

HAYDEN SENIOR CENTER

Recreation, Information, and Services
for Older Adults

Quarterly Newsletter
October — December 2024



BINGO & BREWS

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



October 12th

Lunch 12pm -1pm

Bingo Sales 1pm—1:30 pm

Bingo Session 1:45pm—4pm



See inside for more information

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 a healthy, active, and independent lifestyle.

HAYDEN SENIOR CENTER

1250 Lancaster Road,
Hayden, ID 83835
208 762-7052

lisa@haydenseniorcenter.org

HSC OFFICE STAFF

Lisa Martin, Executive Director

KITCHEN STAFF,

Kate Robertson, Nutrition Manager
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
- Make sure we have a correct email
- Want to become a member, volunteer donor, or contributor

HAYDEN SENIOR CENTER 2024 BOARD OF DIRECTORS

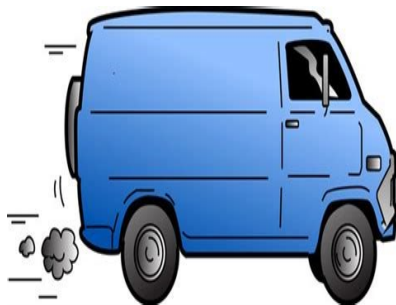
Kathy Verburg - Chairperson
Dick Panabaker - Vice Chair
Keri Reynolds - Treasurer
Sharon Clamp - Secretary
Shari Durbin - Member
Diane Zell - Member

Interested in serving on the Board or want time on the floor at the next meeting? Please contact Lisa Martin or Kathy Verburg 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 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 info.

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
12:00 pm – 1:00pm.....Lunch **(by reservation only)**
10:30 am - 3:15 pm.....Mahjong
12:00 pm - 3:15 pm.....Party Bridge

WEDNESDAY

9:00 am - 10:00 am.....Tai Chi
10:30 am - 11:30 amLine Dance Class
(resuming after Labor Day)
12:00 pm - 3:15 pmCribbage , Pinochle, Mexican Train
12:30 pm-3:15 pmChinese 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)

FRIDAY

9:30 am - 10:30 am.....Fit n' Fall Proof
10:00 am—10:45 amAmerican Sign Language
(by reservation)
11:00 am—3:00 pm.....Variety Game Group
1:00 pm - 3:00 pm.....Krafty Krafters

THANK YOU TO ALL OF OUR AMAZING VOLUNTEER INSTRUCTORS.

RESOURCES

Important Numbers

Lake City Meals on Wheels.....	208-667-4628
Adult Protection.....	*800-786-5536/208-667-3179
Area Agency on Aging (AAA).....	208-667-3179
City Link Bus Service.....	*877-941-7433
Elder Help.....	208-661-8870
Idaho Care Line.....	*211
Idaho Senior Legal Hotline M - F, 8 - 2 pm (PST).....	. *866-345-0106
Legal Aid.....	208-667-9559
Medicare Questions.....	208-666-6847
Hospice of North Idaho (non-profit).....	208-772-7994
SHIBA.....	*800-247-4422
* Toll Free Numbers	
Medicare Agents & Solutions.....	208-818-6130

SHIBA

Medicare—One of the many challenges facing seniors. What, you ask, are Parts A, B, C, and D?

What is the difference between a supplement (Medigap) and an advantage plan (Health Plan)? You don't take prescriptions—do you have to purchase a drug plan? Is your employer's health insurance adequate after you turn 65? Your current plan just sent you a letter saying they're going out of business. Now what?

These are just some of the questions typically asked about Medicare. To have them answered, the Idaho Department of Insurance has a program for called SHIBA (Senior Health Insurance Benefit Advisors). This free-of-charge program offers you objective information and assistance. Advisors answer your questions, assist you in enrolling in advantage or drug insurance plans, and provide information about supplements. Staffed by partially paid advisors, but mostly well-trained volunteers, SHIBA is here for you.

To make an appointment with a local advisor, phone:



NEEDS YOUR HELP!

You know who you are. You're the one with carpentry, plumbing, painting, gardening, and/or small jobs experience. You may be retired but you still possess those God-given skills and abilities that ElderHelp can use to help others. Don't waste your talents.

We have many older adults who are no longer able to care for their homes as they once did and need someone just like you to give them a little helping hand with repairs. Call us today: **208-661-8870**

We also accept tax-deductible cash donations.

If you need help, please see our ad on page 15 that explains the criteria for qualifying for **ElderHelp**.



