

MERIDIAN MINUTE

November-December 2023

Encouraging Seniors To Live Younger!



Center At The Park
Meridian Senior Center

We are a Community Center for active adults over 60 located in Kleiner Park behind The Village in beautiful Meridian, Idaho.

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Come join the fun!

We can't wait to meet you!

Visit our website to find out more about us.

meridianseniorcenter.org

208-888-5555

1920 N. Records Way
Meridian, Idaho 83646



BRONCOS & BOOGIE - DANCE & SOCIAL

We had an absolutely amazing time at our Broncos and Boogie Dance and Social event! The atmosphere was absolutely electric, and every single person in attendance had an absolute blast. The music that filled the air was nothing short of extraordinary, and the dance floor was packed with enthusiastic dancers all night long.

We cannot express enough how grateful we are to each and every person who joined us and contributed to making this evening one that will be remembered for years to come!



MERIDIAN MINUTE



Center At The Park
Meridian Senior Center

CENTER EVENTS & TRIPS

November

- 4th Bingo & Bubbly
- 8th Fall Health Fair
- 14th Harvest Dance & Social
- 28th Giving Tuesday

December

- 20th Thank You To Our
Community Partners
Open House
- 21st Ugly Sweater Contest

*Calendar subject to change. See front desk for details & more events in October and November.

Our Activity Calendar comes out on the 1st of each month. You can pick one up at the Front Desk on the 1st or find it on our website. MeridianSeniorCenter.org

We will be closed on the following holidays:

November 23rd & 24th - Thanksgiving
December 25th & 26th - Christmas

Kindness is like snow. It beautifies everything it covers." -Kahlil Gibran

SENIOR LIFESTYLE EXPO



The Senior Lifestyle Expo was a resounding success! We were thrilled to see a tremendous turnout with hundreds of individuals flocking to our booth. The event buzzed with excitement as attendees eagerly explored the various offerings and engaging activities we prepared for them. Our team was delighted to interact with so many enthusiastic visitors, sharing valuable information and showcasing our Center and the activities we offer tailored to enhance the senior lifestyle. The positive feedback and genuine interest expressed by the attendees further solidified the impact of our presence at the expo. We are grateful for the opportunity to connect with such a diverse and vibrant community, and we look forward to building on this success as we grow our Center.



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Get to know our staff

MARIE VANOVER - FRONT DESK COORDINATOR

Marie has been in Idaho since 1988. She spent many years as a consultant in the healthcare field. She is passionate about people enjoying life to the fullest and fulfilling their destiny. Marie is married and lives with her husband Larry in an active 55+ community in Meridian. Her life is full of travel, including a love of spending time up at The Land, a property near Tamarack that she enjoys every Spring and Summer.



MONICA SAILORS - ADMINISTRATIVE ASSISTANT

Monica has lived in and out of Idaho throughout her life. She has two adult daughters. Not only does she work at our Center but she also owns and runs a specialty clothing boutique.



- » Respite Care
- » Ambulation
- » Companionship
- » Laundry
- » Toileting
- » Dressing
- » Bathing
- » Appointments
- » Errands
- » Light Housekeeping
- » Cooking/Eating Assistance
- » Hygiene Assistance

Executive Director
Rhett Jones
(208) 576-0633

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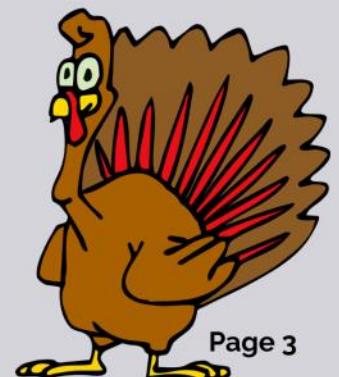


Brenna Rill
208-390-3771
(TTY: 711)

Monday – Friday
8 a.m. – 5 p.m.
brill@humana.com

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**What do turkeys give thanks for on Thanksgiving?
Vegetarians.**





Center At The Park
Meridian Senior Center

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



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.

