

THE CENTER NEWS

Bingham County Senior Citizens Center Newsletter

August 2026



From the *Executive Director's Desk* August 2026

Dear Members,

I've been able to hang the photographs I've received from the Historical Society, along with several wonderful additions from some of you. If you haven't had a chance to see them yet, please stop by my office! Thank you to everyone who has shared photographs or connected me with others who have helped preserve a piece of Bingham County's history. Every photograph tells a story, and I am honored to display them in my office.

Along with learning about our history, I'm also continuing to learn about the many responsibilities involved in operating the Center. One thing I've come to appreciate is that many of the questions we receive don't always have simple answers. As a nonprofit organization, we operate within a variety of building requirements, contracts, regulations, and funding restrictions. While some solutions may seem straightforward, they often require additional planning, funding, approvals, or simply time before changes can be made.

While we may not always be able to change a situation immediately, one thing we can always do is help. If walking into the Center is difficult, carrying items is a challenge, or you simply need an extra hand, please don't hesitate to let us know. You're always welcome to call ahead at (208) 785-4714 or stop by the office when you arrive. My staff and I are always happy to help however we can.

I also want to take a moment to recognize our incredible staff. Every day I see the care, dedication, and pride they have in this Center. They have been incredibly patient as I learn the many responsibilities of this position, never hesitating to answer my questions or share their knowledge. Their support has made this transition much smoother than it otherwise would have been, and I am truly so grateful to work alongside such a dedicated and passionate team.

Every challenge is easier when we work together with patience, understanding, and kindness. Thank you for the grace you've shown as I continue learning, and thank you for helping make the Bingham County Senior Citizens Center a place where people care for one another.

Sincerely, Jamie Melling

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How to stay cool without air conditioning

1. Take a cold shower or bath. ...
2. Use cold washrags on your neck or wrists.
3. Use box fans. ...
4. Close your curtains or blinds. ...
5. Sleep in breathable linens. ...
6. Sleep in the basement. ...
7. Don't refrigerate or freeze blankets or clothing. ...
8. Close the doors of unused rooms.

SWIMMING IN SOUTHEAST IDAHO

LAVA HOT SPRINGS OPEN MAY 22nd —SEPT 7th 11 A.M.—8 P.M.

MONDAY – THURSDAY COST: \$12 FOR 12 YEARS OLD AND OVER

FRIDAY—SUNDAY & HOLIDAYS \$15 FOR 12 YEARS OLD AND OVER

ROSS PARK OPEN MAY 28 — AUG 21

COST: SENIORS (60+) \$5.00 ADULTS (18-59) \$ 8.00

MON-THURS 12P.M.-7P.M.

FRI-SUN 12P.M.-8P.M.

HEISE HOT SPRINGS OPEN YEAR ROUND

COST: 12 YEARS OLD AND OVER \$13.00 ADD \$ 5.00 FOR WATERSLIDE

ADULTS 65+ - \$8.00

MON-SAT 10A.M.-10P.M.

SUN– 12P.M-10P.M.



FROM THE DESK OF THE LIAISON COMMITTEE – August 21, 2026, is National Senior Citizens Day. It is a day to recognize the remarkable seniors who have helped shape our families, communities, and country. Their wisdom, resilience, and lifelong contributions continue to inspire us every day.

In celebration, the following businesses will be offering discounts to Seniors 60 and older on August 21:

Fixxology Drinks, located at 895 W. Sexton Street, will be offering \$1.00 off drinks

Scoops Ice Cream Shop, located at 358 W. Bridge Street will be offering 25% off ice cream cones

The Liaison Committee opened the suggestion box on July 7, 2026. There were three suggestions in the box.

The first suggestion proposed a bright colored mat be placed behind the new clock hanging on the east wall of the dining area. The time is difficult to read when standing at a distance. The Committee contacted the Staff, and they will look into this.

