Hayden Senior Center

Encouraging Active, Healthy & Independent Lifestyles

OUR MISSION STATEMENT

The Hayden Senior Center is dedicated to reaching seniors in Hayden and the surrounding area. The Corporation provides resources to aid in achieving healthy, active, and independent lifestyles for our seniors.

Hayden Senior Center

Encouraging Active, Healthy & Independent Lifestyles

HAYDEN SENIOR CENTER

1250 Lancaster Road,
Hayden, ID 83835
208-762-7052 lisa@haydenseniorcenter.org
www.haydenseniorcenter.org

HSC OFFICE STAFF
Lisa Martin, Executive Director

KITCHEN STAFF
Mary McMullen, Nutrition Manager
Kate Robertson, Meal Supervisor
Samuel Jepsen, Kitchen Support/Maintenance

Contact the Senior Center office at 208-762-7052 to report any of the following:

- Address, phone number, or name change
- Current or correct email address
- Want to become a member, volunteer, donor, or contributor

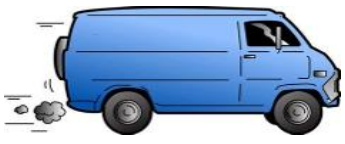
PLEASE NOTE OUR ANNUAL

HAYDEN SENIOR CENTER
2026 BOARD OF DIRECTORS

Rhonda Newton - Chairperson
Dick Panabaker - Vice Chair
Keri Reynolds - Treasurer
Marion Bosse - Secretary
Shari Durbin - Director
Kyle Mai - Director

If you would like to attend a meeting or are interested in serving on the Board, please contact Lisa at 208-762-7052.

Van pick-up for non-drivers may be available for lunches and bingo but reservations (in advance) are required.



Call for a ride @ 208-762-7052

Donations for operating costs are always greatly appreciated.

WEEKLY ACTIVITIES

Most activities have a $1 per person fee with a current membership, $3 without a membership. First time is free. Fit n' Fall Proof classes have a $1 fee with or without a membership. Please call for more information.

Coffee and snacks are always available.

MONDAY

9:00 am - 10:00 am……..…....Fit n' Fall Proof
10:30 am - 2:00 pm…….……..Canasta
1:00 pm - 2:00 pm……...……..……...Fit n' Fall Proof
2:30 pm - 3:15 pm……....……...…..…Chair Yoga
3:30 pm - 4:30 pm. ……..……..……...Yoga
4:45 pm - 5:45 pm……...……...……...Yoga

TUESDAY

9:30 am -10:30 am……..…..Fit n' Fall Proof
11:00 am - 3:15 pm……..……...Mahjong
12:00 pm - 1:00pm…….....Lunch (by reservation only)
12:00 pm - 3:15 pm……..…….....…..Party Bridge

WEDNESDAY

9:00 am - 10:00 am……..…….....…...Tai Chi
10:30 am - 11:30 am ……....……...Line Dance Class
12:00 pm - 3:15 pm ….....Cribbage, Pinochle, Mexican Train
12:30 pm - 3:15 pm ……....….....…...Chinese Mahjong

THURSDAY

9:00 am - 10:00 am……..…....Fit n' Fall Proof
12:00 pm - 1:00 pm….....Lunch (by reservation only)
1:40 pm - 4:00 pm……..……..…Bingo

(Bingo Card Sales End Promptly at 1:25 pm)

FRIDAY

9:30 am - 10:30 am.....Fit n' Fall Proof
11:00 am - 3:00 pm……...…..Variety Game Group
11:00 am - 3:00 pm……...……..Mahjong
1:00 pm - 3:00 pm……...…….....Krafty Krafters
2:30 pm - 3:15 pm……Brain Gym
(when 5 people sign-up)

THANK YOU TO ALL OF OUR AMAZING VOLUNTEER INSTRUCTORS.

