

Bingham County
Senior Citizen Center

February
2024

Happy
Valentine's
Day

*Join us for our
Valentine's Day Luncheon .
Enjoy live music from the
Four C's
Come hungry
Wednesday, February 14Th
11:00am-12:30pm.*

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Activities Donations

Please Consider
Donating **\$1 Each Time**
you participate in an
activity you like to
enjoy at the Senior
Center.

Our Lunch Program is
not sustaining the
entire Center. These
donations will help the
Centers overhead
costs, which include:
maintenance,
custodial, power, gas,
water, sewer.

The Center is following
in the footsteps of
other Centers in our
area who are currently
doing this.

ACTIVITIES INCLUDE:

- ◆ All card games
- ◆ Fit & Fall
- ◆ Chair Volleyball
- ◆ Bingo
- ◆ Zumba

The donation box will
be placed at the
hostess desk .

Thank You! For
donating to The Center
and helping to keep
our activities available

Meals on Wheels Sponsorship

Our \$5.00 a Month Club goes directly to our
Meals on Wheels Program. Many homebound
seniors are unable to pay for their meal service.

Your generosity through donations and the
\$5.00 a Month club ensures that the meals con-
tinue to get delivered. Interested in being a
\$5.00 a month member? Call the Senior Center
for more information (208)785-4714

Best Valentine's Day Jokes

- What did the paper clip say to the magnet?" "I find you very attractive."
- "Why did the husband get his wife a kitten for Valentine's Day?" "He thought it was the *purr*fect present."
- "What did the stamp say to the envelope on Valentine's Day?" "I'm stuck on you!"
- "Why didn't the skeleton want to send any Valentine's Day cards?" "His heart wasn't in it."
- "What's Cupid's favorite band?" "Kiss!"
- "Why did the sheriff lock up their valentine?" "She stole their heart."
- "What do you call two birds in love?" "Tweethearts!"
- "What did the scientist say to her valentine?" "I think of you periodically."
- "How can you tell when a squirrel is in love?" "It goes nuts!"
- "I thought I won the argument with my wife as to how to arrange the dining room furniture. But when I got home the tables were turned."
- "I once fell in love with someone who only knew 4 vowels. They didn't know I existed."
- "What did the calculator say to the pencil?" "You can count on me."
- "How did the telephone propose to his girlfriend?" "He gave her a ring!"

Liaison Committee: The Liaison Committee held the monthly meeting on January 9, 2024. There were no suggestions in the box.

The Liaison Committee's purpose is to provide a way for Senior Center members and the Board of Directors to communicate.

By Senior Center members submitting their ideas and suggestions, the Committee can help improve the lines of communication. The Committee opens the suggestion box and reviews each suggestion monthly.

Scoop: The winner of the 50/50 raffle was Stan Baldwin.

Why do seniors play bingo? Bingo is a social game that allows Seniors to socialize with other people, have fun and relax. Bingo can boost brain health, slow down the decline of cognitive abilities and improve motor skills.

Bingo is mentally stimulating because players must focus on numbers, pay attention to the caller and mark cards quickly and accurately. This mental exercise can help maintain cognitive function. Bingo players must continue to maintain attention which is essential for sharpening focus and memory. And players need to speak fast too. In order for a player to win a game, the player must be quick to yell out "bingo" before the Caller announces the next number. All the above is important for seniors to maintain mental acuity.

Seniors who regularly play Bingo score higher on tests evaluating memory and speed compared to those seniors who do not play.

In conclusion, Bingo is not about numbers, it is about connecting and well-being. It offers an opportunity for seniors to enjoy life, foster friendships and boost cognitive functions.

You can play Bingo at the Center on Mondays at 1:00. The cost of each card is \$1.00.



Fit & Fall class Christmas Party 2023

EVERYONE IS WELCOME
TO OUR MARCH FOR MEALS-ON-WHEELS
PANCAKE BREAKFAST BUFFET FUNDRAISER

**SPONSORED BY TRAVIS PACKER AND
THE BLACKFOOT ELKS LODGE.**

SATURDAY MARCH 2ND 8AM-11AM
BINGHAM COUNTY SENIOR CENTER
20 E. PACIFIC ST.

\$10 A PERSON/\$6 FOR AGE 10 AND UNDER



AVAILABLE FOR PURCHASE:
CREAM PIES
CHOCOLATE CHIP COOKIES
CINNAMON ROLLS
FRUIT PIE BARS
RADA KNIVES

\$5.00 a Month Club

January

*Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 100 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.

