



THE CENTER NEWS

Bingham County Senior Citizens Newsletter

October 2024

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Message from the Director

I would like to clarify that our senior center is a non-profit 501c3 organization. We are not owned or operated by the county or city, therefore employees don't receive county or city benefits.

However, both the city and county do help with some funding. The county funding accounts for 14% of our operating costs. In addition, they assist us with a discounted rate on our gasoline and vehicle repairs. The city funding accounts for .01% of our costs. In addition, they give us a credit on our city bill which covers 9 months of our water, sewer and garbage.

Our largest single funding help comes from our Area Agency on Aging. Funding from them covers 24% of our operating costs. As you can see all totaled is about 40% of the costs to run our center. Most of the remaining money comes from donations, fundraisers and grants.

One more fun fact I would like to share: Unlike the Shelley and Aberdeen senior centers whose buildings are owed by the county, ours belongs to us. The fact that they do not own their buildings means they don't have to pay building insurance or major repairs.

If anyone has questions please feel free to come see me. Pam



Congratulations to Jeanie Potter & Debbie
Kluvers for being
Re-Elected to the Board of Directors.



Kitchen News

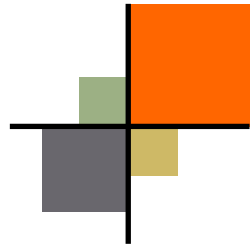
**October Cookie
Pumpkin Pie Cookie**

\$5 for a 6 pack of cookies.

Sign-up will be available until 10/8/2024

Cookies pick-up will be 10/14/2024

November Cookie
Cookies & Cream



Fiber

Fiber is a carbohydrate that cannot be broken down within our bodies, therefore we dispose of it in our output naturally. A diet rich in fiber can help keep us regulated (not constipated), bulk up stools, regulate blood glucose (blood sugar) levels, lower cholesterol, and provide us with much needed energy. The recommended daily intake of fiber is 25-30 grams/day. Foods high in fiber include beans, whole grains, berries, and apples!

October 27 is APPLE DAY

Apples are an easy-to-find fruit in Southeast Idaho during the Fall months. Local pumpkin patches will often offer fresh pressed cider and apple products. Applesauce and apple butter are quick and easy to prepare, and offer tons of fiber and vitamin C (1 medium sized apple = 4 grams of fiber and about 15% of daily recommended vitamin C intake).

Apple Sauce

- 4 apples of your choice, peeled, cored, and cubed
- 1/2 cup sugar (or sugar substitute)
- 1/2 cup water
- 1 tsp ground cinnamon

Place all ingredients in a medium-size pot and simmer for 15-20 min. Mash with a potato masher to desired consistency. Enjoy!

Apple Butter or Pumpkin Butter

- 6 medium sized apples (or 2 cups of pumpkin) of your choice, peeled, cored, and cubed
- 1/3 cup sugar
- 1/3 cup brown sugar
- 2 tsp ground cinnamon
- 2 tsp salt
- 1 tsp salt

Place all ingredients into a medium sized pot and simmer on medium-low for 30 min or until apples/pumpkins are tender. Smash with a potato masher to desired consistency.

* Serve sauce or butter on top of ice cream, pudding, toast, cottage cheese, melted brie, etc

* Rather than using a pot, a slow cooker can also be used at "low" setting for 8-9 hours

* Store apple/pumpkin butter in an airtight container for up to 10 days or freeze up to 9 months!



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car Insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

**NEW
CONTENT
ADDED!**

Date & Time:

**Monday, November 18, 2024
8:45 AM till 4:00 PM**

Location:

**Bingham County Senior Center
20 E. Pacific Street
Blackfoot, Idaho 83221**

Register:

