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January 2026

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*Let the New Year discovers you fresher,
happier, healthier, more joyful, more
cheerful and more satisfied. Here is wishing
you a Happy New Year.*

January 2026 Nutrition Article

Happy New Year's friends! With a new year, we often set New Year's Resolutions & goals. Popular resolutions often include losing weight, drinking more water, and eating healthier. Here are a few tips to help you reach some nutritional goals:

- Drinking more water
 - Aim for at least 8 cups of water per day
 - Water bottles with labels can help reach intake goals
 - Setting timers/alarms for reminders to drink up
- Consuming less salt
 - Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
 - Keep the salt shaker off the table! We often salt our food before tasting it.
 - Look for sodium substitutes i.e. Seasoning, citrus, herbs (fresh or dry)
- Eating less saturated fat and more unsaturated fat to encourage heart health
 - Saturated fats solidify at room temperature: butter, lard, animal fat
 - Unsaturated fats remain liquid at room temperature: Oils, avocados, etc.

Seasonal foods in January?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Garlic, green beans, broccoli, and sweet potatoes

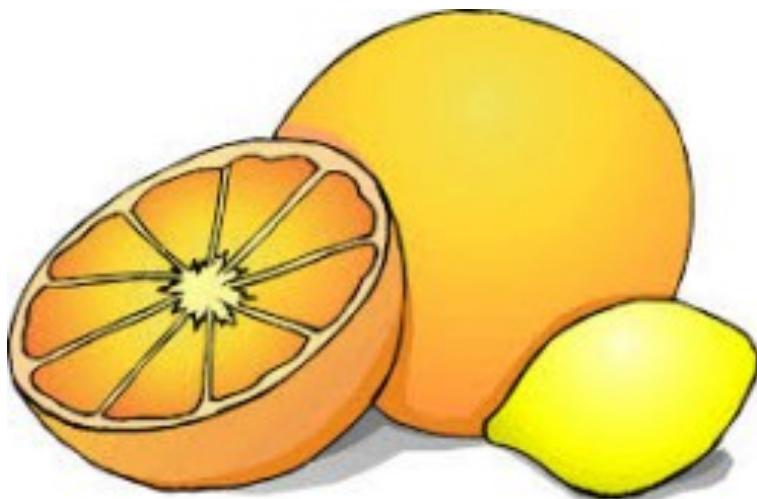
Protein Packed Chili

1 pound ground beef, drained
1 can small red beans, rinsed and drained
1 can pinto beans, rinsed and drained
1 can kidney beans, rinsed and drained
1 can crushed tomato
1 can (16 oz) tomato juice
1 cup water
1 tbsp ground chili powder
1 tsp garlic powder (or fresh)
Salt and pepper to taste

Possible garnish: Corn chips, shredded cheese, onion, mustard, etc.

Brown ground beef, and drain. Return to a large pot and add in the rest of the ingredients. Bring to a low simmer for 10-15 minutes. Turn off, let cool for 5 minutes, and top with desired garnishes.

FREE NUTRITION COUNSELING



- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. Ask your center staff for details today!
- Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning and recipe ideas
 - Budgeting



Message from the Director

I wish to inform all of our patrons that we will be increasing our suggested donation at the center effective January 1, 2026. We have not increased our suggested donation for over 5 years.

Our kitchen staff are working really hard to bring you wide choices of healthy buffet style meals and a beautiful salad bar. We are being negatively affected by the rising cost of food and gas prices.

I want you to know I am aware that most of you are on fixed incomes and may find this increase difficult to fit in your budget. Especially since you are being affected by rising costs all around you. We do not want to lose any of our patrons due to the increase. So please remember this is a

SUGGESTED DONATION.

If you are ever unable to give the total suggested donation, we appreciate any amount you can give.

Effective January 1 st 2026 the suggested donation for seniors will be \$7.00. The price for those under 60 years of age will be \$9.00.

Pam Beus Executive Director



Kitchen News

January Cookie

White Trash

\$6 for a 6 pack of cookies.

