUBJECT TO CHANGE.



APRIL ACTIVITIES

MON	TUE	WED	THU	FRI
<p>1</p> <p>11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Circuit Training 3:00 Active Yoga</p>	<p>2</p> <p>9:00 Pilates 10:30 Yoga 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo</p>	<p>3</p> <p>9:00 Yoga for Strength 10:00 Tech Tutor 10:00 Learn to Play Bridge 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 5:00 Movie Night</p>	<p>4</p> <p>9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study</p>	<p>5</p> <p>10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor</p>
<p>8</p> <p>11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 1:00 On the Move 1:00 Toenail Maintenance 2:00 Circuit Training 3:00 Active Yoga</p>	<p>9</p> <p>9:00 Pilates 10:30 Yoga 1:00 Ask a Lawyer 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo</p>	<p>10</p> <p>9:00 Yoga for Strength 10:00 Meals on Wheels Volunteer Open House and Orientation 10:00 Tech Tutor 10:00 Learn to Play Bridge 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move</p>	<p>11</p> <p>10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 5:00 Student and Senior Book Club</p>	<p>12</p> <p>10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning</p>
<p>15</p> <p>11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 1:00 On the Move 2:00 Circuit Training</p>	<p>16</p> <p>9:00 Pilates 10:30 Yoga 10:30 Alzheimer's Education Series 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo</p>	<p>17</p> <p>9:00 Yoga for Strength 10:00 Tech Tutor 10:00 Learn to Play Bridge 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move</p>	<p>18</p> <p>10:30 Yoga Basics 10:30 Caregiver Support Group 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study</p>	<p>19</p> <p>10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning</p>
<p>22</p> <p>11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 1:00 On the Move 2:00 Circuit Training 3:00 Active Yoga</p>	<p>23</p> <p>9:00 Pilates on the TV (no Zoom) 10:30 Yoga 1:00 Mahjong 1:00 Pinochle 1:30 Bingo 1:30 The Quest for Flight 1:30 Strength with Jo</p>	<p>24</p> <p>9:00 Yoga for Strength 10:00 Tech Tutor 10:00 Learn to Play Bridge 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move</p>	<p>25</p> <p>9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 It's Spring, Let the Birds Sing 1:00 Bible Study 6:00 Chapter22 Book Club</p>	<p>26</p> <p>10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning</p>
<p>29</p> <p>11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 1:00 Duplicate Bridge 1:00 Pinochle 1:00 On the Move 2:00 Circuit Training 3:00 Active Yoga</p>	<p>30</p> <p>9:00 Pilates on the TV (no Zoom) 10:30 Yoga 11:30 Medicare Assistance 1:00 Mahjong 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo</p>			

Volunteer Highlight



Al Zuckerman, a resident of Jackson for 50 years, has devoted much time to his community. In the early '70s, he began working as a seasonal park ranger in Grand Teton National Park and later joined the Teton County Parks and Recreation Department, where he worked for many years. After retiring from the Parks and Rec Department, he drove a bus part-time for Legacy Lodge while also working as the sexton for the town's Aspen Hill Cemetery, assisting families by laying their loved ones to rest.

In addition to the jobs held, volunteering has been an integral part of Al's life in Jackson. He serves as a Trail Ambassador for Bridger Teton National Forest and a Ski Ambassador for Grand Teton National Park. He has been on the Winter Special Olympics management team for over 30 years. He also coordinates and participates in the Adopt-A-Highway Mile program on Highway 390 and generously supports the Senior Center by delivering Meals on Wheels.

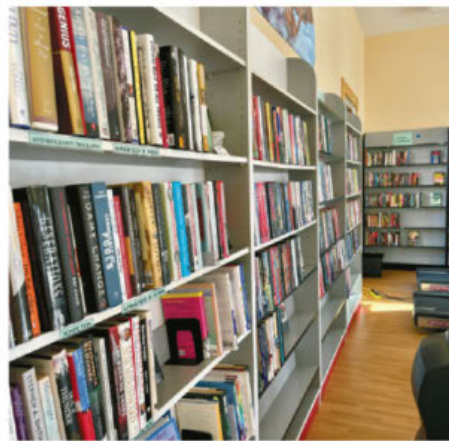
When asked why he volunteers, Al explained his desire to give back to the community that has given him so much. Describing the valley as "a wonderful place to live," it

has been the backdrop to significant milestones in his life—marriage, raising a son, and countless cherished moments. He is inspired by the generosity of others who give selflessly, even when faced with limited resources.

In his second year with Meals on Wheels, Al finds joy in connecting with valley old-timers, uncovering the rich history of those who shaped the community. He believes this "adds color to the volunteer work," emphasizing that community engagement is not solely about giving but learning and sharing.

