November 2026

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 Plaza * 115 S. 4th Street *
* Montpelier, ID 83254 * 208.847.3141 *

Lunch: under age 60 ~ price ~ $7.00 / age 60 & over ~ suggested donation ~ $6.00
Lunch Served: Wednesday & Thursday 11:30 AM ~ 1:00 PM
Friday Entertainment @ 11:30 AM; Lunch NOON until 1:00 PM

Time	Wednesday	Thursday	Friday
9:00 A.M.	4	Art 5	6
10:00 A.M.	Bingo		
11:30 A.M.	Ham / Scallop Potato Casserole	French Dip	Dustin James
NOON	:30 Chair Fitness		Chicken Nuggets
1:00 P.M.			
6:00 P.M.			
9:00 A.M.	11	Art 12	13
10:00 A.M.	Bingo		
11:30 A.M.	Sweet & Sour Chicken	Pork Egg Roll / Fried Rice	Konrad Wallentine
NOON	:30 Chair Fitness		Lasagna
1:00 P.M.			
6:00 P.M.			
9:00 A.M.	18	Art 19	20
10:00 A.M.	Bingo	11:30 – Stitchers	
11:30 A.M.	Meatball Linguine	Grilled Ham and Cheese	Dean and Christine Lake
NOON	:30 Chair Fitness		Pork Chops / Pilaf
1:00 P.M.			
6:00 P.M.		Quilt Guild	
9:00 A.M.	25	26	27
10:00 A.M.	Bingo	Thanksgiving Day CLOSED	Turkey Naptime Day CLOSED
11:30 A.M.	Turkey		
NOON	:30 Chair Fitness		
1:00 P.M.			
6:00 P.M.			





November 2026 Nutrition Article

World Diabetes Day is on November 14th. There are 3 main types of diabetes: Type 1 (often appears in childhood), Gestational (occurs during pregnancy), and Type 2 (most common type and develops later in life).
If you are consistently experiencing one or more of the following symptoms, it could be beneficial to discuss with your doctor.

- **Constantly thirsty, unable to quench thirst**
- **Frequent urination, especially when it keeps you up during the night**
- **Blurry vision**
- **Excess feelings of hunger**
- **Feeling tired or fatigued**



Diabetic Friendly and Protein-Packed Peanut Butter Dip

1 cup Greek Vanilla Yogurt
1 tbsp. Peanut Butter
¼ tsp. Ground cinnamon (optional)

Place all ingredients in a bowl and mix until smooth. Dip using carrot sticks, apple slices, crackers, pretzels, etc.

Nutritional Information: 13 grams carbohydrate, 17 grams protein



*** Thanksgiving is quickly approaching! As a friendly reminder from the FDA, leftovers should be consumed within 3-4 days after preparing. Toss out any Thanksgiving leftovers by Tuesday, December 1st to avoid any possible food borne illness.

FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. **Ask your center staff for details today!**
  - Please reach out to our site for help with the following:
    - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
    - Food resources - Food banks, pantries, programs, etc.
    - Menu planning, budgeting, and recipe ideas