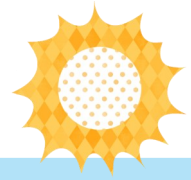


Bingham County Senior Citizens Center

MAY 2026



Come celebrate all of our wonderful mothers with a Mothers Day Luncheon Wednesday May 6Th from 11:00 A.M.- 12:30 P.M.

BOARD MEMBERS

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PAUL LOOMIS

VICE CHAIRMAN
DORINE ADAMS

SECRETARY
SUSAN NALLEY

TREASURER
BENNIE LILLY

MEMBERS

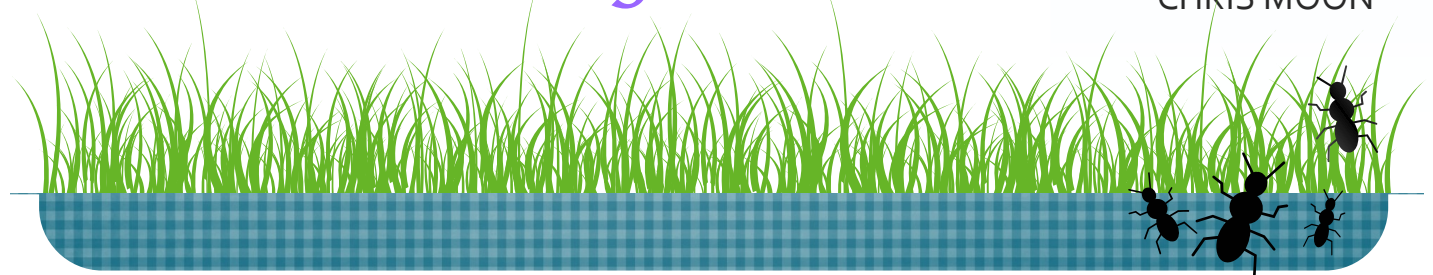
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MINDIE CAMERON
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SHELLY BECK
CHRIS MOON



FROM THE DESK OF THE LIAISON COMMITTEE: On May 1, 2026, the Bingham County Senior Citizen Center will proudly celebrate its 57th birthday – a place that has stood for decades as a cornerstone of connection, care, and community spirit. For more than half a century, this center has offered friendship, support, and a sense of belonging to generations of seniors in Bingham County.

The Liaison Committee wants to celebrate the staff, volunteers, and community partners whose dedication keeps this center thriving. Most of all, we celebrate the seniors who bring wisdom, laughter, and heart to this space every day.

Here is to 57 years of service, stories, and shared memories – and many more years of growth and togetherness.

The Committee held their quarterly meeting on March 3, 2026. The suggestion box was opened. There were two suggestions in the box.

1. The first suggestion asked that all items served at the Friday breakfast be included in the menu published in the monthly newsletter.

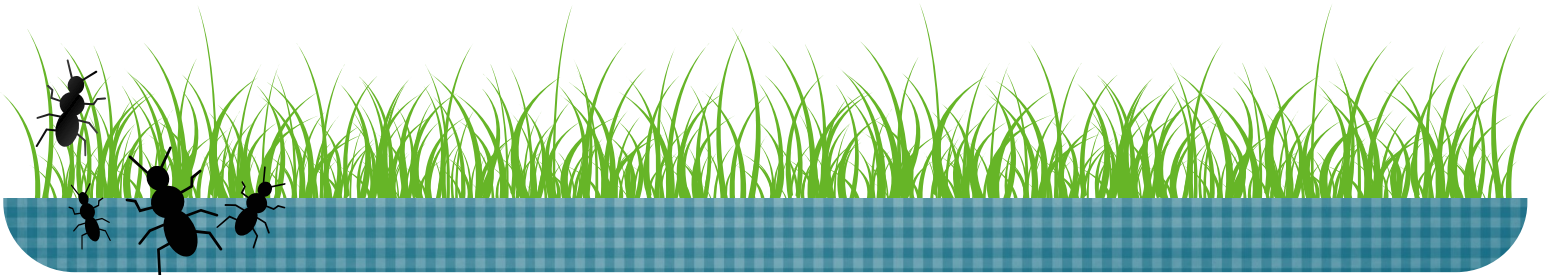
The Kitchen was contacted and will publish a monthly menu of all breakfast items served. The menu will be placed on the front door and on each dining room table.

