

The Center News
NEWSLETTER

December
2024

Christmas Luncheon

Come enjoy Christmas Dinner/
Luncheon

with us December 18th.

11:00AM to 12:30PM

And wear your Ugly Christmas
Sweaters

'Tis the season...
TO ROCK
UGLY
SWEATERS



BOARD MEMBERS

CHAIRMAN
LEON PETERSON

VICE CHAIRMAN
JEANIE POTTER

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MINDIE CAMERON
CASSIE DUCHSCHER
JEREMY ATWOOD
CHRIS MOON

December 2024 Nutrition Article

Winter is here! Along with the holidays, snow, and hot cocoa come many viruses, coughs, and colds. Please help us reduce the spread of germs with proper handwashing. National Handwashing Awareness Week is December 1-7, 2024. According to the Center for Disease Control and Prevention (CDC), the following steps can help keep everyone healthy this winter season.

Wash hands with soap and water for at least 20 seconds

Singing the song, "Happy Birthday" is at least that long

Dry your hands using a clean towel or air dry them

Wash hands before food preparation, before eating a meal, after using the restroom, after sneezing/blowing nose, after leaving a public space, etc

What's in season during December?

Brussel Sprouts - wash clean, slice in half, drizzle with olive oil, salt & pepper. Bake at 375 degrees for 30 minutes on a lined baking pan. Delicious!

Cranberries

Kale

Green Beans

Broccoli

Oranges



Easy Citrus Cranberry Sauce

1 package of fresh cranberries (usually sold in 2 lb bags), washed clean

1/2 cup granulated sugar - Feel free to adjust to preferred taste

1/2 cup water

1 fresh orange ; juice and peel or zest

Bring water and sugar to a light boil, add cranberries and let sit for about 5 min, just until they begin to burst open. Turn off heat and mix in orange juice and zest. Let cool and enjoy! Store in an air-tight container in the refrigerator for 7-10 days.

*Feel free to add your own "mix-ins" i.e. raisins, cinnamon, ginger, etc.

Christmas Dinner Roll Orders

Christmas Dinner Roll orders will be taken up to December 19th by 12pm.

Orders must be picked up December 23rd 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 19th and picked up on December 22nd by 12 p.m. prices are listed below:

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

Dinner Rolls ~ \$8.00 dozen

Coconut Cream Pie ~ \$10.00

Banana Cream Pie ~ \$10.00

Chocolate Cream Pie ~ \$10.00

Lemon Cream Pie ~ \$10.00

A message from the Director

We have had a few issues lately that have resulted in some of our patron's feelings being hurt. I would like everyone to work together to prevent this in the future.

Socialization is an extremely important feature of the senior center and very important to the mental health of seniors, especially those living alone. We highly encourage everyone to sit and talk before, during and after lunch for as long as they would like.

However, those patron's socializing need to remember there are activities and classes scheduled in our lunchroom following our lunch. If you would like to continue visiting after you see an activity is starting, we ask that you relocate to the room just down the hall. Maybe we could start a new activity called social hour in that room.

For those of you running an activity or participating in one please do not be rude to others just remind them nicely to please move their conversation to the other room so the activity or class is not interrupted.

Kitchen News

December Cookie

White Chocolate Candy Cane

\$5 for a 6 pack of cookies.

Sign-up will be available until 12/9/2024.

Cookies pick-up will be 12/12/2024

January's Cookie
White Trash Cookie



THE
COOKIE
OF THE
MONTH
CLUB



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





*** We help Seniors with:**

Estate Planning Documents; Wills, POA
Healthcare Needs / Paying for Care
Probates / Guardianships

October 2024

Compassion and Consideration

Tip – Take time during this coming holiday season to visit a friend in need.

During the upcoming holiday season, as our thoughts turn to family and friends, may I suggest we consider visiting someone we know who might need a visit. Let me share a story of an experience I recently had.

When I was growing up, my Mom encouraged me to try new things. One day, she asked me if I wanted a tape recorder. Since I loved recording and listening to music, I told her I did. My Mom then left my room without any explanation.

A few weeks later Mom came to me with a large gray and white case. It was heavy and bigger than most suitcases. She gave me the case and said, "Here's your accordion." I don't know how I confused tape recorder with accordion, but my life was about to change.

Mom arranged for me to take accordion lessons from a neighbor, who I will call Maria. Maria was born in Pocatello, but her family was from Spain. Mom set up a schedule for me to practice every morning at 6:30 a.m. and have a lesson once a week at Maria's home.

