Bingham County Senior Citizens Center

March 2026

The Center News

BECOME A $5 A MONTH CLUB MEMBER

Our Meals on Wheels club helps feed a local senior. 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 for only $5.

$5 Helps buy a Senior a meal

$30 Helps buy a Senior a meal for 6 months

$60 Helps buy a Senior a meal for 1 year

Your name will appear in the monthly newsletter and be posted at the Senior Center for your kind donation.

Call the center and become a part of our Club today at 208-785-4714.
Club membership is based on per person.

BOARD MEMBERS

CHAIRMAN
PAUL LOOMIS

VICE CHAIRMAN
DORINE ADAMS

SECRETARY
SUSAN NALLEY

TREASURER
BENNIE LILLY

MEMBERS
TOM PACKER
TODD BURKE
JARED EDDINGTON
JENANNIE POTTER
PAUL JORDAN
MARC CARROLL
TAMI JONES

STAFF

DIRECTOR
PAM BEUS

OFFICE STAFF
TERA YOUNG
MONICA BANKHEAD

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

AARP Taxes will be here at the Bingham County Senior Center starting

Tuesday February 3rd 2026 to Thursday April 14th 2026

Tuesdays 5pm-8pm & Thursdays 5pm-8pm

10 People max per day

First come First served

Like us on Facebook
Blackfoot Senior Center

venmo

All payments and donations can be made by Cash, Check, or Venmo.

Kitchen News : The kitchen will no longer be doing To-Go orders during special Luncheons

(Valentine's, St. Patrick's, Mother's Day, Father's Day, Thanksgiving, and Christmas)

Join us for St. Patrick's Day Luncheon Tuesday March 17th 2026 from 11:00-12:30 come enjoy Corned Beef and Cabbage.

PACKER
Elder Care Law

*** We help Seniors with**:

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

January 2026
Senior Tip – Legal

US Federalism
Tip – Each different state has its own Probate Code that governs how an estate is administered after someone dies.

The United States operates under a system called **Federalism**, which divides power between the national (federal) government and the state governments. This creates two layers of sovereignty operating simultaneously over the same territory and people.

The federal government has powers enumerated in the Constitution to handle matters of national concern—things like defense, foreign policy, interstate commerce, and immigration.

State governments retain broad authority over most day-to-day matters that affect people's lives: education, local law enforcement, property laws, marriage and divorce, professional licensing, and most criminal law.

Probate laws are almost entirely a matter of state jurisdiction, which means they vary significantly from state to state. Each state has its own probate code that governs how estates are administered after someone dies. The differences between states can be substantial. Some states use their own traditional probate systems that can be complex and time-consuming.

In states with complex systems, attorneys have used Trusts to circumvent probate. When you create a Trust (revocable living trusts are the most common), you transfer ownership of your assets into the Trust. Legally, the Trust owns your assets, not you.

When you die, the Trust doesn't die with you. The assets simply continue being held by the Trust, and a successor trustee you've named steps in to manage and distribute them according to your instructions. Since the Trust still owns the assets and the Trust didn't die, there's nothing that needs to go through probate court.

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

20 East Pacific Street.

Friday March 27th doors open at 5:30.

$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.

March 2026 Nutrition Article

March is National Nutrition Month, one of my favorite months of the year as a registered dietitian! Along with the Academy of Nutrition and Dietetics, we often look to myplate.gov as a great resource for nutrition education

● My Plate is a free website that offers a number of services, reach out to your site manager or dietitian if you have any question

○ Be sure to get a “full plate” with every meal (information listed on image below)

○ Estimated calorie needs

○ Recipes

○ Healthy habits & Exercise education

Fruits	Vegetables	Grains	Protein	Dairy
Focus on whole fruits like fresh, frozen, canned, or dried. Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.	Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole-grain."	Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.	Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.
Daily Food Group Targets — Based on a 2,000 Calorie Plan **Visit MyPlate.gov/MyPlatePlan for a personalized plan.**				
2 cups 1 cup counts as: 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice	**2½ cups** 1 cup counts as: 2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower	**6 ounces** 1 ounce counts as: 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits	**5½ ounces** 1 ounce counts as: 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ½ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg	**3 cups** 1 cup counts as: 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir

Seasonal foods in February?

● Avocados

● Citrus - lemons, limes, oranges, etc.

● Asparagus

● Pineapples

Tropical Fruit Protein Fluff Salad

- 1 cup pineapple (fresh or canned) - 1 cup mandarin oranges (fresh or canned) - 1 sliced banana
- 1 cup Cool Whip (low fat) - 1⁄2 cup nuts (walnuts, pecans, peanuts, etc) -2 cups cottage cheese

Drain canned fruit if needed. Add all ingredients into a bowl, mix, and let cool in the refrigerator for at least 2 hours overnight. Enjoy! —--> MORE ON THE NEXT PAGE!

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

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

$5.00 a Month Club

February

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.