RESOURCES

Important Numbers

Lake City Meals on Wheels……208-667-4628
Adult Protection……*800-786-5536 / 208-667-3179
Area Agency on Aging (AAA)……208-667-3179
City Link Bus Service……*877-941-7433
Elder Help……208-661-8870
Idaho Care Line……*211
Idaho Senior Legal Hotline M - F, 8 - 2 pm
*866-345-0106
Legal Aid……208-667-9559
Medicare Questions……208-666-6847
Hospice of North Idaho (non-profit)……208-772-7994
SHIBA……*800-247-4422
Medicare Agents & Solutions……208-818-6130

* **Toll Free Numbers**

SHIBA

Medicare: One of the many challenges facing seniors. What, you ask, are Parts A, B, C, and D?

What is the difference between a supplement (Medigap) and an advantage plan (Health Plan)? You don't take prescriptions—do you have to purchase a drug plan? Is your employer's health insurance adequate after you turn 65? Your current plan just sent you a letter saying they're going out of business. Now what?

These are just some of the questions typically asked about Medicare. To have them answered, the Idaho Department of Insurance has a program for called SHIBA (Senior Health Insurance Benefit Advisors). This free-of-charge program offers you objective information and assistance. Advisors answer your questions, assist you in enrolling in advantage or drug insurance plans, and provide information about supplements. Staffed by partially paid advisors, but mostly well-trained volunteers, SHIBA is here for you.

To make an appointment with a local advisor, phone:

1-800-247-4422.

HAYDEN IDAHO

(208) 772-4411 / M-F 8 am to 5 pm

Hayden Chamber of Commerce

PO BOX 1210, Hayden, ID 83835

208-762-1185

Email: info@haydenchamber.org

Website: www.haydenchamber.org

Mission: "To serve and promote the greater Hayden Business Community."

4th Thursday of the month: Lunch Meetings
Pre-registration required
Doors Open 11:00 am—Lunch served 11:30 am

Best Western Plus Coeur d'Alene Inn
506 W. Appleway Avenue, CDA

For more information or to become a volunteer, please call us at
208-762-1185

ELDERHELP

NEEDS YOUR HELP!

You know who you are. You're the one with carpentry, plumbing, painting, gardening, and/or small jobs experience. You may be retired but you still possess those God-given skills and abilities that **ElderHelp** can use to help others who can't help themselves. Don't waste your talents. Call us! Many older and/or disabled adults in our community are no longer able to care for their homes as they once did and need someone just like you to give them a helping hand with repairs. Call us today at

208-661-8870.

BRAIN GYM

By Jill Mikael

Would you like to learn 16 simple exercises to boost your brain functioning? **Brain Gym** activities, which can be done sitting or standing, enhance coordination physically and mentally, as well as boost memory, enhance breathing and focusing skills, and relax one's central nervous system. They also improve posture and improve one's energy levels, vision & hearing. This 4-week class will be taught at the Hayden Senior Center by Jill Mikael (a retired special education teacher of 44 years and a daily utilizer of brain gym).

Class fee is twenty five dollars per session (4 weeks). Sessions will be scheduled once 5 people sign up.

Brain gym exercises are a series of simple exercises that boost brain function. Though they were initially designed for kids, these exercises have proven to be effective for adults as well.

Studies show that regular physical exercise reduces the risk of Alzheimer's, diabetes, heart disease, cancer, respiratory disease, and acts as an antidepressant.

The idea behind **Brain Gym** is to use physical movement to access different parts of the brain. Movements that are the repetition of specific bilateral, contralateral, and other activities, promote efficient communication among the many nerve cells and functional centers located throughout the brain and sensory motor system. These movements are designed to integrate your body and mind in order to improve coordination and functioning.

YOGA FOR SENIORS

Monday

CHAIR Yoga ……..… 2:30 pm - 3:15pm
($15/month or $5 /session)

HATHA Yoga ……..3:30 pm - 4:30 pm
($30/month or $8/session)

HATHA Yoga ……..4:45 pm - 5:45 pm
(see Jill for pricing)

Friday

BRAIN GYM……2:30 pm to 3:15 pm
($25 for 4-week session)

New session begins when 5 people sign up.
Please call for more details.

