



BEAR LAKE SENIOR COMMUNITY CENTER

*Changing lives
one meal at a
time.*

Mon	Tues	Time	Wednesday	Thursday	Friday
		10:00 A.M. 11:30 P.M. noon 1:00 P.M.	LOCATED EAST OF BEAR LAKE FAMILY CARE NEAR THE ER ENTRANCE, 300 HOSPITAL PLAZA. • MONTPELIER, ID 83254 • 208.847.3141	9:00—Art French Dip 1	2 Skylar Williams - Trivia Chicken Fried Steak
		6:30 P.M.		Table Tennis—cancelled	
5	6	10:00 A.M. 11:30 P.M. noon 1:00 P.M.	Bingo BBQ Pork Chops 7 12:30 Fit for Fallproof	9:00—Art Meatball Sub 8	9 Cheryl & Don Golding Meat Loaf
		6:30 P.M.		Table Tennis	
12	13	10:00 A.M. 11:30 P.M. noon 1:00 P.M.	Bingo Spaghetti 14 12:30 Fit for Fallproof	9:00—Art Hot Dog / Chili Bar 15	16 Christine & Dean Lake Pork Loin / Pilaf
		6:30 P.M.		Table Tennis	
19	20	10:00 A.M. 11:30 P.M. noon 1:00 P.M.	Bingo Ribbs / Baked Beans 21 12:30 Fit for Fallproof	9:00—Art Club Sandwich 22	23 LauraLee Beef Pot Roast
		6:30 P.M.		Table Tennis	
26	27	10:00 A.M. 11:30 P.M. noon 1:00 P.M.	Bingo Sweet & Sour Chicken 28 12:30 Fit for Fallproof	9:00—Art Navajo Tacos 11:30 —Stitchers 29	30 Cordell Green Lasagna
		6:30 P.M.		Table Tennis	

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.**

**FOLLOW US ON OUR FACEBOOK PAGE
 AT
 BEAR LAKE SENIOR/
 COMMUNITY CENTER**
 JOIN OUR FACEBOOK GROUP AT
OLDIES GOODIES BAKERY



Benefits of Living Near Grandchildren

A bond between a grandparent and grandchild can be incredibly special. Science shows benefits of grandparents and grandchildren living close to or having close or frequent contact with each other.

The Boston Globe reports that children who are close to their grandparents have fewer emotional and behavioral problems, and are better able to cope with traumatic life events—such as a divorce or bullying at school. In a very real way, grandparents can provide a sense of security and support that helps kids through adverse childhood experiences.

Other research suggests that having an intergenerational identity, or an understanding of one's family history and where they fit within it, can make kids more resilient and help them feel more in control of their lives, even when the world outside their family seems out of control.

Psychologists who studied resilience in children after the September 11 terrorist attacks found those who

knew a lot about their family history were better able to cope with stress. Knowing how their grandmother came to America, or what store their papa bagged groceries in as a teenager can help a child understand that they are part of something bigger than themselves. Knowing that, and knowing that previous generations survived their own hard times, helps kids learn to cope and bounce back from their own adversity.

Kids who are close to their grandparents are less likely to show bias towards older adults.

Staying close with their grandparents protects kids from depression as adults. A 2014 study out of Boston College linked close emotional relationships between grandparents and adult grandchildren to lower rates of depression for both.

The science is pretty clear that staying close to your child's grandparents (even if they don't live right down the street) is good for everyone. The kids become more resilient and grandparents become healthier. Research shows that grandparents who watch their grandchildren add more years to their lives. An intergenerational connection is a win-win.