

MERIDIAN MINUTE

January - February 2023



Center At The Park
Meridian Senior Center

Hours of Operation
Monday - Friday
8:00 a.m. to 4:00 p.m.

*Encouraging
Seniors to live
younger!*

208-888-5555

1920 N. Records Way
Meridian, Idaho 83646
(Located in Kleiner Park behind
The Village at Meridian)

meridianseniorcenter.org

Are you a business in Meridian? We'd love to have you partner with us through donating and advertising. Contact Jenny 208-888-5555 or email jenny@meridianseniorcenter.org.



MISSION STATEMENT

Our mission is dedicated to enriching the lives of all older adults by developing, providing and promoting a climate of respect, trust and support. We offer life enhancement programs, education, recreation, information and assistance to older adults while encouraging volunteerism.



We are a Community Center for adults over 60 located in Kleiner Park behind The Village in beautiful Meridian, Idaho. Our 1300+ members enjoy classes, day trips, dances, dinners out, activities, education, hobbies, massage therapy, our fabulous Boutique (located in our building) and so much more!

Lunch is served Monday through Friday often with live music! Our bus provides transportation if you need a ride to The Center.

Become a member for only \$30!
Come tour and see what we are all about!

Come join the fun! We can't wait to meet you!



Dinner out at Louie's Pizza & Italian Restaurant



Fun & Dancing at our Halloween Party!



Art together at The Angry Easel



Center At The Park

Meridian Senior Center

CENTER EVENTS

JANUARY

- 4th Boise Public Library Trip & Treat
- 5th Cracker Barrel Dinner Out
- 7th The Great Train Show Trip
- 7th Ford Idaho Center Great Idaho Gun Show
- 12th Wingers Dinner Out
- 17th Night To Connect Trip (Idaho Ford Center about Mental Health)
- 18th Wine Tasting @ Telaya Wine Co. Trip
- 19th Deja Brew Dinner Out
- 21st Wedding Show
- 26th Cafe Ole Dinner Out
- 28th Murder Mystery Dinner (at Meridian Senior Center)

FEBRUARY

- 1st The Bishop House Trip
- 2nd Homestead Bar & Grill
- 13th Tucanos Brazilian Grill
- 15th BAM Boise Art Museum Trip

Square Dancing every Thursday evening and BINGO every Friday evening!

*Calendar subject to change. See front desk for details & more events in February.



We will be closed on the following holidays:

- Jan. 16 - Martin Luther King, Jr. Day
- Feb. 20 - President's Day

NEW ACTIVITY PRICES

Members - \$2

Non-Members \$5

(Activity prices apply to daily activities, not dances or parties.)

History of Our Center

Part 3 Ups and Downs

Exciting news! February 3rd, 1981, the dream of having a senior center came a step closer to reality when the Meridian City Council approved a land lease for a 3-acre parcel in Storey Park. For one dollar a year for 30 years, the land was provided to erect the new center. Mayor Joe Glaysier signed the lease with seniors, Valerie Louderbough, Anne Jones, Nonabell Pereboom, and Elizabeth Ryan looking on. At that time, about 850 seniors were living in the immediate area representing an increase of nearly 300 in just 2 years.



Mayor Joe Glaysier signs lease with seniors, from left Valerie Louderbough, Anne Jones and Nonabell Pereboom look on.

Mayor Joe Glaysier signs lease

money needed to build their center. Immediately, a memorial fund was established at the First Security Bank to which 39 donations in memory of family members and friends were made the first two months of the fund's opening.

February 21st, the Cherry Plaza Merchants hosted a Cherry Pie Tasting Contest. First prize was a \$100 diamond pendant won by Opal Riddle. The 58 pies entered went to the Seniors to sell by the slice with a cup of coffee. This netted \$135 for the building fund. (You'll find the recipe for the award-winning pie, Cherry Cheese Pie, is in this newsletter.) Hobbie Crafts, Inc., (a group of retirees who wanted to keep busy and give back to their community) began making wood projects from their woodshop set up in the old Creamery building. Their first project was to rebuild a large rocking chair that had been shipped without all the parts; they sold raffle tickets with proceeds for the center building project. They continued making wood projects to sell with all proceeds going toward the building fund. The Meridian Raceway held their opening Easter Benefit Race with all proceeds going to the Seniors building fund - \$3819.84! Nell Buskey, an active senior in the group, even got to be the "Trophy Girl". In June, the Meridian Chamber of Commerce held an auction donating all \$2300 raised. October 24th, the seniors held their annual Christmas Bazaar at Cherry Plaza Shopping Mall. By year's end, the seniors had collected almost \$12,000 in cash and another \$60,000 promised in donated labor and discounts for building materials by Boise Homes of Meridian.