Call Jill Mikael to register
208-772-6240

FIT & FALL-PROOF CLASSES

Presented by the

Idaho Dept. of Health & Welfare
Panhandle Health District

This program developed by Jan Mittleider, Terry Ann Gibson, and Michelle Arnett, is focused on senior health.

Distinct areas of our physical lives require attention as we become more mature. Exercises that focus on balance, core strength, mobility, flexibility, are taught in a fun and safe atmosphere. Each student is encouraged to participate at their own level. Progress is measured every 10 weeks. It is amazing how you can have so much fun and improve your health in a safe friendly environment.

See schedule of available classes on page 2 of this newsletter.

The Hayden Senior Center Board

...can always use more individuals to serve. These volunteer positions require one-year commitments and require investments of time and talents to maintain the sustainability of our mission. We are looking for volunteers to help with fundraising events, marketing, event planning, and everything in between. If this sounds like a good fit for you, please contact Lisa Martin for more detailed information. **208-762-7052**

HSC BINGO

Come join the fun

EVERY THURSDAY

1:45 - 4:00 pm

Bingo card sales start at 1:00 pm and
End promptly at 1:25 pm
Must be 18 to play
Cash Prizes

let's do lunch

SENIOR MEALS PROGRAM

Lunch is served Tuesdays and Thursdays at **NOON.** Beverages are served with each meal.

To help us serve as many seniors as possible (with minimal waste) **reservations are required but not guaranteed. If we are full, we will be more than happy to put you on the waitlist and call you if there is a cancellation.**

Call by 3:00 pm on Friday for Tuesday's lunch —— Call by 3:00 pm on Monday for Thursday's lunch: 208-762-7052 Suggested donation of $6.00 or more.

Monthly menus can be obtained at the Senior Center or on our Website: haydenseniorcenter.org

Standing reservations are generally available.

All meals are carefully prepared on-site and in accordance with AAA program guidelines and the Panhandle Health District standards which includes annual health inspections.

Our Continuing Appreciation to the City of Hayden, Kootenai County Commissioners, Post Falls Food Bank, and All Who Support the Hayden Senior Center.

2026 Individual/Business Donors of $100 or more

Daniel Jepsen, Earl & Mary McMullen, Inez Graetzer, Liz Gersten, Garry Seipert, Anonymous (2), Darlene Wilhite, Jeff & Ava Edwards, Kay Schneider, Helen Calhoun, Sandy Lawlor, North Idaho Classic Car Club

2026 Business Sponsors of $500 or more

Washington Trust Bank ($2,000), Potlatch Federal Credit Union ($1,000)
Idaho Community Credit Union ($500)

2026 In-Kind Business/Individual Donors ($100 or more)

Hayden Super 1 Foods, Pastries & More Bakery, The Wellness Bar, Texas Roadhouse, Garden Plaza, Fred Meyer, Mackenzie River Pizza-Grill & Pub, Post Falls Walmart, Northwest Pizza, Domino's Pizza, Marlin Hendrix, Mary McMullen, Judy Harris, Evelyn Degrood, Ken & Marion Bosse, Chris Murphy, Samuel Jepsen

Also, thank you to all of the businesses and individuals who support our various fundraisers through raffle-basket donations. Every bit, big or small, helps us to continue serving our community.