Hayden Chamber of Commerce

PO BOX 1210, Hayden, ID 83835

208-762-1185

info@haydenchamber.org

www.haydenchamber.org

Mission: "To serve and promote the greater Hayden Business Community."

Lunch meetings:

4th Thursday of the month, 7:00 am

Best Western Plus Coeur d'Alene Inn

506 W. Appleway Avenue

For more information or to become a volunteer, please

call us at 208-762-1185

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 for the session. Sessions will be scheduled when 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, and respiratory disease and act 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 to 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.

FIT & FALL PROOF CLASSES

Idaho Dept. of Health & Welfare

Panhandle Health District

This program developed by Jan Mittleder, 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 required 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.



Yoga - 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)

Brain Gym

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

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 happy to put you on the waitlist and call if there is a cancellation.**



Call by 3:00 pm on Friday for Tuesday's lunch
Call by 3:00 pm on Monday or 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 Standing reservations are generally available.

All meals are 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

1:30 - 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





DONATION FORM

Individual or Company Name: _____

Address: _____

Phone: _____

Email: _____

Please direct my gift to one of the following program areas:

- General Operating
- Building Fund
- Nutrition Program

Donation Amount: \$ _____

Please mail checks to: Hayden Senior Center
P.O. Box 3320
Hayden, ID 83835

THANK YOU FOR YOUR SUPPORT!

MAY WE THANK YOU PUBLICLY?

- YES
- NO, PLEASE KEEP MY INFORMATION ANONYMOUS

www.haydenseniorcenter.org lisa@haydenseniorcenter.org 208-762-7052



Hayden Ace Hardware
 196 W Hayden Ave
 Hayden, ID 83835
 Ph: (208) 762-0210
 Fax: 2087624187

Rick Kammerer
 Manager




Brett Robbins
 Financial Advisor

8475 Government Way #201
 Hayden, ID 83835
 Bus. 208-762-5955 • Fax 877-240-6244

brett.robbins@edwardjones.com
 edwardjones.com/brett-robbins



UNITED CROWN
 PUMP & DRILLING

Richard A. Agueros
 President

208.772.PUMP(7867) 3125 W. Hayden Ave.
 800.682.9641 Hayden, ID 83835
 208.699.7867 Cell www.unitedcrown.com
 208.772.7229 Fax ragueros@unitedcrown.com

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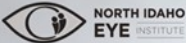




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 Prosthodontist Board Certified Since 2011



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SPECIAL \$500.00 OFF per Dental Implants, mention you saw us in the Hayden Senior Center Newsletter.
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North Idaho Eye Institute

Locally owned, operated, and invested in our community since 1966.



Dana Klaas
Executive Director
dklaas@bestlandcda.com

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

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www.bestlandcda.com




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Kris Arnett
REALTOR®, SRS, ABR, RENE, PSA

✉ krisarnett@windermere.com
☎ 208-818-6458




Blue Dog Handyman service LLC

Don Reed
Owner
(208) 659-3710
donreed1@icloud.com

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License C-8704



2955 W. Dakota
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Phone: (208) 772-2846
Fax: (208) 762-2847

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Service and Repairs



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HOSPICE[™]
OF NORTH IDAHO

Our Care:

PALLIATIVE CARE | HOSPICE CARE | GRIEF SUPPORT

OUR COMMUNITY-TRUSTED NONPROFIT PROVIDING EXPERT
END OF LIFE CARE AND SUPPORT, WITH THE ONLY
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.



We want to thank the City of Hayden, Kootenai County Commissioners, Post Falls Food Bank and all of those that have supported our Center.

2024 Individual/Business Donors of \$100 or more

Daniel Jepsen	Shari Durbin	Empire Airlines
Patsy Bowers	Helen Schaal	Grizzly Glass Center
Liz Gersten	Kathy Verburg	Miles Insurance Team
Darlene Wilhite	SharonKaye Wishner	Carenet
Sandy Lawlor	Jeanne MacConnell	Doug Wilson
Linda Craft	Alliance Title Co.	Washington Trust Bank
Marilyn Reynolds	Deb Wallace	Sandy Marker
Anonymous	Betty Leduc	Helen Calhoun
Wealth Management Strategies		

2024 Business Sponsors of \$500 or more

Silver Angels	Idaho Central Credit Union	Kootenai Title Co.
Anonymous	Rachel Moore-Realtor	P1FCU
Shawn & Colleen Aldrich - Windermere Real Estate CDA		

2024 In Kind Business Donors

Hayden Super 1 Foods	Pastries & More Bakery	Robideaux Motors
Aging Better In-Home Care	North Star Senior Living	Bertsch Heating & Cooling

2024 Grantors

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

Also, thank you to all of the businesses that have supported our various fundraisers through raffle basket donations.

