




# 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.<br>11:30 A.M.<br>12 P.M.<br>1 P.M. | Bingo<br>Ham & Scalloped Potato Cass.<br>12:30 - Fit 'n' Fallproof | French Dip   | Dal Sellers — Trivia<br>Lasagna   |  |
| 6   | 7    | 6:30 P.M.                                  | Bingo<br>Chicken Fajita Casserole<br>12:30 - Fit 'n' Fallproof     | Table Tennis<br>Pork Egg Roll / Fried Rice           | Liliana Yorgason<br>Chicken Fried Steak   |  |
| 13  | 14   | 6:30 P.M.                                  | Bingo<br>Fried Chicken / Baked Beans<br>12:30 - Fit 'n' Fallproof  | Table Tennis<br>Vegetable Beef Soup /<br>Green Salad | 11:30–Book Club<br>Mairo Johnson<br>Meatball Rice Bake                                |  |
| 20  | 21   | 6:30 P.M.                                  | Bingo<br>Turkey Dinner<br>12:30 - Fit 'n' Fallproof                | Thanksgiving<br>closed                               |   |  |
| 27  | 28   | 6:30 P.M.                                  | Bingo<br>Pork Loin<br>12:30 - Fit 'n' Fallproof                    | 11:30–Stitchers<br>Lasagna                           | Holiday<br>closed   |  |
|     |      | 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.**

**HOME DELIVERY**  
 — CALL BEFORE —  
 10 A.M.  
 208.847.3141

**may borrow:**  
 Puzzles &  
 Books



## **What Apple Cider Vinegar Can (and Can't) Do for You** *From the Cleveland Clinic*

It could help lower blood sugar and suppress your appetite, but don't believe all the hype Apple cider vinegar has been around for thousands of years. In ancient times it was used for coughs and infections, while today it's touted as a weight loss aid, a remedy for acid reflux, and more.

### **Is apple cider vinegar good for you?**

Apple cider vinegar is apple juice that's been fermented twice. The acetic acid in it is thought to have a variety of health benefits. Raw apple cider vinegar contains acetic acid, which can kill harmful bacteria. ACV is about 5% to 6% acid. It also contains probiotics which are good bacteria that can help improve your immune system and gut health. In addition, it contains antioxidants, naturally occurring substances that can prevent damage to your body's cells. The cloudy substance in vinegar is the "mother", which contains more natural bacteria and yeasts.

### **Lowering blood sugar**

One of the biggest health claims for apple cider vinegar is related to diabetes and blood sugar management. A few small studies have found that consuming apple cider vinegar after a meal could help lower your blood sugar. But don't expect vinegar alone to keep your blood

sugar levels in check. It is really important to follow a good diet and exercise plan. If you take medication to lower your blood sugar, be sure to check with your doctor before incorporating apple cider vinegar into your everyday life.

### **Calming acid reflux**

Some people swear by apple cider vinegar for acid reflux, but there's no real science to back up the claims. However, if your doctor says it's okay for you to take it, there's no harm done.

### **Aiding weight loss**

Some studies show that apple cider vinegar can help you stay full for longer, but beyond that there is no solid scientific evidence to show that it helps in weight loss.

### **Possible side effects of apple cider vinegar**

Because apple cider vinegar is highly acidic, it can present some problems. It can erode your tooth enamel and burn your esophagus. To prevent these problems, water down your ACV.

Other possible side effects include low potassium levels, drug interactions, nausea and vomiting.

Apple cider vinegar is available in pills or gummies, though the U.S. Food and Drug Administration doesn't regulate these supplements. Always remember to check with your healthcare provider before using apple cider vinegar.

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