

April 2026

Bingham County Senior Citizens Center



The Center News

National Volunteer Appreciation Week

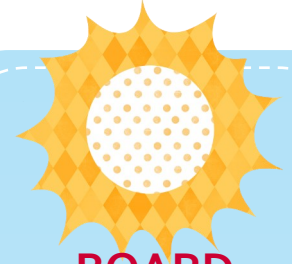
April 19th through the 25th

If you Volunteer, We Thank You! If you would like to volunteer please let us know. We have many different things you can help with here at the Senior Center.

We have the most amazing volunteers and want them to know how much we LOVE and APPRECIATE everything they do for us all. We currently have over 45 volunteers that help us every month. No job is too small and we just honestly would not be able to do everything we do here at the Center without our volunteer's.



NATIONAL VOLUNTEER WEEK
Celebrate Service



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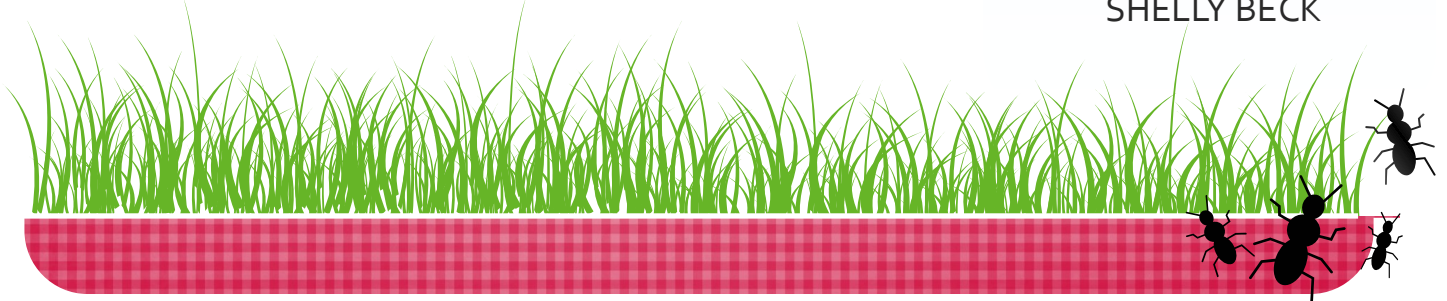
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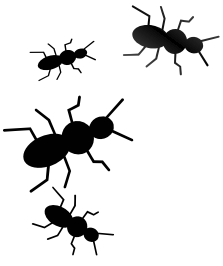
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Zumba Gold is a **modified, lower-intensity Zumba class designed for active older adults and those new to exercise or returning from injury**, focusing on easy-to-follow choreography that emphasizes balance, range of motion, and coordination.

We are lucky to have this class offered here at our center Tuesday's and Thursday's starting at 2:15.



Haircuts are now being offered here at the center the 2nd Tuesday of every month from 9:00-10:45 the asking donation is \$5 per senior.

We have live music

The 2nd Wednesday is the Four C's

And the 4th Wednesday is Under
Western Skies

And on special occasions we have

Judd Erickson

And Dale Brown



Senior Center Activities

Please donate at least **\$1** Each Time you participate in an activity you like to enjoy at the Senior Center.

These donations will help the Centers overhead costs, which include: maintenance, custodial, power, gas, water and sewer.

Thank You! For donating to The Senior Center and keeping our activities available to all.



Helping Hands

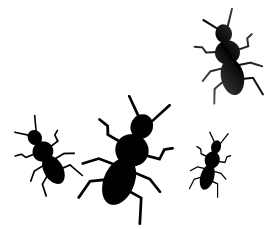
Helping Hands has projects for everyone to work on here at the Senior Center. Some of these projects include folding bags to making water-proof homeless mats, coloring projects for kids learning games, and painting rocks, etc.

We want to offer our help and give

back to our wonderful community. Come in, volunteer some of your time, make friends, and make a difference.

