

MERIDIAN MINUTE

September-October 2023

Encouraging Seniors To Live Younger!



Center At The Park
Meridian Senior Center

We are a Community Center for 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



What A Luau!

It was a FABULOUS evening at our Luau! Dinner, dancing, dessert and more. Thank you everyone who came out to enjoy the event! Already planning for next year!!

Thank you to all our volunteers! Thank you Roderick's Cruizin' Classics for providing our live music! Thank you Mandi Hansen with Saint Alphonsus for sponsoring our event! Thank you to all our members who donated a dish for dinner!



MERIDIAN MINUTE



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Meridian Senior Center

CENTER EVENTS & TRIPS

September

- 1st BSU Kickoff Spirit Days
- 11th Grandparents Day
- 19th BSU Themed Dance & Social
- 28th Speaker Series

October

- 7th Senior Lifestyle Exp
- 24th Halloween Dance & Social
- 26th Trunk or Treat
- 31st Halloween Costume 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:

September 4th - Labor Day

October 9th - Columbus Day

November 23rd & 24th - Thanksgiving

Pleasure in the job puts perfection in the work. - Aristotle

Influential Senior



Sonny Rollins, 86

Jazz saxophonist

Tenor saxophonist Theodore Walter Rollins, known as Sonny Rollins, is one of the greatest living jazz artists. Playing and recording since the late 1940's, Rollins has made timeless contributions to the genres of bebop and hard bop. While Rollins certainly experimented with his music, he could also be very accessible, and is said to have helped move jazz into the mainstream. Rollins released his most recent recording, "Sonny, Please," in 2006, close to 70 years after his first recording.



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Get to know our staff

RON STROP - TRANSPORTATION COORDINATOR

Ron spent 25 years managing big box retailers until he found his passion working with Seniors. In 2020 Ron accepted the promotion of Transportation Coordinator here at the Center after working as a driver previously. Ron's time away from the Center is usually spent enjoying the outdoors, watching everything Boise State and enjoying his home in McCall and boating on Payette Lake with wife Karen, daughter, Jenna, son, Jared, and many friends.



ROSEE WINDER - FRONT DESK

Rosee is an Idaho native, born and raised in Eastern Idaho, the youngest of 6 girls. She moved to Boise in 1985, proud mother of 2 grown children, and proud grandma to 4 grandchildren. Rosee worked for the Federal government for 29 years. She dabbles in watercolor, gardening and plays classical piano. She loves the Center because it's a place to connect with friends, have fun, and learn new things.



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Where do fashionable ghosts shop?
Bootiques



Center At The Park
Meridian Senior Center

History of Our Center

THEY ARE IN!! Part 7



It is now March 1, 1984. After 4 years of determination, perseverance and lots of work, the Meridian Area Senior Citizens Association, Inc., is finally in their "new" digs – the previous Assembly of God Church building at 2nd and Broadway Streets in downtown Meridian. But the struggle is not over. They have a mortgage that has to be cleared by January 31, 1985, with an installment due in July and a multitude of expenses in furnishing their Center.

Tables, chairs, desks and shelving for the 1000+ new books that were received as a donation from GreenThumb, Inc., were all needed. The kitchen was being remodeled by Area III Agency on Aging (\$6,600) and Central District Health (\$25,000) with the Ida-Ore Planning Foundation assisting along with volunteer labor (many seniors and the SeaBees) and donated materials from Lembke Heating, Marcum Sheet Metal, Hoff Building Supply, and Nampa Floor Covering.

Even though boxes were still packed and they would have to borrow tables and chairs, the first event was planned. An Italian Dinner and Auction co-sponsored with the Meridian Jaycees was to be held March 27th. The Jaycees would be helping to pick up auction contributions and working at the event. Phil Yerby with the help of Eileen & Ron Yerby, Jim Arriola, and JoAnn Jones would be preparing the meal. Earl Bolen and Marvin Tazares donated the meat. Auctioneer Darrell Calhoun of United Sales Associates would be donating his time to the auction. Many businesses and individuals had already contributed items for the auction from golf clubs, camping gear and bicycles to baked goods, handmade afghans, and quilts. Congressmen Larry Craig, Jim McClure and Steve Symms all made donations. \$3200 was realized from this event.

Not to just sit around hoping for donations at this point, the seniors plowed ahead a multiple of plans. Starting with a Pinochle Party on April 2nd, a Style Show April 6th sponsored by the area Beauty salons, and a potluck luncheon on April 13th hosted by the Council on Aging. One of the rooms was opened for hobby crafts that the participants then would sell from napkin holders to lawn furniture, and another room for gently-used used clothing to be sold "garage-sale" style. All proceeds being added to the fund to pay off the mortgage. Even though they were still having to have their Thursday luncheons and Saturday brunches at OJ's Café while waiting for the kitchen remodel to be completed, coffee and cookies were available every morning and the coffee pot was always on at the Center.

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



MEALS ON WHEELS
METRO BOISE

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.

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.
 They 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 1200+ members (as of September 1st).



