

January 2026

BOARD MEMBERS

CHAIRMAN
PAUL LOOMIS

VICE CHAIRMAN
DORINE ADAMS

SECRETARY
DEBBIE KLUVERS

TREASURER
BENNIE LILLY

MEMBERS
TOM PACKER
PAUL JORDAN
JEANIE POTTER
TODD BURKE
JARED EDDINGTON
MARC CARROLL

STAFF

DIRECTOR
PAM BEUS

OFFICE STAFF
TERA YOUNG
MONICA BANKHEAD

KITCHEN STAFF
MINDIE CAMERON
CASSIE DUCHSCHER
ALICIA ADAKAI
CHRIS MOON
SHELLY BECK



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

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)

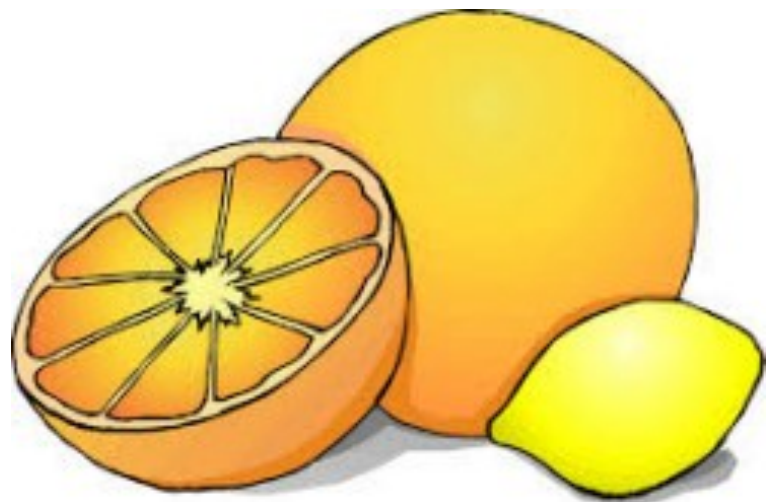
Salt and pepper to taste

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

J	A	N	C	O	U	N	T	D	O	W	N	U	A	R
Y	O	N	E	J	M	A	R	K	S	T	H	E	R	E
N	D	O	F	A	T	H	E	R	T	I	M	E	E	T
T	H	G	I	N	D	I	M	F	A	P	E	T	T	W
N	R	I	A	U	L	D	L	A	N	G	S	Y	N	E
E	O	E	D	A	R	O	F	R	E	R	A	T	I	L
W	M	V	S	R	E	E	H	C	I	D	E	R	W	V
Y	M	I	B	Y	B	R	E	F	I	A	N	A	C	E
E	E	T	A	N	M	L	D	L	S	U	M	P	M	O
A	A	S	R	R	E	S	O	L	U	T	I	O	N	C
R	Y	E	O	B	C	H	F	T	H	E	P	A	S	L
S	S	F	R	I	E	M	I	T	N	A	M	D	L	O
E	N	A	Y	A	D	S	R	A	E	Y	W	E	N	C
V	T	H	I	R	T	Y	F	I	R	S	T	G	Y	K
E	R	A	E	Y	W	E	N	Y	B	A	B	E	A	R

AULD LANG SYNE

BABY NEW YEAR

CELEBRATE

CHEERS

COUNTDOWN

DECEMBER

FATHER TIME

FESTIVE

FIRST

HOLIDAY

JANUARY

MIDNIGHT

NEW YEAR'S DAY

NEW YEAR'S EVE

OLD MAN TIME

PARTY

RESOLUTION

THIRTY-FIRST

TWELVE O'CLOCK

WINTER



This is an 18 years or older event.

CORPORATE SPONSORS

PLATINUM

1ST RESPONSE RESTORATION

ELKS LODGE #1416

RIDLEY'S FAMILY MARKETS

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

BOWER'S COLLISION & REFINISHING

GLAMBIA NUTRITIONALS—BLACKFOOT FACILITY

MAVERIK ADVENTURE'S FIRST STOP

GOLD

RUPES INC.

HOMESTEAD FAMILY RESTAURANT

FARM BUREAU—TODD BURKE

MEMBER'S PREFERRED CREDIT UNION

IDACORP EMPLOYEE'S

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	SAUNDRA HAMM	DIXIE MONGOMERY
PAM BEUS	MARGERITE HARTMAN	JAMES & JAN PARK
LOLA BROWER	DENISE HUFTLESS	RUSSELL & JEANIE POTTER
MARILYN BUMP	KEITH & CATHY JOHNSON	MARY REYNOLDS
DEEANN CHAVEZ	RUTH JONAS	KRYSTAL SEAMONS
DAVID DOSS	TAMI JONES	CHARLENE SERES
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
<div>January</div>					
5 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Tacos/Salad Bar	6 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold Chicken & Stuffing Bake /Salad Bar	7 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing Lasagna/Salad Bar	8 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Pork Roast/Salad Bar	9 9-10:30 Breakfast Buffet Biscuits & Gravy MOW— Shepherd's Pie	10
12 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Meatball Subs/Salad Bar	13 9:00 Haircuts 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold Hot Dogs & Mac N' Cheese/Salad Bar	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 Tuna Melt/Salad Bar	15 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Hamburger Gravy over Potatoes/Salad Bar	16 9-10:30 Breakfast Buffet Scramble MOW— Brats & Sauerkraut	17
19 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Chicken Strips/Salad Bar	20 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold Stuffed Peppers /Salad Bar	21 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing Chicken Enchiladas /Salad Bar	22 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Sausage & Potato Casserole/Salad Bar	23 9-10:30 Breakfast Buffet Pancakes MOW— Chili	24
26 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Garlic Bread Pizza /Salad Bar	27 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold Teriyaki Chicken /Salad Bar	28 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing Beef & Broccoli /Salad Bar	29 9:30 Fit & Fall 11:00-12:30 Lunch 12:45 Dominos 10:30 Helping Hands 2:15 Zumba Gold Monterey Chicken /Salad Bar	30 9-10:30 Breakfast Buffet Breakfast Burritos 6:00- Night Bingo MOW— Breakfast Burrito	31



JANUARY
2026

**BINGHAM COUNTY SENIOR
CITIZENS CENTER**

Primary Business Address
20 E. Pacific St.
Blackfoot ID 83221

Phone: 208-785-4714
E-mail: bcsc@seniors4ever.com

Bridging the Generations

We're on the Web
Seniors4ever.com

