



# BEAR LAKE SENIOR CENTER

Changing Lives One Meal at a Time

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD • 300 HOSPITAL PLAZA. • MONTPELIER, ID 83254 • 208.847.3141

Time	Wednesday	Thursday	Friday
10:00 A.M. 11:30 A.M. noon 1:00 P.M.	Bingo Chicken Fried Steak 12:30 Fit for Fallproof <i>NATIONAL WALKING DAY</i>	9:00—Art Tuna Melt / Soup <i>NATIONAL CHOCOLATE MOUSSE DAY</i>	<b>2</b> <b>3</b> <b>4</b> Dustin James, Fun Grilled Chicken / Baked Beans <i>NATIONAL CORDON BLEU DAY</i>
6:30 P.M.	Art Night	Table Tennis	
10:00 A.M. 11:30 A.M. noon 1:00 P.M.	Bingo Beef Enchilada 12:30 Fit for Fallproof <i>NATIONAL UNICORN DAY</i>	9:00—Art Shepherd's Pie <i>NATIONAL HUG YOUR DOG DAY</i>	<b>9</b> <b>10</b> <b>11</b> Michelle Humphries, Singer Roast Beef <i>BARBERSHOP QUARTET DAY</i>
6:30 P.M.	Art Night	Table Tennis	
10:00 A.M. 11:30 A.M. noon 1:00 P.M.	Bingo Chicken Cordon Bleu 12:30 Fit for Fallproof <i>WORLD SEMICOLON DAY</i>	9:00—Art Navajo Taco <i>NATIONAL HIGH FIVE DAY</i>	<b>16</b> <b>17</b> <b>18</b> T.J. (Terri) Clews, Singer Ham 11:30-Book Club <i>NATIONAL EXERCISE DAY</i>
6:30 P.M.	Art Night	Table Tennis	
10:00 A.M. 11:30 A.M. noon 1:00 P.M.	Bingo Pork Sirloin 12:30 Fit for Fallproof <i>SLAY A DRAGON DAY</i>	9:00—Art French Dip 11:30—Stitchers <i>LOVE YOUR THIGHS DAY</i>	<b>23</b> <b>24</b> <b>25</b> Cordell Green Lasagna <i>NATIONAL ARBOR DAY</i>
6:30 P.M.	Art Night	Table Tennis	
10:00 A.M. 11:30 A.M. noon 1:00 P.M.	Bingo KFC Bowls 12:30 Fit for Fallproof <i>HONESTY DAY</i>		<b>30</b>

**TO MAKE CHANGES TO YOUR HOME DELIVERY, CALL BEFORE 10:00 A.M.**

*Hours of Operation:* 9:00 A.M. – 3:00 P.M. Wednesday thru Friday  
*Lunch:* under age 60 -price-\$7.00/age 60 & over -suggested donation-\$6.00  
*Lunch Served:* Wednesday & Thursday 11:30 A.M. - 1:00 P.M.  
 Friday Entertainment @ 11:30 A.M.; Lunch NOON until 1:00 P.M.  
*Take Out:* Call 208-847-3141 to Schedule Pick-up Time  
 MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD.

# April is NATIONAL GARDEN MONTH.



## so let's get ready!

We are beginning to enjoy warmer, sunnier weather in southeast Idaho, finally! Many of us are beginning to clean up our yards/gardens, buying potting soil, or planting seedlings indoors. It's important that we take a few steps in preparing for a successful garden season:

- Prepare a list of produce that grows easily in our area:
- Apples, Peaches, Raspberries, Blueberries, *etc.*
- Zucchini, Carrots, Tomatoes, Jalapeños, Cabbage, *etc.*
- Know when to plant your seeds or plants
- Generally, we see the last “frost” happening in our area around May.



I encourage you to start your indoor seedlings **NOW**, and to transplant/plant outside right around Memorial Day.

Be aware that some produce are considered invasive and can easily spread. Be sure to keep them contained (In garden beds or pot planters),

- Tomatillo
- Garlic
- Mustard

Seasonal foods in April:

- Artichoke
- Limes
- Mangos
- Strawberries



## Zesty Lentil Soup

- 2 cups lentils, any color
- 1/3 cup onion, diced
- 1/3 cup tomato, diced
- 1 jalapeño, seeded and diced (optional)
- 2 large cloves of garlic, minced
- 1 tsp. salt (more or less as desired)

## INSTRUCTIONS

1. In a large pot, bring 6 cups of water to a light boil and add salt.
2. Rinse lentils and add to boiling water. Set the timer to 30 minutes.
3. While lentils are cooking, work on dicing all the produce listed.
4. Once 20 minutes have passed, and there are 10 minutes left on the timer, add all the produce items to the pot.
5. Once the timer goes off, turn off the soup and let it rest for 15 minutes.



### Optional toppings:

- ◆ cilantro
- ◆ cracked black pepper
- ◆ cheese, *etc.*



### Optional pairings:

- ◆ quesadilla
- ◆ tortilla chips,
- ◆ crackers, *etc.*

## Enjoy!

## FREE NUTRITION COUNSELING

Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa; habla español? Services also available in Spanish. Ask your center staff for details today!

Please reach out to our site for help with the following:

- ◇ New medical diagnosis, *i.e.* cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, *etc.*
- ◇ Food resources – Food banks, pantries, programs, *etc.*

