

# HAYDEN SENIOR CENTER

Recreation, Information and Services  
for Older Adults



## QUARTERLY NEWSLETTER JAN – MAR 2026

### BINGO & BREWS

Join us for another fun afternoon with friends,  
food, and cash prizes.



**Saturday, Feb 7<sup>th</sup>**

- Lunch 12 pm - 1 pm  
(Reservations Required for both lunch  
and bingo)
- Bingo Sales 1 pm - 1:30pm
- Bingo Session 1:45pm - 4pm



**See page 7 for more information on the:**

### Bingo & Brews Fundraising



#### OUR MISSION STATEMENT

The Hayden Senior Center is dedicated to reaching seniors in Hayden and the surrounding area. The Corporation provides resources to aid in achieving healthy, active, and independent lifestyles for our seniors.



Encouraging Active, Healthy  
& Independent Lifestyles



## HAYDEN SENIOR CENTER

1250 Lancaster Road,  
Hayden, ID 83835

208 762-7052 [lisa@haydenseniorcenter.org](mailto:lisa@haydenseniorcenter.org)  
[www.haydenseniorcenter.org](http://www.haydenseniorcenter.org)

### HSC OFFICE STAFF

Lisa Martin, Executive Director

### KITCHEN STAFF

Kate Robertson, Nutrition Manager  
Mary McMullen, Meal Supervisor  
Samuel Jepsen, Kitchen  
Support/Maintenance

**Contact the Senior Center office at  
208-762-7052 to report any  
of the following:**

- Address, phone number, or name change
- Current or correct email address
- Want to become a member or a volunteer donor, or contributor

**PLEASE NOTE OUR ANNUAL  
MEMBERSHIP FEES IS \$40**

### HAYDEN SENIOR CENTER 2026 BOARD OF DIRECTORS

Rhonda Newton - Chairperson candidate

Dick Panabaker - Vice Chair

Keri Reynolds - Treasurer

Sharon Clamp - Secretary

Marion Bosse - Secretary candidate

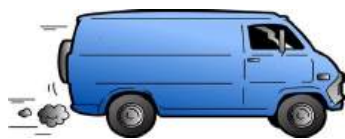
Shari Durbin - Member

Diane Zell - Member

Kyle Mai—Member

If you would like to attend a meeting or are interested in serving on the Board, please contact Lisa at 208-762-7052.

**Van pick-up for non-drivers may be available for lunches and bingo but reservations (in advance) are required.**



**Call for a ride @ 208-762-7052**

**Donations for operating costs are always greatly appreciated.**

## WEEKLY ACTIVITIES

Most activities have a \$1 per person fee with a current membership, \$3 without a membership. First time is free. Fit n' Fall Proof classes have a \$1 fee with or without a membership. Please call for more information.

**Coffee and snacks are always available.**

### MONDAY

9:00 am - 10:00 am.....Fit n' Fall Proof  
 10:30 am - 2:00 pm.....Canasta  
 1:00 pm – 2:00 pm.....Fit n' Fall Proof  
 2:30 pm - 3:15 pm.....Chair Yoga  
 3:30 pm - 4:30 pm. ....  
 Yoga  
 4:45 pm - 5:45 pm.....Yoga

### TUESDAY

9:30 am -10:30 am.....Fit n' Fall Proof  
 11:00 am—3:15 pm.....Mahjong  
 12:00 pm – 1:00pm.....Lunch (by reservation only)  
 12:00 pm - 3:15 pm.....Party Bridge

### WEDNESDAY

9:00 am - 10:00 am.....Tai Chi  
 10:30 am - 11:30 am .....Line Dance Class  
 12:00 pm - 3:15 pm .....Cribbage, Pinochle, Mexican Train  
 12:30 pm-3:15 pm .....Chinese Mahjong

### THURSDAY

9:00 am - 10:00 am.....Fit n' Fall Proof  
 12:00 pm –1:00 pm.....Lunch (by reservation only)  
 1:30 pm - 4:00 pm.....Bingo  
**(Bingo Card Sales End Promptly at 1:25 pm)**

### FRIDAY

9:30 am - 10:30 am.....Fit n' Fall Proof  
 11:00 am—3:00 pm.....Variety Game Group  
 11:00 am—3:00 pm.....Chinese Mahjong  
 1:00 pm—3:00 pm.....Krafty Krafters  
 2:30 pm—3:15 pm.....Brain Gym (when 5 people sign-up)



# BRAIN GYM

By Jill Mikael

Would you like to learn 16 simple exercises to boost your brain functioning? **Brain Gym** activities, which can be done sitting or standing, enhance coordination physically and mentally, as well as boost memory, enhance breathing and focusing skills, and relax one's central nervous system. They also improve posture and improve one's energy levels, vision & hearing. This 4-week class will be taught at the Hayden Senior Center by Jill Mikael (a retired special education teacher of 44 years and a daily utilizer of brain gym).

