

MERIDIAN MINUTE

Encouraging Seniors To Live Younger!



Center At The Park
Meridian Senior Center

March-April 2024

March-April 2024

MERIDIAN MINUTE

UPCOMING EVENTS

March 13th

**Shamrock Shuffle
Dance & Social**

April 27th

**Ladies Mimosas
and Brunch**

*Calendar subject to change. See Front Desk for details & more events in March and April.



A POEM ABOUT SPRING

Birdsong fills the
fragrant air, A
symphony, beyond
compare. Each note
a promise, each
chirp a plea, to
celebrate the earth's
jubilee.

Green tendrils reach
for the sun, A dance
of life, newly begun.
Through valleys
deep and mountains
high, Nature sings,
and spirits fly.

Oh, sweet spring,
with your tender
grace, You bring
renewal to every
place. With every
bloom, with every
tree, You whisper
hope, eternally free.

So let us revel in
your embrace,
And cherish each
moment, each trace
Of your gentle
touch, your vibrant
cheer, For in your
embrace, all is clear.

Spring, the season
of rebirth, Bringing
joy to all the earth.
In your embrace, we
find our wings, And
soar with you on
gentle springs.

-Author Unknown



Every March, the Academy of Nutrition and Dietetics sponsors National Nutrition Month, aiming to empower individuals to make informed food choices and cultivate healthy eating habits. This initiative serves as a platform to raise awareness about the importance of nutrition and its impact on overall well-being. Through educational programs, workshops, and campaigns, National Nutrition Month encourages people to adopt balanced diets, emphasizing the significance of consuming a variety of nutrient-rich foods. By providing resources and support, it strives to equip individuals with the knowledge and tools necessary to achieve optimal health and vitality. For more information, individuals can visit <https://healthmatters.idaho.gov/senior-nutrition-program>.



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May 4th & 5th
June 8th & 9th
November 16th & 17th
December 7th & 8th

Making A Difference Was A Success!

We Raised Over \$15,000

We are overjoyed to announce that not only did we meet our goal of \$15,000 during the Make A Difference campaign, but we surpassed it with flying colors! This incredible achievement would not have been possible without the generous support and contributions from each and every one of you. From heartfelt donations to spreading awareness, your dedication truly made a significant impact.

Thank you for being the driving force behind our mission to create positive change and uplift our community. Together, we have shown that when we unite for a common cause, we can achieve extraordinary results. Here's to making a difference, one act of kindness at a time!

Still want to make a donation?
You can do a one-time or recurring donation on our website at www.meridianseniorcenter.org and then click "Donate" at the top of the page!



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Shamrock Shuffle

DANCE & SOCIAL

March 13th

TICKETS: \$5 DANCE | \$12 DINNER

DESSERT SPONSORED BY SENIOR HELPERS

March-April 2024

History of our Center

Part 10 - "Celebration"

They did it! The mortgage is paid! September 11, 1985, the seniors made the final payment of \$200,000 for their building at 2nd and Broadway. Now it's time to celebrate! I'm sure bells were ringing throughout the City at the mortgage burning on October 11th after fifteen years of dreaming and 4 years of determined fundraising by so many individuals, businesses, groups, organizations, and city officials so that the senior citizens could have their own place. The Center President lit the mortgage while Mayor Kingsford, Lt. Governor Dave Leroy and 300 residents watched it go up in flames. And so, the Meridian Senior Center began.

A quick look back, beginning in late '60's, a representative group of the 604 seniors living in Meridian met every 3rd Tuesday for a potluck dinner at the Occident Club. In January 1970, an "official" Senior Citizens Club was formed and officers elected. 1977 brought a change when they would meet 1st and 3rd Tuesday at the Wheel Inn Mobil Manor recreation hall for lunch with cards and games to follow. On February 7, 1978, the Meridian Area Senior Citizens Association received its Certificate of Incorporation. In '81 they added lunch on Thursdays at noon when they gathered at O.J.'s Restaurant in the Cherry Plaza. They enjoyed entertainment and nutritious meals delivered by volunteers from the Boise Center, then served by Meridian volunteers.

Now in 1985, with the purchase of their own Center, the seniors could have daily meals in their own dining hall Monday through Thursday. The new Center served 75 - 165 seniors each day provided by Central District Health with Meals on Wheels for Western Ada County delivering meals from the newly remodeled kitchen as well. As a special treat and fundraiser, on the 2nd and 4th Saturdays each month, the seniors put on a hearty breakfast/brunch buffet from 8 - 9:30 am and on Fridays they held potluck luncheons.

"But we can't let up now, just because the building is paid for. There's still lots that need to be done. Too many improvements have to take place to make the building comfortable and our own. We have services and activities to add," reported Glennie Sleight, Assoc. Secretary.



by Toni Allison, President of the Board
Parts 1-9 available upon request.