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



HEALTHCARE THAT COMES TO YOU!

Healthcare at Home provides comprehensive medical care for patients living in their own homes, and residents living in both assisted living and independent living communities.

What we offer:

- Primary Care Provider
- Effective Communication and Collaboration with Facility Staff
- Routine Visits in Own Environment
- Nutritional Services by Registered Dietitian
- Patient Portal for Family Members
- After-Hours On-Call Provider
- Accepts Most Insurance



MAKE AN APPOINTMENT

To make an appointment, please call: **(208) 620-5262**.
For more information, please visit: **myHeritageHealth.org**



Bingo & Brews

Join us for an afternoon of Food, Fun and Bingo! Cash payouts, gift card drawing, and 50/50 raffle.

Saturday, October 12th, 2024

Admission WITH LUNCH \$15

(Must have reservation by October 9th. Please call 208-762-7052 or stop by.)

Rueben sliders, potato salad, fruit and dessert

Lunch 12-1pm

Bingo 1:45 -4pm

Admission for BINGO ONLY \$10

(walk-ins welcome)

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

Bingo packets sales end promptly at 1:30

**MUST BE 18 TO ATTEND,
21 TO PURCHASE ALCOHOL**

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Medicare will pay towards an annual eye exam when there is a medical diagnosis

**Receive 30%* off a full pair of eyeglasses
or prescription sunglasses for anyone 65 and over**

*Cannot be combined with insurance

To Schedule an appointment:

Online: cdavisionsource.com

Telephone: 208-765-2020



HAPPY BIRTHDAY



October

Mike A.	Elaine L.
Theresa A.	Jill M.
Gayle B.	Donna M.
Marilyn B.	Pam M.
Bonnie C.	Linda S.
Carol C.	Debbie S.
James D.	James S.
Shari D.	Ellen T.
Terri F.	Dawn T.
Judith F.	Gerrie V.
Rod H.	Kathy V.
Jonalea H.	Kim V.
Barbara H.	Darlene W.
Lynn J.	Connie Y.

November

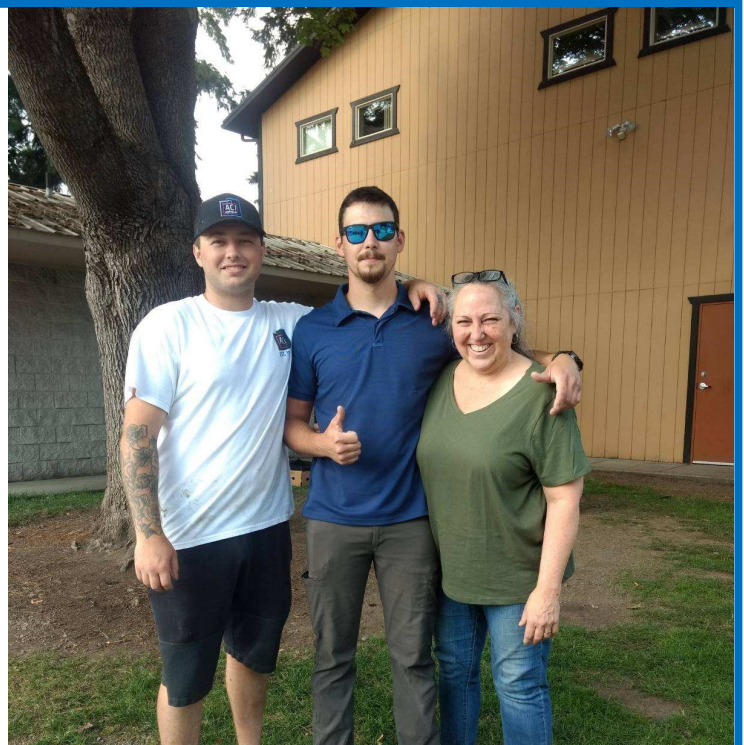
Glenda B.
 Bonnie Lou D.
 Sandy G.
 Millie G.
 Dana K.
 Jenifer L.
 Margaret O.
 Mary Carol P.
 Yuki S.
 Cathy S.
 Mary S.
 Gary W.

December

Roy C.
 Marsha H.
 Katie L.
 Nina L.
 Susie M.
 Nan M.
 Rhonda N.
 Sandra O.
 Donna S.
 Deanna S.
 Ron W.

