

Bingham County Senior Citizens Center

July 2026

BOARD MEMBERS

CHAIRMAN
PAUL LOOMIS

VICE CHAIRMAN
DORINE ADAMS

SECRETARY
SUSAN NALLEY

TREASURER
BENNIE LILLY

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

STAFF

DIRECTOR
JAMIE MELLING

OFFICE STAFF
TERAYOUNG
MONICA BANKHEAD

KITCHEN STAFF
MINDIE CAMERON
ALICIA ADAKAI
SHELLY BECK
CHRIS MOON
CHAD BEUS



★ JOIN US TO CELEBRATE ★

AMERICA'S 250TH Birthday!

CORNHOLE Tournament

★ MEALS ON WHEELS FUNDRAISER ★

★ SATURDAY ★
JULY 18, 2026

\$10 PER PERSON

20 E PACIFIC ST, BLACKFOOT, ID
The Bingham County Senior Citizen's Center

REGISTER AS BEGINNER OR EXPERIENCED. ONE PLAYER FROM EACH DIVISION WILL BE DRAWN TO CREATE TWO-PERSON TEAMS.

★ DOUBLE ELIMINATION ★

REGISTRATION
EARLY REGISTRATION
Register at the Senior Center
DAY-OF REGISTRATION
9:00 - 9:30 AM

TOURNAMENT
STARTS AT
10:00 AM

WIN CASH PRIZES!
★ 1ST PLACE
★ 2ND PLACE
★ 3RD PLACE

★ FOOD ★
\$5 HOT DOG, CHIPS, & DRINK

★ BEER ★
AVAILABLE FOR PURCHASE, PROVIDED BY THE AMERICAN LEGION

★ Bring your lawn chairs and your best toss! ★



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)

FROM THE DESK OF THE LIAISON COMMITTEE –Are you looking for something fun to do to celebrate America's 250th birthday? If so, grab your bags, bring your best toss, and sign up to play in the corn hole tournament to be held at the Senior Center on July 18, 2026. Enjoy friendly competition, food, and a patriotic spirit as teams battle it out for prizes and bragging rights. Bring your lawn chairs, wear your red, white, and blue and help the Senior Center honor America's birthday

There are two ways to sign up for playing. You can sign up early by getting a form from the front desk, or you can obtain a form on July 18 from 9:00 until 9:30 a.m. The form will have a classification category of experienced or beginner. Choose one. On the day of the tournament, all who signed up will have their name placed in a hat according to the category they chose when signing up. Names will be drawn, one from each category, to form two person teams. Entry fee is \$10.00 per person with half going to the Center and the remaining split between the three highest scoring teams. The tournament begins at 10:00 am. Game format is double elimination. Obtain rules from the front desk or on the day of the tournament.

A hot dog, a bag of chips and a soft drink will be sold for \$5.00 with proceeds going to the Senior Center. Beer will also be sold with the proceeds going to pay for the beer and then split between the Senior Center and American Legion.

Come and join the fun and help celebrate America's 250th birthday.

June 2026 Nutrition Article

June weather is approaching, and with that comes extended sun exposure, potential sun burns, and dehydration

- Tips to safely enjoy the sun this summer:
 - Apply sun lotion, and REAPPLY often (every 2-3 hours if outside)
 - Wear protective eye coverings
 - Sun hats with a large brim
 - Sunglasses or goggles when swimming
 - Wear light layers
 - Light weighted layers that are easily removable
- Stay hydrated with plenty of water!
 - 8 cups per day recommended (at least)
 - Flavor water with:
 - Cucumber slices
 - Berries
 - Lemon or lime



Seasonal foods in June?

- Mangos
- Strawberries
- Watermelons
- Cucumbers

Seafood Ceviche

- 2 cups shrimp; cleaned, cooked, and diced
- 1 cup imitation crab, diced (optional)
- ½ cup tomato, diced
- ½ cup cucumber, diced
- ½ cup red onion, diced
- ¼ cup jalapeno, seeded and diced
- ¼ cup of cilantro, minced
- ¼ cup lime or lemon juice
- Salt and pepper to taste



In a large bowl add in all listed ingredients, stir well. Refrigerate for at least 3 hours so flavors can settle. Serve with tortilla chips or crackers, enjoy! Optional toppings or mix-ins: V-8 vegetable juice, sliced avocados, pickled jalapenos, diced mango, etc.

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

\$5.00 a Month Club

June

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

ELIZABETH FIELDS

DON KELLY

MARY REYNOLDS

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

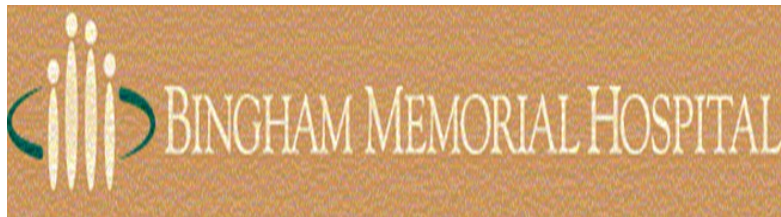


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday 	Tuesday 	Wednesday 1 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing Ham & Au Gratin /Salad Bar	2 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Lasagna /Salad Bar	3 8:15 Hand & Foot 9-10:30 Breakfast-French Toast MOW—Goulash	4
6 CLOSED In observance of the 4 th of July MOW—Meatball Subs	7 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	8 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge 1:00 Line Dancing Salisbury Steak /Salad Bar	9 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Grilled Ham & Cheese /Salad Bar	10 8:15 Hand & Foot 9-10:30 Breakfast-Denver Scramble MOW—Chicken Alfredo	11
13 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Hoagie Sandwich /Salad Bar	14 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 Brats & Sauerkraut /Salad Bar	15 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 Spaghetti /Salad Bar	16 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Chicken Salad Sandwich /Salad Bar	17 8:15 Hand & Foot 9-10:30 Breakfast-Waffles MOW— Breaded Pork Chop	18
20 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Grilled Chicken Sandwich /Salad Bar	21 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	22 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 Tuna Casserole /Salad Bar	23 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Hamburgers /Salad Bar	24 8:15 Hand & Foot 9-10:30 Breakfast-Biscuits & Gravy MOW— Biscuits & Gravy	25
27 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Chicken Parm /Salad Bar	28 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold BBQ Pulled Pork /Salad Bar	29 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 Fish & Chips /Salad Bar	30 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Finger Steaks /Salad Bar	31 8:15 Hand & Foot 9-10:30 Breakfast-Pancakes MOW— Ham Salad Sandwich	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



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

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