Grateful for the support provided by the Senior Center, Al recognizes its vital role in fostering a caring and inclusive community. As Al says "We are so fortunate in this community to have a senior center and staff that are so caring and offer programs and opportunities for seniors. It is truly special to have that."

Embark on a reading adventure!



Did you know that our exercise room doubles as a library? You can borrow from our diverse collection, including nearly new books recently added, for as long as you want. Whether you're into fiction or nonfiction, there's a book for you. Remember, we happily accept donated books to keep our collection growing. Happy reading!

Discover a Rewarding Summer Hobby!

Cultivate flowers, herbs, fruits, or vegetables in one of our raised garden beds. These 4 x 2.5-foot beds come fully equipped with soil, ready for you to bring your supplies and seeds or starters. Use of the bed is only \$50 for the season and can be shared with a friend. This is a great activity to enjoy the beautiful summer weather and bring a sense of joy and accomplishment to yourself.



Stay in the Loop!

Are you on our email list or following us on social media? If not, you may miss pop-up events, important announcements, and additional information!

Email info@seniorcenterjh.org and ask to be added to our email list!

Looking Forward... Piano Lessons in May!

BEGINNING FRIDAY, MAY 10TH
\$10/class

Limited supply of keyboards available to rent.

Once a week for 6 weeks.



A Note on Nutrition

Smart Snacking: Snacks can be beneficial and healthy, from satisfying cravings to curbing afternoon hunger. They can also add nutrients and additional protein to your diet as needed. The most healthful snacks contain healthy proteins, carbohydrates, and fats.

Be careful when snacking. For instance, nuts are packed with good fats, and it can be easy to add additional calories by eating too large a portion. Eating snacks in moderation (like all good things) is the healthiest way to snack. Select whole foods, avoid processed foods, and choose healthy fats, carbohydrates, and protein sources.

Try this recipe for an easy snack that is rich in fiber and protein.

Spicy roasted chickpeas:

1. Preheat the oven to 375° F.
 2. Drain canned chickpeas in a colander or strainer and rinse under water.
 3. Spread the chickpeas on a large baking sheet.
 4. Drizzle with about one tablespoon of olive oil and stir to coat evenly.
 5. Sprinkle with your choice of spices, garlic powder, oregano, chili powder, curry powder, or any others you like
 6. Roast for 15 to 30 minutes to desired crispness.
 7. Store at room temperature in a resealable bag or container.
- Kelly Hatch, Senior Center Nutritionist

Exciting News:
 The Senior Center of Jackson Hole is offering transportation to participants living in Wilson, Melody Ranch, Hoback, Golf & Tennis and Kelly. Trips available on Monday and Friday. Reservations required.

CALL OR EMAIL FOR RESERVATIONS



Trips will be limited to 3 hours.

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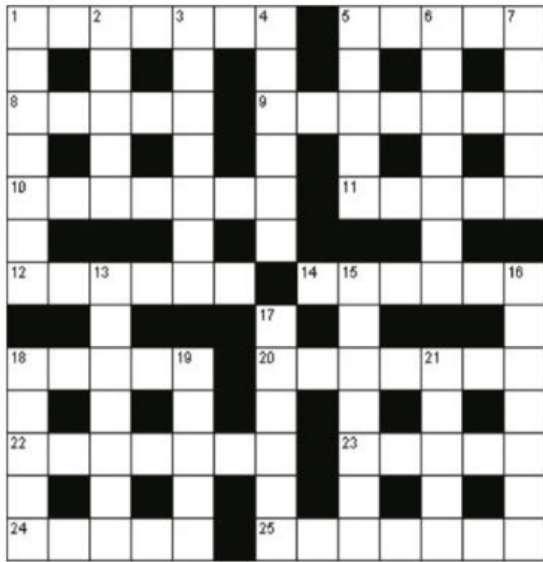

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- 24 Tell-tale (5)
- 25 Fine wool fabric (7)

Down

- 1 Ocean (7)
- 2 Signs of things to come (5)
- 3 Scent (7)
- 4 Wealthier (6)
- 5 Canonised person (5)
- 6 Ecstasy (7)
- 7 Canal boat (5)
- 13 Native American child (7)
- 15 After 1945 (7)
- 16 Got rid of (7)
- 17 Small freshwater fish (6)
- 18 Recordings (5)
- 19 Impertinence (5)
- 21 Accurate (5)

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I used to believe thinking was the highest function of human beings... I now realize loving is our supreme function. The heart precedes the mind." -Lois Remembers



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Crossword Solution

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