**Class fee is twenty five dollars per session (4 weeks). Sessions will be scheduled once 5 people sign up.**



**Brain gym** exercises are a series of simple exercises that boost brain function. Though they were initially designed for kids, these exercises have proven to be effective for adults as well.

**Studies show that regular physical exercise reduces the risk of Alzheimer's, diabetes, heart disease, cancer, respiratory disease, and acts as an antidepressant.**

The idea behind **Brain Gym** is to use physical movement to access different parts of the brain. Movements that are the repetition of specific bilateral, contralateral, and other activities, promote efficient communication among the many nerve cells and functional centers located throughout the brain and sensory motor system. These movements are designed to integrate your body and mind in order to improve coordination and functioning.

## YOGA FOR SENIORS

### Monday

**CHAIR Yoga** ..... 2:30 pm - 3:15pm  
(\$15/month or \$5 /session)

**HATHA Yoga** .....3:30 pm - 4:30 pm  
(\$30/month or \$8/session)

**HATHA Yoga** .....4:45 pm - 5:45 pm  
(see Jill for pricing)

### Friday

**BRAIN GYM** from 2:30 pm to 3:15 pm  
(\$25 for 4-week session)

New session begins when 5 people sign up.  
Please call for more details.

**Call Jill Mikael to register  
208-772-6240**

## FIT & FALL-PROOF CLASSES

Presented by the

**Idaho Dept. of Health & Welfare  
Panhandle Health District**

This program developed by Jan Mittleider, Terry Ann Gibson, and Michelle Arnett, is focused on senior health.

Distinct areas of our physical lives require attention as we become more mature. Exercises that focus on balance, core strength, mobility, flexibility, are taught in a fun and safe atmosphere. Each student is encouraged to participate at their own level. Progress is measured every 10 weeks. It is amazing how you can have so much fun and improve your health in a safe friendly environment.

**See schedule of available classes  
on page 2 of this newsletter.**

## The Hayden Senior Center Board



...can always use more individuals to serve. These volunteer positions require one-year commitments and require investments of time and talents to maintain the sustainability of our mission. We are looking for volunteers to help with fundraising events, marketing, event planning, and everything in between. If this sounds like a good fit for you, please contact Lisa Martin for more detailed information. **208-762-7052**

# let's do lunch

## SENIOR MEALS PROGRAM

Lunch is served Tuesdays and Thursdays at **NOON**. Beverages are served with each meal.

To help us serve as many seniors as possible (with minimal waste) **reservations are required but not guaranteed**. If we are full, we will be more than happy to put you on the waitlist and call you if there is a cancellation.

**Call by 3:00 pm on Friday for Tuesday's lunch — Call by 3:00 pm on Monday for Thursday's lunch: 208-762-7052 — Suggested donation of \$6.00 or more.**

Monthly menus can be obtained at the Senior Center or on our Website: [haydenseniorcenter.org](http://haydenseniorcenter.org)

Standing reservations are generally available.

*All meals are carefully prepared on-site and in accordance with AAA program guidelines and the Panhandle Health District standards which includes annual health inspections.*



## HSC BINGO

Come join the fun

EVERY THURSDAY

1:45 - 4:00 pm



Bingo card sales start at 1:00 pm and

End promptly at 1:25 pm

Must be 18 to play

**Cash Prizes**

**Our Continuing Appreciation to the City of Hayden,  
Kootenai County Commissioners, Post Falls Food Bank,  
and All Who Support the Hayden Senior Center.**

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**\*2025 Individual/Business Donors of \$100 or more**