Sign-up will be available until 1/16/2026

Cookies pick-up will be 1/22/2026

February Cookie

Strawberry Crunch Cookie

Sign-up will be available until 2/13/2025

Cookies pick-up will be 2/19/2025

New Year's Eve/Day Word Search



AULD LANG SYNE

JANUARY

BABY NEW YEAR

MIDNIGHT

CELEBRATE

NEW YEAR'S DAY

CHEERS

NEW YEAR'S EVE

COUNTDOWN

OLD MAN TIME

DECEMBER

PARTY

FATHER TIME

RESOLUTION

FESTIVE

THIRTY-FIRST

FIRST

TWELVE O'CLOCK

HOLIDAY

WINTER

Night BINGO fundraiser for Meals on Wheels at the Bingham County Senior Center.

20 East Pacific Street.

Friday January 30th starting at
6:00 P.M.

\$10 in the door per person.

This will include 1 bingo board and
Food.

Additional bingo boards can be purchased for \$2.

We will have cash prizes and prizes from local businesses.

We encourage people to bring
Drinks of their choice.

This is an 18 years or older event.



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MEMBER'S PREFERRED CREDIT UNION

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SILVER

AL & KATHERINE STALDER

THE CANDY JAR

STATE RECOVERY

STEWART HOOVER AMERICAN LEGION POST 23

\$5.00 a Month Club

December

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.

CHELTA ARENS

NANCY GORDON

DIANE MANZANAREZ

JACKIE BABCOCK

JODI GIOVANAZZI

CHUCK MCVAY

MARY BALLARD

JAMIE HAMILTON

CHERI MITCHELL

BONNIE BARKER

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DAVID DOSS

TAMI JONES

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ANDY DUNCAN

PAUL & CAROL JORDAN

AL & KATHERINE STALDER

CHAD & AUDREY EBERHARD

BRUCE & CHARLOTTE KAISER

JOHN TABERNA

NICK & NICHOLLE EFERING

DON KELLY

TWILA TURNMIRE

MILT & BETTI ESKELSEN

JOHN & DEBBIE KLUVERS

JULIE URIAS

DENNIS & JEANE FOLKNER

MARCIA KNIGHT

DWAYNE UGAKI

MARTY FREEBURN

ALICE KONISHI

BEA WILLIAMS

ROXIE GARDEL

RICHARD & JANICE LAWS

SPENCER & ANDREA WILLIAMS

HARVY & TRISH GERBER

JESSE LEYVAS

BESSIE WILLYERD

NANCY GODFREY

BENNIE & DENISE LILLY

WAYNE & BECKY YOUNG

ALAN & ANN GOERINGER

PAUL & JUDITH LOOMIS

5 dollar a month club prices for 2026
Single person \$60.00 a year
Couples \$120.00 a year

Valentine's Day

*Save The Date!!
We will be having
a Valentine's Day
Luncheon.*

*Come hungry
Wednesday,
February 11th
11:00am-12:30pm*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January					
5 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo	6 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold	7 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing	8 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold	9 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold	10 9-10:30 Breakfast Buffet French Toast MOW—Salisbury Steak
All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		CLOSED MOW- Tuna Casserole			
12 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo	13 9:00 Haircuts 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold	14 9:00 Chair Volleyball 11:00-12:30 Lunch 11:30 FOUR C'S MUSIC 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing	15 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold	16 9-10:30 Breakfast Buffet Scramble MOW— Brats & Sauerkraut	17
Tacos/Salad Bar		Hot Dogs & Mac N' Cheese/Salad Bar	Tuna Melt/Salad Bar	Pork Roast/Salad Bar	
19 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo	20 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold	21 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing	22 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold	23 9-10:30 Breakfast Buffet Pancakes MOW— Chili	24
Meatball Subs/Salad Bar		Stuffed Peppers /Salad Bar	Chicken Enchiladas /Salad Bar	Sausage & Potato Casserole/Salad Bar	
26 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo	27 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold	28 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing	29 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold	30 9-10:30 Breakfast Buffet Breakfast Burritos 6:00- Night Bingo	31
Garlic Bread Pizza /Salad Bar		Teriyaki Chicken /Salad Bar		Monterey Chicken /Salad Bar	



**JANUARY
2026**

**BINGHAM COUNTY SENIOR
CITIZENS CENTER**

Primary Business Address
20 E. Pacific St.
Blackfoot ID 83221
Phone: 208-785-4714
E-mail: bcscc@seniors4ever.com

Bridging the Generations

[We're on the Web
Seniors4ever.com]

