

January

2012

Newsletter



*Cozy up in
Winter Wonderland.*

Helping Seniors Live Independently

BELLY FAT

For many middle age or older people, a common complaint heard is "I just can't get rid of my belly." Experts say you can lose that spare tire, but there is **no** secret formula (sorry). There is no magic bullet, diet plan, specific food or type of exercise that specifically targets belly fat. But the good news is that belly fat is the first kind of fat you tend to lose when you lose weight. When you lose weight, you'll proportionately lose more from the abdominal region than elsewhere. And the more weight you have to lose, the more quickly you are likely to start losing your belly fat.

WHY BOTHER?

Belly fat is the most dangerous fat. Even a few extra pounds in your midsection is serious and is more dangerous than fat around your hips and thighs. Visceral fat is the fat deep inside your body and around your internal organs. It is worse for your health than subcutaneous fat that is just under your skin. Extra weight around your midsection is associated with inflammation and a higher risk of health problems such as heart disease, diabetes, metabolic syndrome and hardening of the arteries.

HOW TO MEASURE

An easy way to assess your risk is to use a soft tape measure. Lie down and wrap it around your natural waistline, located above your hip bones and below your belly button. Take the measurement without holding your breath or holding your stomach in. If your waist is larger than 40 inches (for men) or 35 inches (for women), you probably have too much belly fat and are at risk for heart disease and other conditions.

Another useful tool is to calculate your Body Mass Index (BMI) by taking your weight x 703 divided by your height in inches squared

$$BMI = \frac{\text{mass (lb)} \times 703}{(\text{height(in)})^2}$$

(). There are several websites that will calculate the numbers for you and show what ranges are recommended for men and women. There are also some web sites that calculate your overall body fat by factoring in your height, weight, waist, hip, wrist and forearm measurements. (www.bmi-calculator.net)

DIET

To lose weight and enjoy good health most experts recommend eating a balanced diet that includes plenty of whole grains, fruits and vegetables. In spite of the claims of some diets, there is no specific food or diet that will target belly fat. Some studies have shown, however, that eating whole grains can help.

For an easy to follow guideline, the USDA has developed the My Plate method (www.chooseMyPlate.gov). Balance calories by enjoying your food but eating less and avoiding oversized portions. It is recommended to make half of your plate fruits and vegetables and at least half of your grains for the day whole grains.

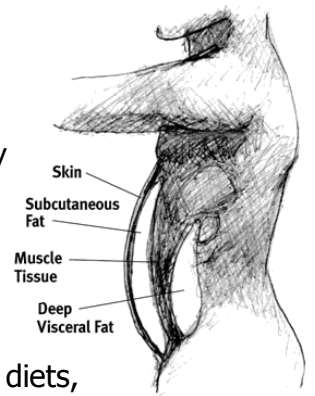
The Senior Center meals are designed and analyzed to meet these dietary recommendations. That is why we serve a salad, vegetable and fruit almost every day and why most of our grains are whole grains. If you are trying to lose weight, you may want to ask for a small portion.

EXERCISE

Exercise alone cannot flatten your belly. Hundreds of crunches a day won't flatten your belly if you need to lose weight. If your abdominal muscles aren't covered with excess fat, strengthening them can help you look thinner. But spot exercises won't banish belly fat.

Reaching and maintaining a healthy weight is a balancing act of calories in vs calories burned. Any exercise that you enjoy and will continue doing will help you lose belly fat and keep it off. The Senior Center and the Rec Center offer a wide variety of exercise options.

The real secret of losing belly fat is to lose weight on a balanced, calorie-controlled diet, rich in fruits, vegetables, whole grains, low-fat dairy, beans, nuts, seeds, lean meat, fish, eggs and poultry PLUS exercise at least one hour a day.





