



**BEAR LAKE
SENIOR
CENTER**
CHANGING LIVES ONE MEAL AT A TIME.

**A PLACE FOR THE
COMMUNITY TO COME
TOGETHER**

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		Dal Sellers — Trivia Chicken Cordon Bleu
4	5	6:30 P.M. 10 A.M. 11:30 A.M. 12 P.M. 12:30 P.M.	Bingo Beef Pot Roast Fit 'n' Fallproof	6 Chicken Salad Roll-Up	7 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	13 Navajo Nachos	14 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	20 Potato Bar	21 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	27 11:30—Stitchers Sausage Potato Casserole / Biscuit	28 Cordell Green Pork Roast
		6:30 P.M.		29 Table Tennis	

*You may
borrow:
Puzzles &
Books*

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 too 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 can help 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 swings 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 a boy (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 too 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,
115 S 4th St., Montpelier, ID 83254 • 208.847.3141