

**HSC BINGO**  
Come join the fun

Must be 18 to play

**THURSDAYS**

Bingo card sales start at 1:00 pm and promptly end at 1:25

1:30 pm - 4:00 pm

Cash Prizes  
208-762-7052

**BINGO**

# HAYDEN SENIOR CENTER

Recreation, Information, and Services for Older Adults

Quarterly Newsletter April - June 2023



## BINGO & BREWS



Join us for another fun afternoon  
with friends, food, and cash prizes.

**May 13 12pm -1pm lunch**

**Bingo 1:30pm -4pm**

**See inside for more information**



### Music Trivia Answers

Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, The Man Who Knew Too Much? **Que Sera Sera**

What singer had a hit with Sixteen Tons in 1955? **Tennessee Ernie Ford**

Which group had a hit with Twilight Time in 1958? **The Platters**

Which smoky-voiced singer sang Too Young in 1951? **Nat King Cole**

What Cleveland disc jockey first used the term "Rock N Roll" in 1951? **Alan Freed**

Tony and Maria were the lead characters in what Broadway musical that premiered in 1957? **West Side Story**

Who recorded Rock Around the Clock in 1955? **Bill Haley and the Comets**

Who originally sang That'll Be the Day? in 1957? **Buddy Holly and the Crickets**

The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song? **Poison Ivy**

B.J. Thomas sang "I Can't Help It If I'm Still In Love With You" in 1967. Who first recorded it in 1951? **Hank Williams Senior**

## 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 a healthy,  
active, and independent lifestyle.

## HAYDEN SENIOR CENTER

1250 Lancaster Road,  
Hayden, ID 83835  
208 762-7052

[lisa@haydenseniorcenter.org](mailto:lisa@haydenseniorcenter.org)

### HSC OFFICE STAFF

Lisa Martin, Executive Director

### KITCHEN STAFF,

Kate Robertson, Nutrition Manager  
Samuel Jepsen, Dishwasher/Janitorial

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

- Address, phone number, or name change
- Make sure we have a correct email
- Want to become a member, volunteer donor, or contributor

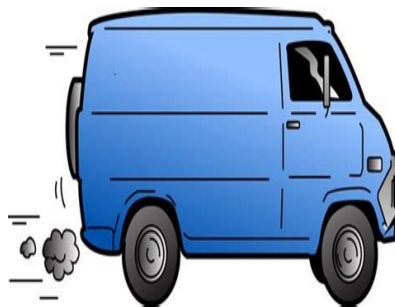
## HAYDEN SENIOR CENTER BOARD OF DIRECTORS

Jim Dunn - Chairperson  
Kathy Ozminkowski - Vice Chair  
Kathy Verburg - Treasurer  
Sharon Clamp - Secretary  
Shari Durbin - Member  
Diane Zell - Member  
Richard Panabaker - Member

Interested in serving on the Board or want time on the floor at the next meeting? Please contact Jim Dunn or Kathy Verburg 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



## WEEKLY ACTIVITIES

Minimal activity fees are required and vary by activity. Please call for more info.

All Week when available.....Super 1 Bakery Goods

### MONDAY

9:00 am - 10:00 am.....Fit n' Fall w/Sharon Tucker  
10:00 am - 12:00 pm.....Canasta  
10:00 am -12:00 pm.....Bible Study w/Sharon Tucker  
1:00 pm – 2:00 pm.....Fit n' Fall w/Sharon Clamp  
2:30 pm - 3:15 pm.....Chair Yoga w/Jill Mikael  
(\$15 month or \$5 session)  
3:30 pm - 4:30 pm. ....Yoga w/Jill Mikael  
(\$30 month or \$8 session)  
4:45 pm - 5:45 pm.....Yoga w/Jill Mikael

### TUESDAY

9:30 am -10:30 am.....Fit n' Fall w/Jeanne MacConnell  
12:00 pm – 1:00pm.....Lunch by reservation  
12:00 pm - 3:00 pm.....Mahjong  
12:30 pm - 3:30 pm.....Bridge