Holding my accordion case with my right hand and leaning to my left to get the case off the ground, I carried my accordion up Maria's sidewalk to her front door for my lessons. Each week, Maria gave me songs to play and practice. Her favorite song was "Lady of Spain." Even at my young age, I sensed that it had a special meaning to her. Here are a couple of lines from Lady of Spain.

"Lady of Spain, I adore you.
Right from the night I first saw you."

I met with Maria for my lessons for a few years. Then one day it ended. I don't remember when or why I stopped taking lessons. I suspect my mom recognized that my heart wasn't in it—all I wanted to do was play basketball. Even though I hadn't learned to play the accordion very well, I had made friends with Maria.

Marriage, family, church, career—I didn't see Maria often as the years passed. I reconnected with her a few years ago. As an Estate Planning Attorney, Maria came to me to have me review her Trust. I didn't see her after that for a few

\$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 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
BLANE & CHRISTINE BURKMAN	TAMI JONES	RUSSELL & JEANIE POTTER
DEEANN CHAVEZ	KEITH & CATHY JOHNSON	MARY REYNOLDS
MARILYN CLEMENTS	PAUL & CAROL JORDAN	ARUTHER & ELAINE ROBINSON
MERV & IRENE DOLAN	BRUCE & CHARLOTTE KAISER	BEVERLY SALISBURY
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

THE CANDY JAR

ALSCO

SCHWAB CHARITABLES

STATE RECOVERY

1ST RESPONSE RESTORATION

**Just a Reminder all \$5 a month memberships renew in January
but money can be paid in December for the new year.**

Great Stocking
Stuffers



DO YOU HAVE YOUR CHUCK-A-RAMA SENIOR DISCOUNT CARD? STOP BY THE SENIOR CENTER TO PICK ONE UP FOR \$1.00. SAVES 20% ON EACH MEAL AND YOUR 11TH MEAL IS FREE!

amazonsmile
You shop. Amazon gives.

Support The Senior Center When you shop on Amazon

Did you know you can support our Local Bingham County Senior Citizens Center when you shop on Amazon.


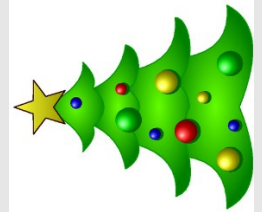
All you have to do is go to smile.amazon.com select BINGHAM COUNTY SENIOR CITIZENS CENTER and a percentage of your purchases will be donated to the Center.

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	
2 9:00 Chair Volleyball 1:00 Bingo Sloppy Joes Soup/Salad	3 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Chicken & Rice Soup/Salad	4 9:00 Chair Volleyball 1:00 Bridge Sausage & Tortellini Soup/Salad	5 9:30 Fit & Fall 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Chicken & Dumplings Soup/Salad	6 9-10:30 Breakfast MOW— Tater tot Hotdish	7 All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.	
9 9:00 Chair Volleyball 1:00 Bingo Spaghetti Soup/Salad	10 9:30 Haircuts 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Chicken Fajitas Soup/Salad	11 9:00 Chair Volleyball 11:30 FOUR C'S MUSIC 1:00 Bridge Chicken Fried Steak Soup/Salad	12 9:30 Fit & Fall 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Mongolian Pork Soup/Salad	13 9-10:30 Breakfast MOW—Chicken Alfredo	14 Meals are subject to change	
16 9:00 Chair Volleyball 1:00 Bingo Tacos Soup/Salad	17 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold BBQ Pork Sandwich Soup/Salad	18 No activities Christmas Luncheon Pot Roast 11am to 12:30 pm	19 9:30 Fit & Fall 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Goulash Soup/Salad	20 9-10:30 Breakfast MOW— Pork Chops	21	
23 9:00 Chair Volleyball 1:00 Bingo Last Day to order X-mas Dinner Rolls Sweet & Sour Chicken Soup/Salad	24 Closed MOW— Stuffed Peppers	25 Merry Christmas Closed MOW— Meatloaf	26 9:30 Fit & Fall 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Ham & AuGratin Soup/Salad	27 9-10:30 Breakfast MOW— Beef Burrito	28	
30 9:00 Chair Volleyball 1:00 Bingo Cheeseburgers Soup/Salad	31 Happy New Year's Eve Closed MOW— Chicken Pot Pie	1 Happy New Year MOW— Brats & Sauerkraut				

DECEMBER
2024

WE'RE ON THE WEB
SENIORS4EVER.COM



Bingham County
Senior Citizens Center
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