JANUARY BIRTHDAYS



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|---|--|----|---|----|---|----|---|
| 1 | Rosemary McIntosh
Doris Budge
Margaret Schultz
Dick Barker
Ada Petersen
Mary Jo Rehmer
Clara Bush
Frank Ewing
Joanne Parsons | 7 | Ann Williams | 16 | Walter Landis
Nancy Riddle | 25 | Dena Stilson
Bob Walton
Phillip Zacharias
George Ford |
| 2 | Della Despain
Margie Thomas
Bill May
Helen Coderre
Jack Hennessey | 8 | Dave Roters | 18 | Stephen Scott
Betty Petersen | 26 | Elise Clover
Nyles Ellefson
Dick Hahn
Darrel Hoffman
Bill Erickson
Craig Schwender |
| 3 | Shirley Zardus
Beverly McInay
Karen Hobbins
Barbara Barker | 10 | Sally Berman
Melva Geare
Bob Henderson
Franz Carmenzind | 19 | Bea Morgan
Eleanor Onyon
Dorothy Parker
Kelly Rubrecht
Olivia Tanner
Roberta Taylor | 28 | Patricia Agger
Lynn Simmons |
| 4 | Mary Ann Lawroski
Jack R May
Barbara
Van Genderen
Donald Wooldridge
Samuel Harrell | 11 | Leonard Ross
Marge Hunt
Bette Linderman
Larry Beaner | 20 | Manuela Brown
Judy
Hammerschlag
Patty Poulson
Judy Joseph
Christie Madsen
Craig Schwender | 29 | Pike Sullivan |
| 5 | Larry Jansen | 12 | Dorothy Waltman
Gloria Shufeldt
Elvie Fletcher | 21 | George Morgan
Sheila Dobben | 30 | Joanne Hennes
Mary Long |
| 6 | Jeanette Gillette
John Kearsley
Robert Miller
Lois Flanagan | 13 | Tatjana Woodson
Nancy Collister
Donna Clark | 22 | Rita LaRoy | 31 | Don Martin
Jerry Toolson
Chuck Terrill
Bill Chaney
Lynn Fritz
Sharlene Kominsky
Adrienne Ward
Robert May |
| | | 14 | Carol A. May
Marie Erickson
Tom Jordan
George Stevenson | 23 | Ila Rogers
Jeanne Miller
Patricia Walsh
Mimi Friedlund | | |
| | | 15 | Annette Kaye
Renee Stinson
Pamela Flores
Gordon Johnson
Inger Koedt | | | | |

Happy Birthday!

BOARD OF DIRECTORS

Bob Shervin, Chair

Brett Kroger, Vice Chair

Kay Benson, Treasurer

Fran Measom, Secretary

Carol Black

Sheila Sandubrae Davis



David Auge



JANUARY BIRTHDAYS

will be celebrated at lunch on
Tuesday, January 24 at noon.

Birthday Honorees will
receive their lunch
compliments of
First Interstate Bank.



JANUARY



MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 CLOSED TO CELEBRATE A HAPPY NEW YEAR	3 Tossed Green Salad Beef Fajita Spanish Rice Refried Beans Grapes	4 Mixed Green Salad ** Chicken Pot Pie French Style Green Beans Fruit Pizza	5 Apple Slaw Roast Pork Spaetzel German Red Cabbage WW Roll Apricots	6 FRIDAY FEAST Garden Vegetable Salad Cottage Cheese Mushroom Gravy, Tangy Carrots Apple Sauce Apple Sauce Cake	Monday the 9th Evening Meal Tossed Green Salad Braised Beef Mushroom Gravy Parsley Potatoes Peas & Carrots, Roll Yellow Cake, Cherry Topping
9 Tomato Soup Grilled Cheese Deli Salad Oranges Ice Cream Sundae Bar EVENING MEAL 6:00PM (menu at side)	10 Vegetable Salad Cheese Ravioli, Meat Sauce Bread Stix Under the Sea Dessert	11 Carrot/Raisin Salad ** Baked Salmon w/ Lemon Creamy Risotto Roasted Asparagus Pear Apple Crisp Orange Juice	12 Tortilla Soup Chicken Enchiladas Refried Beans & Cheese Carrots & Peas Mixed Fruit	13 BRUNCH @ 11 V-8 Juice Breakfast Burrito Cottage Potatoes Yogurt with Fruit	
16 Mixed Relish Tray Porcupine Meatballs Au Gratin Potatoes Green Beans Yeast Roll, Fruit Spread Apple Cobbler	17 Tossed Green Salad Chicken, BBQ Sauce Baked Potato Sour Cream Scandinavian Vegetables Roll Fast Fruit Salad	18 Mediterranean Salad Ham & Macaroni Bake WW Bread Zucchini Fruit Crisp	19 Tossed Green Salad ** Swiss Steak Baked Potato Broccoli Wheat Roll Banana Split Dessert	20 FRIDAY FEAST Vegetable Salad Baked Fish Fillets Baked Sweet Potato Green Beans & Bacon Fruit Cocktail	** New Menu Enjoy!
23 CHINESE NEW YEAR Fresh Vegetable Salad Turkey Chow Mein Oriental Vegetables Egg Roll Fresh Citrus Fruit Fortune Cookie	24 BIRTHDAY PARTY Meat Loaf w/ Gravy ** Bahamas Vegetables Apricots Pineapple Upside Down Cake	25 Spring Salad Baked Fish Angel Hair Pasta Carrots w/ Lemon Butter Banana Bread Chilled Pineapple	26 Relish Tray Roast Beef Mashed Potatoes, Gravy Roasted Brussel Sprouts WW Bread Peach & Berry Crisp	27 49re Salad Chicken & Vegetable Pasta, Orange Sauce WW Bread, Fruit Spread Apple Crisp	
30 Tortilla Soup Hard Shell Tacos Salsa & Chopped Onions Spiced Carrot Cake Fruit Cup	31 Potato Leek Soup ** BBQ Pork Sandwich Harvest Blend Vegetables Apricots Molasses Cookie		Meal Prices Seniors (age 60+) \$3.50 suggested donation Non-seniors \$7.00		