The Pinochle Party was so popular that an every-Monday evening party became the norm at a \$1 per person with refreshments and prizes. Memorials were still being encouraged. First Security Bank was continuing to handle these. Meridian Lanes held a special tournament throughout March to raise money to help pay off the mortgage. They provided an \$800 check to President Ryan at the completion. April 25th, it was reported that OJ's presented a check & many members had paid their pledges ahead for the entire year. The seniors were nearing the \$47,500 installment they had to pay in July - just \$16,000 more.

Don Storey, Meridian's Mayor for 27 years (1950 - 1977), passed away in May 1984, and the Meridian City Council gave \$100 in his memory while his family suggested that memorials be given to the Meridian Senior Center's building fund. Revenue was being realized from renting the facility to groups and when the kitchen was completed, the seniors expected to see even more income from this source. Recycling newspapers and selling quilts made at the Center would add to the fund.

July 19th saw the first lunch served in the new building from the completed kitchen remodel with 246 seniors enjoying the meal. What a day! The first meal served at the Meridian Senior Center was generous portions of stuffed veal, green salad, mashed potatoes with gravy, peas, homemade giant raisin cookies, milk and coffee. With only 12 days to go with the mortgage installment due and \$8,000 short, the seniors remained optimistic.

And it paid off when regional shopping mall developer R.T. Nahas provided \$3,000 and Albertson's Food Stores gave \$4,700 and money from the last meals rounded off the payment. Congratulations, Meridian Seniors of 1984!!

Now to celebrate! An Open-house was held on July 27th at which hundreds of seniors, Gov. Evans & Lt. Gov. Leroy, Mayor Kingsford, all City Council members, many Chamber of Commerce members & many other dignitaries attended. A ribbon-cutting ceremony took place with music (sung by Jack Riddlemoser), lots of speeches and encouraging messages. Now would be the work to raise the final \$50,000 for the January 31, 1985, mortgage payment. Check in next edition of the Meridian Minute to learn the results.



Jo Wilmot of Meridian Lanes presents Elizabeth Ryan, left, with a check for \$800 to be used in paying off the new senior center. The bowling alley held a special tournament through March to raise money for the seniors.



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*By: Toni Allison,
President of the Board of Directors
If you've missed parts 1-6, 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 SEPTEMBER & OCTOBER BIRTHDAYS!

"Because time itself is like a spiral, something special happens on your birthday each year: The same energy that God invested in you at birth is present once again."
— Menachem Mendel Schneerson



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Farming and Family Tradition



The document above dated May 18, 1907, certified farmer Angus Hill as the owner of 100 shares of capital stock of the New York Canal Company Limited. Angus arrived in Idaho in 1888 from Powersville, Putnam County, Missouri, and owned sheep in the Mountain Home area before filing a homestead claim on Ten Mile Creek in 1891. He died in 1938 and his eldest son, Angus, took over the family farm, where he raised hay and grain, and also had a herd of dairy cows.

As a single man, he followed the example of earlier landowners and donated the first acre of land for the Hillsdale School, a 1st - 8th grade common school. Later, he donated another acre so there was enough land for a ball field and play area adjacent to the school. Currently construction is underway for a new Hillsdale School, an elementary school slated to open in Fall 2016 on the original homestead property and adjacent to the Century Farm subdivision, also on the homestead property.



Membership Swag is Here!!

If you joined as an Engage, Thrive, Rise, or Lifetime Member, pick up your selected swag at the table in the Lobby!

- These swag items can be purchased separately!
- \$5 - Cold Beverage Tumbler w/Straw
- \$10 - Stainless Steel Hot/Cold Tumbler
- \$10 - Tote Bag



Name tags are available for every member!

7 Best Exercises for Seniors

Exercise and nutrition are essential parts of a healthy lifestyle throughout one's life, and as we age, our requirements are ever changing.

A growing body of research illustrates how regular exercise is especially important for seniors, and how more seniors are opting for an active lifestyle instead of a sedentary one.



More exercise means more independence for seniors

Water aerobics

Chair yoga

Resistance band workouts

Pilates

Walking

Body weight workouts

Dumbbell strength training



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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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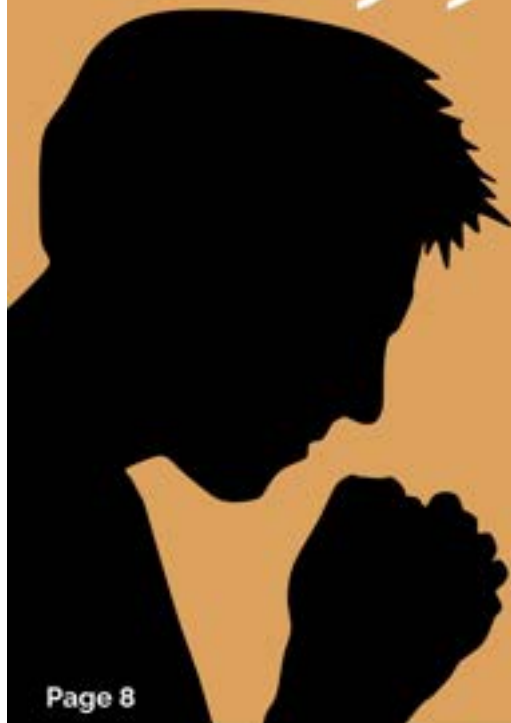


Center At The Park
Meridian Senior Center



"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be."

