

Bingham County  
Senior Citizen Center

February  
2026

Happy  
Valentine's  
Day

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

## 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  
SHELLY BECK  
CHRIS MOON

## 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!"

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 7TH 8AM-10AM  
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  
PERSONAL FRUIT COBBLERS  
RADA KNIVES







**\* We help Seniors with:**

Estate Planning – Wills, Powers of Attorney  
Healthcare / Financial Needs  
Probates

**December 2025**

**Senior Tip – Healthcare**

**Family Stories**

**Tip – Ask an older family member or friend about their life.**

My dad graduated from the University of Utah Medical School in 1946. After looking at different towns in Southeast Idaho, he chose to open his medical practice in Blackfoot. He started the Blackfoot Medical Clinic and for forty years cared for his patients delivering over 6,500 babies. I did the math once—that's one baby every single day for almost 18 years. Many of my clients tell me, "Your dad delivered me" or "Your dad delivered five of my children."

One of the best parts of having my law practice in Blackfoot is hearing stories about my dad from people who knew him. Here's a story one of my clients told me. She was scheduled for a hysterectomy. On the morning of the surgery, she was waiting to go into the operating room when dad came to check on her. As they talked, dad suddenly stopped and seemed to be thinking about something. He then said, "Before we do the surgery, I'm going to have a pregnancy test done." They did the test, and it came back positive—she was pregnant! The surgery was cancelled, and months later she had a baby boy. Years later, I became that boy's Scout leader.

Another time, I was having lunch at the Bingham County Senior Center. As I was leaving, a woman saw me and waved me over. I walked to her table, and she said, "I just wanted you to know that your dad could heal you with a hug."

When dad was 67 years old, he had a stroke that took away his ability to speak. He could only say a few words. He would say things like, "Mind good, can't talk." One of my clients told me she was at a basketball game watching her brother play. My dad was sitting next to her at the game. He pointed to her brother, then pointed to himself and said, "Me." My client realized dad was telling her, "I delivered your brother." Dad often saw articles in the newspaper about people, and he would point to himself and

**"American Heart Month"** is widely recognized in February. Heart disease is the #1 leading cause of deaths in the U.S. Below are some tips and items to keep in mind while promoting one's heart health.

- **Choose more unsaturated fats and less saturated fats**
  - Saturated fats include: those that stay solid at room temperature ■ Butter, Animal Fats (Lard, steaks, sausage, etc)
  - Unsaturated fats include: those that are liquid at room temperature ■ Olive oil, vegetable oil, avocados, etc.
- **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)
  - **Encourage foods rich in omega-3 fatty acids**, as they promote positive heart health by reducing triglycerides in one's blood serum
    - Fish (especially salmon), avocados, olive oil, walnuts, flax-seeds, etc

With all the dietary tips listed above, it's important to remember that exercise also plays such an important role in heart health. Understandably so, with colder temperatures we tend to stay indoors during this time. Get creative and use any resources available to you: walk a few laps at your indoor mall if able or grab a friend and walk/stretch/lift light weights (i.e. cans of food)

### **Seasonal foods in February?**

- Citrus fruits - oranges, limes, grapefruit, etc.
- Fennel, cabbage, broccoli
- Pomegranate

Dark chocolate has many heart health properties compared to milk or semi-sweet. Dark chocolate is very high in **flavonoids**, a specific type of antioxidants (also found in wine, apples, etc) that has been shown to decrease risk of heart disease, cholesterol, hypertension, diabetes, and blood clots.

### **Dark Chocolate Covered Treats**

2 regular size dark chocolate candy bars (or 6 oz of bagged dark chocolate chips)



2 cups of fruit and nuts, any kind!

- Strawberries, blueberries, pitted cherries, bananas. Etc.
- Dried cranberries, raisins
- Pistachios and pecans (shell taken off)

Line a baking pan with wax paper.

In a microwave safe bowl add in dark chocolate and melt for 30-second intervals, mixing in between. Once dark chocolate has melted, submerge half way all fruits and nuts, one at a time. Lay out on a wax paper lined pan. Once complete, set in the refrigerator for at least 5 min until solid. Enjoy this simple, rich and heart healthy treat!