Monday the 9th Evening Meal

** New Menu Enjoy!






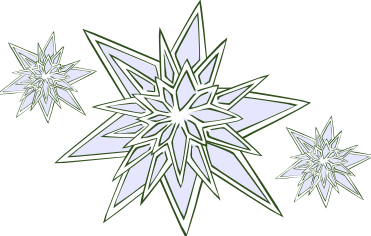

Don't forget to call in your reservations by 10:30 AM to 733-7300.

JANUARY



ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED TO CELEBRATE A</p> 	<p>3 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30</p> 	<p>4 Leslie's Fitness 9:30 Restorative Yoga 10:45 Blood Pressure 11:30 Medicare Asst. 11:30 Lunch • Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>5 Line Dancing 10:30 Lunch Mahjong 1:00</p>	<p>6 Leslie's Fitness 9:30 Snacks by River Rock FRIDAY FEAST—Served by Republican Party Cribbage 1:00</p>
<p>9 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00 EVENING MEAL 6:00 PROGRAM 6:30</p>	<p>10 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30</p>	<p>11 Leslie's Fitness 9:30 Restorative Yoga 10:45 Blood Pressure 11:30 Lunch • Board Meeting 12:30 Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>12 Line Dancing 10:30 Lunch Mahjong 1:00</p> 	<p>13 Leslie's Fitness 9:30 BRUNCH 11:00 Cribbage 1:00 Caregiver Group 2:00</p>
<p>16 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00</p>	<p>17 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30 Caregiver Group 6:00</p>	<p>18 Leslie's Fitness 9:30 Restorative Yoga 10:45 Blood Pressure 11:30 Lunch • Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>19 Line Dancing 10:30 Medicare Asst. 11:30 Lunch Mahjong 1:00</p> 	<p>20 Leslie's Fitness 9:30 Snacks by River Rock Scrabble Tourney 10:30 FRIDAY FEAST—served by Democratic Party Cribbage 1:00</p>
<p>23 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00</p>	<p>24 Yoga 10:30 Wii Bowling 11:00 BIRTHDAY PARTY Pinochle 12:45 Zumba Tone 5:30</p> 	<p>25 Leslie's Fitness 9:30 Blood Pressure 11:30 Lunch • Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>26 Line Dancing 10:30 Lunch Mahjong 1:00</p>	<p>27 Leslie's Fitness 9:30 Snacks by River Rock Lunch Cribbage 1:00</p>
<p>30 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00</p>	<p>31 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30</p>		 <p>Visit our website at www.seniorcenterjh.org Or find us on Facebook</p>	

KEEP YOUR NEW YEAR'S RESOLUTION!

Did you make a commitment to stay more active, lose a few pounds, or just to move more in 2012? We can help you!

Our exercise class schedule is:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/W @ 9:30 Line Dancing @ 10:30	Yoga @ 10:30 Zumba Tone @ 5:30	H/W/L/W/W @ 9:30 Restorative Yoga @ 10:45 Pilates @ 5:30	Line Dancing @ 10:30	H/W/L/W/W @ 9:30

We also have exercise equipment available for you to use on your own schedule, Monday thru Friday.