2025 Donors and Grantors:

Anonymous, Jeanne MacConnell, Daniel Jepsen, Liz Gersten,
John Nicklas, Sue Klassen, Buzz & Gloria Robbins, Nikki Arana,
Miles Insurance Team, Lucretia Trevino, Joy Richards, Sandy Lawler, Sharon Clamp,
Becky Dicksion, David Priano, Al & Jacki Avritt, Ellen Taylor,
Ron & Claudia Wadsworth, Tony & Tonya Koch, In Memory of Everette Hendrick,
Chris Murphy, Washington Trust Bank, P1FCU, STCU, Walmart,
Idaho Community Credit Union, Pastries & More Bakery, Hayden Super 1 Foods
Robideaux GMC, North Star Senior Living, Home Instead—Home Care
United Way of North Idaho, Cancer & Community Charities
Kootenai Electric Trust, Greene Idaho Foundation

HAYDEN SENIOR CENTER FUNDRAISER

BINGO & BREWS

Join us for an afternoon of Fun, Food, & Cash Prizes

Saturday, August 8th, 2026

1250 W. Lancaster Road (Calem Shrine Event Center)

***Admission $10 per person**

***Lunch Items sold separately—Food sales start at 12 pm**
(Ham or Turkey sandwiches, chips, snacks, cookies, soda)

Space is limited so reservations must be made by August 5th

Bingo Card Sales start at 12:45 pm and end promptly 1:30pm

Games begin approximately 1:45 pm—ending approx. 4 pm

$10 Bingo Card packets and $5 beer/wine sold separately.
Cash or check for all purchases, please.

Call for reservations: 208-762-7052.

Must be 18 to Attend, 21 to purchase beer or wine (ID Required)

SOME GOOD THINGS ABOUT GROWING OLDER

- Your baby fat is gone.
- Chances grow smaller every year that you will die in childbirth.
- No more Christmas shopping: Just write checks.
- You can use your kid's rooms for storage.
- Your clothes are back in style.
- No more high heels.
- It's harder to make you blush.
- Voting is simpler now that Medicare and social security are all that matters.

CARING FOR THE COMMUNITY SINCE 1981.

BEST OF 2023 HOSPICE CARE PROVIDER BUSINESS JOURNAL of North Idaho

HOSPICE OF NORTH IDAHO™

PROUDLY SERVING KOOTENAI, SHOSHONE, SOUTH BONNER, AND BENEWAH COUNTIES.

BEST OF 2024 NOT-FOR-PROFIT BUSINESS JOURNAL of North Idaho

Our Care:

PALLIATIVE CARE | HOSPICE CARE | GRIEF SUPPORT

OUR COMMUNITY-TRUSTED NONPROFIT PROVIDING EXPERT END OF LIFE CARE AND SUPPORT, WITH THE ONLY HOSPICE INPATIENT UNIT IN IDAHO, THE SCHNEIDMILLER HOUSE.

Ways to Support us:

VOLUNTEER —- Discover how you can make an impact by doing what you love.

DONATE —-- Help us provide expert care in the communities we serve by donating.

SHOP --— Give and purchase gently used items at our Post Falls – Hospice Thrift Store.

2290 W. Prairie Ave. Coeur d'Alene, ID 83815 | 208.772.7994 |

www.hospiceofnorthidaho.org

Hayden Ace Hardware

196 W. Hayden Ave
Hayden, ID 83835
Ph: (208) 762-0210
Fax: (208) 762-4187

Rick Kammerer, Manager

P: (208) 772-9282
F: (208) 772-1897

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LAKEVIEW DENTAL

Dr. A. Brett Matteson, DDS, FACP, DABP
Prosthodontist Board Certified Since 2011

North Idaho's only Board Certified Prosthodontist,
Dr. Alvin "Brett" Matteson, DDS,FACP,DABP

Recognized Leader in Cosmetic, Restorative & Implant Dentistry featuring Esthetic Dental Restorations created by a Certified Master Dental Ceramist.

SPECIAL $500.00 OFF per Dental Implants, when you mention you saw us in the Hayden Senior Center Newsletter.

Call 208.664.0884 or visit www.lakeviewdentalclinic.com to schedule an appoint-

GETTING TO KNOW OUR MEMBERS:
MARION BOSSE

Meet Marion Bosse, became Hayden Senior Board member in January 2026.

