

SEPTEMBER

BEAR LAKE SENIOR CENTER

A PLACE FOR THE
COMMUNITY TO COME
TOGETHER

CHANGING LIVES ONE MEAL AT A TIME.

Mon	Tues	Time	Wednesday	Thursday	Friday
		10 A.M. 11:30 A.M. 12 P.M. 12:30 P.M.	HOME DELIVERY — CALL BEFORE — 10 A.M. 208.847.3141	<i>You may borrow: Puzzles & Books</i>	1 Dal Sellers — Trivia Chicken Cordon Bleu
		6:30 P.M.			
4	5	10 A.M. 11:30 A.M. 12 P.M. 12:30 P.M.	Bingo Beef Pot Roast Fit 'n' Fallproof	7 Chicken Salad Roll-Up Table Tennis	8 Gary Scott Lasagna / Green Salad
11	12	6:30 P.M. 10 A.M. 11:30 A.M. 12 P.M. 12:30 P.M.	Bingo Baked Chicken / Baked Beans Fit 'n' Fallproof	14 Navajo Nachos Table Tennis	15 11:30—Book Club Wesley Meatball Linguine
18	19	6:30 P.M. 10 A.M. 11:30 A.M. 12 P.M. 12:30 P.M.	Bingo Spaghetti / Green Salad Fit 'n' Fallproof	21 Table Tennis Potato Bar	22 Christine & Dean Lake Hamburger Steak
25	26	6:30 P.M. 10 A.M. 11:30 A.M. 12 P.M. 12:30 P.M.	Bingo Beef Enchilada Casserole Fit 'n' Fallproof	28 Table Tennis 11:30—Stitchers Sausage Potato Casserole / Biscuit	29 Cordell Green Pork Roast
		6:30 P.M.	Table Tennis	Table Tennis	

September is Senior Center Month

So—it's we are asking you to
Adopt-a-Secret-Senior

Your donation will be applied to meals for a Senior in need.

Your Secret Senior will receive 13 meals for September— call 208-847-3141

Hours of Operation: 9:00 A.M. – 2:00 P.M. Wednesday thru Friday
Lunch: under age 60—price-\$7.00/age 60 & over—suggested donation—\$6.00
 —Hamburgers almost always available \$4.00 —
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD.



Old Wives Tales are thought to originate from the fact older women would pass down their advice to the younger generation.

- 1 Eating your bread crusts makes your hair go curly?
(A) False
- 2 When pregnant if you suffer with heartburn it is said your baby will have lots of hair when born?
(A) True, evidence collected from women who had severe heartburn while pregnant gave birth to babies with lots of hair
- 3 Fish included in your diet is known as brain food?
(A) True, fish has been clinically proven in a diet to improve memory
- 4 If you eat to many carrots your skin can turn orange?
(A) True, betacarotene in carrots can discolour your skin
- 5 Rubbing a slice of onion on an insect bite can reduce swelling and discomfort?
(A) True
- 6 An apple a day keeps the Doctor away?
(A) True, apples have large amounts of antioxidants that reduce the risk of some cancers
- 7 Chicken soup can help cure a cold?
(A) True, eating a bowl of chicken soup can reduce inflammation in the lungs and in turn improve cold symptoms

8 If you hold your wedding ring over your pregnant belly and it wings around in circles you are having a girl?

(A) False, this fact is not proven. If the wedding ring swings back and forth like a pendulum the sex of the baby was going to be aboy (not proven to be true either)

9 Cracking your knuckles will give you arthritis? (A) False

10 The full moon can cause strange behaviour?
(A) True, most hospitals record a higher amount of accidents and emergencies on a full moon

11 You can't go swimming after eating for 1 hour or you will sink to the bottom?
(A) False, no drownings have been recorded from swimming shortly after eating

12 If you can't sleep counting sheep will help you fall asleep?
(A) True, using visual techniques to try to fall asleep has been proven to work

13 Drinking a glass of warm milk before bed can help you fall asleep?
(A) True, it can release feelings of serenity that aids sleepiness

14 Sitting on cold cement causes haemorrhoids (piles)?
(A) False, a cold bottom does not cause piles

15 Red sky in the morn sailors be warned?
(A) True bad weather is coming

16 If you sit to close to the TV you will go blind or get square eyes?
(A) False

17 Kissing toads and frogs gives you warts?
(A) False

18 A floating egg in a pot is bad?
(A) True

19 If you look at someone cross eyed and the wind blows, you will stay like that?
(A) False

20 If you swallow chewing gum it will stay in your stomach for 7 years?
(A) False

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Located east of Bear Lake Family Care near the ER entrance,
1115 S 4th St., Montpelier, ID 83254 • 208.847.3141