

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**

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VICE CHAIRMAN
DORINE ADAMS

SECRETARY
DEBBIE KLUVERS

TREASURER
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MONICA BANKHEAD

KITCHEN STAFF
MINDIE CAMERON
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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?" "Tweetharts!"
- "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

Night BINGO fundraiser for
Meals on Wheels at the Bing-
ham County Senior Center.

20 East Pacific Street.

Friday February 27th starting at
6:00 P.M.

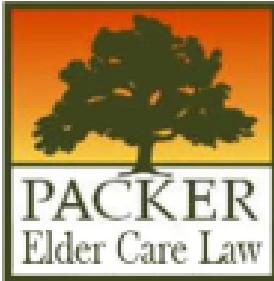
\$10 in the door per person.
This will include 1 bingo board and
Food.

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.





* 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

February 2026 Nutrition Article

"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, flaxseeds, 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

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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

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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
2 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo	3 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes Sloppy Joes /Salad Bar	4 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 Fried Chicken /Salad Bar	5 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5:00 AARP Taxes BBQ pulled pork /Salad Bar	6 8:00 Hand & Foot 9-10:30 Breakfast Buffet MOW—Sweet & Sour Chicken	7
9 9:00 Chair Volleyball 11:00-12:30- Lunch 1:00 Bingo	10 9:00 Haircuts 9:30 Fit & Fall 11:00-12:30- Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes Finger Steaks /Salad Bar	11 NO Activities Valentines Luncheon Four C's music Roast Beef /Salad Bar	12 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	13 8:00 Hand & Foot 9-10:30 Breakfast Buffet MOW—Chicken Alfredo	14
16	17 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold 5:00 AARP Taxes Closed MOW- Beef Stroganoff	18 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 Grilled Ham & Cheese/Salad Bar	19 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5:00 AARP Taxes Chicken Lasagna /Salad Bar	20 8:00 Hand & Foot 9-10:30 Breakfast Buffet MOW— Polish Dogs	21
23	24 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Bingo		 Grilled Ham & Cheese/Salad Bar	 Chili & Cinnamon Rolls /Salad Bar	 27 All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change
					 28 8:00 Hand & Foot 9-10:30 Breakfast Buffet 6:00 Night Bingo MOW— Goulash Mongolian Pork /Salad Bar



Free, Unbiased Medicare
Information for Idaho

1-800-247-4422 www.shiba.idaho.gov



February 2025

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Blackfoot, ID 83221

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