Marion has lived Northern Idaho for 4 years. Upon visiting her brother in 2019, she fell in love with Northern Idaho. Marion and her husband, Ken, and 3 cocker spaniels: Lani, Jack and Gracie.

Marion spent her career working in retail management, mainly managing grocery stores as well as pet and drug stores.

With Marion's past leadership skills and talents, she looks forward to assisting in any capacity that can be utilized by the Center.

Marion enjoys working around her property on various projects, quad riding with her husband, and crafting.

Welcome Aboard, Marion!

Note:
Each Quarter we will feature one or more of our Center's members so that we can all get to know each other just a little better.

BENEFITS OF VOLUNTEERING

- Volunteering allows you to form connections with seniors who often appreciate companionship and support.
- If you are an employable person, you can gain experience in social services, healthcare or community engagement which may be beneficial to your career.
- Your time and effort can have a profound impact on the lives of seniors, helping reduce loneliness and improve their overall well-being.
- Volunteering contributes positively to the community in which you live while enriching your own life through meaningful interactions.

PLEASE WELCOME OUR NEWEST 2026 MEMBERS:

Nan B. Ann B. Jean C. Ava G. Janie H. Debbie H.
Joyce H. Kathy I. Judith J. Margaret K. Laura L. Donna M.
Mary M. Isabelle N. Lynn P. Rick P. Barbara S.
Lee and Karen S. David S. Rod and Kim S. Cindy T. Robin T.
Tony T. Christopher W. Sandra W. Cheryl S.

CELEBRATING BIRTHDAYS

JUL	AUG	SEP
Nancy A.	Pam A.	Ken B.
Linda A.	Dayle A.	Mary F.
Carole C.	Inez G.	Joe F.
Lillian C.	Marlin H.	Judy H.
Bonnie C.	Fran H.	Donna L.
Evelyn D.	Virginia H.	Mike M.
Yvonne H.	Sandy L.	Maxine P.
Susan H.	Wendy L.	Marilyn R.
Kathy L.	Keri R.	Brad R.
Sandy M.	Kate R.	Rachel S.
Elden P.	Kay S.	Garry S.

FACEBOOK?

Yes! We have a Facebook page. Check it out! Lots of good stuff there and lots of fun photos to view covering various events we've held through the years. This will bring back good memories.

Just type, haydenseniorcenter facebook, in your browser. Enjoy!

YEAR AT A GLANCE CALENDAR

January 2026
Annual Membership Meeting - January 30th 11:00 am

February 2026 **Center closed - February 16th**
Bingo & Brews Fundraiser - February 7th 12 pm - 4pm (reservations required)
Monthly Board Meeting - February 25th 10:00 am

March 2026
Monthly Board Meeting - March 25th 10:00 am

April 2026
Monthly Board Meeting - April 29th 10:00 am

May 2026 **Center closed - May 25th**
Bingo & Brews Fundraiser - May 2nd 12 pm - 4pm (reservations required)
Monthly Board Meeting - May 27th 10:00 am

June 2026
Monthly Board Meeting - June 24th 10:00 am

July 2026 **Center closed - July 3rd and July 27th - July 31st**
Monthly Board Meeting - July 29th 10:00 am

August 2026
Bingo & Brews Fundraiser - August 8th 12 pm - 4pm (reservations required)
Monthly Board Meeting - August 26th 10:00 am

September 2026 **Center closed - September 7th**
Classic Car Show & Cruise - September 5th 9 am -
Monthly Board Meeting - September 30th 10:00 am

October 2026 **Center closed - October 12th**
Fall Bazaar - October 31st 10 am - 3 pm
Monthly Board Meeting - October 28th 10:00 am

November 2026 **Center closed - November 26th & 27th**
Bingo & Brews Fundraiser - November 14th 12 pm - 4pm (reservations required)
Monthly Board Meeting - November 25th 10:00 am (TBD for holiday)

