



### Hours of Operation:

9:00 A.M. – 3:00 P.M.  
Wednesday thru Friday

*Take Out: Call 208-847-3141  
to Schedule Pick-up Time*

*Menu Subject to Change Due to  
Availability of Food.*

## BEAR LAKE SENIOR CENTER

**Changing Lives One Meal at a Time**

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD  
300 HOSPITAL PL. CHRICZA, 114 S 4TH STREET  
• MONTPELIER, ID 83254 • 208.847.3141 •

Time	Wednesday	Thursday	Friday
10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	<p><u>Lunch:</u> under age 60-price-\$7.00/age 60 &amp; over-suggested donation-\$6.00  <u>Lunch Served:</u> Wednesday &amp; Thursday 11:30 A.M. ~ 1:00 P.M.            Friday Entertainment @ 11:30 A.M.; <u>Lunch</u> NOON until 1:00 P.M.</p>		<p><b>Dustin James, Fun</b> <b>1</b>            Beef Alfredo Potato  <i>National Raspberry Cream Pie Day</i></p>
10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	<p><b>Bingo</b> <b>6</b>            Sweet &amp; Sour Chicken            12:30 Fit for Fallproof  <i>Wiggle Your Toes Day</i></p>	<p>9:00—Art            Fish Sandwich / Coleslaw            11:00—Ukulele Fun  <i>National Lighthouse Day</i></p>	<p><b>Dean &amp; Christine Lake - Music</b> <b>8</b>            Pork Roast  <i>National Happiness Happens Day</i></p>
10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	<p><b>Bingo</b> <b>13</b>            Chicken Cordon Bleu            12:30 Fit for Fallproof  <i>International Left-handers Day</i></p>	<p>9:00—Art            Club Hoagies  <i>National Creamsicle Day</i></p>	<p><b>Aimee Nielsen - Song</b> <b>15</b>            Fried Chicken  <i>National Lemon Meringue Pie Day</i></p>
10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	<p><b>Bingo</b> <b>20</b>            Turkey Pot Pie            11:00—Ukulele Fun            12:30—Fit for Fallproof  <i>National Bacon Lovers Day</i></p>	<p>9:00—Art            Tacos  <i>National Senior Citizens Day</i></p>	<p><b>Benjamin Pinkston - Song</b> <b>22</b>            Meat Loaf  <i>National Chili Dog Day</i></p>
10:00 A.M. 11:30 A.M. 1:00 P.M. 6:30 P.M.	<p><b>Bingo</b> <b>27</b>            Beef Roast            12:30—Fit for Fallproof  <i>Global Forgiveness Day</i></p>	<p>9:00 Art            French Dip            11:30—Stitchers  <i>National Cherry Turnover Day</i></p>	<p><b>Cordell Green - Guitar</b> <b>29</b>            Meatball Linguini  <i>National Toasted Marshmallow Day</i></p>



**To change home delivery,  
call before 10:00 a.m.**



## 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 variety of ways:
  - ✦ Adding protein-rich foods (peanut butter, protein powder, Greek yogurt, or oats) to smoothies
  - ✦ “Bulking up” tuna fish sandwich with chopped boiled eggs, olives, etc.
- Seasonal foods in August:
  - ✦ Tomato
  - ✦ Lettuce
  - ✦ Corn
  - ✦ Zucchini



## some summer recipes...

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

- 1 cup old fashioned oats
- 1 cup milk, any kind
- ½ 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
- ½ cup Greek yogurt, plain or vanilla
- 1 tbsp brown sugar
- ½ 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 if using this recipe, fruit might go bad before 5 days, monitor closely*

Approximately 18 grams of protein per serving

\*Registered Dietitian available via appointment for a nutrition assessment. Ask center staff for details.