### WEDNESDAY

9:00 am - 10:00 am.....Tai Chi w/ Ted Hillson  
10:30 am - 11:30 am .....Line Dance Class w/Irene Broderick  
11:30 am - 1:00 pm.....Watercolor Class w/Bonnie Williams  
**First 2 Wednesdays of every month - MUST SIGN UP**  
12:00 pm - 3:30 pm .....Cribbage and Chinese Mahjong

### THURSDAY

9:00 am - 10:00 am.....Fit n' Fall w/ Sharon Tucker  
12:00 pm –1:00 pm.....Lunch  
1:30 pm - 4:00 pm.....Bingo  
**(Bingo card sales end promptly at 1:25)**

### FRIDAY

9:30 am - 10:30 am.....Fit n' Fall w/Jeanne MacConnell  
1:00 pm - 3:00 pm.....Krafty Krafters  
3:30 pm - 4:45 pm.....Yoga w/Jill Mikael

Jill Mikael will be teaching another 6 week session on meditation once 5 or more are interested in taking the class.

Call to sign-up.



## Music trivia from 1950's

Music Which famous song sung by  
Doris Day was introduced in the 1956  
Hitchcock thriller, The Man Who Knew  
Too Much?



What singer had a hit with Sixteen Tons in 1955?

Which group had a hit with Twilight Time in 1958?

Which smoky-voiced singer sang Too Young in 1951?

What Cleveland disc jockey first used the term "Rock N Roll" in 1951?

Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?

Who recorded Rock Around the Clock in 1955?

Who originally sang That'll Be the Day? in 1957?



The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song?

Answers on page 20



**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 for the session. Sessions will be scheduled when 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, and respiratory disease and act 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 to 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.

**MAY MENU** continued from page 11

**TUESDAY – MAY 16TH**

Broccoli soup and ham sandwich, 3 bean salad, Caesar salad and fruit

**THURSDAY – MAY 18TH**

Spaghetti with meat sauce, broccoli, garlic bread, green salad, cottage cheese w/fruit

**TUESDAY – MAY 23RD**

Pork Roast, dressing, glazed carrots, roll, green salad and fruit

**THURSDAY – MAY 25TH**

Tarragon Chicken, couscous, mixed vegetables, roll, green salad and fruit

**TUESDAY – MAY 30TH**

Beef Stroganoff, green beans, roll, carrot salad and fruit

**JUNE MENU**

**TUESDAY – JUNE 6TH**

Chicken Casserole, mixed veggies, sliced tomatoes, roll, Caesar salad, and fruit

**THURSDAY – JUNE 8TH**

Meatloaf, mashed potatoes, peas, roll, green salad, cottage cheese/fruit

**TUESDAY – JUNE 13TH**

Potato soup and club sandwich wraps, 3 bean salad, pea salad and watermelon

**THURSDAY – JUNE 15TH**

Baked Cod, wild rice, broccoli, garlic bread, spinach salad and fruit

**TUESDAY – JUNE 20TH**

Grilled Chicken burritos, Mexican rice, corn, avocado & tomato salad and fruit

**THURSDAY – JUNE 22ND**

Au Gratin ham & potatoes, beets, roll, pea salad and watermelon

**TUESDAY – JUNE 27TH**

Roast beef w/vegetables, sliced tomatoes, roll, cucumber salad and fruit

**THURSDAY – JUNE 29TH**

Sloppy Joes, tater tots, corn, coleslaw, cottage cheese w/fruit

**FIT & FALL PROOF CLASSES**  
**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 required 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.**



**Yoga - 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)

**Yoga - Friday**

**BONE HEALTH Yoga** 4:00 to 5:15  
(\$30/month or \$8/session)  
Friday Brain Gym from 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**



## 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 (PST).....  
 \*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

#### \* 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.



#### 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. Don't waste your talents.

We have many older adults who are no longer able to care for their homes as they once did and need someone just like you to give them a little helping hand with repairs. Call us today: **208-661-8870**  
**We also accept tax-deductible cash donations.**

If you need help, please see our ad on page 15 that explains the criteria for qualifying for **ElderHelp**.