### **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, budgeting, and recipe ideas

# CORPORATE SPONSORS

## PLATINUM

RIVERBEND ELEMENTARY

ELKS LODGE #1416

RIDLEY'S FAMILY MARKETS

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

BOWER'S COLLISION & REFINISHING

GLAMBIA NUTRITIONALS—BLACKFOOT FACILITY

SAUNDRA HAMM

## GOLD

STEWART HOOVER AMERICAN LEGION POST 23

DOES #190

## SILVER

JEANNIE & RUSS POTTER



# \$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.*

JACKIE BABCOCK

ROXIE GARDELS

JOHN & DEBBIE KLUVERS

MARY BALLARD

NANCY GODFREY

MARCIA KNIGHT

DEANNE BLACKWELDER

NANCY GORDON

ALICE KONISHI

LOLA BROWER

ANN GOEHRINGER

RICHARD & JANICE LAWES

MARILYN BUMP

JODI GIOVANAZZI

CHERI MITCHELL

BLAINE & CHRISTINE BURKMAN

JAMIE HAMILTON

MIRIAM MONTAGUE

VELMA BUTLER

SAUNDRA HAMM

MARY MORRISON

DEEANN CHAVEZ

MARGARITE HARTMAN

DWIGHT PETERSON

DAVID DOSS

RICK HOLMES

KATHLEEN PILLEY

CHAD & AUDREY EBERHARD

KEITH JOHNSON

VIOLA WARREN

ELIZABETH FIELDS

RUTH JONAS

ANDREA WILLIAMS

DENNIS & JEANE FOLKNER

BRUCE & CHARLOTTE KAISER

TINA FRAGA

DON KELLY

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



# Cookie Of The Month 2026

**\$6 for a 6 Pack of Large Cookies**

**January - White Trash Cookie**

Order By: 1/16/26 Pick Up: 1/22/26

**February - Strawberry Crunch Cookie**

Order By: 2/13/26 Pick Up: 2/19/26

**March - Lucky Charm Cookies**

Order By 3/13/26 Pick Up: 3/19/26

**April - Lemon Pudding Cookies**

Order By 4/10/26 Pick Up: 4/16/26

**May - Blueberry Cheesecake Cookie**

Order By: 5/15/26 Pick Up: 5/21/26

**June - Key Lime Pie Cookie**

Order By: 6/12/26 Pick Up: 6/18/26

**July - Strawberry Lemonade Cookie**

Order By: 7/12/26 Pick Up: 7/23/26

**August - Peanut Butter & Jelly Cookie**

Order By: 8/14/26 Pick Up: 8/20/26

**September - Butter Beer Cookie**

Order By: 9/18/26 Pick Up: 9/24/26

**October - Sugar Cookie Bar**

Order By: 10/16/26 Pick Up: 10/22/26

**November - Pumpkin White Chocolate Cookie**

Order By: 11/13/26 Pick Up: 11/19/26

**December - Red Velvet Cookie**

Order By: 12/11/26 Pick Up: 12/17/26



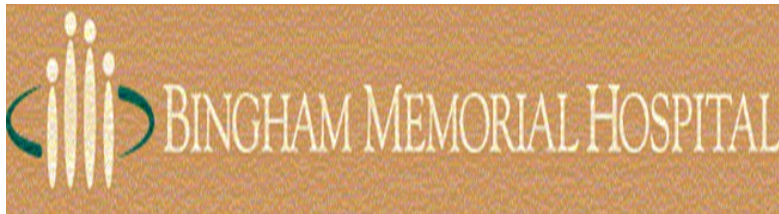
# February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo  Sloppy Joes /Salad Bar	<b>3</b> 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes  Chicken Fried Chicken /Salad Bar	<b>4</b> 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing  BBQ pulled pork /Salad Bar	<b>5</b> 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5:00 AARP Taxes  Meatballs & penne /Salad Bar	<b>6</b> 8:00 Hand & Foot 9-10:30 Breakfast Buffet  MOW—Sweet & Sour Chicken	<b>7</b>
<b>9</b> 9:00 Chair Volleyball 11:00-12:30- Lunch 1:00 Bingo  Finger Steaks /Salad Bar	<b>10</b> 9:00 Haircuts 9:30 Fit & Fall 11:00-12:30- Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes  Chicken Fajitas /Salad Bar	<b>11</b> NO Activities Valentines Luncheon Four C's music  Roast Beef /Salad Bar	<b>12</b> 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5:00 AARP Taxes  Breaded Pork Steak /Salad Bar	<b>13</b> 8:00 Hand & Foot 9-10:30 Breakfast Buffet  MOW—Chicken Alfredo	<b>14</b>
<b>16</b>  Closed  MOW- Beef Stroganoff	<b>17</b> 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes  Grilled Ham & Cheese/Salad Bar	<b>18</b> 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing  Chicken Lasagna /Salad Bar	<b>19</b> 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5:00 AARP Taxes  Chili & Cinnamon Rolls /Salad Bar	<b>20</b> 8:00 Hand & Foot 9-10:30 Breakfast Buffet  MOW— Polish Dogs	<b>21</b>
<b>23</b> 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo  Breaded Chicken Sandwich /Salad Bar	<b>24</b> 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes  Chicken Fried Steak /Salad Bar	<b>25</b> 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 12:00 Mayors Meeting 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing  Turkey & Stuffing Bake /Salad Bar	<b>26</b> 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5:00 AARP Taxes  Mongolian Pork /Salad Bar	<b>27</b> 8:00 Hand & Foot 9-10:30 Breakfast Buffet 6:00 Night Bingo  MOW— Goulash	<b>28</b> 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](http://www.shiba.idaho.gov)



February 2025

20 E. Pacific St.  
Blackfoot, ID 83221

Phone: 208-785-4714  
E-mail:  
[bcsc@seniors4ever.com](mailto:bcsc@seniors4ever.com)

