

December

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
	4	10 A.M.	<div><p><u>Hours of Operation:</u> 9:00 A.M. – 2:00 P.M. Wednesday thru Friday</p><p><u>Lunch:</u> under age 60-<i>price</i>-\$7.00/age 60 & over-<i>suggested donation</i>-\$6.00</p><p>—Hamburgers almost always available \$4.00 —</p><p>MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD.</p></div>		1
		11:30 A.M.			
		12 P.M.			
		1 P.M.			
		6:30 P.M.			
	5	10 A.M.	6	7	8
		11:30 A.M.	Bingo	Biscuit Sausage & Gravy	TBA
		12 P.M.	BBQ Pork Ribs / Beans		Hamburger Steak
		1 P.M.	12:30 - Fit 'n' Fallproof		
		6:30 P.M.		Table Tennis—cancelled	
11	12	10 A.M.	13	14	15
		11:30 A.M.	Bingo	Navajo Tacos	11:30-Book Club
		12 P.M.	Teriyaki Chicken / Rice		Kathy Dunn—Piano
		1 P.M.	12:30 - Fit 'n' Fallproof		Spaghetti
		6:30 P.M.		Table Tennis	
18	19	10 A.M.	20	21	22
		11:30 A.M.	Bingo	Chili / Cornbread	Adriana Johnson - Harp
		12 P.M.	Meatball Linguine		Ham, Baked Potato / Stuffing
		1 P.M.	12:30 - Fit 'n' Fallproof		
		6:30 P.M.		Table Tennis	
25	26	10 A.M.	27	28	29
		11:30 A.M.	Bingo	11:30-Stitchers	Cordell Green
		12 P.M.	Sweet & Sour Chicken	Chicken Sandwich &	Roast Beef / Baked Potato
		1 P.M.	12:30 - Fit 'n' Fallproof	Chicken Soup	
		6:30 P.M.		Table Tennis	
30	31	<div><p>HOME DELIVERY</p><p>— CALL BEFORE —</p><p>10 A.M.</p><p>208.847.3141</p></div>			
					<div><p>You may borrow:</p><p>Puzzles & Books</p></div>



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borrow:
Puzzles &
Books



Seasonal Affective Disorder

By Hopkins Medicine

Seasonal affective disorder, or SAD, is a type of depression. It happens during certain seasons of the year, most often fall or winter. It is thought that shorter days and less daylight may trigger a chemical change in the brain leading to symptoms of depression.

What You Need to Know

Depression is different from feeling sad or unhappy. It is not a sign of personal weakness or a condition that can be willed or wished away. If you think you have depression, see a doctor.

Melatonin, a sleep-related hormone, also may be linked to SAD.

Women are affected more than men.

Common Symptoms of SAD

- Increased sleep and daytime drowsiness
- Loss of interest and pleasure in activities formerly enjoyed
- Social withdrawal and increased sensitivity to rejection
- Irritability and anxiety

- Feelings of guilt and hopelessness
- Trouble thinking clearly

How Is SAD Treated?

- Exposure to sunlight—spending time outside or near a window can help.
- Light therapy—If increasing sunlight is not possible, exposure to a special light may help.
- Get regular exercise and eat healthy meals.
- Stay away from alcohol and drugs.
- Do things that make you feel better—go to a movie, take part in social activities, do something nice for someone else.
- Don't take on too much. Break large tasks into smaller ones and set priorities.
- Let family and friends help you.

BEAR LAKE SENIOR

CITIZENS, INC.

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WISHES YOU A

MERRY CHRISTMAS

AND A

HAPPY NEW YEAR

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BEAR LAKE
SENIOR/
COMMUNITY
CENTER**

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GOODIES
BAKERY**