Daniel Jepsen	Anonymous	Jeanne MacConnell
Liz Gersten	John Nicklas	Buzz & Gloria Robbins
Sue Klassen	Nikki Arana	Miles Insurance Team
Lucretia Trevino	Joy Richards	Sandy Lawler
Sharon Clamp	Becky Dicksion	David Priano
Al & Jacki Avritt	Ellen Taylor	Ron & Claudia Wadsworth
Tony & Tonya Koch	In Memory of Everette Hendrick	

**\*2025 Business Sponsors of \$500 or more**

Washington Trust Bank	P1FCU	STCU
Idaho Community Credit Union		

**\*2025 In-Kind Business Donors**

Hayden Super 1 Foods	Pastries & More Bakery	North Star Senior Living
Home Instead - Home Care	Robideaux	Walmart Chris Murphy

**\*2025 Grantors**

United Way of North Idaho	Cancer & Community Charities
Kootenai Electric Trust	Greene Idaho Foundation

**Also, thank you to all of the businesses that support our  
various fundraisers through raffle-basket donations.**

Every bit, big or small helps us serve this community. Thank you all so much.

**\*2026 Donors/Grantors/Sponsors will be posted in our next Issue.**

# HAYDEN SENIOR CENTER FUNDRAISER



## Bingo & Brews

1250 W. Lancaster Road  
(Calem Shrine Event Center)

Join us for an afternoon of Food, Fun & Bingo!  
Cash Payouts, Gift Card Drawing & 50/50 Raffle  
**Saturday, February 7th, 2026**

Admission Lunch & Bingo \$15 @ 12-1:00pm  
Bingo Admission Only \$10 @ 1:45-4:00pm  
Bingo packet sales end promptly at 1:30pm

**We have limited space so everyone having lunch and/or playing must have reservation by February 4th**  
**Please Call 208-762-07052 or stop by.**

- BINGO PACKETS SOLD SEPARATELY—\$10 MINIMUM BUY-IN
- ADDITIONAL \$10 PACKETS AVAILABLE FOR PURCHASE
- BEER & WINE SOLD SEPARATELY FOR \$5 EACH

**Cash or check for all purchases, please.**  
**Bingo packets Sales 1pm / Ends promptly 1:30pm**  
**Must be 18 to Attend, 21 to purchase Alcohol (ID Req'd)**



**NORTH IDAHO EYE INSTITUTE**



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**Dana Klaas**  
 Executive Director  
 dklaas@bestlandcda.com

Main 208-6656-1600  
 Fax 208-765-6070

606 East Best Ave  
 Coeur d'Alene, ID 83814  
 www.bestlandcda.com

**Bestland**  
 Senior Living Community

You know you're getting old when...

- Everything that works hurts and what doesn't hurt doesn't work.
- Your body stops growing vertically and starts expanding horizontally.
- When you meet up with friends, your primary subjects of discussion are health conditions, medications and doctors.
- You find yourself saying, "I remember when you were a baby," to younger people.
- You talk constantly about how things *used to be* or *used to cost*.
- You realize the music you loved in your youth is now considered, "oldies."
- You realize all your friends are starting to retire.
- You think you've gone to the wrong class reunion when all you see in the room is people with graying or white hair.



No Job too odd,  
 or too small, I fix them all!

## HANDYMAN SERVICES

- ✦ Home Repairs
- ✦ Plumbing Repairs
- ✦ Electrical Work
- ✦ Carpentry
- ✦ Painting & Drywall
- ✦ Installation

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**PLUMBING**

Bonded & Insured /  
 License C-8704



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 Hayden, ID 83835

**Service & Repairs**  
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 Fax: (208) 762-2847  
[Service@fredsplumbingcda.com](mailto:Service@fredsplumbingcda.com)



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SOUTH BONNER, AND BENEWAH COUNTIES.



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OF NORTH IDAHO



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HOSPICE INPATIENT UNIT IN IDAHO, THE SCHNEIDMILLER HOUSE.



## *Ways to Support us:*

- VOLUNTEER** --- Discover how you can make an impact by doing what you love.
- DONATE** ---- Help us provide expert care in the communities we serve by donating.
- SHOP** ---- Give and purchase gently used items at our Post Falls – Hospice Thrift Store.

2290 W. Prairie Ave. Coeur d’Alene, ID 83815 | 208.772.7994 |

[www.hospiceofnorthidaho.org](http://www.hospiceofnorthidaho.org)



**Hayden Ace Hardware**

196 W. Hayden Ave  
Hayden, ID 83835  
Ph: (208) 762-0210  
Fax: (208) 762-4187

*Rick Kammerer, Manager*

Look for something positive each day even if some days you have to look a little harder.