JACKIE BABCOCK
MARY BALLARD
NANCY BENTO
PAM BEUS
DEANNE BLACKWELDER
LOLA BROWER
MARILYN BUMP
BLAINE & CHRISTINE BURKMAN
VELMA BUTLER
DEEANN CHAVEZ
DAVID DOSS
CHAD & AUDREY EBERHARD
ELIZABETH FIELDS
DENNIS & JEANE FOLKNER
TINA FRAGA
MARTY & JERRY FREEBURN
ROXIE GARDELS

NANCY GODFREY
NANCY GORDON
ANN GOEHRINGER
JODI GIOVANAZZI
DARLENE GRIMM
JAMIE HAMILTON
SAUNDRA HAMM
MARGARITE HARTMAN
RICK HOLMES
KEITH & CATHY JOHNSON
RUTH JONAS
TAMI JONES
PAUL & CAROL JORDAN
BRUCE & CHARLOTTE KAISER
DON KELLY
JOHNATHAN & CLAUDIA KEYWORTH
JOHN & DEBBIE KLUVERS

MARCIA KNIGHT
ALICE KONISHI
RICHARD & JANICE LAWES
LUPE MARTINEZ
CHUCK MCVAY
CHERI MITCHELL
MIRIAM MONTAGUE
DIXIE MONTGOMERY
MARY MORRISON
TOM PACKER
JAMES & JAN PARKS
DWIGHT PETERSON
KATHLEEN PILLEY
MARY REYNOLDS
VIOLA WARREN
ANDREA WILLIAMS
WAYNE & BECKY YOUNG

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

GOLD

STEWART HOOVER AMERICAN LEGION POST 23

DOES #190

UNITED METHODIST WOMAN

SILVER

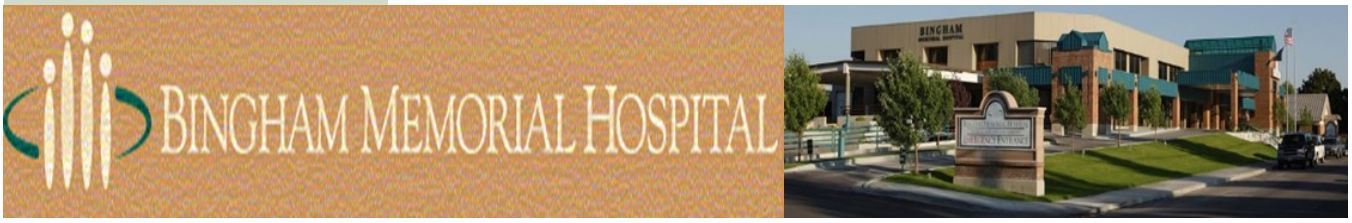
JEANNIE & RUSS POTTER

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Chair Volleyball 1:00 Bingo **BBQ Meatball Subs /Salad Buffet**	**3** 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Chicken Enchiladas /Salad Buffet**	**4** 8:30 Pinochle 9:00 Chair Volleyball 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing **Bratwurst & Sauerkraut /Salad Buffet**	**5** 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Salisbury Steaks /Salad Buffet**	**6** 8:00 Hand & Foot 9-10:30 Breakfast **MOW—Chicken Parm**	**7** **8:00 Pancake Breakfast Fundraiser**
9 9:00 Chair Volleyball 1:00 Bingo **Patty Melt /Salad Buffet**	**10** 9:00 Haircuts 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Sausage & Tortellini /Salad Buffet**	**11** 8:30 Pinochle 9:00 Chair Volleyball 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing **Chicken Noodle Over Potatoes /Salad Buffet**	**12** 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Pork Roast /Salad Buffet**	**13** 8:00 Hand & Foot 9-10:30 Breakfast **MOW— Biscuits & Gravy**	**14**
16 9:00 Chair Volleyball 1:00 Bingo **Chicken Alfredo /Salad Buffet**	**17** St.Patricks Luncheon no activities **Corned Beef & Cabbage /Salad Buffet**	**18** 8:30 Pinochle 9:00 Chair Volleyball 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing **Fish & Chips /Salad Buffet**	**19** 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Cheeseburgers /Salad Buffet**	**20** 8:00 Hand & Foot 9-10:30 Breakfast **MOW—Pork Chops**	**21**
23 9:00 Chair Volleyball 1:00 Bingo **Chicken Stuffing Bake /Salad Buffet**	**24** 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Beef Stroganoff /Salad Buffet**	**25** 8:30 Pinochle 9:00 Chair Volleyball 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing **Teriyaki Chicken /Salad Buffet**	**26** 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Baked Potato Bar /Salad Buffet**	**27** 8:00 Hand & Foot 9-10:30 Breakfast **NIGHT BINGO 6:00 P.M.** **MOW- Tater Tot Hotdish**	**28**
30 9:00 Chair Volleyball 1:00 Bingo **Hot Dog & Mac 'N Cheese /Salad Buffet**	**31** 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold 5:00-8:00 AARP tax prep **Chicken Cordon Bleu /Salad Buffet**	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change			

MARCH 2026

We're on the web
seniors4ever.com



Bingham County
Senior Citizens Center

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

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