December 2026 **Center closed - December 24th & 25th**
Potluck Christmas Party & Gift Exchange - December 18th 11 am - 2 pm
Monthly Board Meeting - December 30th 10:00 am

KRAFTY KRAFTERS

Every Friday 1:00 pm to 3:00 pm

Crafting provides a natural way to reduce stress and anxiety. Engaging in repetitive, hands-0n activities like knitting, crocheting, painting, or woodworking can lower cortisol levels, helping the mind relax and enter a meditative state known as “flow,” where time seems to disappear and worries fade into the background. This focused attention allows the brain to take a break from daily pressures, promoting mental clarity and emotional calm. Completing a craft project also boosts self-esteem and confidence, giving a sense of accomplishment and reinforcing personal capability.

Crafting stimulates the brain by encouraging creativity, problem solving and cognitive function. Designing a quilt, painting a canvas or experimenting with new techniques requires imagination and innovation which enhances mental flexibility and resilience. Regular engagement in creative activities has been shown to improve memory, concentration, patience, and overall brain function, potentially slowing cognitive decline over time. The trial and error process inherent in crafting also strengthens adaptability and critical thinking skills.

Crafting encourages mindfulness, keeping you fully present in the moment and helping to process emotions without words. The meditative rhythm of repetitive movements as knitting or embroidery, can slow heart rate, reduce anxiety, and provide a therapeutic outlet for pent-up energy or stress. This makes crafting a valuable tool for emotional regulation and mental wellness.

Overall, crafting is more than a hobby. It is a science-backed way to enhance mental, emotional, cognitive, and social well-being. Whether you are seeking stress relief, creative stimulation, improved dexterity, or social connection, engaging in hands-on creative activities offers profound benefits for your overall health and happiness.

(Clairescraftclub.coms +4)

Come join us on Friday afternoons for some relaxation and companionship and share your favorite project of the moment with us.

Line Dancing!

It's Easy and Its Fun!

Line dancing has its roots in traditional folk dances from various cultures evolving in the 1970s and 1980s, featuring simple repetitive steps and influenced by country music. It is a popular form of social dancing where a group of people perform choreographed steps in unison.

And You Don't Need a Date or Partner!

Unlike other forms of partner dancing, line dancing does not require any physical contact between participants. The dancers form lines or rows, and each person follows the same sequence of steps, often turning or moving in various directions. This form of dancing has become a worldwide phenomenon.

The dance steps are typically broken down into specific patterns, making it accessible to dancers of all skill levels. Line dancing is often seen in social **settings** like parties, bars, and dance clubs, and it has become an important part of pop culture. The "honky-tonk" culture that emerged in the South also encouraged social dancing. In honky-tonk bars, where country music was often played, patrons would frequently engage in informal line dancing to the beat of the music. During this time, the steps were often improvised or passed down through word of mouth.

Now line dance instructors have organized classes and events that allowed enthusiasts to come together and learn different line dances in a structured setting. The global popularity of country-themed music videos and movies like *Urban Cowboy* (1980) also helped solidify line dancing's role in popular culture.

Line Dance as Exercise

In the 1990s and 2000s, line dancing began to be viewed as a fun and social form of exercise. Many fitness centers and community halls began offering line dancing classes as part of their group exercise programs. These classes often included a mix of country and pop songs, allowing participants to enjoy the benefits of dancing to great songs while also staying fit.

Hayden Senior Center offers Beginner Line Dancing Classes on Wednesdays from 10:30 am to 11:30 pm. Our instructor is Pam Abram. We invite you to come on down and join the fun.

Special thanks to Washington Trust Bank employees who so graciously continue to help us at our many events throughout the year. From all of us at the Hayden Senior Center.

THANK YOU SO MUCH!

