

September 2026

Lunch: under age 60 ~ price ~ \$7⁰⁰ / age 60 & over ~ suggested donation ~ \$6⁰⁰

Lunch Served: Wednesday & Thursday 11:30 AM ~ 1:00 PM

Friday Entertainment @ 11:30 AM; Lunch NOON until 1:00 PM

Hours of Operation:

9:00 AM - 3:00 PM

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 *

Time	Wednesday	Thursday	Friday
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Hamburger Steak	Pastrami Sandwich and Soup	Dustin James
NOON	:30 Chair Fitness		Chicken Pot Pie
1:00 P.M.			
6:00 P.M.			
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	KFC Bowls	Sausage, Biscuit & Gravy	Laura Bagley
NOON	:30 Chair Fitness		Cheeseburger Casserole
1:00 P.M.			
6:00 P.M.			
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Twice Baked Potato	Navajo Taco	Social Hour
NOON	:30 Chair Fitness		Cordon Bleu
1:00 P.M.			
6:00 P.M.		Quilt Guild	
9:00 A.M.		Art	
10:00 A.M.	Bingo	11:30 - Stitchers	
11:30 A.M.	Pork Roast	Aloha Chicken Wrap	Cordell Green
NOON	:30 Chair Fitness		Creamy Ranch Chicken
1:00 P.M.			
6:00 P.M.			
9:00 A.M.			
10:00 A.M.	Bingo		
11:30 A.M.	Lasagna		
NOON	:30 Chair Fitness		
1:00 P.M.			
6:00 P.M.			

September 2026

September 2026 Nutrition Article

Fall is just around the corner! Many of us have enjoyed gardening this summer and now have an abundance of produce. Begin the canning/freezing process now to save both time and money. Doing so early can also help avoid any food waste. Can fruits and vegetables such as asparagus, peaches, pears, apples, etc. Quickly blanch, dry, and freeze batches of corn on the cob, carrots, vegetable mixes, peppers, etc. Fruits that require little work include berries. Wash them, pat dry, place in a freezer-safe storage bag, and freeze! Take out minutes before enjoying on top or mixed in a cake, yogurt, cottage cheese, or smoothie. Fresh herbs such as parsley, thyme, mint, oregano, and basil can be rinsed, laid out to dry on a paper towel, crushed, and stored in an airtight container for months to be used at a later time.

September 16th is National Guacamole month! Take advantage of your fresh harvest and add them to avocados for a fresh, inexpensive, protein-packed snack! One avocado contains about 4 grams of protein, and is rich in fiber and vitamin C.



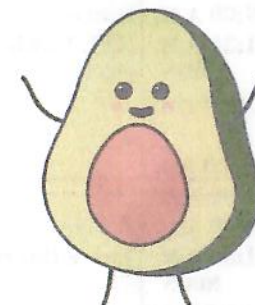
Guacamole

- 2 ripe avocados
- 2 roma tomatoes - minced
- 1 small onion (any color) - minced
- 1 pepper (jalapeno, serrano, anaheim, etc.) - minced
- 1 lime - juiced
- 3 tablespoons fresh cilantro - minced
- Salt & pepper to taste

Peel and smash avocados in a large bowl. Add in the rest of the ingredients and mix well, enjoy! Top guacamole on eggs, cottage cheese, salads, tacos, beans, or enjoy plain!

Notes:

- Peppers can be deveined or seeds taken out to reduce heat
- Store refrigerated in an airtight container up to 5 days



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