Thank you to the ACI Coatings LLC team. For years now, we have been hoping to have help with our Hayden Days event. The set up and tear down piece of this event is the hardest part, especially when you're not young anymore. Caleb, Tristen and Daniel were amazing!!!!

Thank you so much guys.



GETTING TO KNOW OUR MEMBERS

We have so many wonderful members here at the Hayden Senior Center. This quarter we would like to introduce and get to know Diane Whited.

Diane and her husband of 59 years, Jack, moved from St. Louis, Missouri 5 years ago. They have 2 sons still living in Missouri and a daughter that lives in Spokane. They also have 8 grandchildren, 7 great grandchildren and an 11 year old rescue kitty named Luna.

Jack and Diane would visit their daughter and her family every summer at their house on Hayden Lake. Seeing the beauty here would always move her to say this was God's Country and leaving it to return home was tough.

Here is a little more from Diane about how she came to be part of our Senior Center Family.

"The first time I walked into the Hayden Senior Center I was welcomed with open arms. Everyone was so friendly and I knew I wanted to become a member."

"The first Fit n' Fall Proof class I attended had 4 other new members. The 5 of us became close friends. You probably know some of us. We are; Sharon Clamp, Claudia Wadsworth, Bonnie Williams, Irene Broderick, and myself. Some of us now instruct Fit n' Fall Proof classes. Bonnie taught a watercolor painting class and Irene instructs a line dance class. Once a month we get together for lunch, trying out all the different restaurants. These ladies were the first friends I had in the Northwest."

Thank you for all that you do for our Center Diane. We are so glad that you're here.



Hayden Senior Center Annual Christmas Bazaar

Saturday, November 9, 2024

10:00 am - 3:00 pm

\$2 admission per person

Handmade crafts & decorations

Homemade baked goods

Coffee & snacks

Chili & cornbread or a slice of pizza

1250 W. Lancaster Road

Hayden, ID

(half mile west of I95 on Lancaster Road

in the Calem Shrine Public Event Center)

Please call for additional information: 208-762-7052

Vendor spaces available -\$40 each (\$5 discount w/membership)

(includes one 6-foot table and two chairs)

Welcome New 2024 Members

Pam A.	Janet H.	Naomi P.
Sandra A.	Helen J.	Bonnie P.
Theresa A.	Ellen K.	RuthAnne P.
Linda A.	Gene K.	Keri R.
Phyllis B.	Katie L.	Lisa R.
Gayle B.	Karen L.	Margaret R.
James D.	Elaine L.	Rachel S.
David F.	Nina L.	Penny S.
Deborah F.	Jenifer L.	Carla S.
Sandy G.	Sherry M.	Joi S.
Sally H.	Susie M.	Donna S.
Rod H.	Phyllis M.	Cathy S.
Judy H.	Phillis M.	Helena S.
Bryan H.	Anita M.	Jan T.
Judy H.	Richard M.	Gerrie V.
Debra H.	Cheryl M.	Donna W.
Suzan H.	Donna M.	Sherry W.
Marlin H.	Mary O.	Doug W.
Karen H.	Mary Carol P.	SharonKaye W.
	Leslie P.	

The Center still needs the financial support of the community and individuals in order to continue to provide services. If you or someone you know, is interested in helping support the Hayden Senior Center, please contact Lisa Martin at: 208-762-7052

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Hayden Senior Center Membership

Memberships are an important piece of what we do. They reflect the good work and welcoming environment 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 help sustain our Center.

Membership is \$35 per year and greatly appreciated.
Please consider joining and or contributing.



Special thanks to Washington Trust Bank Employees who graciously help us at our at our many events.
From all of us at the Hayden Senior Center, THANK YOU SO MUCH!



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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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Brad Miles



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William Miles
208-818-6130



Teresa Espe
208-660-0716



Jeff Peterson
208-370-7237



Madison Miles
208-818-4775

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A Few Great Things About Getting Older

From Birnbach, Hodgman, Marx and Owen 1003 Great Things About Getting Older

Mean old ladies yell with you, not at you.

There's much less chance that you'll be dragged from your house and thrown into a swimsuit competition.

The trunk on the Cadillac closes all by itself.

You can go to a party without worrying that your skirt may be sending the wrong message.

Drinking wine every day turns out to be good for you.

Every new wrinkle increases your chances of beating that speeding ticket.

Your name isn't sewn onto the waistband of your underwear.

You're less and less likely to be subject to a strip search.

You have more and more chances to meet an attractive doctor.