All seemed to be progressing well. September 25th, a model of the proposed plan using modular or "systems

And the bad news? Estimated costs for construction of the proposed facility were \$400,000 (in 1980's dollars). The building fund had amassed only \$2256.60. So now with the hope that receiving the leased land would bring about private donations and cause a snowball effect to help fund the center, the senior group dug in to raise the



John Pires, left, and Richard Proulx, right, present awards to Opal Riddle, left, and Valerie Louderbough.

Riddle places first in cherry pie baking contest



building" concept had been presented. December 9th, the Valley Times reported that the Meridian City Council had accepted the Senior Citizens Advisory Group's recommendation (after 2 public hearings and months of receiving overwhelming support) to apply for the Community Development Block Grant through the Department of Housing and Urban Development (HUD). (Remember that the previous year the grant opportunity went to the sewer rehabilitation project.)

Now, the Council's action would permit Project Consultant, Wayne Forrey of JUB Engineering, to outline specifics of the grant application and submit it to HUD by March 1, 1982, deadline. Forrey indicated that the cost estimates requested in the grant would be about \$200,000. That the total costs would depend on the donated labor and materials. So far, in addition to Boise Homes donating labor and the donated engineering work by JUB, materials were promised by Pumice Block and landscaping by various individuals.

Support for the application came from Dee Slack, assistant director of Older Americans Planning for the Area Agency on Aging. She was quoted, "Most of the communities of the 10 counties we serve have a senior center, Meridian does not. I believe we can prove the efforts have been made to reaching their goal. We have cooperated with the community and local government."

"Meridian has been neglected because they haven't been at a point where they can move ahead with their center," Roy Watson, representative from the Ada County Council on Aging said. "Now is the time!" Forrey said construction could begin as early as next summer if everything goes as planned." And there's the rub.

In May 1982, the City received news from the Idaho Division of Economic and Community Affairs that had just taken over administration of the HUD grants from the Federal department of Housing and Urban Development. In taking over, they made a ruling that stipulated that 80% of previous HUD monies had to be spent prior to applying for another grant. The previous year no such ruling had existed. City officials, therefore, at the time the monies were awarded the previous year for the sewer project, were not obligated to meet a deadline in spending any amount of the \$121,000 received. Even if they had been obligated to spend it, they had been unable to proceed with the project due to the highwater tables preempting the start of the project. Though a community outcry for a reconsideration was made to the Division of Economic and Community Affairs, no waiver was forthcoming. Meridian City Councilman Bill Brewer said, "This is a crummy deal all the way around. It's a big letdown!" Two years of tireless labor by active community leaders, businesses and hundreds of citizens had been stricken down due to an arbitrary new rule set down by an Idaho State department without warning or consideration by providing at least a year's notice.

As the June 1st deadline passed for qualifying for the grant, the City was unable to complete the sewer project in time or even use 80% of the previous grant, so the Seniors' application was not considered at all by the

Continued on page 6

Meridian Senior Center is a non-profit. We operate through memberships, generous donations and Community Partners. If you want more information about our Community Center, ways to partner with us, information about advertising with us, or to submit an article to the Meridian Minute, contact jenny@meridianseniorcenter.org (Submissions are due on the 1st of the month prior to each month of publication.)

Cherry Cheese Pie



This was the winning pie recipe by Opal Riddle (member in 1981). She won a \$100 diamond pendant as a prize. The recipe was published in the Valley News (Meridian's newspaper at the time). She is pictured on page 2 bottom right, second from the left.

CRUST:

1 cup of graham cracker crumbs
1/2 cup of sugar
1 tsp of cinnamon
1/3 cup of butter.