-Anne Frank



Preparing your home for fall?



Fall is the ideal time to plant many bulbs ready for the following spring and summer. Many flowers and plants, such as planting tulips, benefit from the colder temperatures to help their germination period.

Learning what to plant in September, and what to plant in October, can help you prepare your home and garden ideas for beautiful blooms in the summer.

Keeping your home warm is important to save money at home and cut energy bills. One way to prepare your home for the fall months is to improve your home insulation, whether through long-term investments such as insulating materials, or simple, quick fixes such as new blinds and curtains.

Although a tedious task, making sure cracks in cement and wood are filled in correctly can save your home from worse damage in the long run. Water that freezes in cracks can expand, making cracks bigger and weakening the structural integrity of your property – whether this is on your house or your driveway.

Ensure the chimney and stove are swept professionally at least once a year minimum. There are a few tell-tale signs of when your chimney needs a professional clean, including burned wood smells when the fire is not lit; poorly burning fires or excessive smoke, and blackened glass.



Monthly Donation Campaign- Make it shine

As a standalone 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.

THIS TIME IN HISTORY

September 4, 1609 - The island of Manhattan was discovered by navigator Henry Hudson.

September 13, 1788 - The U.S. Congress chose New York as the Federal capital of the new American government.

September 23, 1952 - Vice-presidential candidate Richard Nixon delivered his Checkers Speech on television and radio to address accusations of financial misdeeds.

October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 13, 1775 - The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.

October 20, 1818 - The U.S. and Britain agreed to set the U.S.- Canadian border at the 49th parallel.



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AMAZING FACTS

In 1953, Swanson had 260 tons of frozen turkey leftover after Thanksgiving, so they packaged them into trays with peas and potatoes, and the TV Dinner was born.

Before he wrote Goosebumps, R.L. Stine wrote the jokes for Bazooka Joe gum wrappers.

Boring, Oregon and Dull, Scotland have been sister cities since 2012. In 2017, they added Bland Shire, Australia to their "League of Extraordinary Communities".

In 1998, a Georgia student was suspended for wearing a Pepsi shirt to "Coke in Education Day."

In 1953, it took 27 hours to create one PEEPS Marshmallow Chick. Today, the same process takes 6 minutes.

Continental plates drift as fast as fingernails grow.

The German version of the term "Average Joe" is Otto Normalverbraucher, which translates to "Otto Normal Consumer."

MERIDIAN MINUTE



Center At The Park
Meridian Senior Center

I've reached that age where my brain went from "you probably shouldn't say that" to "what the hell, let's see what happens".



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Speaker Series

**SEPTEMBER 14TH,
SKIP CRITELL**

Lincoln before he was president.

**OCTOBER 26TH,
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Boo-Fest

COSTUME CONTEST
FOR THE KIDDOS

CRAFT &
VENDOR FAIR

TRICK OR TREAT BAGS &
BOOTH TRICKING OR
TREATING!



SATURDAY

OCT
21

9AM - 3PM

Center at the Park
1920 N Reocrds Way

Frightening Phone Call!

A woman was at home alone one day, The phone rang, she picked it up and said "Hello?" The voice on the phone answered "I'm the Viper I'm coming up the stairs I'm on the last step." She was a little worried, but she shrugged it off and convinced herself it was just a prank call. About 10 minutes later the phone rang again. She picked it up and said "Hello?" the voice answered, "I'm the Viper I'm at the middle of the staircase." She started thinking maybe this isn't a prank call and started to get really scared. 10 minutes later the phone rang yet again. The voice said "I'm the Viper I'm at your door." She was about to dial the police when the door opened. A short kind looking man stood at the door and said "I'm the Viper, I've come to vash your vindows."



Bing & Bubbly

COMING NOVEMBER 4TH

Center At The Park
Meridian Senior Center

BSU SPIRIT DAYS

WEAR YOUR BEST

ORANGE AND BLUE

**11:45AM
BEFORE
LUNCH**



SPIRIT DAYS

SEPTEMBER 1ST

SEPTEMBER 8TH

SEPTEMBER 15TH

SEPTEMBER 22ND

SEPTEMBER 29TH

OCTOBER 6TH

OCTOBER 13TH

OCTOBER 27TH

NOVEMBER 3RD

NOVEMBER 10TH

NOVEMBER 17TH

NOVEMBER 24TH



Center At The Park
Meridian Senior Center

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- Idaho Senior Living Council*
- Humana*
- Trinity Home Care & Resources*
- United Healthcare*

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!

BINGO

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GAME PLAY STARTS AT 6:00PM

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