**UNITED CROWN  
PUMP & DRILLING**

**Richard A. Agueros**  
President

208.772.PUMP(7867)  
800.682.9641  
208.699.7867 Cell  
208.772.7229 Fax

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Hayden, ID 83835  
www.unitedcrown.com  
ragueros@unitedcrown.com

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Never blame anyone in life. The good people give you happiness. The worst people give you a lesson. The best people give you memories.



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DENTAL**

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**Call 208.664.0884 or visit [www.lakeviewdentalclinic.com](http://www.lakeviewdentalclinic.com) to schedule an appointment.**

# GETTING TO KNOW OUR MEMBERS: RHONDA NEWTON

**M** meet Rhonda Newton (aka “The Energizer Bunny”), who became a Hayden Senior Center board member in March 2025.



Rhonda has lived in North Idaho for over 35 years where she raised her two sons, both of whom served in the USAF. Rhonda has two adorable daughters who call her “MeMa,” a boyfriend of 14 years, and two dogs, Remi, a Cairn Terrier mix and Bouddi, a Border Collie/Australian Shepherd mix.

Rhonda spent her career in the legal field and is a life-long crafter. She formally “retired” from working for someone else over 10 years ago, and has gotten more involved with non-profits during her “retirement.” She served as President of 3Cs (Cancer & Community Charities) from 2020-2022 and chaired several of their very large fundraising events. Rhonda continues to serve on the Board of 3Cs as well as the Hayden Senior Center Board.

In 2023, Rhonda started writing, illustrating, and publishing children’s books. She has two publishing companies and has published 17 books to date—14 of them her own.

Because of Rhonda’s creative background, strong fundraising and leadership skills, she was selected by the Board to chair their New Building Campaign, which will launch in the very near future.

When Rhonda is not visiting her granddaughters in Texas, crafting, writing or volunteering, she is camping, hiking, fishing, biking, quadding, or enjoying anything else there is to do outside!

**Welcome aboard, Rhonda!**

## PLEASE WELCOME OUR NEWEST MEMBERS:



Mike M.  
Dorothea C.  
Bonnie C.  
Margaret G.  
Karen L.  
Wendy L.

Sandy M.  
Kim S.  
Darel S.  
Lorene L.  
Susan P.  
Patricia R.

Bob T.  
Charlene V.  
Maranee W.

Snow Flowers bloom in mid-winter to spring in zones 3-10 and come in various colors of pink, purple and white. Hayden, Idaho, is zone 6B so you may find some of these delicate beauties when you're out and about.

### END OF YEAR STATS 2025

MEMBERSHIPS = **236**  
(INCLUDES 66 NEW)

NON-MEMBERS = **35 +**  
(PARTICIPANTS)

### CELEBRATING BIRTHDAYS 2026

#### JAN

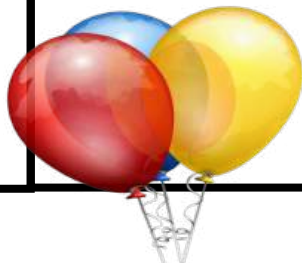
Elaine B.  
Kathleen B.  
Sharon C.  
Mary C.  
Patricia H.  
Wayne H.  
Dawn H.  
Mary I.  
Lisa M.  
John N.  
Bonnie P.  
Ruth Anne P.  
Jan T.  
Diane W.  
SharonKaye W.  
Sandy M.

#### FEB

Vicki B.  
Helen C.  
Linda C.  
Cliff D.  
Jim D.  
Colleen F.  
Debra H.  
Jeri H.  
Rose K..  
Sherry M.  
Rose N.  
Sharon N.  
Jan O.  
Joanne O.  
Vince P.  
Margaret R.  
Paul V.

#### MAR

Jacqueline A.  
Jeanni B.  
Patsy B.  
David F.  
Pat K.  
Jeanne M.  
Cheryl M.  
Patty N.  
Vicki P.  
Susan P.  
Buzz R.  
Gloria R.  
LouRene S.  
Helena S.  
Neale W.  
Kay W.  
Carolyn W.



### FACEBOOK?

Yes! We have a Facebook page. Check it out! Lots of good stuff there and lots of fun photos to view covering various events we've held through the years.