The second suggestion involved the signs located on the grass outside the Center. The concern is these signs make the Center appear unwelcoming. The Staff and Director were contacted. These signs state, “Smile you are on camera. Clean up after your dog”. Because neighbors who walk their dogs do not clean up after them, the signs serve as a reminder for them to clean up after their dog.

The third suggestion requested the Kitchen not add salt to the soup they prepare. The Committee contacted the Kitchen.

Kitchen buys prepared soup mixes to make the various soups served at lunch. Low sodium mixes are always bought when available, and salt is not added. While the Center strives to provide nutritious and enjoyable meals for all participants, it is unable to accommodate the wide variety of individual dietary requirements and food preferences. Because meals are prepared in large quantities with limited staff, resources, and funding, the Kitchen cannot safely provide meals with specific medical diets, food allergies, or personal preferences. All menus are approved by a registered dietitian.

GENEROSITY CORNER – Thank you to Kesler’s Market, Walmart, Rupe’s Burgers, Swire Coca-Cola, Elks Lodge, and the American Legion for their donations to help the Senior Center celebrate America’s 250 birthday.

Cookie Of The Month 2026

**\$6/6 Pack Regular
\$10/6 Pack of Gluten Free
Large Cookies**

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: 11/9/26 Pick Up: 11/12/26

December - Red Velvet Cookie

Order By: 12/7/26 Pick Up: 12/10/26

****Pick up is available after 12 pm
unless prior arrangements have been
made.**

**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)**

CELEBRATE NATIONAL SENIOR CITIZENS DAY

Friday, August 21st

Join our community in celebrating the incredible seniors who have helped shape our families, neighborhoods, and our future.

National Senior Citizens Day is an opportunity to recognize the wisdom, kindness, resilience, and lifelong contributions of the older adults who make our community stronger every day.

COMMUNITY APPRECIATION SPECIALS

Fixxology Drinks

\$1 OFF any drink

📍 895 W. Sexton Street



Scoops Ice Cream

25% OFF Ice Cream Cones

📍 358 W. Bridge Street



BINGHAM COUNTY SENIOR CENTER
MEALS ON WHEELS FUNDRAISER

BINGO NIGHT!

Join us for an evening full of Fun, Bingo and Food.
\$10 per person (Includes food and 1 bingo card)
18+, Cash prizes, Extra cards \$2.

Call ahead to reserve spots 208-785-4714.
50/50 Raffle 1 ticket for \$1 or 6 tickets for \$5.



AUGUST 14TH
SEPTEMBER 25TH
OCTOBER 23RD
NOVEMBER 20TH
DECEMBER 18TH



20 E. PACIFIC ST.
BLACKFOOT, ID
83221



DOORS OPEN AT 5:30 P.M.
ETA ON BINGO IS 6:15 P.M.

BRING YOUR FRIENDS AND FAMILY!



August Nutrition Article

Protein! With summer gardening coming to an end, some of us may have a surplus of produce including fruits and vegetables. What better way to pair these foods than with protein! Protein can help fuel our bodies, maintain satiety levels, muscle tone, and blood sugar levels. Protein is often thought as being an animal source, this is true.

But protein can also be found in: eggs, peanut butter, tofu, lentils, seeds, beans, yogurt, etc..

- It is recommended that active older adults consume anywhere from 0.8-1.2 grams per kilogram of their ideal body weight in protein (depending on activity level). For example, a 150 lb. person should have anywhere from 54-82 grams of protein per day

- Protein can be added to foods in a variety of ways:

- Adding protein-rich foods (peanut butter, protein powder, Greek yogurt, or oats) to smoothies

- “Bulking up” a tuna fish sandwich with chopped boiled eggs, olives, etc. **Seasonal foods in August:**

- Tomato

- Lettuce

- Corn

- Zucchini

Protein-Packed peanut butter overnight oats (serves 2-3)

- 1 cup old fashioned oats

- 1 cup milk, any kind

- 1/2 cup Greek yogurt, plain or vanilla

- 2 Tbsp. Peanut butter

- 2 Tbsp. peanuts (optional)

- 1 Tbsp. Chocolate chips (optional)