How Important Are Memberships to a Senior Center & the Community

1. Members can participate in a wide range of programs, including exercise classes, nutrition workshops and educational seminars, which are vital to maintaining health and well-being.
2. Senor centers provide opportunities for **socialization** which can greatly reduce feelings of loneliness and improve mental health.
3. Membership often includes access to community resources and support services, helping seniors stay connected and informed about their health and well-being.
4. Volunteer programs are available, allowing members to give back to the community while gaining skills and experiences and feelings of emotional well-being and vibrancy.

Hayden Senior Center Membership

Memberships are an important piece of what we do. They reflect the good work and welcoming environment that our Center provides to the city of Hayden. They also play a part in our sustainability. As a small nonprofit each piece of our fundraising efforts means the world to our success. In addition to memberships, individual donations, and our minimal activity fees, we are very thankful to have the support of local businesses and grantors who help sustain our Center. **Membership is only $40 per year and greatly appreciated.**

Please consider joining & making a contribution or becoming a Sponsor.
Call us at 208 762-7052.

Miles INSURANCE TEAM

1110 W Ironwood Drive
Coeur d'Alene, ID 83814

Call to Schedule
208-765-6849

Our Story

Our agency is family-owned and operated, and we believe strongly in treating all of our customers to courteous and neighborly care. We can assist with everything from getting business owners comprehensive group plan coverage to finding affordable and comprehensive coverage for individual customers. We're a proud member of both the local Chamber of Commerce and the National Association of Benefits and Insurance Professionals.

Miles INSURANCE TEAM

No Ka 'Oi – No Problems No Worries

Brad Miles
208-640-6112

Scan to Find
Your Best Plan!

William Miles
208-818-6130

Teresa Espe
208-660-0716

Jeff Peterson
208-370-7237

Madison Miles
208-818-4775

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Are you ready for the next chapter? Considering the freedom that comes with assisted living? We specialize in making your move seamless, stress-free, and respectful – honoring your story every step of the way.

- **Expert guidance on downsizing & relocation.**
- **Assisted-living guidance & clarity at every step.**
- **Tailored support for seniors & their families.**
- **Compassionate coordination & support from pack to unpack.**

Why Choose Us?
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Ready to Move Forward?
Enjoy a simpler lifestyle, caring community & the support you need – without the stress of keeping up a home.

Contact us today for a free consultation!

GracefulMovesRealEstateGroup.com (208) 243-9613
eXp MLS

The Starfish Story

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!"

The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man, smiled and replied, "Well, I made a difference to that one!"

author unknown

If you would like to place an ad on one of our resource pages, please contact Lisa Martin at 208-762-7052

The Hayden Senior Newsletter is published quarterly by volunteers and in-house staff.

Science shows laughing is good for your health. Research has linked laughter therapy to improved mental health and reduced loneliness among older adults. And a small study published in the *European Heart Journal* in 2023 found that coronary artery disease patients who watched comedy sessions benefited more than their counterparts who watched documentaries. Having a good laugh is even recommended for terminally ill cancer patients. Even if you have a dark sense of humor, laughter is truly the best medicine, as it helps lower cortisol levels and improves mental well-being.

Saturday
September 5, 2026
11:30 a.m. - 1:30 p.m.

Cruise Line Up:
9:00 a.m.
Cruise:
10:00 a.m. - 11:30 a.m.

Cruise will stop at several elder car facilities bringing smiles to residents. 30-car limit.

Hayden Sr. Center's 3rd Annual Miles for Smiles Cruise & Car Show*

*For cars made before 1988

$10 to participate in cruise and/or car show

* Free to attend *

Shriner's Event Center
1250 W. Lancaster Road
Hayden, ID 83835

* $10 Sloppy Joe Lunch (First 80 people) *
* Silent Auction *
* 50/50 Raffle *
* Costume Contest *

Deadline to register: 09.02.26
Email lisa@haydenseniorcenter.org
or call 208.762.7052 for more info.

Prizes awarded at 1:30 p.m.

Hayden Senior Center

Learn more at www.haydenseniorcenter.org