Mix crumbs, sugar, and cinnamon, then blend in butter or margarine. Put in pie dish and press around sides and bottom. Bake at 350 degrees for 10 minutes or until brown. Cool thoroughly.

FILLING:

1 8oz package of cream cheese, softened
1 can sweetened condensed milk
1/3 cup lemon juice
1tsp vanilla

Beat the cheese until smooth (use a large bowl). Slowly blend milk, then lemon juice and vanilla. Spread evenly over pie shell.

TOPPING:

1 can of cherry pie filling
1/4 tsp almond extract.

Spoon topping over cheese mixture.

Chill pie at least three hours. Before serving spread or pipe fresh whipped cream around the edge of pie.

DAY TRIPS & TREATS

You can see all of
our trips under
INFORMATION/COMING EVENTS
on our website
meridianseniorcenter.org



Center At The Park
Meridian Senior Center

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



Monthly menu is on our website or you can pick one up at our front desk.
\$4.00 suggested donation for 60+
\$6.00 for anyone under 60
Take-out-meals \$6. 24 hour notice required.



What lies behind us
and what lies before us,
are tiny matters
compared to what lies
within us.

-Henry S. Haskins

Have you been to the Boise Art Museum? They are currently exhibiting:

- Jacob Hashimoto: Fractured Giants
- Re-Framed: American Life, Legacy and, Ideals
- Outside the Lines
- Many Wests: Artist Shape an American Idea

Join our trip there on Feb. 15th

I tend to feel like I'm so old,
but at the same time, if I were
a tree, one could look at my
rings and find that at this
stage of my life, I was only
just beginning....

-Morgan Harper Nichols



Get To Know Our Board Members



Toni Allison

Toni has been a member of the Association since August 2011. She first came to the Center located at 2nd and Broadway to help serve lunch in the dining room as a volunteer. Other than Bridge and pool playing, there were no other activities in which to participate at that time. We did have Friday night Bingo though, so until we moved to the new present location, Toni helped with the concessions.

Toni was elected Secretary of the Board for 2012/2013. In December 2018, she was elected to serve as Board President and was re-elected this January to continue serving as our President.

Our wonderful President became impassioned to serving on the governing Board of the Association after volunteering for 7 years at the Center and observing that the activities and services being provided were limited and static. She believed we could and should do so much more. By 2018, she decided she should try to help bring about a change.



Fall 1958 Age 12

A little-known fact about Toni's life that she has rarely shared is that her dad had 3 girls before he had a son and so she was often included in fatherly activities meant for a son. When she was twelve, he took her on a hunting trip - her first. Toni had been taught to fire a rifle accurately and bagged a forked-horn their 2nd day out. Her Dad immediately informed her that she must learn to field-dress the deer she shot and prepare the liver over the campfire for dinner that evening. When they arrived home, her Dad hung the deer in the shed and preceded to teach her to skin the animal. That was the only hunting trip on which she carried a gun and thankfully, her brothers took over a few years later being the sons her dad always wanted.

Toni's great-grandmother, Nora Ross - "Rossi", lived until she was 91 and Toni was 17 when she died. Her great-grandmother was a great influence in her life as she taught that Jesus loved me and that I only need to seek and listen to know God's plan for me. Her lessons inspired hard work and dedication to serving others to be the blessings to which Toni should aspire.

As to her family, Toni is the oldest of six children and is blessed that all her siblings are living and well. Toni is 76 years young and the youngest is 63. There are now 50 family members in 3 generations which is significant in that neither of her parents had any siblings. Toni loves that she has so many nieces and nephews to share the many stories of their parent's antics as they grew to adults.

Our Board President
Toni Allison



Rich, Toni's husband, and she have been married for almost 47 years, and she is so grateful for their time together. Rich has supported Toni through earning my Master's Degree and the many long hours spent fulfilling her responsibilities as an educator while striving to be a great mom. Now it is her turn to dedicate the same willing support to him. Rich has been a wonderful father and loving husband; she feels she can do no less.

Their only child, Ross, had a 24-year career as a U.S. Marine, now retired and living in Boise with his family. After serving 4 tours at war in Iraq and Afghanistan, he is relishing his time with his teenage son and daughter, Quaid and Annika, whom Toni loves to spoil!