History of Our Center



Part 8

We're moving into the fall months of 1984 when the Meridian Area Senior Citizens are feverishly working to raise funds to pay off their new Center's mortgage by January 31st of 1985. After having only three days left to make the previous installment in July when receiving the last \$8,000 they needed, they are exerting even greater (if that's possible!) effort to avoid that last minute "scare".

A September fundraiser is planned in conjunction with the Idaho Statesman. The Paper will provide the weekend edition for five cents each to the seniors who will then canvas neighborhoods, businesses and shopping centers to sell these papers. They will travel around Meridian then to Kuna, Star, Eagle, and Middleton. (Can you believe how hard they worked?!) They plan to sell the copies for \$1 each but are hoping people will offer more. They are also inviting service clubs to help sell the papers. Kiwanis, Lions and Rotary took up the challenge and helped raise \$2085 with this endeavor. Several businesses paid \$100 for their copy.

October brought the Meridian Lions to paint the parsonage house adjacent to the Center which was part of the purchase. Several seniors helped with the job. It had been an eye-sore and was painted to match the Center. This house was being rented for additional revenue for the building fund.

The seniors had been busy since their grand opening adding activities and services to their program. They were now serving lunch on Tuesdays and Thursdays with brunch on the 2nd and 4th Saturdays. The brunches were fundraisers and were well attended. Blood pressure clinics were held after lunch on Thursdays. Quilting classes had begun Tuesday mornings at 10am, as well as "Growing Younger" exercise classes at 1pm on Mondays. A weaving class was to start the end of January. Pinochle on Monday evenings and "Fun Time" cards, games & pool (on the two donated pool tables) played on Thursdays were continuing. Cleta Klobucher donated an organ and played regularly during lunch and other occasions. She also played the piano that had been donated earlier. The Center hired a part-time coordinator of activities and a part-time custodian.



Did You Know?!?!?!?

Every first Tuesday, 10am-12pm, seniors can shop at Columbia Sportswear in The Village and enjoy an additional 20% off. They even serve doughnuts, bagels, coffee, and orange juice.

The are located at 3424 E. Longwing Ln, Ste. 140, Meridian, ID.



WE LOVE
OUR VOLUNTEERS

Thank you so much for volunteering! Your willingness to give your time and service is greatly appreciated. Your support of the Meridian Senior Center allows us to continue to fulfill our mission and serve 1300+ members (as of November 1st).

The seniors were now selling new and renewed subscriptions of the Valley News for a percentage. They put coupon-cents-off on items at Paul's Market and the Meridian Drug Store. If a person picked up an item with a coupon labeled MASCA, they would receive the discount and were asked to give that amount to the Center's fund. Seniors were encouraged to shop regularly at these local merchants. A week-long Victoria, B.C., trip was offered. Six seniors took advantage of the trip. They spent a day in Victoria, visited Butchart Gardens, took the ferry to San Juan Island and stopped at Leavenworth, WA, for the Bavarian autumn harvest festival. And November 3rd, the seniors held a bazaar and rummage sale, served donuts all day, and pie and coffee after lunch. Many holiday activities were held at the Center, including the Area III Agency on Aging's annual day-long meeting and Christmas party. Governor Evans was the guest speaker. All of these activities yielded proceeds for the building fund.



Photo by James

At the Center's Christmas Party, they recognized those most responsible for the reality of the seniors having a Center. Oma Jenkins, the first president, had been instrumental in organizing the seniors in the early '70's. Valerie Louderbough, served as the 2nd president for four years. She was responsible for the association becoming incorporated and started many of the service projects the Seniors provided. Then she gave \$30,000, plus pledged another \$30,000 for matching donations toward the building fund. Elizabeth Ryan also served as president for four years. It was through her leadership that the funds were raised and the church building was purchased for the multi-purpose Senior Center. Jim Ryan put in countless hours doing whatever was necessary to fix up, clean up and remodel the building. The seniors dedicated the dining hall to the Ryans and named it the "Jim and Elizabeth Hall", and the recreation hall as the Valerie Louderbough Hall. Dale Ryan (no relation to Elizabeth) was installed as President of MASCA on January 3rd, 1985, with the goal to complete the fundraising necessary to pay off the mortgage, then build the programs offered at the Center. That same day, he accepted \$2,000 from Mountain Bell. But by January 23rd, they were still \$30,000 short of their goal. So, the church board was approached for an extension. They extended the mortgage with the MASCA paying them the \$20,000 they had on hand. But remember, 10% interest is accruing on this balance. So, what happens next? The Meridian Minute's next issue will provide the details.



