

THE CENTER NEWS

Bingham County Senior Citizens Newsletter

October 2026

BOARD MEMBERS

CHAIRMAN
PAUL LOOMIS

VICE CHAIRMAN
DORINE ADAMS

SECRETARY
SUSAN NALLEY

TREASURER
BENNIE LILLY

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

STAFF

DIRECTOR
JAMIE MELLING

OFFICE STAFF
TERA YOUNG
MONICA BANKHEAD

KITCHEN STAFF
MINDIE CAMERON
ALICIA ADAKAI
SHELLY BECK
CHAD BEUS
NIKKIE WRIGHT



From the *Executive Director's Desk* October 2026

Dear Members,

As we move into another month, I want to begin by saying thank you. Over the past several months, many of you have stopped by my office, called, or simply taken a moment in passing to share your support and appreciation. Those conversations mean more than you may realize. Stepping into a new role comes with plenty of learning, challenges, and decisions, and I am incredibly grateful to those who have offered encouragement, patience, and understanding along the way.

Something I have thought about often lately is the role each of us plays in the environment around us. In any organization or community, there will be challenges, disagreements, and things we would like to see done differently. We can choose to add to the frustration, or we can choose to be part of finding a solution. Asking questions, sharing ideas, listening to one another, and bringing concerns to the appropriate person may not always result in the outcome we hoped for, but they give us the opportunity to move forward productively.

I also want to offer a friendly reminder that although many of the Center's programs, events, and traditions have been in place for years, I am still new to this position. Something that happens every month or every year may be familiar to many of you, but it may be my first time coordinating it as Executive Director. Along with that, please remember that because I am new to this role, things that may have been approved or arranged in the past still need to be discussed with and approved by me. I appreciate your patience as I continue learning and considering what works well, what may need to change, and what best supports the Center and its mission moving forward.

Finally, I want to reiterate the importance of bringing questions, concerns, or complaints directly to me. Discussing concerns with other members, taking them to individual Board members, or addressing them outside the Center's established process does not give me the opportunity to understand or address the issue. The Center has an established Grievance Policy that begins with speaking directly with the Executive Director and provides additional steps if a concern cannot be resolved. A copy of the policy is posted near the front desk. I welcome you to stop by my office so we can talk through concerns directly and respectfully.

As always, thank you to everyone who chooses to contribute positively to the Bingham County Senior Citizens Center. Every one of us has a role in creating the kind of environment we want to walk into each day, and I am grateful for those who choose positivity, kindness, and respect.

Sincerely, Jamie Melling

M E E T *the* **CANDIDATES**

Paul M. Loomis

LTC, US Army, Retired

Paul and Judy Loomis are residents of Blackfoot and have lived there for 18 years. They were high school sweethearts and have been married for 50 years. They are blessed with 6 children and 15 grandchildren.

Paul's professional career includes 26 years active duty in the Army; 10 years in defense contracting and program management; 4 years as the Mayor of Blackfoot; and 7 years as the owner/operator of the Blackfoot Candy Jar.

He enlisted while living in Weiser, Idaho and retired at the conclusion of a final assignment at Fort Belvoir, Virginia. While in the service Paul and Judy moved their family 14 times, including numerous duty stations in the United States and overseas. These moves do not include the many extended deployments and assignments Paul experienced while Judy remained home caring for the family by herself.

Military Training includes: Basic Training, Advanced Individual Training, Officer Candidate School, Officer Basic Course, Officer Advanced Course, Ranger School, Airborne School, Air Assault School, Command and General Staff College, and the Nuclear Officer School.

Paul holds an Associate Degree in Social Science; a Bachelor's Degree in History and Political Science; and a Master's Degree in Political Science.

Betti Eskelsen

I was born in Northern California. I went to school and graduated from high school in Hollister, California. I then went on to Ricks College in Rexburg.

After one year of school I met an amazing man and we were married. We raised six children in Blackfoot. Later I returned to school at Idaho State University and received my degree in Elementary Education.

I have taught school at Irving Kindergarten and Sho-Ban Junior/ senior High School.

We love our community and have tried to help with activities whenever possible. I served as P.T.A. president and my husband and I have helped with the community dinner table.

I have been very active with activities at the senior center, where I have met so many wonderful people.

We are blessed to live in a wonderful community with so many wonderful people. I would like to serve and help to keep the senior center the wonderful place that it is.

Dorine Adams

Hello, my name is Dorine Adams. I've had the privilege of living in Bingham County for the majority of my life. I've worked here, raised my family here, and I care deeply about the community we all share.

Over the past 10 years, I've been fortunate to serve through Meals on Wheels—driving and delivering meals while meeting and serving so many kind, wonderful people along the way.

The Bingham County Senior Center is an integral part of this community. I have served on the board of directors for the past few years, and I'm grateful for the hard work of the employees and volunteers who work tirelessly to meet the needs of seniors in our area.

Thank you for your support.



