

The Center News  
NEWSLETTER

December  
2023

## Christmas Luncheon

Come enjoy Christmas Dinner/Luncheon  
with us December 20th.

11:00AM to 12:30 PM

And wear your Ugly Christmas Sweaters

Everyone is **WELCOME!**

*'Tis the season...*  
TO ROCK  
**UGLY**  
SWEATERS



### BOARD MEMBERS

**CHAIRMAN**  
LEON PETERSON

**VICE CHAIRMAN**  
JEANIE POTTER

**SECRETARY**  
BENNIE LILLY

**TREASURER**  
JARED EDDINGTON

**MEMBERS**  
TOM PACKER  
PAUL LOOMIS  
DORINE ADAMS  
TODD BURKE  
AL STALDER

### STAFF

**DIRECTOR**  
PAM BEUS

**OFFICE STAFF**  
TERA YOUNG  
MONICA BANKHEAD

**KITCHEN STAFF**  
MINDIE CAMERON  
CASSIE BISHEIMER  
JEREMY ATWOOD  
JESSE LEYVAS  
CHRIS MOON



*Thank you*

Thank You to all the businesses who helped with  
the Prime Rib Dinner Fundraiser

Molina Healthcare

D.L. Evans bank

The Candy Jar

Bingham Memorial Hospital

And the Elks Lodge

Also a big Thank You to all the Volunteers !

### **HAPPENINGS AT SENIOR CENTER**

Liaison Committee: The Liaison Committee would like to announce Leon Denney as the recently elected chairman.

The members of the Committee want to welcome you aboard.

We are excited to have you as our Chairman and are looking forward to getting to know you.

The members of the Committee are: Chelta Arens, Jamie Hamilton, Darlene Grimm and Marcia Knight.

The Committee will hold the next monthly meeting at 10:30 on December 5, 2023 at the Senior Center.

Congratulations on winning the election.



# Christmas Dinner Roll Orders

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Christmas Dinner Roll orders will be taken up to  
December 14th by 12pm.

Orders must be picked up December 21st by 1pm.

1 Dozen rolls is only \$7

You may order White or Wheat.



Order Your Christmas Baked Goods From the Senior Center. Orders must be placed by  
December 14th and picked up on December 21st by 1 p.m. prices are listed below:

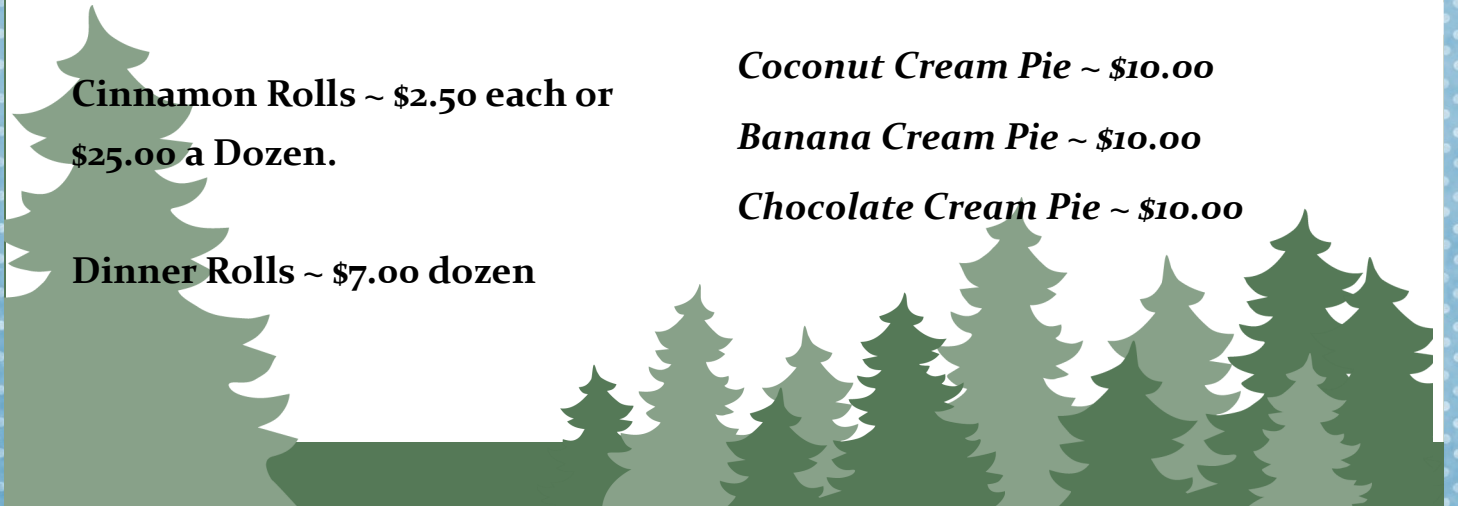
**Cinnamon Rolls ~ \$2.50 each or  
\$25.00 a Dozen.**