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Jackie Smith

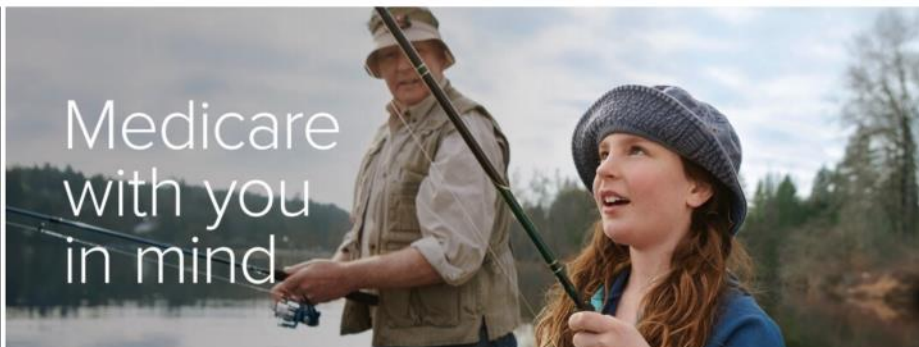
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By: Toni Allison,
President of the Board of Directors.
If you've missed parts 1-7, please ask the front desk for previous issues. We are excited to bring you more installments of History of Our Center in future issues.



Center At The Park
Meridian Senior Center



**FOR ALL OUR NOVEMBER
& DECEMBER BIRTHDAYS!**

Here's to a fabulous
birthday! May it be filled
with love, laughter, and joy.



Saint Alphonus

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mandi.hansen@trinity-health.org

Mandi holds Medicare seminars here at our Center.

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Festival of Trees



For 39 years now, the Saint Alphonus Festival of Trees has kicked off the holiday season in the Treasure Valley. The holiday season is a time for coming together to celebrate and revel in tradition. It is also a time for thinking of others and giving of ourselves.

Mark your calendars for November 21 (Gala), November 22-26 (General Exhibition) and November 27 (Fashion Show.) Tickets can be purchased on St. Al's website at www.saintalphonus.org

7 GREAT INDOOR ACTIVITIES FOR SENIORS THIS WINTER

- Join or Start an Online Book Club
- Try a New Cuisine
- Make Time to Call Family and Friends
- Try New Movies and TV Shows
- Try a New Podcast
- Have a Personal Spa Day
- Start Writing





BOISE STATE BRONCOS

Visit Meridian Senior Center!



The Boise State Broncos football team paid us a visit on the delightful autumn day of October 16th, gracing us with their presence and spreading joy among our members. The atmosphere was filled with excitement and anticipation as our community eagerly awaited their arrival. The team's warm and friendly demeanor instantly made everyone feel at ease, fostering a sense of camaraderie and unity. The players engaged in meaningful conversations, sharing their experiences and insights with our members, creating lasting memories that will be cherished for years to come. Laughter echoed through the air as jokes were exchanged and stories were shared, further strengthening the bond between our community and the esteemed football team. The visit not only brought joy and excitement, but also served as a source of inspiration for our members, who were able to witness firsthand the dedication, teamwork, and passion that drives the Boise State Broncos. As their time drew to a close, the team bid farewell, leaving behind a trail of gratitude and admiration. The visit of the Boise State Broncos football team was truly a remarkable experience that will forever be etched in our hearts, reminding us of the power of sports to bring people together and create unforgettable moments of joy and unity.



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Scott Finnegan is with Alpha III 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.

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to learn more.



Center At The Park
Meridian Senior Center



"What good is the warmth of summer, without the cold of winter to give it sweetness."