Designated times to work on these projects are as follows:

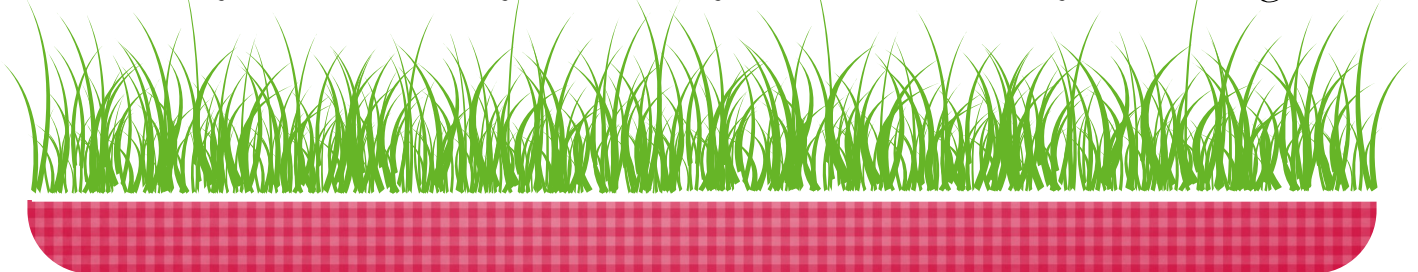
Thursdays —
10:30am to
11:45am

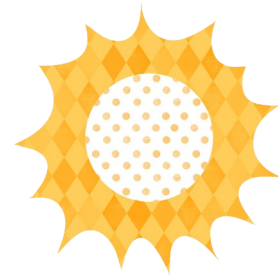


*Come play
Dominos every
Thursday starting
at 12:45*



Chair Volleyball is every Monday & Wednesday starting at 9am.





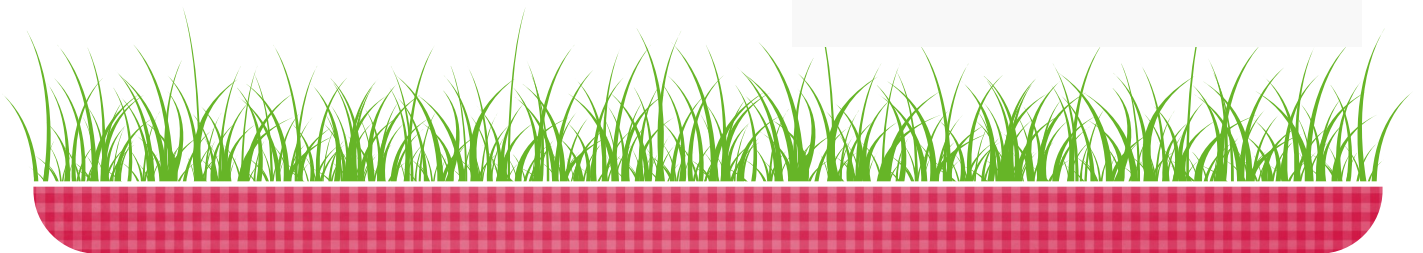
Monday's 1:00 P.M. 18 years and over welcome \$1.00 a card.



Line Dancing Every Wednesday
Beginner at 1:00 P.M.
Advanced at 2:00 P.M.
New Tuesday's at 1:00
for starter line dancing.



Fit & Fall is Every Tuesday &
Thursday starting at 9:30am.



FROM THE DESK OF THE LIAISON COMMITTEE: Do you have ideas on how to help the Senior Center become a more welcoming, responsive and vibrant place for all seniors? If you do, the Liaison Committee would like you to share your ideas by filling out a suggestion form.

Suggestion forms can be found on top of the suggestion box located on the table as you enter the front door. Fill out the form stating your idea, your name, and phone number. Place it in the suggestion box.

Your idea will be reviewed by the Liaison Committee at their quarterly meeting.

When submitting an idea, please remember to sign your name and include your phone number. The reason for this is that the Liaison Committee may need to speak with you to clarify any questions that arise. Forms that are missing a signature or phone number cannot be processed and will be considered invalid. Taking a moment to complete these sections on the

form ensures your idea is reviewed without delay.

The Liaison Committee serves as a bridge between the Senior Center members, the Director of the Senior Center, and the Senior Center Board of Directors. Its purpose is to strengthen communication, support member engagement, and ensure that members are heard. One of the ways the Committee does this is by gathering ideas from members, reviewing the ideas, and passing workable ideas on to the Senior Center Director and Senior Center Board of Directors.

The Senior Center will be celebrating its 57th birthday in May. The Liaison Committee is looking for your ideas on how to celebrate this milestone. If you have an idea, please submit your ideas to any member of the Committee by April 15, 2026. The members are: Leon Denney, Chelta Arens, Darlene Grimm, Jamie Hamilton, and Marcia Knight.

