

MERIDIAN MINUTE

Encouraging Seniors To Live Younger!



Center At The Park
Meridian Senior Center

November-December 2025

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BSU SPIRIT DAY KICK OFF SUCCESS!

OUR BSU KICKOFF SPIRIT DAY AND PIE AUCTION
WAS AN INCREDIBLE SUCCESS! THANKS TO YOUR
AMAZING SUPPORT, WE WERE ABLE TO RAISE

\$1915!

BSU SPIRIT DAYS

Nov 14th

Nov 21st

Nov 26th



Wear your best
**orange
& blue**
& you will be
entered into our
contest where you
could win a prize!



A September to Remember!



Focusing on patient-centered rehabilitation with 24-hour skilled nursing care, the Arbor Valley team creates custom treatment plans for each patient and resident, focusing on individual needs and goals.

Transitional Care | Long-Term

Contact Rick Strong
208-830-7652
rstrong@cascadiahc.com



What an incredible evening we had at our September to Remember Dance & Social on September 17th! The room was filled with laughter, great conversations, and plenty of dancing that made this night truly special. From the delicious potluck dishes to the lively music, every detail came together perfectly.

A huge thank you to everyone who joined us and made the event such a success. Your energy and enthusiasm turned this gathering into a celebration we'll never forget.

We also want to express our heartfelt gratitude to our amazing volunteers—your hard work behind the scenes ensured everything ran smoothly. And of course, a big shout-out to the Prime Time Swingers for providing the fantastic music that kept everyone on their feet all night long!

Events like these remind us how wonderful it is to come together as a community. We can't wait to see you at the next one!

FOOT CARE

Appointments are on Fridays. Dates vary.



CONTACT SANDY
TO MAKE AN
APPOINTMENT
(208) 747-5797
MEMBERSHIP REQUIRED



**is on the
move!**



**Beginning January 8th, 2026, Bingo at MSC
will be held on Thursdays instead of Fridays.**

Everything else remains the same!

Doors open at 4:00 pm. Game Play begins at 6:00 pm

Moving Bingo to Thursday not only gives our volunteers the opportunity to enjoy their weekends, but also frees up Friday nights for event venue bookings. This change will help ensure the Center continues to provide the programs and services for the seniors we serve. Thank you for your support!



Nov
12
2025

Senior Resource FAIR



10:00AM to 11:30AM

FREE TO ATTEND!

Join us for a morning of connection and support at the Senior Resource Fair. Local organizations and businesses will be here to share information, answer questions, and connect you with valuable services designed to enhance your health, independence, and community.

At the Senior Resource Fair, you can:

- Meet trusted local companies and service providers
- Explore resources to support your health, wellbeing, and independence
- Ask questions and receive personalized guidance
- Learn about programs and opportunities available in our community



1920 N. Records Way, Meridian, Idaho 83646

Located in Kleiner Park behind The Village at Meridian

craft night



Craft Night was a HUGE hit at Meridian Senior Center!

We had a great time decorating pumpkins and celebrating the season with creativity and fun.

Missed this class? No worries! Our next Craft Night is on November 12th, where we'll be making beautiful Fall Floral arrangements.

Sign up at the Front Desk to join us!



MAKING A DIFFERENCE

Building a Meridian Senior Center Legacy

Our Making A Difference campaign is raising funds to support the activities, programs, and general operations that serve our senior community. This campaign will run throughout the month of December.

Our goal is to raise \$20,000, and every contribution brings us closer to continuing this vital service for our community.

You can donate at the Front Desk or online by scanning the **QR code**.

Thank you for helping us make a difference!

GIVING TUESDAY

Your donation helps support our programs, Center activities, educational offerings, transportation services, and so much more.

You can donate at the Front Desk or simply scan the **QR code**.

Thank you for making a difference!





Happy birthday to our November & December Babies! We hope all your birthday wishes and dreams come true.

Lunch Served Daily
Monday - Friday: 12:00-12:30 p.m.

Monthly menu can be found on our website or you can pick one up at our front desk.

\$5.00 suggested donation for 60+
\$8.00 for anyone under 60
Take-out-meals \$8 *24 hour notice required.

Lunch Provided By



MEALS on WHEELS
METRO BOISE

This Time In History

November 11, 1918 - World War I ended on the 11th hour of the 11th day of the 11th month. The armistice between the Allies and Germany was signed, marking a major moment in world and U.S. history.

November 19, 1863 - President Abraham Lincoln delivered his famous speech at the dedication of the Soldiers' National Cemetery in Gettysburg, Pennsylvania. It's one of the most iconic speeches in American history.

December 1, 1955 - Rosa Parks refused to give up her seat to a white passenger in Montgomery, Alabama. Her arrest led to a year-long boycott and became a pivotal moment in the Civil Rights Movement.

December 16, 1773 - American colonists, protesting British taxation, dumped 342 chests of tea into Boston Harbor. This act of defiance helped ignite the American Revolution.

December 6, 1865 - The 13th Amendment to the U.S. Constitution was ratified, officially abolishing slavery in the United States.



