

FEBRUARY 2024

**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
<div>You may borrow: Puzzles & Books</div>		10 A.M. 11:30 A.M. 12 P.M. 1 P.M.	<div>HOME DELIVERY — CALL BEFORE — 10 A.M. 208.847.3141</div>	Navajo Tacos	Dal Sellers
		6:30 P.M.		Table Tennis	Beef Enchilada
5	6	10 A.M. 11:30 A.M. 12 P.M. 1 P.M.	Bingo Chili Frito Casserole 12:30 - Fit for Fallproof	Chicken Soup over Mashed Potato	Linda Walker & Pat Burdick
		6:30 P.M.	Carers Care	Table Tennis	Meat Loaf
12	13	10 A.M. 11:30 A.M. 12 P.M. 1 P.M.	Bingo Lasagna 12:30 - Fit for Fallproof	Chicken Fajita Casserole	TBA
		6:30 P.M.	Happy Valentine Day	Table Tennis	Cheesy Marinara Bake
19	20	10 A.M. 11:30 A.M. 12 P.M. 1 P.M.	Bingo Fried Chicken 12:30 - Fit for Fallproof	Sausage Pasta Bake	Cordell Green
		6:30 P.M.	Happy Valentine Day	Table Tennis	Pork Roast over Rice
26	27	10 A.M. 11:30 A.M. 12 P.M. 1 P.M.	Bingo Hamburger Steak 12:30 - Fit for Fallproof	11:30 Stitchers Nacho Tacos	TBA
		6:30 P.M.	Happy Valentine Day	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.



Omega-3 Fats: Good for Your Heart

February is Heart Health month. Heart disease, or cardiovascular disease, has been the leading cause of death in the United States since 1950. In 2020, cardiovascular disease-related deaths jumped from 74,613 to 928,741, which is an all-time high. Someone in the U.S. dies every 38 seconds of heart disease.

Life-style changes can help to greatly reduce the risk of heart disease. Incorporating regular physical activity, maintaining a healthy weight, and lowering blood pressure, cholesterol, and blood sugar are ways to lower your risk.

Omega-3 fatty acids help keep your heart healthy and also help to build brain cells. Omega-3's also help to prevent stroke. They can help improve your heart health if you already have heart disease.

Omega-3s are good for your heart and blood vessels in several ways:

- They reduce triglycerides, a type of fat, in your blood.
- They reduce the risk of developing an irregular heartbeat (arrhythmia).

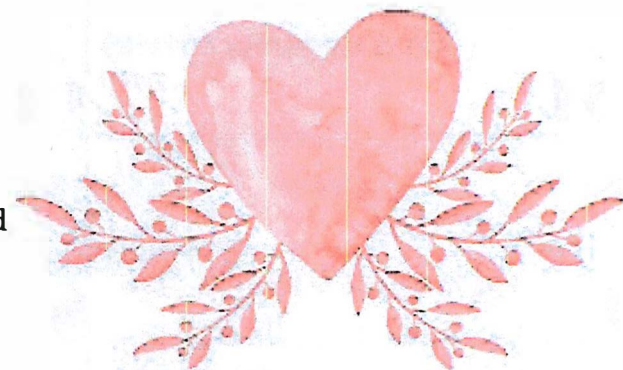
**LOCATED EAST OF
BEAR LAKE FAMILY CARE
NEAR THE ER ENTRANCE,
300 HOSPITAL PLAZA.
• MONTPELIER, ID 83254 •
208.847.3141**

- They slow the buildup of plaque, a substance comprising fat, cholesterol, and calcium, which hardens and blocks your arteries.
- They help to slightly lower your blood pressure.
- These healthy fats may also help with cancer, depression, inflammation, and ADHD.
- Higher doses of Omega-3s can reduce morning stiffness, and the number of tender joints in patients with rheumatoid arthritis.

There are no significant drug interactions with omega-3 fatty acids.

Food sources for omega-3s include: salmon, mackerel, albacore tuna, trout, and sardines. It is recommended that you eat at least two servings of these kinds of fish a week.

Omega-3s can also be found in dark green leafy vegetables, flaxseed oils and ground flaxseeds, walnuts, chia seeds, and certain vegetable oils.



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