**Dinner Rolls ~ \$7.00 dozen**

***Coconut Cream Pie ~ \$10.00***

***Banana Cream Pie ~ \$10.00***

***Chocolate Cream Pie ~ \$10.00***





**\* We also help Seniors with:**

Legal / Estate Planning Documents  
Healthcare Needs  
Probates / Guardianships

**October 2023**

**Senior Tip – Healthcare**

**Aging Gracefully**

**Tip – Interact with others, contribute, and enjoy life.**

"As we age, physical changes—such as discomfort, illness or frailty—are simply the most visible of a host of other changes. You also may notice emotional fluctuations such as loneliness, anxiety or sadness. As we grow older, our amount of stress often increases while our ability to deal with it decreases." (Caring For Aging Loved Ones, Henry Holstege, Ph.D and Robert Riekse, Ph.D., pg. 184)

Maintaining relationships with family and friends is very important and can help us handle the emotional challenges we face. Humans are social creatures and need to be around other people and have meaningful interactions. Where can these meaningful interactions be found? There are many answers to that question, including family, friends, neighbors, and religious fellowship. You might also go to your local Senior Center and ask about the activities and services that are provided there.

Let your family and those around you know that you would like visits or phone calls. Interactions with others keeps loneliness at bay and helps you maintain independence. A luncheon, a trip to the grocery store, or even a phone call can make a huge difference.

As a senior citizen, there is still much you can contribute. I know of one elderly lady who was feeling lonely, so she decided to call other seniors from the Senior Center on their birthdays. There are also many opportunities to contribute to the community through humanitarian projects, food distribution, and other worthwhile activities.

Aging gracefully is being able to successfully master life changes and stresses and find a way to keep contributing and enjoying life.

**Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com)  
to view all our Senior Tips! (From 2012-2023)**

**Tom Packer is an Elder Law Attorney serving all of Southeast Idaho. As part of his law practice, Tom offers Life Care Planning to deal with the challenges created by long-term illness, disability and incapacity. If you have a question about a Senior's legal, financial or healthcare needs, please call us.**



Dear Friends,

Thank You for you contributions to the  
Blackfoot Senior Center in Jerry's honor.

Many of you contributed to this fund.

Jerry & I have felt the warm & caring relationships through Exercise Class, Chair Volleyball, Helping Hands, The Volunteers and The hundreds of you with whom we have shared delicious meals. It exemplifies true community.

Lovingly Marty & Family.





# **CORPORATE SPONSORS**

**THE CANDY JAR**

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RESORATION**

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GION POST 23**

**21st CENTRY AUTO**

**THE ELKS LODGE # 1416**

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**TAX TECH INC.**

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**RAYMOND & YUKIKO  
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**IDAHO CENTRAL CREDIT UN-  
ION**

**VETERANS OF FOREIGN WARS**

**RUPES INC.**

**AL & KATHERINE STALDER**

**BIGHAM MEMORIAL**

**HOMESTEAD FAMILY  
RESTAURANT**

**KESLERS MARKET**

**FARM BUREAU—  
TODD BURKE**

**BPO-D.O.E.S. #190**

**1st RESPONSE RESTORATION**

**AWARENESS COUNSELING**



# \$5.00 a Month Club

## November

*Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 80 home-bound seniors in Bingham County. Many of our seniors are unable to pay for this service. You can help by buying a homebound senior a meal.  
Call the center and become a part of our Club today at 208-785-4714.*

CONNIE ANDERSON	DAVID HALE	LOUISE MCDONALD
CHELTA ARENS	SAUNDRA HAMM	CHERI MITCHELL
CRAIG ATWOOD	MARGARITE HARTMAN	MIRIAM MONTAGUE
JACKIE BABCOCK	RULON HILLAM	DIXIE MONTGOMERY
MARY BALLARD	RICK HOLMES	JULIE MORRISSEAU
PAM BEUS	MARY HOUSE	TOM & SANDY PACKER
ED & TANA BEVERLY	RUTH JONAS	JAMES & JAN PARKS
LOLA BROWER	KEITH & CATHY JOHNSON	LEON & MARGARET PETERSON
WANDA BURGOYNE	BRUCE & CHARLOTTE KAISER	RUSSELL & JEANIE POTTER
MARILYN BUMP	ADIEN KELLER	DOUG & MARY REYNOLDS
DEEANN CHAVEZ	ISIS KELLER	ARTHUR & ELAINE ROBINSON
MERV & IRENE DOLAN	JEFF KELLER	MARJORIE SCHAEFER
RALPH DUNN	DON KELLY	AL & KATHERINE STALDER
DENNIS & JEANE FOLKNER	DEBBIE KLUVERS	RANDY THOMPSON
JERRY & MARTY FREEBURNE	ALICE KONISHI	CAROLINE TRACY
ROXIE GARDELS	GARY & LINDA LARSEN	JULIE URIAS
BONNIE GARDNER	JANICE LAWES	JEAN WADSWORTH
HARVEY & PATRICIA GERBER	JESSE LEYVAS	VERLENE WALTERS
DEANN GIBSON	BENNIE & DENISE LILLY	SPENCER & ANDREA WILLIAMS
JODI GIOVANAZZI	PAUL & JUDY LOOMIS	GARY & SONJA WRIGHT
NANCY GODFREY	DIANE MANSANAREZ	WAYNE & BECKY YOUNG
AL & ANN GOEHRINGER	EMI MATSUURA	



