

THE CENTER NEWS

Bingham County Senior Citizens Center Newsletter

September 2026

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Nominations for Board of Directors is
open from:

September 1st - September 14th 2026

Nomination box will be located on the
front desk.



From the *Executive Director's Desk*

September 2026

Dear Members,

One of the greatest privileges of serving as Executive Director has been getting to know so many of you. I've enjoyed hearing your stories and learning about the experiences that have shaped your lives and our community. Every person who walks through our doors has a unique story, and those stories are what make the Bingham County Senior Citizens Center such a special place.

The same is true for the staff and volunteers. Before they prepare a meal, answer the phone, greet someone with a smile, or deliver Meals on Wheels, they are parents, grandparents, spouses, neighbors, and members of our community. Like all of us, they have lives, responsibilities, joys, and challenges beyond these walls. We may never know everything someone else is carrying, which is why kindness, patience, and respect are so important.

One of the most valuable parts of my job is hearing from our members. If you have a question, concern, or suggestion, I encourage you to bring it directly to me. Hearing concerns firsthand allows me to better understand different perspectives and work toward the best solution possible. While the staff and volunteers are always happy to help with day-to-day needs, I ask that operational concerns be brought directly to me. I can't promise every concern will have the outcome you're hoping for, but I can promise it will be heard and thoughtfully considered.

I'm pleased to share that the Blackfoot City Council recently approved the Center's request to add additional accessible parking spaces. Thank you to Scott Murphy with the City's Transportation Department for working with us to find a solution, and to Board Chairman Paul Loomis for his support throughout the process. I also appreciate the Mayor and City Council for approving the request. If you have any questions, please don't hesitate to stop by my office.

Thank you to everyone who helps make the Center a welcoming place where people care for one another. Our greatest strength has never been our building or our programs, it's the people who fill them each day.

Sincerely, Jamie Melling

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!





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.

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cooperating to enrich education through diversity. The University of Idaho is an
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 **University of Idaho
Extension**
Bingham County

FROM THE DESK OF THE LIASON COMMITTEE – The Senior Center held a corn hole tournament on July 18 to celebrate America's 250th birthday. The winners of the tournament are as follows:



First place \$25.00 each Twila and Ben



Second place \$20 each Leon and Richard



Third place \$15.00 each Cody and Dennis

The tournament generated a total of \$816 after expenses for meals on wheels.

September 21-25 is National Fall Prevention Week. The purpose is to emphasize that most falls are preventable through simple lifestyle changes, balance exercises, and home safety modifications. If you would like to improve your balance, think about attending the Fit and Fall Proof exercise classes held at the Center on Tuesday and Thursday from 9:30 to 10:15. This is a free exercise program to help seniors build strength, improve balance, and prevent falls.

The Suggestion box was opened on August 4, 2026. There were no suggestions in the box.

GENERO CITY CORNER – Thank you to the Senior Center staff for all their hard work to make the corn hole tournament a success. Also, thank you to Leon Denney for his generous donation to the tournament. Thank you to the corn hole players who donated their winnings from the tournament to the meals on wheels program.

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

August

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
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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	

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)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	1 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Chicken Quesadilla & Salad Bar	2 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 Breaded Pork Chop & Salad Bar	3 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Lemon Pepper Chicken & Salad Bar	4 8:15 Hand & Foot 9-10:30 Breakfast – Biscuits & Gravy MOW—Hot Dogs & Mac N’ Cheese	5
7 CLOSED MOW- Goulash	8 9:00 Haircuts 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold Chicken Salad Sandwich & Salad Bar	9 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 11:30 Four C’s 1:00 Bridge Nachos & Salad Bar	10 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Pork Roast & Salad Bar	11 8:15 Hand & Foot 9-10:30 Breakfast - Waffles MOW— Chicken & Gravy	12
14 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Sloppy Joes & Salad Bar	15 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 – Starter Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Pork Chops & Salad Bar	16 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 Melts & Salad Bar	17 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold Lasagna & Salad Bar	18 8:15 Hand & Foot 9-10:30 Breakfast – Cream of Wheat MOW—Ham & Au Gratin	19
21 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Chicken strips & Fries & Salad Bar	22 9:30 Fit & Fall 11:00-12:30 Lunch 1:00 Hand & Foot 2:15 Zumba Gold Beef Roast & Salad Bar	23 8:30 Pinochle 9:00 Chair Volleyball 11:00-12:30 Lunch 12:00 Mayors Meeting 1:00 Bridge Chicken & Tortellini & Salad Bar	24 9:30 Fit & Fall 10:30 Helping Hands 11:00-12:30 Lunch 12:45 Dominos 2:15 Zumba Gold BBQ Pulled Pork & Salad Bar	25 8:15 Hand & Foot 9-10:30 Breakfast – Egg Scramble MOW—Stroganoff	2
28 9:00 Chair Volleyball 11:00-12:30 Lunch 1:00 Bingo Sausage & Potato Casserole & Salad Bar	29 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	30 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 Ham & Cheese & Salad Bar			

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

September
2026