Saint Alphonsus

HEALTH PLAN

**Saint Alphonsus Health
Plans backed by MediGold**

Mandi Hansen
Licensed Healthcare Agent
208-367-5841
mandi.hansen@trinity-health.org

Mandi holds Medicare seminars here at our Center.

**Contact Mandi
for information on
setting up an
appointment.**

Medigold is a not-for-profit Medicare Advantage plan operated by doctors and hospitals. We've been serving seniors and others who are eligible for Medicare since 1997.



On behalf of all of us here at the Meridian Senior Center, we extend our heartfelt appreciation for Treasure Valley Coffee's support as our monthly coffee sponsor. Thank you for being a vital part of our community!



Scott Finnegan is with Alpha 3 Wealth Management. He is our preferred financial advisor & generosity consultant. He can help you with giving to charities, retirement planning, estate planning, investments, insurance and taxes.

Scott Finnegan - 208.918.5149
scott@alpha3wealth.com

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Spotlight on Board Member Jetta Schmidt:

A Life of Grace, Resilience, and Service

Georgette Lora Schmidt, known to all as Jetta, was born in Heidelberg, Germany in 1945. Her life has been marked by courage, compassion, and an enduring love for dance and people.

Jetta's story begins generations earlier, when her great-grandfather left Austria in the late 1800s to work in Russia. Her grandmother, a strong and resourceful woman, fled Russia with her five children during WWII as the German advance made life perilous. They eventually resettled in Heidelberg, a place Jetta remembers fondly for its beauty and safety.

Growing up in a multi-generational household, Jetta was raised by her grandmother, affectionately called Baba, alongside her mother and two aunts. Despite the hardships, she recalls a happy childhood filled with love and laughter. At age 7, inspired by her ballerina aunt, Jetta began ballet. Though she dreamed of tap dancing, ballet instilled in her discipline and grace, qualities that shaped her life.



After ten years of applying for refugee status, a church in New York sponsored her family's immigration to the U.S. On February 14, 1956, four women and two children arrived in New York Harbor, greeted by the Statue of Liberty, a symbol of hope and freedom. Jetta was just 10½ years old.

The transition to America was bittersweet. Leaving behind friends and familiarity was traumatic, but the promise of a new life was powerful. After four years in New York, the family moved to sunny California, where Jetta attended junior and high school in Los Angeles and Hollywood.



It was there she met her future husband, Orville Schmidt, who moved in next door. Their love story began with a Valentine's Day date in 1963 and a whirlwind elopement that November. Jetta graduated from John Marshall High School in January 1964 and soon began working as a policy typist for an insurance company.

Jetta and Orville built a beautiful life together, welcoming two daughters and a son. In 1973, after an earthquake damaged their home, they decided to relocate. Though the story goes they threw a dart at a map and landed on Boise, it may have been fate that led them to a community they've cherished for nearly five decades.

Jetta has worn many hats, insurance worker, china painter, bank employee, translator, but her most rewarding roles were in volunteer work. She spent 22 years helping in 1st and 3rd grade classrooms at Horizon Elementary, earning the

Jefferson Award for her dedication. In 2008, she served as a translator and host for the Russian-speaking Special Olympics team from Kyrgyzstan, a deeply moving experience.

After Orville's passing in 2017, Jetta found healing through Christian poetry and the support of her family, church, and senior center community. She joined the Meridian Senior Center with her dear friend and neighbor of 51 years, Janice, continuing her legacy of service. 3 years after joining our Center, Jetta joined the Board of Directors.

Jetta is a proud mother, grandmother, and great-grandmother to three great-granddaughters—with one more on the way. She describes herself as shy, though her warmth and openness suggest otherwise. Her husband used to say, "Jetta never met a stranger, just a new friend."

We are honored to have Jetta Schmidt as part of our Board and our lives.



November-December 2025

Dear Friends of the Meridian Senior Center,

Your support truly matters to us. As a self-funded, standalone nonprofit, we rely on donations to keep our Center thriving and continue providing valuable services to our community.

If just 100 people set up a recurring donation of \$10 a month, that would amount to \$12,000 a year in support for our Center. Every contribution, no matter the size, makes a significant difference.

If you would like to support us, please sign up at the Front Desk or scan the QR code below.

Thank you for your generosity and commitment to our mission.



THANK YOU TO OUR TOP SPONSORS



ALPHA III
WEALTH MANAGEMENT



Saint Alphonsus



We also want to thank our Community Partners! Without all of you, we could not do what we do for our amazing community!

Advanced Neuropathy Center
Boise Basin Landscape
Gentle Hearts Living Solutions
United Healthcare
MoJo Donuts
World Market
The Cottages
Meridian Fire Dept
Idaho Area Agency on Aging
Idaho Commission on Aging
Bluebird Health

EVERY FRIDAY NIGHT



Center At The Park
Meridian Senior Center

OPEN TO THE PUBLIC



DOORS OPEN AT 4:00PM - GAME PLAY STARTS AT 6:00PM

MUST BE 18 YEARS OR OLDER TO PLAY

www.meridianseniorcenter.org | 1920 N Records Way, Meridian, Idaho 83646

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