FITNESS MADE SIMPLE

With Abby May, FCS Educator

Chair-based toning/strengthening exercise class. We will explore the use of hand weights, resistance bands, and exercise balls. Modifiable for a variety of fitness levels. All equipment is provided.

**JOIN US FOR A
FREE 7 WEEK
SESSION!**

**Mondays and Wednesdays
September 14-October 28**

**Call Bingham County
Extension to Register!**

(208)785-8060

**Questions? Email Abby at
abbymay@uidaho.edu**

Time: 9AM-10AM

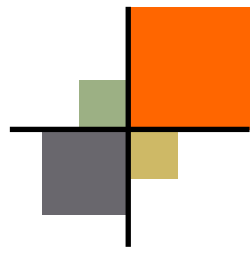
Location: Bingham County Extension Basement

Address: 412 West Pacific St, Blackfoot

*Classes are taught in a lower-level, down 18 stairs. Please call 2 business days prior to first class if you need accomodation.

University of Idaho, U.S. Department of Agriculture, and Idaho counties,
cooperating to enrich education through diversity. The University of Idaho is an
equal opportunity/affirmative action employer and educational institution.

 **University of Idaho
Extension
Bingham County**



Fiber

Fiber is a carbohydrate that cannot be broken down within our bodies, therefore we dispose of it in our output naturally. A diet rich in fiber can help keep us regulated (not constipated), bulk up stools, regulate blood glucose (blood sugar) levels, lower cholesterol, and provide us with much needed energy. The recommended daily intake of fiber is 25-30 grams/day. Foods high in fiber include beans, whole grains, berries, and apples!

October 27 is APPLE DAY

Apples are an easy-to-find fruit in Southeast Idaho during the Fall months. Local pumpkin patches will often offer fresh pressed cider and apple products. Applesauce and apple butter are quick and easy to prepare, and offer tons of fiber and vitamin C (1 medium sized apple = 4 grams of fiber and about 15% of daily recommended vitamin C intake).

Apple Sauce

- 4 apples of your choice, peeled, cored, and cubed
- 1/2 cup sugar (or sugar substitute)
- 1/2 cup water
- 1 tsp ground cinnamon

Place all ingredients in a medium-size pot and simmer for 15-20 min. Mash with a potato masher to desired consistency. Enjoy!

Apple Butter or Pumpkin Butter

- 6 medium sized apples (or 2 cups of pumpkin) of your choice, peeled, cored, and cubed
- 1/3 cup sugar
- 1/3 cup brown sugar
- 2 tsp ground cinnamon
- 2 tsp salt
- 1 tsp salt

Place all ingredients into a medium sized pot and simmer on medium-low for 30 min or until apples/pumpkins are tender. Smash with a potato masher to desired consistency.

* Serve sauce or butter on top of ice cream, pudding, toast, cottage cheese, melted brie, etc

* Rather than using a pot, a slow cooker can also be used at "low" setting for 8-9 hours

* Store apple/pumpkin butter in an airtight container for up to 10 days or freeze up to 9 months!

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!



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)**

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

1ST RESPONSE RESTORATION

SIMPSON DENTAL

THE CANDY JAR

GOLD

STEWART HOOVER AMERICAN LEGION POST 23

DOES #190

UNITED METHODIST WOMAN

MEMBER'S PREFERRED CREDIT UNION

BETHAL LUTHERAN CHURCH

LOOKOUT CREDIT UNION

SILVER

JEANNIE & RUSS POTTER

RUPES INC.

\$5.00 a Month Club

September

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 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	

Senior Center Activities

Please donate **\$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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October					
5 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Soft Tacos & Salad Bar	6 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Sweet & Sour Chicken & Salad Bar	7 CLOSED MOW- Chicken Fried Steak	1 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Chicken Drumsticks & Salad Bar	2 8:15 Hand & Foot 9-10:30 Breakfast-Biscuits & Gravy MOW— Spaghetti	3
12 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Salisbury Steak & Salad Bar	13 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 Fried Chicken & Salad Bar	14 9:00 Chair Volleyball 11:00-12:30 Lunch 11:30 FOUR C's Music 1:00 Bridge 1:00 Beginning Line Dancing 2:00 Advanced Line Dancing Fish & Chips & Salad Bar	15 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Philly Cheese Steak & Salad Bar	16 8:15 Hand & Foot 9-10:30 Breakfast-Burritos MOW— BBQ Meatballs	17
19 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Chicken Parm & Salad Bar	20 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Hamburgers & Salad Bar	21 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 Chicken Noodle over potatoes & Salad Bar	22 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Chili Cheese Dogs & Salad Bar	23 8:15 Hand & Foot 9-10:30 Breakfast-German Pancakes BINGO NIGHT MOW— Tuna Casserole	24
26 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Taco Tortellini & Salad Bar	27 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Chicken & Stuffing & Salad Bar	28 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 Pork Stroganoff & Salad Bar	29 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Chicken Tacos & Salad Bar	30 8:15 Hand & Foot 9-10:30 Breakfast-Scramble MOW— Finger Steaks	31 All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change

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

**October
2026**