2. The second suggestion requested that the grassy area on the south side of the Senior Center be fenced and a Pickle Ball, Corn Hole or Horseshoe court be built.

The President of the Liaison Committee will take this suggestion up with the Board of Directors.

GENEROSITY CORNER. A big thank you to Betti Eskelsen for donating many hand weights used by the Fit and Fall Proof exercise group.

A big thank you to Miriam Montague for donating the cute holiday decorations the Decorating Committee uses to make the Senior Center more festive for each holiday.



OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

Join us in highlighting the importance of evidence-based approaches, self-management, and community partnerships that empower individuals to lead their healthiest lives.

On this site, find materials to help you celebrate, including this year's logo and sample article. Check back soon for the 2026 poster, social media graphics, and more. Use **#OlderAmericansMonth** on social media to share your plans and see what others are doing!

FRIDAY MAY 1ST AND
SATURDAY MAY 2ND



MOTHER'S DAY CRAFT FAIR

BINGHAM COUNTY
SENIOR CENTER
20 E. PACIFIC

FRIDAY 2:00 P.M. - 6:00 P.M.
SATURDAY 8:00 A.M. - 2:00 P.M.

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)



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

20 East Pacific Street.



**Friday May 22nd doors
open at 5:30 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 busi-
nesses.



We encourage people to bring Drinks of their choice.

Participants must be 18 years and older.

We will have a 50/50 raffle. Each ticket costs \$1.





*** We help Seniors with:**

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

March 2026

Senior Tip –Legal

Affidavit of Inheritance

Tip – If a person dies and has a small estate, the Idaho Department of Transportation provides an Affidavit of Inheritance that can be filled out by an heir to make a non-probate transfer of the vehicle title.

In Idaho, when a vehicle owner dies and has an estate worth **less than \$100,000**, Idaho law allows heirs to transfer a vehicle title using an Affidavit of Inheritance (Form ITD 3414). This process avoids the time and expense of probate for low-value estates.

This process may be used when **all** the following conditions are met:

- Thirty days have elapsed since the death of the decedent.
- The claimant is an heir of the deceased.
- The decedent died intestate (without a will).
- The decedent did not leave other property necessitating probate.
- The decedent has no remaining creditors.
- No other heirs have prior right to the named vehicle.
- The decedent was the titled owner of the vehicle, and the claimant has a right to succeed to the motor vehicle.

Here is the process you would follow:

1. **Obtain Form ITD 3414.** Download the Affidavit of Inheritance from the Idaho Transportation Department (ITD) website at itd.idaho.gov or pick it up at any county Department of Motor Vehicles (DMV) office.
2. **Complete the affidavit.** Fill in the decedent's full name, date of death, vehicle information (year, make, VIN), and the heir's relationship to the deceased. All heirs must be listed.
3. **Gather supporting documents.** Bring the original certificate of title (if available), the death certificate, and a valid government-issued photo ID to the county DMV.

CORPORATE SPONSORS

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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

\$5.00 a Month Club

A graphic for the month of April, featuring the word "April" in a blue, bold font inside a white, jagged-edged shape that resembles a lightning bolt or a starburst. The background of the graphic is orange and yellow.

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 GORDON | BENNIE & DENISE LILLY |
| MARY BALLARD | ANN GOEHRINGER | PAUL LOOMIS |
| PAM BEUS | JODI GIOVANAZZI | CHUCK MCVAY |
| DEANNE BLACKWELDER | JAMIE HAMILTON | CHERI MITCHELL |
| LOLA BROWER | SAUNDRA HAMM | MIRIAM MONTAGUE |
| MARILYN BUMP | MARGARITE HARTMAN | DIXIE MONTGOMERY |
| BLAINE & CHRISTINE BURKMAN | RICK HOLMES | MARY MORRISON |
| VELMA BUTLER | RUTH JONAS | TOM PACKER |
| DEEANN CHAVEZ | TAMI JONES | JAMES & JAN PARKS |
| DAVID DOSS | PAUL & CAROL JORDAN | DWIGHT PETERSON |
| CHAD & AUDREY EBERHARD | BRUCE & CHARLOTTE KAISER | KATHLEEN PILLEY |
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| DENNIS & JEANE FOLKNER | JOHNATHAN & CLAUDIA KEYWORTH | EMILY SHERMAN |
| TINA FRAGA | JOHN & DEBBIE KLUVERS | VIOLA WARREN |
| MARTY & JERRY FREEBURN | MARCIA KNIGHT | ANDREA WILLIAMS |
| ROXIE GARDELS | ALICE KONISHI | WAYNE & BECKY YOUNG |
| NANCY GODFREY | RICHARD & JANICE LAWES | |