A Celloist & Penguin Lover

featuring David Walter



January - February 2023

David Walter was born and raised in Santa Rosa, California about 50 miles north of San Francisco. His father was a band and orchestra teacher at Santa Rosa High School. He was always in need of cellos for his orchestra and tubas for his band.



David started playing cello in the 3rd grade and added tuba in junior high school. He kept playing both instruments through high school, college and beyond. Both of his parents went to U.C. Berkeley but they had a friend who said it would probably be better for David if he could get into Stanford since U.C. Berkeley had 25,000 undergraduates and Stanford only had 5,000. David spent 5 years majoring in music and completed a Masters Degree in Music Education in 1959. He started teaching instrumental music in the Livermore Elementary schools in 1957. He taught all the band and orchestra instruments to 4th-8th grade students and continued to do so for 34 years.

David married his wife in 1962 and in 2012 they celebrated their 50th wedding anniversary. Sadly, his wife passed away at the end of 2012. One of his favorite memories took place in the summer of 1980 when he was privileged to take his family on a tour to Japan with the Ohlone Community College Orchestra. That was the year they survived an 8.0 earthquake. David was a founding member of the Livermore-Amador Symphony and played with them for 50 years.



In 2010, their oldest daughter moved to Idaho. David was still living in California when his daughter moved to Idaho in 2010.

In June of 2013, David was finally able to visit his daughter and her family in Idaho. He had no intention of moving away from California but when his daughter's family met him at the airport they said "hi dad, we are going to Montana to visit our friends." While they were gone, they urged David to at least talk to their real estate agent. He spent four days looking at properties in Boise and Meridian. It turned out that the very first place he visited soon became his dream home. The home was brand new and had just been put on the market. He was able to have 6 weeks to sell his home in California. He was able to do that and received a full cash offer for his California home. He moved to Boise in August and continues to love living here.

Once living in Idaho, David got involved with the Old Time Fiddlers and has been playing with them for 9 years. He loves that the Treasure Valley offers so many musical activities. He participates in three orchestras, a community band, and a flute orchestra plus many music venues. He also participates in Tuba Christmas where 100 tuba players play Christmas carols in the Capitol Rotunda the first Saturday of December.

As for hobbies, David has been collecting penguins for many years and have nicknamed his home "Penguin Heaven." His latest joy is that his second daughter built and purchased a new home in Eagle that is only a mile from her sister's home. David has been especially blessed and gets to visit his entire family most weekends. He has seven grandchildren that help keep him young. He has been very happy and appreciative of all the activities and meals at the Meridian Senior Center.



La Boutique

La Boutique offers a fine selection of jewelry, gifts, home decor, and clothing!

Located within our Center.

Open Monday-Friday

10:30 a.m. to 1:30 p.m.



La Boutique is looking to add new items to its shelves and displays. If you have anything to donate, please drop it off at the front desk.

Need A Free Ride to Our Center?



Need a ride to The Center for lunch or an activity? If you live between Five Mile to Black Cat and Victory to Chinden our bus may have seats available. Members only. Contact the Center for info & to sign up. 208-888-5555



Scott Finnegan is with Marcheso & Associates. 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
sfinnegan@cfiemail.com

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MARCHESO & ASSOCIATES
WEALTH MANAGEMENT



Center At The Park Meridian Senior Center

January and February can be a little dreary...

What a great time to check all the new spots in Meridian! We've compiled a list of wonderful places, some new, some old, in Downtown Meridian.

Truffles, Etc.



A fabulous chocolate and ice cream shop. Limited hours.
126 E. Idaho Avenue, Meridian

The Vault

A mix of vintage & modern come together to create this sexy cigar lounge

140 E. Idaho Avenue, Meridian

Coffee Plant Repeat

A sweet little plant shop where you and friends can also have a planting party and take home your new house plants.

132 E. Idaho Avenue, Meridian

Barclay & Hill

Bespoke Gentleman's Barbershop created for those that truly care about quality.

128 E. Broadway Avenue, Meridian

The Roosevelt

A whiskey and cocktail bar
126 E. Broadway Avenue, Meridian

Deja Brew Bistro

Restaurant, coffee shop, and fine wines. Check out Thirsty Thursday when they have live music 6:30-9 p.m.