### Hayden Chamber of Commerce

PO BOX 1210, Hayden, ID 83835

**208-762-1185**

[info@haydenchamber.org](mailto:info@haydenchamber.org)

[www.haydenchamber.org](http://www.haydenchamber.org)

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

#### Breakfast meetings:

**4th Thursday of the month, 7:00 am**

Kroc Center -1765 Golf Course Rd, CDA

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

## Join us for food and fun





# HAPPY BIRTHDAY

## May

Linda Deffenbaugh

Sandra Sawyer

Suzanne Stanley

Arlene Anderson

Curtis Gee

Ben Palanuik

Nancy Strom

Lynne Taylor

Joann Gorniak

Julie Celeberti

Catherine Frame

Susan Roberge

## April

Trena Caskey

Ava Edwards

Sherri Woodrum

Betty Peterson

Doug Wilson

Lillian Jaynes

## June

Ellie Martin

Linda Smith

Don Reiss

Irene Broderick

Jeff Edwards

Valerie Reiss

Otis Fencel

Dan Leoni

## The Hayden Senior Center Board



...can always use more individuals to serve on several standing or ad hoc committees. These volunteer positions require one-year commitments.

With the addition of several new fundraisers, we are looking for volunteers to help with marketing, event planning, and everything in between. If this sounds like a good fit for you, please contact:

Lisa Martin 208-762-7052 ,

We are committed to working with the community to provide programs, recreational activities and services encouraging active, healthy and independent lifestyles.

# 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.**

**Call by Friday 3:00 pm for Tuesday's lunch**

**Call by Monday 3:00 pm for Thursday's lunch.**

**208 762-7052**

**Suggested donation is \$5.00**

Monthly Menus can be obtained at the senior center, or on our website:

Haydenseniorcenter.org

Standing reservations are available.

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

We wish to thank all of the Sponsors and Donors of the Center. Without your kind generosity many of our programs would not be possible.

## **2022 Individual Donors**

Warren & Deb Fisher

Veronica Seright

Ronald Jackson

Dorathy Gohl w/Macie's match

Marilyn Reynolds

Leo & Helen Calhoun

Daniel Jepsen

Anonymous members

## **2022 Business Sponsors**

Anonymous

CDA Eagles & Women's Auxiliary

Super 1 Foods

Jan Jesberger

Charles & Susan Nipp

Crain Records Inc.

Bertsch Heating & Cooling



## **HSC BINGO**

Come join the fun

**Must be  
18 to play**

## **EVERY THURSDAY**

**1:30 - 4:00 pm**

Bingo card sales start at 1:00 pm and promptly end at 1:25 pm



## **GETTING TO KNOW OUR VOLUNTEERS**

We have so many wonderful, giving volunteers here at the Hayden Senior Center I thought in this newsletter we could begin to give you some more info about them.

Sandy I am 79 years and counting, and have been married 62 years. I have 2 grown children. I have been volunteering here since 2019 in the kitchen and as a server.



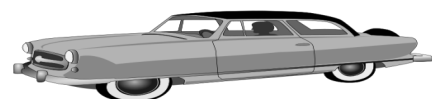
Cathy Miller— Cathy moved to North Idaho in December of 2020. She has owned her own business for over 20 years. She is a chair caner, and learned it from her father many years ago. Now she is retired and enjoys camping in her van with several ladies groups. She helps out with Lunch & Bingo on Thursdays



# Sneak-Peek



Look what's coming  
in July....



## Vintage Car Cruise and Show

Dozens of owners of vintage cars will be joining together for a relaxing drive around Hayden Lake following the Hayden Days Parade. At the end of the drive, the cars will be available for everyone to enjoy at the Calem Shrine Event Center at 1250 W. Lancaster Road in Hayden. We hope to see you there.



All meals are served with bread, fruit and dessert  
Meals are subject to change  
We want to feed as many people as possible so lunches are by reservation only.  
208-762-7052  
For Tuesday lunch, please call by the Friday before.  
For Thursday lunch, please call by the Monday before.