SPOTLIGHT ON YOGA

YOGA FOR WELLNESS
Tuesday at 10:30 AM

Mindful exploration of breath and movement in a gentle-moderate class, thoughtfully sequenced to increase self-awareness, relieve aches and pains, restore flexibility and core strength, and experience deep relaxation.

RESTORATIVE YOGA **NEW CLASS**
Wednesday at 10:45 AM

This very gentle class respects all physical limitations, using modified forms of basic yoga poses and guided meditation to promote vitality and rejuvenation and create a sense of overall well being.



FRIDAY FEAST CONTINUES FOR
2012!!

1st and 3rd Fridays of each month, meals are free to seniors age 60+, thanks to a continued grant by the Community Foundation of Jackson Hole.

VITA

(Volunteer Income Tax Assistance)

Tentatively scheduled at the Senior Center Saturday, February 11, by appointment.

More information in the February Newsletter.

For questions, please call 733-7300.

LOW INCOME ENERGY ASSISTANCE PROGRAM (L.I.E.A.P.)

If you make \$1,976 as an individual or \$2,584 as a couple per month or less, you may qualify for home heating help from the State of Wyoming.

Applications are available at the Senior Center.

If you need help or more information, please contact the staff at the Center.

You will need: identification, proof of income, recent utility bill.

BOOK GROUP

- Tuesday, January 3 at 10:30 AM—The Lace Makers of Glenmara by Heather Barbieri. Led by Lucy Bayles.
- Tuesday, February 7 at 10:30 AM—Nothing to Envy by Barbara Demick. Led by Jeanne Brown.

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WE HAVE NEW MENUS! ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
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EVENING MEALS AND PROGRAMS

We are continuing our winter Evening Meals and Programs in 2012!

Dinners at 6:00 PM
 Programs at 6:30 PM

January
 Monday, January 9
 Scotland and the Inner Hebrides
 With Hamish Tear

February
 Cowboy Poetry and Music—Andy Hefron
 and John Sidle

March
 Rozan Welch's teaching trip to Kenya

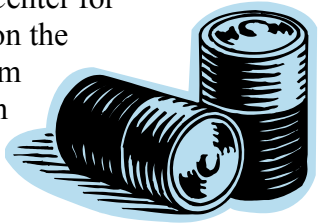
DID YOU KNOW...

The Teton County Library offers Home Delivered Books to the homebound. If you or someone you know would benefit from this service, please let the Senior Center or the Library know.

Comments, suggestions or questions?
 Call the Senior Center at 733-7300.

RECYCLE YOUR BATTERIES

Bring your batteries – ALKALINE & LITHIUM – to the Senior Center for recycling. Please put tape on the end terminals and place them in the box under the bulletin board in the hallway with the GO GREEN sign.



CALLING ALL YARN!

Are you inundated with yarn you'll never use? The Senior Center needs your yarn and other knitting/crocheting paraphernalia. Donations are accepted at the Senior Center, Monday to Friday from

In February, the Senior Center will hold the Knit/Crochet Extravaganza Sale, including materials, patterns and instruction.

Volunteers are needed for setup, teardown and during the sale. Please contact Kelly at 733-7300 if you would like to volunteer.

WIN A 5 PUNCH MEAL TICKET!

Come to lunch during the week and be entered for a drawing each Friday Feast Day for a 5 punch meal ticket!

ART CLASS

Gail Moore will be teaching a watercolor class in January and February, Thursdays at 9:30 AM

Space is limited, so please reserve your spot today with Kelly.

Material lists are available upon request.

Donations

MEMORIAL DONATIONS

Ruth Weisbrod
Jane Squires

Adele & Don Clark
Alvira Sturlin

Evelyn Bass
Barb & Bob Shervin

Connie Bartek
Betty Feuz

Senator Clifford & Martha Hansen
Deanna Luton

MONETARY DONATIONS

Barb and Bob Shervin; Ann Williams;; Odd Fellows Lodge #8; Capt. Bob Morris; Roger Hayden; Lois Boggs; Ramona Durand; Franz Camenzind; Diane Hazen; Becky & Tom Jordan; Grace Brown; Priscilla Mildner; Link Hibbard; Phyllis Hallett; Bernhard Rietmann; B.J. & Jack Hahn; Roberta Seaton; Link Hibbard; Jeanne & Art Miller; Annette Tatarek; Marion Buchenroth; Barbara McMullen; Carol & David Vandenberg; Karen & Richard Hobbins