112 E. Idaho Avenue, Meridian

Eight Thirty Common

Restaurant, Drafts, and Drinks
830 N. Main Street, Suite 120, Meridian

Epl's A Basque Restaurant

1115 N. Main Street, Meridian

Cravin's Candy Emporium

Neighborhood candy store and ice cream shop.

917 N. Main Street, Meridian

Earth Brite Rocks & Crystals

Where the gemstones of Idaho can be explored and purchased.

112 E. Fairview Ave, Meridian, ID 83646

"Age is irrelevant. Ask me how many sunsets I've seen, hearts I've loved, trips I've taken or concerts I've been to. That's how old I am."
-Joelle

Meridian Senior Center & Watson's
Mystery Cafe Present

An Interactive **MURDER MYSTERY DINNER**



Dinner service at 5:30pm
Show at 6:30pm
Italian Dinner, 2 Drink Tickets & Show

\$30 per person
Doors Open at 5:00pm



1920 N. RECORDS WAY
MERIDIAN, ID 83842
Located in the S.E. corner of
Kleiner Park behind The
Village at Meridian

WATSON'S

MYSTERY CAFE & SPIRITS

continued from page 3 - History of Our Center

State. But a new opportunity came to light. The seniors would have another (3rd) grab at the federal brass ring in October when they could apply for the 1983 funds available early the next year. The new MASCA (Meridian Area Senior Citizens Association) President, Elizabeth Ryan, admitted it was a big disappointment to start again, "but we're not done yet. We're going to go right ahead and apply this fall. After all these setbacks, we'll appreciate it a lot more by the time we finally get it." Bill Brewer added that this will be a time for the community to rally with greater energy and extra fundraising to have the matching funds required as part of the HUD grant application. And that's what happened. Through various projects, more than \$20,000 was raised toward building the center by the end of June! "When you're the underdog, people tend to take your side and try to help you out," Ryan said.

Back on the right track and making progress, things were looking up until the Mayor came up with a new idea. He started pushing for remodeling the historic Wyeth Laboratory and Creamery building in downtown at Meridian and Broadway Streets into a major government complex for Western Ada County. This 80,000 sq.ft., multi-level structure would house City Hall, the Seniors' center, City Water Department and other city departments, a city museum, Ada County Soil Conservation District office, Meridian Library, school district offices, U.S. Post Office and the Farmers Home Administration. (Phew!) The building would first be placed on the National Historic Registry, followed by applying for the HUD grant in October, although the City Council had already given the go-ahead to the seniors applying for that grant to build their center in Storey Park. Glaysier's action served to create a distraction for the seniors' project but evidently his idea didn't get any traction because the grant application was made to build a senior center only, as planned. (The Creamery was eventually torn down. Today's City Hall sits on that former site - so much for historic preservation.) Check into our next edition of the Meridian Minute as the Meridian Area Senior Citizens make strides toward fulfilling their dream of their own much needed Center.

Membership 2023 Meridian Senior Center

Belong \$30

The Belong Membership includes a free activity coupon for you and 1 for a friend.

Engage \$50

The Engage Membership includes 2 free activity coupons for you and 2 for a friend, a \$5 off coupon for our Boutique, and an MSC tumbler.

Thrive \$75

Thrive Membership includes 4 free activity coupons for you and 4 for a friend, two \$5 off coupons for our Boutique, and your choice of a MSC thermal mug or tote.

Rise \$100

Rise Membership is a Thrive Membership plus \$25 will go towards our scholarship fund.

Lifetime Membership \$500 per person

Lifetime Membership includes all the benefits of the Thrive Membership plus 25% off of a room event rental, four \$5 off coupons for our Boutique, a MSC jacket, plus \$25 will go towards our scholarship fund.

Couples Lifetime Membership \$900 per couple

Couples Lifetime Membership includes all the benefits of the Thrive Membership plus 25% off of a room event rental, four \$5 off coupons for our Boutique, a MSC jacket, plus \$25 will go towards our scholarship fund. Must be residing at the same residential address.

BECOME A MEMBER TODAY!

- Register for membership on our website meridianseniorcenter.org or at our front desk.
- Have a 2023 membership but want to upgrade to one of our higher tiers? No problem. Just pay the difference at our front desk and get all the perks of the tier you upgrade up to.