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



4
9:00 Chair Volleyball
11:00-12:30 Lunch
1:00 Bingo

Polish Dogs & Salad Bar

5
9:30 Fit & Fall
11:00-12:30 Lunch
1:00 - Starter Line Dancing
1:00 Hand & Foot
2:15 Zumba Gold

Tacos & Salad Bar

6
No Activities
Mother's Day Luncheon

Chicken Condon Bleu & Salad Bar

7
9:30 Fit & Fall
10:30 Helping Hands
11:00-12:30 Lunch
12:45 Dominos
2:15 Zumba Gold

Stuffed Peppers & Salad Bar

8
8:00 Hand & Foot
9-10:30 Breakfast - Pancakes

MOW-BBQ Chicken

9

16

11
9:00 Chair Volleyball
11:00-12:30 Lunch
1:00 Bingo

Philly Cheesesteaks & Salad Bar

12
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

Ham Salad Sandwich & Salad Bar

13
8:30 Pinochle
9:00 Chair Volleyball
11:00-12:30 Lunch
11:00 FOUR C's Music
1:00 Bridge
1:00 Beginning Line Dancing
2:00 Advanced Line Dancing

Coconut Shrimp & Salad Bar

14
9:30 Fit & Fall
10:30 Helping Hands
11:00-12:30 Lunch
12:45 Dominos
2:15 Zumba Gold

Finger Steaks & Salad Bar

15
8:00 Hand & Foot
9-10:30 Breakfast - Biscuits & Gravy

MOW-Biscuits & Gravy

16

23

18
9:00 Chair Volleyball
11:00-12:30 Lunch
1:00 Bingo

Chicken & Rice Casserole & Salad Bar

19
9:30 Fit & Fall
11:00-12:30 Lunch
1:00 - Starter Line Dancing
1:00 Hand & Foot
2:15 Zumba Gold

Lasagna & Salad Bar

20
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 Chicken Sandwich & Salad Bar

21
9:30 Fit & Fall
10:30 Helping Hands
11:00-12:30 Lunch
12:45 Dominos
2:15 Zumba Gold

Garlic Bread Pizza & Salad Bar

22
8:00 Hand & Foot
9-10:30 Breakfast - French Toast

5:30: Night Bingo
MOW- Deli Sandwich

23

30

25
CLOSED
MOW- Maibu Chicken

26
9:30 Fit & Fall
11:00-12:30 Lunch
1:00 - Starter Line Dancing
1:00 Hand & Foot
2:15 Zumba Gold

Chicken Fajitas & Salad Bar

27
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

Beef Enchiladas & Salad Bar

28
9:30 Fit & Fall
10:30 Helping Hands
11:00-12:30 Lunch
12:45 Dominos
2:15 Zumba Gold

Chicken Stuffing Bake & Salad Bar

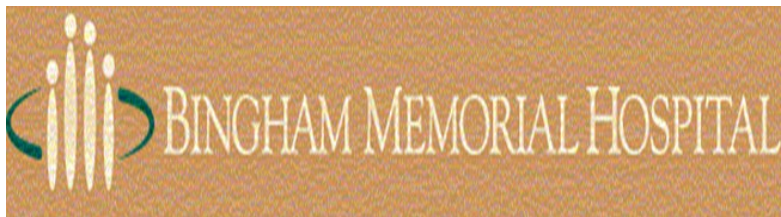
29
8:00 Hand & Foot
9-10:30 Breakfast - Waffles

MOW- Penne & Meatballs



Free, Unbiased Medicare
Information for Idaho

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



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

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