GENEROSITY CORNER – Thank you to Visionary Signs, of Blackfoot, for their donation of 25 signs. These signs were used to draw attention to boxes that were placed at various businesses in town asking customers to drop their change into them for donations to meals on wheels.





*** We help Seniors with:**

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

February 2026

Senior Tip – Financial

Medicaid Estate Recovery

Tip - Putting your home into a revocable trust does not protect it from Medicaid estate recovery.

A common misconception in Medicaid planning is that placing a home or other real property into a revocable living trust will shield it from Medicaid estate recovery. In Idaho, this is not the case. These trusts do not provide the protection many people expect, and they can actually complicate the Medicaid application process.

Trusts and Medicaid Estate Recovery

Idaho participates in the Federal Medicaid Estate Recovery Program, which requires the state to seek reimbursement from a deceased Medicaid recipient's estate for long-term care costs paid on their behalf. Under Idaho law, the definition of "estate" for recovery purposes is broad and extends beyond probate assets. Property held in a revocable living trust remains subject to estate recovery because the Medicaid recipient retained control over the trust during their lifetime.

A Home in a Trust Is a Countable Asset

Beyond the estate recovery issue, placing a home in a revocable living trust can create a significant problem during the Medicaid eligibility determination. In Idaho, primary residence is generally considered an exempt (**non-countable**) asset for Medicaid purposes when the applicant lives in the home or intends to return to it. However, once a home is transferred into a revocable living trust, Idaho Medicaid may treat it as a **countable** asset, potentially disqualifying the applicant from receiving benefits until the asset is spent down. This is the opposite of what most clients intend when they create a trust.

Recommendation

In Idaho, a revocable living trust is rarely the appropriate tool for Medicaid asset protection, and doing so can result in delayed benefits, unexpected asset spend-downs, and estate recovery exposure. Other planning strategies may be more effective and should be evaluated on an individual basis.

Please see our website at www.packereldercarelaw.com

to view all our Senior Tips! (From 2012-2026)

Tom Packer is an Elder Law Attorney serving all of Southeast Idaho.

If you have a question about a Senior's legal, financial, or healthcare needs, please call us.

**Thomas W. Packer
186 East Judicial Street
Blackfoot, Idaho 83221
208-785-5600**

AARP



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

**Tuesday February 3th 2025 to
Thursday April 14th 2025**

Tuesdays 5pm-8pm

Thursdays 5pm-8pm

10 People max per day

First come First served

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

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)

April 2026 Nutrition Article

April is NATIONAL GARDEN MONTH, so let's get ready! We are beginning to enjoy warmer, sunnier weather in southeast Idaho, finally! Many of us are beginning to clean up our yards/gardens, buying potting soil, or planting seedlings indoors. It's important that we take a few steps in preparing for a successful garden season:

Prepare a list of produce that grows easily in our area

Apples, Peaches, Raspberries, Blueberries, etc.

Zucchini, Carrots, Tomatoes, Jalapenos, Cabbage, etc.

Know when to plant your seeds or plants

Generally, we see the last "frost" happening in our area around

May. I encourage you to start your indoor seedlings NOW, and to transplant/plant outside right around Memorial Day

Be aware that some produce are considered invasive and can easily spread. Be sure to keep them contained (In garden beds or pot planters)

Tomatillo

Garlic Mustard

Seasonal foods in April?

Artichoke

Limes

Mangos

Strawberries



-Zesty Lentil Soup

- 2 cups lentils, any color
- 1/3 cup onion, diced
- 1/3 cup tomato, diced
- 1 jalapeno, seeded and diced (optional)
- 2 large teeth of garlic, minced
- 1 tsp salt (more or less as desired)



INSTRUCTIONS ON BACK PAGE

In a large pot, bring 6 cups of water to a light boil and add salt. Rinse lentils and add to boiling water. Set the timer to 30 minutes. While lentils are cooking, work on dicing all the produce listed. Once 20 minutes have passed, and there are 10 minutes left on the timer, add all the produce items to the pot. Once the timer goes off , turn off the soup and let it rest for 15 minutes. Enjoy!

Optional toppings: cilantro, cracked black pepper, cheese, etc.

Optional pairings: Quesadilla, tortilla chips, crackers, etc.