Mix all ingredients into a bowl (large mason jars are popular as they come with a lid and store well), and refrigerate for at least one hour or overnight for best texture and blending of all flavors. Store in an airtight container, refrigerate for up to 5 days. *

Approximately 20 grams of protein per serving

Mixed Berry cheesecake overnight oats (serves 2-3)

- 1 cup old fashioned oats

- 1 cup milk, any kind

- 1/2 cup Greek yogurt, plain or vanilla

- 1 tbsp. brown sugar

- 1/2 cup diced strawberries, whole blueberries and raspberries

- 1 Tbsp. chia seeds

- 1 Tbsp. crushed graham crackers or granola

Mix all ingredients into a bowl, and refrigerate for at least one hour or overnight for best texture and blending of all flavors. Top with additional crackers or granola if desired. Store in an airtight container, refrigerate for up to 5 days. *Please note is using this recipe, fruit might go bad before 5 days, monitor closely *Approximately 18 grams of protein per serving.



At the gate:

Adults: \$9.00

Seniors 65+: \$7.00

Youth: \$6.00

Children 5 & under: Free

In Advance:

\$8.00

\$6.00

\$5.00

The Happy Pass will also be available for purchase for \$50.00.

The pass is good for admission for 1 person per day for all 9 days, plus entry into the Horse races.

Wednesday - \$5 Gate Admission with canned food until 1 pm.

Thursday - \$5 Gate Admission with NEW school supplies donation until 1 pm.



\$5.00 a Month Club

July

Our \$5.00 a month club supports our Meals on Wheels program. We currently deliver daily meals to over 100 home-bound seniors in Bingham County. Many of our homebound 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	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
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CORPORATE SPONSORS

PLATINUM

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ELKS LODGE #1416

RIDLEY'S FAMILY MARKETS

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

BOWER'S COLLISION & REFINISHING

GLAMBIA NUTRITIONALS—BLACKFOOT FACILITY

1ST RESPONSE RESTORATION

GOLD

STEWART HOOVER AMERICAN LEGION POST 23

DOES #190

UNITED METHODIST WOMAN

MEMBER'S PREFERRED CREDIT UNION

BETHAL LUTHERAN CHURCH

SILVER

JEANNIE & RUSS POTTER

RUPES INC.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Hot dogs & Salad	4 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Chicken Strips & Salad	5 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 Deli Sandwich & Salad	6 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold BBQ Meatballs & Salad	7 8:15 Hand & Foot 9-10:30 Breakfast-French Toast MOW-Chicken Alfredo	8
10 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo French Dips & Salad	11 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 Chicken Enchiladas & Salad	12 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 11:30 Four C's 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing Sweet Pork Tacos & Salad	13 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Turkey & Bacon Croissant & Salad	14 8:15 Hand & Foot 9-10:30 Breakfast-German Pancakes BINGO NIGHT 6P.M. MOW- Coconut Shrimp	15
17 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Chicken & Stuffing & Salad	18 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Nachos & Salad	19 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 Salad Sandwich & Salad	20 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Mini Meatloaf & Salad	21 8:15 Hand & Foot 9-10:30 Breakfast- Veggie Scramble MOW—Finger Steaks	22
24 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Chicken Fried Chicken & Salad	25 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Stuffed Peppers & Salad	26 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 Sweet & Sour Chicken & Salad	27 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Taco Spaghetti & Salad	28 8:15 Hand & Foot 9-10:30 Breakfast-Oatmeal MOW—Pork Chops	29
31 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo French Bread Pizza & Salad	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change August				

Bingham County Senior Citizens Center

Our Mission Statement is:

“To enhance the quality of life for seniors and others in our community through nutrition, housing, education, and, social opportunities.”

Contact Us

Give us a call for more information about our services and products

Bingham County Senior Citizens Center

20 E. Pacific Street
Blackfoot, ID 83221

(208) 785-4714

bcsc@seniors4ever.com

Visit us on the web at
www.seniors4ever.com



August
2026