- John Steinbeck



FOOT CARE

**1st & 2nd Fridays
of the month**

MEMBERSHIP REQUIRED



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Christmas in the Parking Lot

BY ROCHELLA O'NEIL

Christmas just isn't Christmas without sharing a giant chocolate Hershey bar with Mom, I thought wistfully, looking at the display of bars on sale at the grocery store one cold December day.

It's not your usual holiday tradition, but it was for me. I'm not sure how it started, but every year for as long as I could remember, as a way to welcome in the holiday, Mom and I would run to the store to buy a giant milk chocolate Hershey bar. We'd keep it in the refrigerator at home and would break off little pieces in the days before Christmas, sometimes even dipping them in peanut butter. It was a guilty pleasure we loved sharing together.

Mom had passed away just a couple of months earlier. No, no chocolate bar this year, I thought. Not without Mom to share it. I turned away from the display of chocolate and headed to the checkout line to pay for my groceries.

As I pushed my cart toward my car, I kept thinking about that Hershey bar. Should I go back in and get one? No, I shouldn't eat all that chocolate myself.

I put the groceries in the car, then climbed in and closed the door. I turned the car on and let it idle for a minute, waiting for it to warm up. Lord, I sure wish I could feel Mom close by this Christmas season, I prayed. Let her know I love her and that I hope to see her again someday.

I put my car into gear and looked out the rearview mirror, ready to back out of the parking spot. Something shined brightly from the baby seat of a grocery cart in the spot across from me. Did someone leave their purse? I put the car in park and scanned the lot to see if anyone was around. No one. I walked over to see what was in the cart.

I couldn't believe what I was seeing and laughed out loud. There sat a giant Hershey bar, just like the ones Mom and I always shared!

Monthly Donation Campaign- Make it shine

As a stand-alone 501(c)(3) non-profit one of the best ways to support the Meridian Senior Center is with a monthly gift. A monthly gift will make a huge difference when we all give together, whether it's \$5, \$10, \$20 or more per month, it will make a significant impact on fulfilling our mission of serving seniors in our community.

Please contact the front desk to set-up your re-occurring gift at 208-888-5555 or go to our website meridianseniorcenter.org.



Thank you for your continued support of the Meridian Senior Center.



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THIS TIME IN HISTORY



November 6, 1860 - Abraham Lincoln was elected as the 16th U.S. President and the first Republican. He received 180 of 303 possible electoral votes and 40 percent of the popular vote.

November 10, 1775 - The U.S. Marine Corps was established as part of the U.S. Navy. It became a separate unit on July 11, 1789.

November 18, 1883 - A Connecticut school teacher, Charles F. Dowd, proposed a uniform time zone plan for the U.S. consisting of four zones.

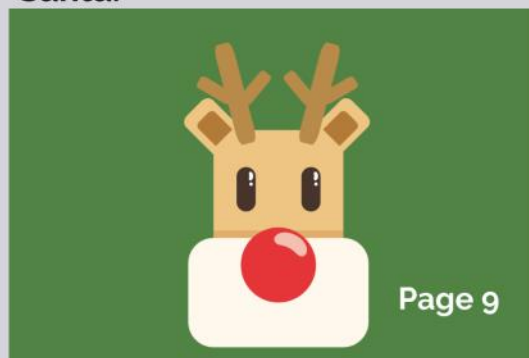
December 5, 1492 - Haiti was discovered by Christopher Columbus.

December 15, 1939 - *Gone with the Wind* had its world premiere in Atlanta, introduced by producer David O. Selznick and featuring appearances by Vivien Leigh and Clark Gable.

DID YOU KNOW...

Reindeer Can See in the Dark.

Reindeer's that live above the Arctic Circle live in total darkness for weeks at a time. According to the Meteorological Office of the UK, reindeer have adapted to this in a unique way. A small area of tissue behind the animal's retina changes color from gold in the summer to blue in the winter and this allows them to detect ultraviolet light and to see in the dark. That's good news for Santa.



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Medicare Questions? We Can Help!