True to her words, the seniors held a Bazaar on October 19th. The ladies diligently worked to make items for the bazaar and along with serving a turkey dinner, they realized over \$2500. In November, physical changes inside the building allowed for the creation of a gift shop - the "Unique Boutique" where the left-over bazaar items were later sold. The shop and offices received new ceilings and insulation. Hazel Ryska led a weekly crafts-making group with many of the projects put in the gift shop for sale. Dolores Reardon organized folks to clip coupons that were then placed on the items at Paul's Market. The buyer would pay full price and donate the amount of the coupon to the Center.

They were a busy and determined group. The year was finished off with new and fun activities and events. Every day they celebrated each other and life. "One of the nicest things that we've had all year has been the friendliness and spirit of helpfulness here at the Center. It's been so nice to have hot meals for those who want them. (That's a commercial from the heart!)", a senior reported in the Valley News, December 26, 1985.

Each week began on Monday with an exercise class at 9:30 am and a card party and pool later in the day. Tuesdays were for the craft class and blood pressure clinics with music after lunch. The Old-time Fiddlers played often. Sing-alongs were especially popular. Wednesday brought the game Zingo after lunch and on Thursday, seniors could collect their commodity box. Fridays were dedicated to anniversaries and special birthday celebrations along with their potluck meal. Every day that someone wanted to participate, there was quilting taking place to complete different giving projects. Of course, December brought several Christmas parties. School children entertained with a play and music on one occasion. The end of 1985 also saw the 3 Kmart stores holding a "shopping spree" for seniors over 55, offering them prizes and free gift-and-postal wrapping for items purchased in the store along with eligibility to enter a contest for a \$50 gift certificate.

The Senior Center wasn't the only change in Meridian in 1985. Change was in the air. The Mall was proposed for Meridian but ended up in Boise - politics. The bond for Centennial High was finally passed for \$7.2 million on the 3rd try. (Since then, at least 8 more secondary schools have been built.) Hi-Micro Tool Corp. moved from Garden City to Locust Grove and Pine. Power Dynamics left California to settle at the end of East Broadway after receiving a block grant. Mountain States Tumor Institute opened a satellite Breast Cancer Detection Center on East 1st while Coast to Coast moved a store into the Cherry Plaza. Western States Equipment received a \$3.5 million industrial revenue bond to construct a new facility in '86. This all looks like the beginning of the explosive growth Meridian has experienced to this day.

Back to Center happenings. In 1986, the weekly activities set in the previous year continued due to popularity. Special speakers were scheduled, the first being an informative talk on personal travel and safety insurance by Mario Delisio. And of course, planning for the special Valentines Day potluck was underway. Fred Meyer sponsored a "Club Dinner Party" the end of February, with the Center raising \$500 with a Mexican cuisine dinner. In March, the seniors once again applied for a Federal Community Block Grant to make further repairs and improvements on/in the building. (September 1987, \$5000 - ½ of request was finally granted.) The repairs were to include new windows, flooring and door. The year was filled with continued activities and fundraisers. Spaghetti feed and auction brought in \$3500 with a rummage sale; a week later saw another \$350. (It's a lot of work to be a non-profit!) A pie contest in September and so many more projects throughout 1986 bring us to the end of the first full year in the Meridian Area Senior Citizens' new Center. Check next issue for the Center's progress to 2000.

Stay tuned for part II
coming in May!

HAPPY
Birthday
MARCH & APRIL BABIES!

Happy birthday! 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.

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IDAHO NONPROFIT CENTER

Get ready, because Idaho Gives 2024 is just around the corner! From April 29th to May 2nd, the stage will be set for a celebration of generosity and community spirit. Mark your calendars and prepare to make a difference as donations open up during this impactful event. Stay tuned for more details on how you can participate and contribute to the vibrant tapestry of support for Idaho's nonprofits. Together, we can create lasting change and uplift the causes that matter most.



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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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You Showed Up And Showed Your Love!



We are filled with an overwhelming sense of gratitude as we extend our deepest appreciation to all the wonderful individuals who graced us with their presence at the Meridian Senior Center for our cherished Show Your Love event. Your attendance was the cornerstone of what made this occasion truly remarkable and unforgettable. Each smile, each conversation, and each moment shared added immeasurable value to our gathering.

At this juncture, we feel compelled to express our sincerest thanks to the remarkable sponsors whose unwavering support and generosity made this event possible. The Idaho Senior Living Council, Bri, Grannie on the Move, Multicare, St. Al's, Medicap, and United Health Care - your contributions have not only enriched our event but have also left an indelible mark on our hearts. Your commitment to our cause is nothing short of inspiring, and we are profoundly grateful for your partnership.



Furthermore, we wish to extend a special shoutout to all our esteemed members who went the extra mile to dress up for the occasion. Your dedication to making the event even more vibrant and celebratory did not go unnoticed. Your attire added an extra layer of charm and elegance to the festivities, and we thank you for infusing our gathering with your unique flair and enthusiasm.



As we reflect on the fond memories created and the connections fostered during our event, we are reminded of the profound impact that community and camaraderie can have on our lives. It is through moments like these that we are reminded of the importance of coming together to celebrate love, friendship, and the spirit of giving.