This Time In History

- Jan. 1, 1908 - The ball was first dropped at Times Square in New York City
- Jan. 12, 1971 - Television comedy "All in the Family" premieres.
- Jan. 15, 1974 - Happy Days premieres on television.
- Jan. 24, 1935 - Beer was first sold in cans .
- Jan. 25, 1924 - The first Winter Olympic games begin in Chamonix, France.
- Jan. 26, 1875 - The Dental Drill was patented. Now open your mouth and say "Ahhh".
- Jan. 28, 1986 - U.S. space shuttle Challenger explodes 72 seconds after liftoff, killing the seven crew members. Among the crew was school teacher Christa McAuliffe.
- Jan. 29, 1900 - Baseball's American League is founded.
- Feb. 2, 1949 - The first 45 RPM vinyl record is released.
- Feb. 3, 1959 - Rock singers Buddy Holly, Richie Valens and the Big Bopper die in a plane crash.
- Feb. 4, 1938 - Snow White and the Seven Dwarfs is released.
- Feb. 13, 2000 - The last original "Peanuts" comic strip appears in newspapers one day after the death of Charles M. Schulz, it's creator.






Looking for senior living resources for your loved one?

J.P. Benlian
Certified Senior Advisor

Phone
208-761-2066

Kathy Lacina
Senior Living Advisor

Phone
208-573-4658




OasisSeniorAdvisors.com/SW-Idaho

Wishing all of our January & February Birthdays and Anniversaries a Happy Celebration!





Three office locations to better serve the community

- Boise, Nampa and McCall

We offer In-Home Care services that include:

- Dressing - Bathing/Showering - Laundry
- Assistance with Transfers - Toileting
- Companionship - Supervision - Errands
- Meal Preparation - Assistance Eating
- Medication reminders - Light Housekeeping
- Shopping - Transportation

Jackie Smith
Partner / Administrator
6154 N. Meeker Place, Suite #150
Boise, ID 83713
Phone: (208) 938-1760
Fax: (208) 939-8275



Center At The Park Meridian Senior Center

Looking for more fun in January and February? Check out these Idaho Expo Shows!

RV Show & Sale

Where: Idaho Expo
January 12th - 16th
10am-5pm
\$4 Seniors 65+



Boise Golf Show

Where: Idaho Expo
February 9th - 11th
Check website for various hours and admission costs. expoidaho.com

Idaho Gem and Mineral Show

Where: Idaho Expo
February 25th and 26th
10am-5pm
\$4 for adults

Please note that dates, times, and entry fees are subject to change. Please check expoidaho.com for details before going.

Can you get all 6 correct?

1. What was the name of the first novel that was ever written using a typewriter?
2. In 1960, someone used a U-2 plane for spying and was imprisoned by Russia. Who did it?
3. What do fire escapes, laser printers, bulletproof vests and windshield wipers have in common?
4. Each day, Hasbro prints more money for Monopoly than the United States Treasury prints for the entire country. Is this true or false?
5. Who created the miniskirt in 1964?
6. During the 1950s, Daniel Boone and Davy Crockett were famous for wearing a certain kind of hat. What was it?

Answers can be found on our Facebook page and website.

Together in 2022, as a Center, we:

- Donated 6000 pieces of candy for the Meridian Trunk or Treat!
- Donated 4 barrels full of food for the Meridian Food Bank (in partnership with VFW)!
- Raised over \$10,000 for the Center through GivingTuesday & our Making a Difference campaign!
- Provided gifts for 22 people total:
 - 12 - Seniors
 - 2 - 50+
 - 5 - Adults
 - 3 - 10 and under



In total we wrapped over 220 gifts including \$900 in gift cards and 3 food boxes. This year we supported an entire living community with 10 Residents and 1 caretaker, a family of 4, a family of 5 and 2 Seniors from our community.