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



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DOES #190

UNITED METHODIST WOMAN

SILVER

JEANNIE & RUSS POTTER



\$5.00 a Month Club

March

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	NANCY GODFREY	MARCIA KNIGHT
MARY BALLARD	NANCY GORDON	ALICE KONISHI
NANCY BENTO	ANN GOEHRINGER	RICHARD & JANICE LAWES
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CHAD & AUDREY EBERHARD	TAMI JONES	DWIGHT PETERSON
ELIZABETH FIELDS	PAUL & CAROL JORDAN	KATHLEEN PILLEY
DENNIS & JEANE FOLKNER	BRUCE & CHARLOTTE KAISER	MARY REYNOLDS
TINA FRAGA	DON KELLY	VIOLA WARREN
MARTY & JERRY FREEBURN	JOHNATHAN & CLAUDIA KEYWORTH	ANDREA WILLIAMS
ROXIE GARDELS	JOHN & DEBBIE KLUVERS	WAYNE & BECKY YOUNG



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



20 East Pacific Street.


Friday April 24th 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.





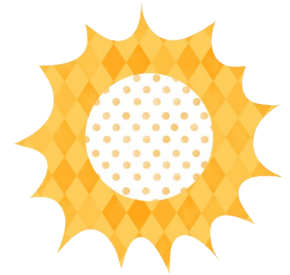
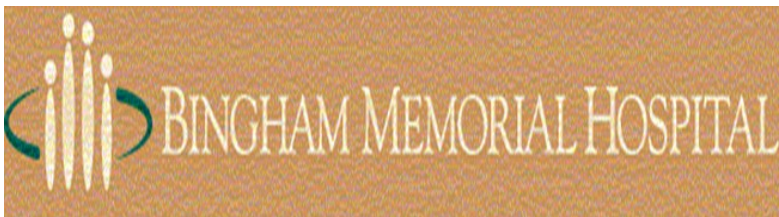
April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6</p> <p>9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo</p> <p>Spaghetti Soup/Salad</p>	<p>7</p> <p>9:30 Fit & Fall 11:00-12:30 Lunch 1:00 - Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold 5 - 8pm AARP Tax Prep</p> <p>Sweet & Sour Chicken Soup/Salad</p>	<p>1</p> <p>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</p> <p>Mongolian Pork /Salad</p>	<p>2</p> <p>9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold 5 - 8pm AARP Tax Prep</p> <p>Chicken Quesadilla /Salad</p>	<p>3</p> <p>8:00 Hand & Foot 9-10:30 Breakfast - German Pancakes</p> <p>MOW - Stuffed Peppers</p>	<p>4</p>
<p>13</p> <p>9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo</p> <p>Hoagie Sandwiches /Salad</p>	<p>14</p> <p>9:00 Haircuts 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 - Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold 5 - 8pm AARP Tax Prep</p> <p>Pork Roast /Salad</p>	<p>15</p> <p>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</p> <p>Chicken Lasagna /Salad</p>	<p>16</p> <p>9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold</p> <p>Cheeseburgers /Salad</p>	<p>17</p> <p>8:00 Hand & Foot 9-10:30 Breakfast - Sandwich</p> <p>MOW - Sausage & Potato Casserole</p>	<p>18</p>
<p>20</p> <p>9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo</p> <p>French Dips /Salad</p>	<p>21</p> <p>9:30 Fit & Fall 11:00-12:30 Lunch 1:00 - Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Chicken Fried Steak /Salad</p>	<p>22</p> <p>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</p> <p>Sweet Pork Tacos /Salad</p>	<p>23</p> <p>9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold</p> <p>Chicken Salad Sandwich /Salad</p>	<p>24</p> <p>8:00 Hand & Foot 9-10:30 Breakfast - Oatmeal</p> <p>BINGO NIGHT 6:00 P.M. MOW- Turkey & Stuffing</p>	<p>25</p>
<p>27</p> <p>9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo</p> <p>Ham & Au Gratin /Salad</p>	<p>28</p> <p>9:30 Fit & Fall 11:00-12:30 Lunch 1:00 - Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold</p> <p>Chicken Fried Chicken /Salad</p>	<p>29</p> <p>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</p> <p>Hamburger Gravy Over Potatoes /Salad</p>	<p>30</p> <p>9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold</p> <p>Lemon Pepper Chicken /Salad</p>	<p>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change</p>	



Free, Unbiased Medicare
Information for Idaho

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



Bingham County Senior
Center
20 E. Pacific St.
Blackfoot ID, 83221

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