RAY & CHELTA ARENS

DON KELLY

JACKIE BABCOCK

JOHN & DEBBIE KLUVERS

MARY BALLARD

MARCIA KNIGHT

PAM BEUS

JANICE LAWES

LOLA BROWER

LYNN MICKELSEN

MARILYN BUMP

CHERI MITCHELL

MERV & IRENE DOLAN

RUSSELL & JEANIE POTTER

DAVID DOSS

BEVERLY SALISBURY

TRISH & HARVEY GERBER

RANDY THOMPSEN

JODI GIOVANAZZI

CAROLINE TRACY

DAVID HALE

DWAYNE UGAKI

MARY HOUSE

SPENCER & ANDREA WILLIAMS

RUTH JONAS

VEEANN WILLIAMS

KEITH & CATHY JOHNSON

BESSIE WILLYERD

BRUCE & CHARLOTTE KAISER

WAYNE & BECKY YOUNG

DON KELLY



*** We help Seniors with:**

Estate Planning Documents
Healthcare Needs / Paying for Care
Probates / Guardianships

December 2023

Senior Tip – Legal

Estate Planning for Blended Families

Tip – Planning for your spouse and children in a second marriage.

Question: What happens after a second marriage if you die without a will or trust in place?

Answer: Under Idaho Code § 15-2-102 your half of the **community property** (property you acquire during your marriage to your spouse) would pass to your surviving spouse and one-half of your **separate property** (property you bring into your marriage or receive as a gift) would pass to your spouse and one-half would pass to your children.

In addition, Idaho Code § 15-2-402 and Idaho Code § 15-2-403 provides that your surviving spouse may be entitled to a Homestead allowance of \$50,000 and an Exempt property allowance of \$10,000 respectively. These allowances can be taken by your spouse from property in your estate before any distributions are made to the persons you have designated in your will to receive your property.

You can see that in a second marriage, if you do not have a will or trust, the bulk of your estate could go to your spouse, and not to your children.

Rather than letting the laws of the state determine how your estate is distributed, it makes sense to have an estate plan to distribute your property to whom you want it to go.

No matter who you decide to leave your property to, you need to make sure your wishes are clear and binding. Avoiding the misunderstandings and fights that can come from a lack of planning is maybe the best gift you can give your spouse and children.

Please see our website at www.packereldercarelaw.com

to view all our Senior Tips! (From 2012-2023)

Tom Packer is an Elder Law Attorney serving all of Southeast Idaho.

If you have a question about a Senior's legal, financial, or healthcare needs, please call us.

**Thomas W. Packer
186 East Judicial Street
Blackfoot, Idaho 83221
208-785-5600**

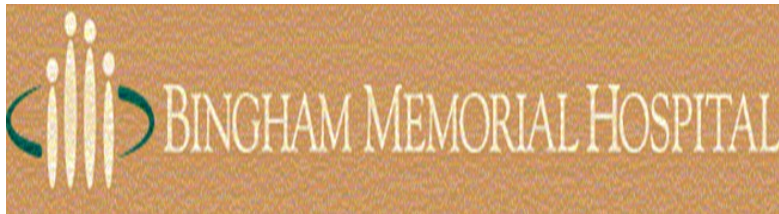
February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 3:30 Zumba Chicken Fried Chicken Buffet Soup/Salad Bar	2 9-10:30 Breakfast Buffet MOW—Biscuits & Gravy	3 8:30 Zumba
5 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Finger Steaks Buffet Soup/Salad Bar	6 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot Chicken Enchiladas Buffet Soup/Salad Bar	7 9:00 Chair Volleyball 1:00 Bridge Lasagna Buffet Soup/Salad Bar	8 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 3:30 Zumba Pork Chops Buffet Soup/Salad Bar	9 9-10:30 Breakfast Buffet MOW—Chicken Alfredo	10 8:30 Zumba
12 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Hamburger Gravy over Potatoes Buffet Soup/Salad Bar	13 9:00 Haircuts 9:30 Fit & Fall 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Pork Roast Buffet Soup/Salad Bar	14 NO Activities Valentines Luncheon Chicken Cordon Bleu Buffet Soup/Salad Bar	15 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 3:30 Zumba Pork Pot Pie Buffet Soup/Salad Bar	16 9-10:30 Breakfast Buffet MOW—Beef Enchiladas	17 8:30 Zumba
19 Closed MOW- Orange Chicken	20 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot Philly Cheesesteak Buffet Soup/Salad Bar	21 9:00 Chair Volleyball 1:00 Bridge Tuna Casserole Buffet Soup/Salad Bar	22 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 3:30 Zumba Chicken Tacos Buffet Soup/Salad Bar	23 9-10:30 Breakfast Buffet MOW—Chicken Fried Pork Steak	24 8:30 Zumba
26 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Bratwurst Buffet Soup/Salad Bar	27 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot Chicken & Dumplings Buffet Soup/Salad Bar	28 9:00 Chair Volleyball 11:00 Under Western Skies 1:00 Bridge Pot Roast Buffet Soup/Salad Bar	29 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 3:30 Zumba Chicken Carbonara Buffet Soup/Salad Bar	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	



Free, Unbiased Medicare
Information for Idaho

1-800-247-4422 www.shiba.idaho.gov



February 2023

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bcsc@seniors4ever.com