This will bring back good memories.

Just type, haydenseniorcenter facebook, in your browser.

Enjoy!

# Line Dancing!



## **It's Easy and Its Fun!**

Line dancing has its roots in traditional folk dances from various cultures evolving in the 1970s and 1980s, featuring simple repetitive steps and influenced by country music. It is a popular form of social dancing where a group of people perform choreographed steps in unison.

## **And You Don't Need a Date or Partner!**

Unlike other forms of partner dancing, line dancing does not require any physical contact between participants. The dancers form lines or rows, and each person follows the same sequence of steps, often turning or moving in various directions. This form of dancing has become a worldwide phenomenon.

The dance steps are typically broken down into specific patterns, making it accessible to dancers of all skill levels. Line dancing is often seen in social settings like parties, bars, and dance clubs, and it has become an important part of pop culture. The "honky-tonk" culture that emerged in the South also encouraged social dancing. In honky-tonk bars, where country music was often played, patrons would frequently engage in informal line dancing to the beat of the music. During this time, the steps were often improvised or passed down through word of mouth.

Now line dance instructors have organized classes and events that allowed enthusiasts to come together and learn different line dances in a structured setting. The global popularity of country-themed music videos and movies like *Urban Cowboy* (1980) also helped solidify line dancing's role in popular culture.

## **Line Dance as Exercise**

In the 1990s and 2000s, line dancing began to be viewed as a fun and social form of exercise. Many fitness centers and community halls began offering line dancing classes as part of their group exercise programs. These classes often included a mix of country and pop songs, allowing participants to enjoy the benefits of dancing to great songs while also staying fit.

**Hayden Senior Center offers Line Dancing Classes every Wednesday from 11:30 am to 12:30 pm. Instructor is Pam Abram. We invite you to come on down and join the fun.**



Special thanks to Washington Trust Bank employees who so graciously continue to help us at our many events throughout the year. From all of us at the Hayden Senior Center.

**THANK YOU SO MUCH!**

### A NEW YEAR PRAYER

Now as the clock turns, bright and new,  
 I lift my heart in thanks to You.  
 For every breath, for love, for light,  
 For hope that shines through darkest night.  
 Lead me, Lord, in paths made clear,  
 Through every day of this new year.  
 And may my life, in all I do,  
 Be one long song of praise to You.

- What has a neck and no head?
- Why do cats make good warriors?
- I have a neck, no head. Two arms, no hands. What am I?
- I'm easy to lift but hard to throw. What am I?
- What goes up but never comes down?

A bottle, cats have nine lives, a shirt, a feather, age.

## Hayden Senior Center Membership

Memberships are an important piece of what we do. They reflect the good work and welcoming environment that our Center provides to the city of Hayden. They also play a part in our sustainability. As a small nonprofit each piece of our fundraising efforts means the world to our success. In addition to memberships, individual donations, and our minimal activity fees, we are very thankful to have the support of local businesses and grantors who help sustain our Center. **Membership is only \$40 per year and greatly appreciated.**

Please consider joining & making a contribution or becoming a Sponsor.  
 Call us at 208 762-7052.



# Solutions for Medicare, Individual, and Small Group Plans

## Our Story

Our agency is family-owned and operated, and we believe strongly in treating all of our customers to courteous and neighborly care. We can assist with everything from getting business owners comprehensive group plan coverage to finding affordable and comprehensive coverage for individual customers. We're a proud member of both the local Chamber of Commerce and the National Association of Benefits and Insurance Professionals.



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exp  MLS

Jeff and Mary, a middle-aged couple, are driving through Louisiana when they come to the small city of Natchitoches.

Neither of them had ever been there before, and they started arguing about how the city's name is pronounced.

Needless to say, both of them thought they knew best, and they kept on bickering until eventually, they decided to stop for lunch.

At the counter, Jeff smiled at the pretty, young waitress and said, "Mam, before we order, could you help us settle an argument, please?"

The young waitress smiled and said, "Sure! How can I help you, honey?"

"Could you please pronounce where we are right now, very slowly?" said Jeff.

The young waitress leaned over the counter and said, "Yes, sir! It's Burr-r-gerrr Kiiing."

If you would like to place an ad in one of our resource pages,

please contact Lisa Martin at 208 762-7052



Hayden Senior Center Newsletter is published quarterly by in-house staff and volunteers.