Once again, thank you to each and every one of you who contributed to the success of our event. Your presence, support, and kindness have left an indelible mark on our hearts, and we look forward to creating many more cherished memories together in the future.



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Sweethearts Dance & Social

A Night of Love and Laughter!

What a night to remember at the Meridian Senior Center! Our Sweethearts dance and social brought together nearly 80 vibrant souls for an evening filled with laughter, love, and timeless memories. The energy in the room was electric as couples twirled across the dance floor to the rhythm of classic tunes performed by the amazing Roderick's Cruizin' Classics, while others mingled, sharing stories and creating new connections. With twinkling lights overhead and a warm ambiance, the atmosphere was simply magical. From the delightful conversations to the contagious smiles, it was evident that love and camaraderie were in abundance. As the night came to a close, hearts were full, and spirits were lifted, leaving everyone eagerly anticipating the next joyous gathering at the Meridian Senior Center. Cheers to love, laughter, and cherished moments shared with cherished friends!

This Time In History

March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.



March 12, 1888 - The Great Blizzard of '88 struck the northeastern U.S. The storm lasted 36 hours with snowfall totaling over 40 inches in New York City where over 400 persons died from the surprise storm.

April 15, 1912 - The Titanic hits an iceberg in the Northern Atlantic Ocean and sinks.



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Page 8

1960's Trivia

Test your knowledge with our 1960's Trivia! How many questions can you answer correctly? Find out if you're a true '60s aficionado by checking the answers on page 11!

Movies



Pop Culture

1. Which film won the Oscar for Best Picture in 1960?
2. Which actor won the Oscar for Best Actor for his role in the 1962 film To Kill a Mockingbird?
3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made?
4. Who played the role of Norman Bates in the 1960 horror movie, Psycho?
5. What was the name of Butch Cassidy's gang in Butch Cassidy and the Sundance Kid?
6. What type of airplane appears in Dr. Strange Love?
7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
8. What famous actor starred in Lilies of the Field and Guess Who's Coming to Dinner?
9. Easy Rider starred Peter Fonda, Jack Nicholson and Dennis Hopper. Which one directed the movie?
10. What 1968 movie co-starred a computer named H.A.L.?

1. Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962?
2. Which former first lady married Greek shipping tycoon Aristotle Onassis October 20, 1968?
3. In which year did the Woodstock Festival take place?
4. Which product did Proctor and Gamble launch in 1966 that revolutionized baby care?
5. What famous band arrived from England to the U.S. in February 1964?
6. What famous TV series debuted in 1966 with these words ... "Space, the final frontier ... ?"
7. This bluesy rock singer was discovered at the Monterey Pop Festival in 1967. Her initials are J.J. Who was she?
8. British fashion designer Mary Quant invented a daring and revealing new type of women's clothing in 1964. What was it called?
9. What 60s artist was famous for his renderings of everyday objects such as soup cans?
10. What was this famous boxer's name before he changed it to Muhammad Ali?





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MARCH FOR MEALS 2024

Date: Saturday, March 23, 2024

Sign in: 10 a.m.

March: 10:30 a.m.

Location: Kleiner Park Amphitheater in Meridian

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February 5th to April 9th, AARP will be at our center every Monday and Tuesday from 2pm to 5pm for walk-in appointments only. Please remember, we're unable to set appointments for you, but you're welcome to drop by during these hours. Make sure to take advantage of this valuable opportunity!

READY TO GAME?



We're thrilled to announce that our billiards room has undergone a fantastic transformation! Get ready to enjoy your games in style with brand new chairs! But that's not all - we've also added shuffleboard, ping pong, and dartboards to amp up the fun! Come on down and check out the new additions. Let the games begin!

1960's Trivia Answers



1960's MOVIES ANSWERS

1. The Apartment
2. Gregory Peck
3. Cleopatra
4. Anthony Perkins
5. Hole in the Wall Gang
6. Boeing B-52
7. Mary Poppins
8. Sidney Poitier
9. Dennis Hopper
10. 2001: A Space Odyssey

1960's POP CULTURE ANSWERS

1. Marilyn Monroe
2. Jacqueline Kennedy Onassis
3. 1969
4. Pampers
5. Beatles
6. Star Trek
7. Janis Joplin
8. Miniskirt
9. Andy Warhol
10. Cassius Clay



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March-April 2024

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To our Volunteers

Volunteers like you embody the spirit of generosity, selflessness, and community. You have not only shared your time and skills, but have also contributed to creating a supportive and uplifting environment for everyone involved. It's your commitment that has helped us reach new heights and achieve milestones we once only dreamed of.

Please know that your hard work does not go unnoticed. We appreciate the sacrifices you make and the enthusiasm you bring to every endeavor. The success of our Center is a direct reflection of your dedication, and we are grateful to have such an outstanding group of volunteers.

**THANK YOU TO
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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
- Blue Cross of Idaho
- Idaho Senior Living Council
- Humana
- Trinity Home Care & Resources
- United Healthcare

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 ***