

# OCTOBER

## 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 - 114 S 4<sup>TH</sup> 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 A.M. - 1:00 P.M.

Friday Entertainment @ 11:30 A.M.; Lunch NOON until 1:00 P.M.

Time	 Wednesday	 Thursday	 Friday
9:00 A.M.			
10:00 A.M.	<b>Bingo</b>	<b>Art</b>	
11:30 A.M.	<b>Beef Alfredo Potato</b>	<b>Grilled Ham Cheese/ Tomato Soup</b>	<b>Dustin James</b>
NOON	<b>:30—Fit for Fallproof</b>		<b>Chicken Enchilada</b>
1:00 P.M.			
6:00 P.M.	<b>:30—Art Night</b>		
9:00 A.M.			
10:00 A.M.	<b>Bingo</b>	<b>Art</b>	
11:30 A.M.	<b>Brisket</b>	<b>Chicken Sandwich/Soup</b>	<b>The Bagley Family</b>
NOON	<b>:30—Fit for Fallproof</b>		<b>Pork Sirloin</b>
1:00 P.M.			
6:00 P.M.			
9:00 A.M.			
10:00 A.M.	<b>Bingo</b>	<b>Art</b>	
11:30 A.M.	<b>BBQ Ribs/Baked Beans</b>	<b>Meatball Sandwich</b>	<b>11:30—Book Club</b>
NOON	<b>:30—Fit for Fallproof</b>		<b>Yorguson Sisiters</b>
1:00 P.M.			<b>Sweet &amp; Sour Chicken</b>
6:00 P.M.	<b>:30—Art Night</b>		
9:00 A.M.			
10:00 A.M.	<b>Bingo</b>	<b>Art</b>	
11:30 A.M.	<b>Cream Chicken/Bacon Pasta</b>	<b>Nacho Tacos</b>	<b>Gary Scott</b>
NOON	<b>:30—Fit for Fallproof</b>		<b>Chicken Fried Steak</b>
1:00 P.M.			
6:00 P.M.			
9:00 A.M.			
10:00 A.M.	<b>Bingo</b>	<b>Art</b>	
11:30 A.M.	<b>Roast Beef</b>	<b>Turkey Sand./Cream of Broccoli</b>	<b>Cordell Green</b>
NOON	<b>:30—Fit for Fallproof</b>	<b>11:30—Stitchers</b>	<b>Meatballs over Noodles</b>
1:00 P.M.			
6:00 P.M.			

BOO ♦ BOO ♦ BOO ♦ BOO ♦ BOO ♦ BOO ♦ BOO



## Tips to stay healthy and happy this fall season

When the season changes from summer to fall, bringing shorter days, cooler temperatures, and more time indoors, it can be difficult to keep up your regular healthy habits. These seasonal changes, along with an uptick in respiratory viruses, back-to-school busyness, fall allergies and other stressors, can cause autumn anxiety. In fact, for some people the changes can trigger seasonal affective disorder (SAD).

### Support your immunity

Keep colds at bay by supporting your immune system. The best immunity boosters include reducing stress and getting plenty of sleep. Also, hydrate with water throughout the day, and your immune system will thank you. The foods you eat can also help prevent a cold.

If you do get sidelined by a cold, try home remedies to fight a cold or these OTC cold products for sneezing, runny nose, sore throat, or cough.

### Think beyond pies and jack-o'-lanterns.

Sure everyone gets excited for pumpkin spice coffee drinks in the fall, but did you know pumpkin itself is truly a fall super food? Packed with vitamins A, C, and E as well as potassium and fiber, it's incredibly versatile, says Maggie Michalczyk, a Chicago-based registered dietitian and author of "The Great Big Pumpkin Cookbook."

"Grab a can of pumpkin and whip up some cozy and nutritious comfort food for the season," she says.

Fresh pumpkins are great too, and not just the flesh. Remember, "don't toss those pumpkin seeds," she says. "Pumpkin seeds are a great source of plant-based protein, fiber and magnesium. Roast the ones you get from your pumpkins or sprinkle the green ones (pepitas) on a salad."

### Get off social media and get outside.

Spending too much time on social media platforms can have a detrimental effect on your psychological health, according to a meta-analysis published in 2020 in the journal *Cureus*. Reading others' social media posts can give you the impression that everyone else's life is better,



more interesting and more exciting than your own. That can trigger feelings of sadness.

The fall is a great time to spend more time outside and exercise. The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperatures are a reprieve from the sweltering summer and a gift before the frigid winter. Spending time outside has tremendous health benefits, including boosting your immune system.

### Eat like an athlete – not a couch potato – on game day.

Millions of people spend part of Thanksgiving and other fall days watching football – and munching on snacks like potato chips, fried wings and pizza.

Instead of consuming high-calorie snacks that aren't great for your heart or waistline, you can consume an array of healthy snacks and foods that are packed with nutrients and are also tasty.

Try these healthy foods instead:

- Raw veggies and dip
- Fresh fruit
- Hard-boiled egg
- Roasted chickpeas
- Homemade trail mix
- Veggies and hummus
- A lighter version of guacamole

Next: Consume in-season veggies and fruits.

### Consume in-season veggies and fruits.

Fall is a great time to enjoy in-season, healthy produce, such as

Beets	Cauliflower	Pumpkin and squash
Brussels sprouts	Eggplant	Sweet potatoes
Cabbage	Kale & other dark greens	Grapes
Carrots	Mushrooms	Apples

An abundance of tasty autumn produce makes it easy to reap the benefits of a plant-based diet. Consider roasting fall veggies with just a little oil, salt, and pepper.

**Enjoy a healthier Thanksgiving.** Control Portions  
**Scare off those Halloween candy cravings.**

**Eat cranberries and persimmons too.**

**Practice self-care. Schedule a wellness check-up.**