MISCELLANEOUS DONATIONS

Sam Harrel – Book
Sharon Wiley – Apples
Bernie Scates – Tables
Pat Walsh – Yarn
Barbara Daily – Christmas Ornaments
Wells Fargo Bank – Poinsettia
Priscilla Mildner – Meal Tickets
Jean Day - Napkins
Sandy & Mike Faraday – Books
Jim Barlow – Magazines
Bonnie Budge – Books
T.R. Shelby – Magazines
Happy Weston – Books
Jim Sorensen – Apples
Jamie Mickleson – Books
Karen & Dennis Nethercott – Magazines
George Nethercott – Loan Closet Items
Monique Lai – Food
Yippy I-O Candy Co. – Chocolate
Ruth & Bill Happersett – Magazines
Doris Wilson – food
Ralph Gill – Calendar, cards
Nancy Stirn – Cards, tea

GIFT SHOP

Linda Eggers; Nancy Rigsby; Bonnie Koeln; Earleen Horn; Bernie Scates; Marge Ryan; Arlene Sibley; Elaine Lance; Dorothy Tanner; Carol Black; Evelyn Mulholland; Deanna Luton; Diana Vaughan; Bonnie Budge; Dick Ferguson; Judy Pilgrim

NEWSLETTER DONATIONS

George Lorenzo; Gail Wilts; Gloria & David Lorenzo; Mary Waid; Geraldine & Robert Dellenback; Hazel Halling; Richard Thoenig; Phyllis Osborne; Marie McCormack; Nancy & John Wilbrecht; Barbara & Bill Rinker; Moosie Woodling; Phyllis Hallett; Sandy Cameron; Robert Dunblazier; Betty Cook; Mary Ann McLeod; Jo Stephens; Carol Roth; Frances Spencer; Mary Jane Hanson; Betty Benson; Kathy Cummings; Don Brewer; Dianne Pfabe; Sharleen & Ray Kominsky; Shirley Craighead; Deon Robinson; Mary Lou & Richard Klene; Pamela Stockton; Virginia & Calvin Blair; Dorothy & Bill Remington; Louise & Dee Moser; Juanita McGhee; Marjorie Ryan; Carol Goe; Dodie & Clarence Stearns; Sharon Gunberg; Lee Donaldson; Phyllis Horwitz; Felix Buchenroth; Bob Forbes; Lynn Garrison; Frank Werner; Adrienne Ward; Grace Brown; Anne & Rod Newcomb; Cally Crow; Mary Lou Brydon; Margaret & Cal Mathieu; Barbara Finkelson; Robert Simon; Priscilla Mildner; Ramona Roters; Nancy Rudener & Danny Gardiner; Linda Rode; Luette Keegan; Rosemarie Seherr-Thoss; Helena Harrice; Gloria Newton; Carol & Jack May; Patricia Walsh; Ann Shesne; Roy Chambers; Ernest Hirsch; Anne Wray; Archie Jurich; Sharon Wiley; Fran & Al Bersticker; Doris Budge & Dick Opsahl; Jane Jerger; Beulah Riggan; Nick Centrella; Edwin Fourre; Judy Swann; Sharon & Rudy Sanford; Ben Ferrin; Justine Bruteig; Wilma Barr; Ingrid Weber; Barbara & Phil Zacharias; Mary Lorimer; Connie Owen; Alvira Sturlin; Leona May; Leonard Ross; Grace Anderson; Jeanne Miller; Virginia (Ginger) Burley; Carol Pitman; Paula & Louis Leisinger; Marge Hunt; Betty Johnson; Joan & John Shipman; Della Despain ;Clara Bush; Sally Haubert; Patricia Snyder; Beverly & Jack Babcock; Helen & Maureen O'Leary ;A.A. Zvegintzov; Jean & Dick Hahn; Della Woodward; Peggy Jensen; Flicka Scott & Ernie Wampler; Ann Keller; Miriam & Bob Lenz; Lucille McKinney; Gene Hicks; Faye Harder; Karen & Richard Hobbins; Martha & Bill Saunders; Rosemary & Leo Benson; ; Deanna Luton; Pat & Larry Hendricks; Judy & Ray Pilgrim; Jeanne & Art Miller; Karen & Richard Hobbins