Tips for Avoiding Fraud & Scams

- Never make a payment to or give bank or personal information to anyone that calls you on the phone or emails you. While technology is great, scammers are using it more and more to fool people.
- Don't be tricked by "you owe the IRS money" calls.
- Ignore phone calls and emails asking for money or that say your grandson needs to be bonded out of jail.
- Hang-up on calls that requests purchase of gift cards and/or using Western Union to send money. These scams happen daily at grocery stores. Often they will use emotional tactics that shame you.
- Watch out for yard work scams and RV thieves. They pretend they need the money up front for yard work but never show up. Always use a company that has been referred to you. RV thieves will try and get the title to your RV before actually paying you. Selling stolen RVs from seniors is a large criminal business.
- Be careful of "law enforcement" scams. Sometimes scammers ask for a donation over the phone for "law enforcement". It's better to donate directly to your local police station or fire station. Also sometimes the scammer will say that your identity was stolen and used in a drug deal or illegal activity and that in order to avoid all of your assets being seized or jail, that you have to send money to hold in a government account pending the "investigation." Not true.
- When in doubt, do nothing. There is always time to talk to an attorney.



Saint Alphonsus

HEALTH PLAN

Saint Alphonsus Health Plans backed by MediGold

Mandi Hansen

Licensed Healthcare Agent

208-367-5841

mandi.hansen@trinity-health.org

Seminars at Meridian Senior Center:

January 26th, 2023
February 23rd, 2023
March 16th, 2023

All the seminars are from 9am-12pm and will cover Medicare basics and the plans that Saint Alphonsus offers.

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 1991.



Fun At The Center





Center At The Park Meridian Senior Center

Donate Monthly

One of the best ways to support the Meridian Senior Center is to donate monthly. Even \$20 a month makes a huge difference when we all give together! It's easy and makes a huge impact on our Community Center. Need help setting it up? Just call our front desk and ask for Kristin. She can help you set up monthly giving in a safe and secure way.

Velocity CLINICAL RESEARCH

Get Paid for Clinical Research

Velocity's mission is to bring innovative medical treatments to patients. We are committed to making clinical trials succeed by generating high quality data from as many patients as possible, as quickly as possible while providing exemplary patient care at every step.

Contact Becky Coker at
(208) 955-9030

Love Nashville's Hot Chicken Sandwich?

You've got to try the new Dave's Hot Chicken fast food restaurant located right by The Village at Meridian. You can order your Hot Chicken tailored to your level of spicy heat. We've tried it and it's great! You can find them here: 3450 N Eagle Rd. Meridian, ID 83646



Thank you to everyone that has donated to the Center!

We are honestly blown away by the generosity our members and community showed our Center over the past several months. Whether you gave on GivingTuesday, for our Making a Difference Campaign, through membership, or decided to make a one-time donation or monthly donation, thank you! As you may already know, our Center is a nonprofit 501(C)(3) and we rely on membership dues, grants, sponsors, and donors. The City of Meridian does not own or operate the Center. We are completely self-run. Your membership and your donations help keep the bills paid, the doors open, and the Center thriving. So, thank you for helping make this community center an incredible place for adults over 60!

You may be surprised to know that...

- Lunch donations and fees go directly to Metro Meals On Wheels to help keep their nonprofit running. None of the lunch donations or fees from lunches served at the Center come to the Meridian Senior Center.
- Our building is now 10 years old and it needs repairs that are costly.
- Parks and Rec owns Kleiner Park but not our Center. They do not help with the cost of any upkeep of our building.
- We need sponsors and donors. If you know of someone, send them our way.

Membership Benefits

- Discounted Activity Fees
- Free Wealth Management Consultations (15 Minutes)
- Blood Sugar & Blood Pressure Testing
- Foot Clinic by Sole Care, (Call to make an appointment 208-989-9347)
- Chair Massage (15 minutes, \$1.00 a minute)
- Free Attorney Consultations - Appointment Required (15 min. consults. Call 208-888-5555)
- Free Medicare Consultations - Appointment Required (15 min. consults. Call 208-888-5555)
- Free Financial Consultations - Appointment Required (15 min. consults. Call 208-888-5555)
- First to know about trips, parties, dinners out, dances, and more via email.
- Voting privileges for new Board Members (6 month membership required prior to voting. *General Members only.)
- Voting privileges for any changes in By-Laws (6 month membership required prior to voting. *General Members only.)



Our Staff

Our staff has grown this year and has become an amazing team. You can find out more about our staff members by reading their bios on our website.

meridianseniorcenter.org.