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By contacting Preferred Senior Benefits, you agree that a licensed insurance agent/producer may contact you by phone or email to answer your questions or provide additional information about Medicare Supplements, Medicare Advantage, or Part D plans. Preferred Senior Benefits is not connected with or endorsed by the U.S. Government or the federal Medicare program. Preferred Senior Benefits is not affiliated with or paid by the Center for any of its services.



Center At The Park
Meridian Senior Center

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By Dan Gibson



Chet's nuts roasting on an open fire.

Candy canes date
back to 1670.

Velocity

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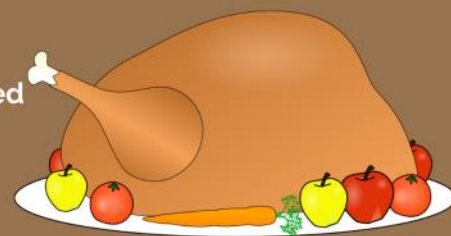


Ed Elam Real Estate
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Ed Elam Real Estate
208.861.8062

Easy, No-Fuss Thanksgiving Turkey

- 1 (18 pound) whole turkey, neck and giblets removed
- 2 cups kosher salt
- ½ cup butter, melted, divided
- 2 large onions, chopped, divided
- 4 carrots, coarsely chopped, divided
- 4 stalks celery, chopped, divided
- 2 sprigs fresh thyme, divided
- 1 bay leaf
- 1 cup dry white wine



1. Rub turkey inside and out with kosher salt; place in a large stockpot and cover with cold water. Cover and refrigerate to allow turkey to soak in brine solution for 12 hours, or overnight.
2. Preheat the oven to 350 degrees F (175 degrees C). Thoroughly rinse the turkey; discard the brine mixture.
3. Brush turkey with 1/2 of the melted butter.
4. Place breast-side down on a roasting rack in a shallow roasting pan. Stuff turkey cavity with 1/2 the onion, 1/2 the carrots, 1/2 the celery, 1 sprig of thyme, and bay leaf. Scatter remaining vegetables and thyme in the bottom of the roasting pan; pour white wine over vegetables.
5. Roast turkey in the preheated oven, uncovered, until no longer pink at the bone and the juices run clear, about 3 1/2 to 4 hours. Carefully turn turkey breast-side up about 2/3 through the roasting time, and brush with remaining butter. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 165 degrees F (74 degrees C).
6. Allow turkey to rest for 30 minutes before carving.

A Message To Our Members

We want to express our sincere gratitude for the incredible way you continuously bring joy and happiness to our Center. Your unwavering enthusiasm and friendly nature have a profound impact on our daily operations, illuminating and invigorating the atmosphere within our Center. Your dedication and commitment to spreading excitement and love are truly commendable, and we are immensely grateful for the positive energy you bring to our team and our valued members. Your presence not only enhances the experience for us but also serves as a constant reminder of the importance of fostering a vibrant and uplifting environment. We cannot thank you enough for the exceptional manner in which you consistently infuse our Center with an abundance of joy and happiness. Your contributions are truly valued and cherished by all. Merry Christmas and Happy New Year!



UGLY SWEATER PARTY

Thursday
December 21st

Judging starts at 11:00 am!

HARVEST Dance & Social

TUESDAY, NOVEMBER 14

Tickets:

\$12 with Dinner | \$10 w/o Dinner

MSC will provide the Fried Chicken!

Sides & Desserts are Potluck!

Sign up at the Front Desk with the dish you will provide.

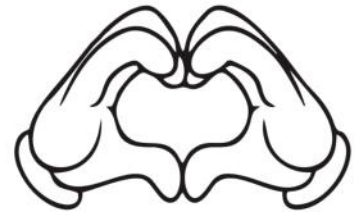
Music by
Heartfelt Country



DOORS OPEN AT 3:45 PM
DANCING FROM 4:00 - 5:30 PM
DINNER AT 5:30 PM
DANCING UNTIL 6:30 PM

BUY YOUR TICKETS AT THE FRONT DESK!

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

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- Idaho Senior Living Council
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- Trinity Home Care & Resources
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BINGO

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