**(208) 785-4714 Bingham County Senior Center - Monica)
or
(208) 589-9186 (Ann)**

CLASSROOM COURSE

**\$20 for AARP members
\$25 for non-members**

TO FIND ADDITIONAL COURSES

**Visit: www.aarp.org/driving36
Call: 1-888-773-7160**

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

\$5.00 a Month Club

September

Our \$5.00 a month club supports 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	AL & ANN GOEHRINGER	SHEAR MADNESS
JACKIE BABCOCK	NANCY GODFREY	LYNN MICKELSEN
MARY BALLARD	DAVID HALE	CHERI MITCHELL
PAM BEUS	SAUNDRA HAMM	MIRIAM MONTAGUE
BRIC & BRAC	MARGARITE HARTMAN	DIXIE MONTGOMERY
LOLA BROWER	MARY HOUSE	JAMES & JAN PARKS
MARILYN BUM P	RUTH JONAS	LEON & MARGARET PETERSON
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DAVID DOSS	DON KELLY	AL & KETHERINE STALDER
ANDREW DUNCHAN	JOHN & DEBBIE KLUVERS	RANDY THOMPSEN
CHAD & AUDREY EBERHARD	MARCIA KNIGHT	JULIE URIAS
NICK & NICHOLLE ELFERING	ALICE KONISHI	DWAYNE UGAKI
DENNIS & JEANE FOLKNER	GARY & LINDA LARSEN	JEAN WADSWORTH
MARTY FREEBURNE	JANICE LAWES	SPENCE & ANDREA WILLIAMS
ROXIE GARDELS	JESSE LEYVAS	BESSIE WILLYERD
TRISH & HARVEY GERBER	BENNIE & DENISE LILLY	GARY & SONJA WRIGHT
JODI GIOVANAZZI	PAUL & JUDY LOOMIS	WAYNE & BECKY YOUNG

CORPORATE SPONSORS

MEMBERS PREFERRED CREDIT UNION

SCHWAB CHARITABLES

THE CANDY JAR

STATE RECOVERY

ALSCO

1ST RESPONSE RESTORATION

Senior Center Activities

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

These donations will help the Centers overhead costs, which include: maintenance, custodial, power, gas, water and sewer.

Thank You! For donating to The Senior Center and keeping our activities available to all.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</p> <p>Meals are subject to change</p>	<p>1 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Chicken Enchiladas Soup & Salad Bar</p>	<p>2 9:00 Chair Volleyball 1:00 Bridge</p> <p>BBQ Pulled Pork Soup & Salad Bar</p>	<p>3 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold</p> <p>Meatloaf Soup & Salad Bar</p>	<p>4 9-10:30 Breakfast</p> <p>MOW — Spaghetti</p>	<p>5</p>
<p>7 9:00 Chair Volleyball 1:00 Bingo</p> <p>Hamburgers Soup & Salad Bar</p>	<p>8 9:00 Haircuts 9:30 Fit & Fall 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Chicken Alfredo Soup & Salad Bar</p>	<p>9 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge</p> <p>Chicken Fried Steak Soup & Salad Bar</p>	<p>10 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold</p> <p>Mongolian Pork Soup & Salad Bar</p>	<p>11 9-10:30 Breakfast</p> <p>MOW—Sweet & Sour Chicken</p>	<p>12</p>
<p>14 9:00 Chair Volleyball 1:00 Bingo</p> <p>Brats & Sauerkraut Soup & Salad Bar</p>	<p>15 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Nachos Soup & Salad Bar</p>	<p>16 9:00 Chair Volleyball 1:00 Bridge</p> <p>Fish & Chips Soup & Salad Bar</p>	<p>17 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold</p> <p>French Dips Soup & Salad Bar</p>	<p>18 9-10:30 Breakfast</p> <p>MOW—Pork Chops</p>	<p>19</p>
<p>21 9:00 Chair Volleyball 1:00 Bingo</p> <p>Chicken Parm Soup & Salad Bar</p>	<p>22 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Stuffed Peppers Soup & Salad Bar</p>	<p>23 9:00 Chair Volleyball 1:00 Bridge</p> <p>Chicken Noodle over Potatoes Soup & Salad Bar</p>	<p>24 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold</p> <p>Sausage & Tortellini Soup & Salad Bar</p>	<p>25 9-10:30 Breakfast</p> <p>MOW—Chili</p>	<p>26</p>
<p>28 9:00 Chair Volleyball 1:00 Bingo</p> <p>Pork Stroganoff Soup & Salad Bar</p>	<p>29 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Chicken Quesadillas Soup & Salad Bar</p>	<p>30 9:00 Chair Volleyball 1:00 Bridge</p> <p>Meatballs & Penne Soup & Salad Bar</p>	<p>31 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold</p> <p>Chicken Fajitas Soup & Salad Bar</p>		

Bingham County Senior Citizens Center

Our Mission Statement is:

“To enhance the quality of life for seniors and others in our community through nutrition, housing, education, and, social opportunities.”

Contact Us

Give us a call for more information about our services and products

Bingham County Senior Citizens Center

P.O. Box 849
20 E. Pacific Street
Blackfoot, ID 83221

(208) 785-4714

bcsc@seniors4ever.com

Visit us on the web at
www.seniors4ever.com

**October
2024**

