

February

BEAR LAKE SENIOR CENTER

A PLACE FOR THE
COMMUNITY TO COME
TOGETHER

CHANGING LIVES ONE MEAL AT A TIME.

Mon	Tues	Wednesday	Thursday	Friday
30	31	10-11:30 A.M. BINGO 11:30-1 P.M. HAMBURGER/BACON POTATO CASSEROLE 1-2 P.M. FIT 'N' FALL PROOF	10:30-11 A.M. YOGA 11:30-1 P.M. CHICKEN SANDWICH/ COLESLAW 6:30-8:30 P.M. TABLE TENNIS	11:30 A.M. DAL SELLERS/TRIVIA 12-1 P.M. TURKEY/GREEN BEANS /CRANBERRY
6	7	10-11:30 A.M. BINGO 11:30-1 P.M. KFC BOWLS 1-2 P.M. FIT 'N' FALL PROOF	11:30-1 P.M. NAVAJO TACOS MADD HATTERS 6:30-8:30 P.M. TABLE TENNIS	11:30-12 P.M. DESTINY HUNZEKER 12-1 P.M. PORK ROAST
13	14	10-11:30 A.M. BINGO 11:30-1 P.M. CHICKEN FRIED STEAK	10:30-11 A.M. YOGA 11:30-1 P.M. CLUB SANDWICH 6:30-8:30 P.M. TABLE TENNIS	11:30 A.M. MARIO JOHNSON 12-1 P.M. CHEESY MAC & HAM BOOK CLUB
20	21	10-11:30 A.M. BINGO 11:30-1 P.M. BEEF TIPS OVER NOODLES 1-2 P.M. FIT 'N' FALL PROOF	11:30-1 P.M. BISCUITS, SAUSAGE/ GRAVY STITCHERS, CROCHET 6:30-8:30 P.M. TABLE TENNIS	11:30-12 P.M. CORDELL GREEN 12-1 P.M. HAMBURGER STEAK
27	28	MARCH 1	MARCH 2	MARCH 3

*HOME DELIVERY — CALL BEFORE 10 A.M.

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 —

February

American



Heart Month



— LOCATED —
EAST OF
BEAR LAKE FAMILY CARE
NEAR THE ER ENTRANCE,
115 S 4TH ST., MONTPELIER, ID
83254
208.847.3141

FEBRUARY

AMERICAN MONTH

Every February marks the annual American Heart Month in the United States. It has been celebrated in the USA every year since 1964. Put simply, this month raises awareness about heart disease and helps people learn ways that they can protect their heart health. Heart disease remains the number one killer in the U.S. In fact, midlife and younger adults are dying of heart diseases more often and record numbers of older adults are dying, too.

This year you can be involved in the **#OurHearts** campaign by choosing to participate in the weekly themes. You can follow the outline or create one of your own.

Week One: Be Physically Active

Decide how you want to be active. You can walk more. (This is more challenging in the icy winter months.) Finding a gym or even moving around more at home is beneficial. Put on some music and move around your living room. Other suggestions include: taking a gym class, using the stairs more, or exercising along with a YouTube video. Just get moving.

Week Two: Eat Healthier

Eating well is critical to good heart health. The best foods for good heart health include berries, avocados, fatty fish and fish oil, leafy green veggies, whole grains, lean meats, eggs, and legumes. Controlling portion size is also important. Cooking at home and eating out less is also a good way to become a healthier eater.

Happy Valentine Day
on the 14th

Week Three: Track Your Heart Health Stats

According the John Hopkins Medicine Health, Wellness, and Prevention, these are the things you need to know to determine your cardiac fitness.

1. How many steps you take per day
2. Your blood pressure
3. Your non-HDL cholesterol levels
4. Blood sugar levels
5. How many hours of sleep you get per night.

Week Four: Manage Stress, Sleep Better, Quit Smoking, and Drink Less Alcohol

Better sleep, less stress, drinking less alcohol (which raises your blood pressure), and quitting smoking are smart places to start.

Other suggestions: Replace dessert with fruit, park farther away from the grocery store, drink more water so you feel hungry less often.

Little decisions make a big difference.

FOLLOW US ON OUR FACEBOOK PAGE AT
BEAR LAKE SENIOR/COMMUNITY CENTER



JOIN OUR FACEBOOK GROUP AT
OLDIES GOODIES BAKERY