**venmo**



**We are Excited to announce that we now have a new Payment option.**

**Everyone is welcome to pay with Venmo please make sure to Memo what you are paying for (Lunch, Meals on Wheels, Fundraising, \$5 a Month Club Etc.)**

**Our Venmo is:**

**Bingham County Senior Center @TheBestCenter**

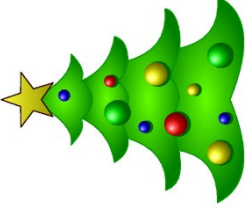
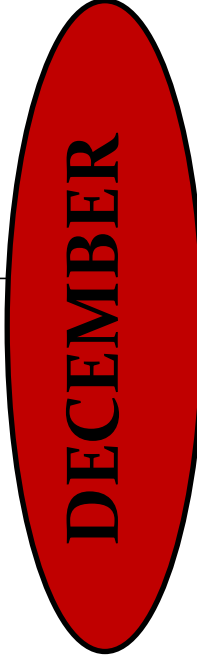


### **Last Minute Gift Ideas**

If you need a wonderful last minute gift we have RADA Cutlery in stock here at the Bingham County Senior Citizens Center already in gift boxes.

Stop by the front desk and we can show you our amazing selection.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 9-10:30 Breakfast  <b>MOW— Tater tot hotdish</b>	<b>2</b> 8:30 Zumba Gold
<b>4</b> 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold  <b>Patty Melts Soup/Salad</b>	<b>5</b> 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot  <b>Chicken Fajitas Soup/Salad</b>	<b>6</b> 9:00 Chair Volleyball 1:00 Bridge  <b>Salisbury Steaks Soup/Salad</b>	<b>7</b> 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold  <b>Pork Stroganoff Soup/Salad</b>	<b>8</b> 9-10:30 Breakfast  <b>MOW—Chicken Cordon Bleu</b>	<b>9</b> 8:30 Zumba Gold
<b>11</b> 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold  <b>Tacos Soup/Salad</b>	<b>12</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot  <b>BBQ Pork Sandwich Soup/Salad</b>	<b>13</b> 9:00 Chair Volleyball 11:30 FOUR C'S MUSIC 1:00 Bridge  <b>Chicken Noodle over Potatoes Soup/Salad</b>	<b>14</b> 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold  Last Day to order X-mas Dinner Rolls  <b>Goulash Soup/Salad</b>	<b>15</b> 9-10:30 Breakfast  <b>MOW— Pork Chops</b>	<b>16</b> 8:30 Zumba Gold
<b>18</b> 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold  <b>Sweet &amp; Sour Chicken Soup/Salad</b>	<b>19</b> 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot  <b>Stuffed Peppers Soup/Salad</b>	<b>20</b>  <b>Christmas Luncheon 11am to 12:30 pm</b>	<b>21</b> 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold  <b>Garlic Bread Pizza Soup/Salad</b>	<b>22</b> 9-10:30 Breakfast  <b>MOW— Hamburger Gravy Over Potatoes</b>	<b>23</b> 8:30 Zumba Gold
<b>25</b>  <b>Closed</b>  <b>MOW— Ham Steak</b>	<b>26</b>  <b>Closed</b>  <b>MOW— Chicken Pot Pie</b>	<b>27</b> 9:00 Chair Volleyball 1:00 Bridge  <b>French Dips Soup/Salad</b>	<b>28</b> 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold  <b>Breaded Pork Chops Soup/Salad</b>	<b>29</b> 9-10:30 Breakfast  <b>MOW—Chicken &amp; Rice</b>	<b>30</b> 8:30 Zumba Gold



**DECEMBER  
2023**



WE'RE ON THE WEB  
SENIORS4EVER.COM



Bingham County  
Primary Business Address  
20 E. Pacific St.  
Business Mailing Address  
P.O. Box 849  
Blackfoot, ID 83221  
Phone: 208-785-4714  
Fax: 208-785-4715  
E-mail: [bcsc@seniors4ever.com](mailto:bcsc@seniors4ever.com)

Senior Citizens Center