Photo was taken at Christmas.

Left to right back row: Kate

(marketing), Ron (transportation),

Jenny (marketing), Mary (front

desk/bingo), Rosee (front desk),

Ernie (transportation), Lisa (director), Buffy (transportation), Mark

(transportation). Left to right front row, Kristin (operations), Donna (finance),

Monica (front desk). A few of our staff are not pictured.





Check Out Our New Website

Our new website is here and it's more user friendly than ever! Under "INFORMATION" you can view and print our Activities Calendar, the lunch menu, and Newsletter! You'll also find all our Coming Event flyers listed, lots of fun photos about our Center and more. Share our website with your friends that might be interested in the Meridian Senior Center.

Having an event? Awesome! We are an event venue!

Center At The Park is the perfect spot for weddings, receptions, business meetings, craft shows and more. Our amenities and prices are incredible! Not to mention the view out our windows overlooking the lake.

For pricing and pictures visit our website meridianseniorcenter.org



Senior Discounts

- Fred Meyer - 10% Tuesdays 55+ (excludes grocery)
- Walgreens - 20% off Tuesdays 55+ & AARP members
- Albertsons 10% off Thursdays 55+ (ID required)
- D&B Supply 10% off Tuesdays
- Kohls 15% off Wednesdays
- Le Peep 10% off 55+
- Applebees 10% off 55+
- Culvers 10% off 60+
- Rocky Mountain Chocolate Factory 10% off 65+
- C.J. Banks 10% off Wednesdays 60+
- Goodwill 10% off (on various days, call ahead)
- LensCrafters 30% off for AARP members
- Michaels 10% off Tuesdays 60+
- Ross 10% off Tuesdays 55+
- RiteAid 10% off Tuesdays and 10% off of prescriptions
- TJMaxx 10% off various days
- Savers Tuesdays up to 20% off
- Hallmark 10% off certain days of the week



*We recommend calling ahead to confirm the discount



Mitch Lyman
(208) 963-0333
mlhealthadvisor@gmail.com

- Local, Independent Medicare Agent
- Call to review your 2023 options
- Choose from all area plans

Medicare Advantage - Supplement - Part D

Love is contagious

Negativity is contagious.

Unhappiness is contagious.

Fear is contagious.

But so is happiness.

So is optimism.

So is love.

Surround yourself with people who bring out the best in you and strive to be a reflection of what you want to receive back. Joy is magnetic.

When several people do this together, they become a community that is uplifting, supportive, fun, and vibrant.



Love Live Music?

Check out the Sapphire Room at the Riverside Hotel. You can find their calendar here sapphiresocietyboise.com. Their venue is reasonably priced and you can even order from their restaurant and full bar.

2900 W. Chinden Blvd, Garden City, ID, United States, Idaho (208) 343-1871

Center At The Park
Meridian Senior Center

Wedding Show Open House

11am - 4pm
Get inspired & meet vendors that will make your wedding day run smooth!

SAT | 21 | January | 2023

Center At The Park
1920 N. Records Way, Meridian, ID
Located in SE. Corner of Kleiner Park, behind The Village at Meridian

meridianseniorcenter.org

FREE ADMISSION

Open to the Public!

BINGO

FRIDAY NIGHTS

CASH PRIZES!



Doors Open at 4:00 p.m.

Game Play starts at 6:00 p.m.

(must be 18 years or older to play)

As our director, Lisa Hansen always says, "this isn't your Grandma's Bingo!" We are licensed by the Idaho State Lottery as a Bingo Hall and play for real money every Friday night. Don't miss out!

Humana.

Are you turning 65? Call Brenna Rill, your local licensed Humana Medicare Advantage Agent. Monday - Friday 8 a.m. - 5 p.m. brill@humana.com

Humana has a large Medicare provider network.

Contact: Brenna Rill
208.390.3771 (TTY: 711)

Our Christmas Ugly Sweater Contest was so much fun!



As with wine, life gets better with age.

Our top sponsors...

TITANIUM



GOLD



SILVER



BRONZE



Thank you to



for sponsoring our new building sign



Thank you to all of our Community Partners and Sponsors!!! Without all of you, we could not do what we do for our amazing community!