### APRIL MENU

#### TUESDAY – APRIL 4TH

Beef & barley soup and club sandwich, 3 bean salad, Caesar salad and fruit

#### THURSDAY – APRIL 6TH

Pulled pork sandwiches, roasted sweet potatoes, fresh vegetables, Cole slaw and cottage cheese w/fruit

#### TUESDAY – APRIL 11TH

Spaghetti with meat sauce, broccoli, garlic bread, green salad, cottage cheese w/fruit

#### THURSDAY – APRIL 13TH

Meatloaf, mashed potatoes, peas, roll, green salad, cottage cheese/fruit

#### TUESDAY – APRIL 18TH

Chicken enchiladas, roasted vegetables, refried beans, Mexican cabbage salad, and fruit

#### THURSDAY – APRIL 20TH

Baked Cod, wild rice, broccoli, garlic bread, spinach salad and fruit

#### TUESDAY – APRIL 25TH

Tamale Pie, Mixed veggies, Black beans, tomato & avocado salad, fruit w/cottage cheese

#### THURSDAY – APRIL 27TH

Roast beef w/vegetables, sliced tomatoes, roll, cucumber salad and fruit

### MAY MENU

#### TUESDAY – MAY 2ND

Sweet & sour pork, rice, spring rolls, Asian salad, mandarin oranges

#### THURSDAY – MAY 4TH

Carne Asada, Refried beans, roasted zucchini, Mexican salad, and fruit

#### TUESDAY – MAY 9TH

Tuna Casserole, beets, garlic bread, carrot salad and fruit

#### THURSDAY – MAY 11TH

Carbonara casserole, broccoli, tomato slices, garlic bread, Caesar salad and fruit

Continued on page 14





## Bingo & Brews

Join us for an afternoon of Food, Fun and Bingo!

**Saturday, May 13, 2023**

Entry fee with lunch \$15

**(must have reservation by May 8th)**

**Baked Potatoes, with Chile topping**

**Lunch 12-1pm**

Admission for bingo only \$10

- BINGO PACKETS SOLD SEPERATELY
- \$10 MINIMUM BUY-IN
- ADDITIONAL PACKETS MAY BE PURCHASED

**Bingo 1 -4pm**

**Beer and wine sold separately - \$5 each**

**MUST BE 18 TO ATTEND,  
21 TO PURCHASE ALCOHOL**

A SMILE costs nothing, but gives much. It enriches those who receive, without making poorer those ho give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give. Author Unknown



**Hayden Ace Hardware**  
196 W Hayden Ave  
Hayden, ID 83835  
Ph: (208) 762-0210  
Fax: 2087624187

**Rick Kammerer**  
Manager




*jan jesberger insurance*

**Jan Jesberger**  
*Distinguished Insurance Service*

9212 N. Government Way  
Hayden, ID 83835  
janjinsurance.com

Phone: 208.762.2122  
Fax: 208.762.2522  
Toll Free: 800.397.0001  
Jan@janjinsurance.com



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PUMP & DRILLING

**Richard A. Agueros**  
President

208.772.PUMP(7867)  
800.682.9641  
208.699.7867 Cell  
208.772.7229 Fax

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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  
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Featuring Esthetic Dental Restorations created by a Certified Master Dental Ceramist.  
Call 208.664.0884 or visit [www.lakeviewdentalclinic.com](http://www.lakeviewdentalclinic.com) to schedule an appointment.





**Joseph Nipper, AAMS®**  
Financial Advisor

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8475 Government Way #201  
Hayden, ID 83835  
Bus. 208-762-5955 Fax 877-240-6244  
www.edwardjones.com  
California Insurance License OC24309

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**Dana Klaas**  
Executive Director  
dklaas@bestlandcda.com

Main 208-6656-1600  
Fax 208-765-6070

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**Tamara Jacobson - Senior Care Consultant**  
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www.CompassionateCareReferral.com



**HAYDEN**  
IDAHO

**EDITOR'S NOTE**

I want to thank all of our businesses that have purchased ads in the Newsletter. Without their support this would not have been affordable for the center to provide. Please patronage these businesses as their support is vital to HSC.

WE ARE HONORED TO CARE  
FOR YOUR LOVED ONES



**BEST OF 2022**  
HOSPICE CARE PROVIDER  
THE BUSINESS JOURNAL of North Idaho

**HOSPICE OF NORTH IDAHO**

OUR COMMUNITY TRUSTED NONPROFIT PROVIDING EXPERT  
END OF LIFE CARE AND SUPPORT SINCE 1981 SERVING  
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**WWW.HOSPICEOFNORTHIDAHO.ORG**