

The background of the entire page is a light blue sky. In the foreground, there are several stylized tulips in various colors: red, orange, yellow, pink, and purple. Some tulips are in full bloom, while others are buds. Green stems and leaves are visible. In the upper right, there is a large, fluffy white cloud. In the lower right, there is a smaller, similar cloud. The text is centered and overlaid on this background.

# the SENIOR CONNECTION

## **MAY Newsletter**

**Let's Get Out: Jackpot, NV  
Friday Night Bingo  
Fitness Classes  
Mother's Day Lunch**



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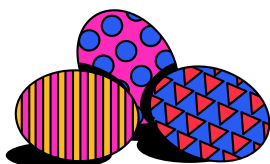




# APRil Highlights



relax





# Letter from Jovita

Dear Friends of the Senior Connection,

I can't tell you how delightful it is to see all the bright, cheerful daffodils lining the Senior Connection's front walkway. Let's take a moment to celebrate the arrival of spring! The longer days, warmer temperatures, and fresh mountain air fill us with renewed energy. What better time to channel that into wellness and movement?

I'm thrilled that more of you are taking advantage of our fitness room, which continues to grow as a hub of activity and encouragement. With solid equipment and excellent classes designed specifically for older adults, there's truly something for everyone—whether you're looking to build strength, improve balance, or simply stay moving in good company. Our certified trainers are not only knowledgeable but also incredibly supportive, helping you meet your goals at your own pace.

Closing out our primary time of year for Meals on Wheels fundraising, I want to emphasize how incredibly grateful I am for our generous community. In support of our Meals on Wheels program, following grant applications and interviews, we won \$3,000 from Wood River High School's Youth Philanthropy Initiative and \$25,000 from the Wood River Women's Foundation. This funding is on top of more than \$78,000 raised from 148 donors. Thank you so much! You're making it possible for the Senior Connection to deliver food, care, and connection.

And one more thing—please mark your calendars! Our annual fundraising dance party, At the Hop, is returning on Tuesday, August 5, 2025. We'll be sharing more details soon with tickets for sale later in May. Get ready to shake, rattle, and roll with Elvis and friends!

Wishing you all a healthy and hopeful spring.

Gratefully,



Jovita Piña  
Executive Director





# "March for Meals" Fundraising Campaign



We asked...

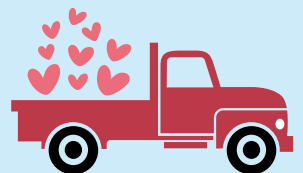


And a whole bunch of you  
generously answered!



- **\$78,000** was raised by our community, compared to just over \$55,000 in 2024 and \$48,000 in 2023.
- **148** individuals, foundations, and organizations participated.
- **59** donations of \$100 were made.
- **52** existing Senior Connection donors gave to "March for Meals" for the very first time.
- **15** donations of \$1,000 or greater were given.
- **12** brand-new Senior Connection donors made a "March for Meals" gift.
- **1** Meals on Wheels delivery pup (pictured) is a VERY good boy!

Thank you for caring and giving!







**We are incredibly grateful to the donors listed below who gave to the Senior Connection between March 22 and April 21:**

Susan Alban

*~In memory of Doug Clemens and Sue Peterson*

Alexandra Babalis

Jim Baird

Joyce Beahen

Sue Bridgman and Jim Downen

Doug and Gloria Brown

Patrick M. Buchanan

Ragna Caron

Janet Carter

Conrad and Minna Casser

Elaine Charlat

Wendy and Bill Collins

John Dominick

*~In memory of Doug Clemens*

Maria Dudunakis and Jerry Boesel

Grace Eakin

Kimberly Ellwanger

Pamela and Ron Fairfax

Pamela Feld

Renoir and Joe Finizio

Joyce Fogg

Bob and Lucile Fuller

Katharine and George Gibson

Roger and Margi Gould

Bob and Debra Hall, Hallmark Idaho Properties

Courtney Hamilton

Robert Hamilton

Lynne Heidel

Gary and Jeanette Heindel

Mike and Carola Hendricks

Tyler and Amery Hendricks

Carol and Timothy Henry

Dede Huish

Gay Hurst and Buddy Isom

Craig and Laura Johnson

Richard Kolbrener

Marie Lerch

Marilyn Martin

Constance McGowan

Diane Mohn

Mountain West Bank, Hailey

Debbra Orison

*~In memory of Doug Clemens and Marla Mink*

Jake Provonsha

Kathy Ratliffe

Greg Rawlings

Fernanda Sammis

Lawrence Schoen

Donna Scifres

Robert and Kim Shaw

Mary Simms

Stephy and Dan Smith

Youth Philanthropy Initiative

via Spur Community Foundation

Carol Stephens

Tim and Kathy Stevens

Dave and Lara Stone

David and Maggie Sturdevant

Regina Swindle

Melissa and Steven Thies

Maureen and Bob Turzian

Doug and Julia Webb

Brock Weber

*~In memory of Annette Weber*

Melisa Williams

*~In memory of Holly Blair*

Mary and Brad Wirth

Rachel Wolfe

Tricia and Jim Wood

Janet Wygle

Laurie and Don Yeager







# MAY MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Carey Congregate Sloppy Joes NO MEALS ON WHEELS	2 Biscuits & Gravy	3
4	5 Pork Carnitas	6 Baked Potato with Chili	7 Ginger Beef Broccoli	8 Homemade Pizza NO MEALS ON WHEELS	9 Chicken Salad Sandwich Mother's Day Celebration	10
11 HAPPY Mother's DAY	12 Skyway Sandwich	13 Sweet and Sour Chicken	14 Shrimp & Grits	15 Chicken Enchiladas NO MEALS ON WHEELS	16 French Toast	17
18	19 Chicken Caprese	20 Fish and Chips	21 Cheesesteak Sandwich	22 Turkey Day NO MEALS ON WHEELS	23 Gyro	24
25	26 CLOSED MEMORIAL DAY	27 Fried Chicken	28 Strawberry Belgian Waffles	29 CLOSED SPECIAL EVENT	30 Seared Trout	31

**The menu is subject to change depending on product availability.  
Please arrive between 11:30 a.m. and 1:00 p.m. for dine-in service.**

*Please bring your own to-go containers to be entered into our raffle. Ask Jeny at the front desk for more info. Let's work together to reduce waste. Thank you!*

*Por favor, traiga sus propios recipientes para llevar para participar en nuestro sorteo. Pregunte con Jeny en recepcion para mas informacion. Trabajemos juntos para reducir el desperdicio. ¡Gracias!*

## Lunch

\$6 for adults 60 and older (A suggested donation)

\$10 for those under 60





\$10 for meals to-go

\$4 for children 12 and under





# MAY ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Casey's Circuit <b>TECH CLASS</b> 	2 Fit & Fall Proof Bridge	3
4	5 Ageless Motion Feldenkrais Method	6 Casey's Circuit	7 Massage Fit & Fall Proof Bridge Alzheimer's Group	8 Casey's Circuit	9 Fit & Fall Proof Bridge <b>MOTHER'S DAY LUNCH</b>	10  Diner's Club Fuego
11 	12 Ageless Motion Feldenkrais Method	13 Casey's Circuit	14 Massage Fit & Fall Proof Bridge Alzheimer's Group <b>WATERCOLOR</b>	15 Casey's Circuit <b>BOOK CLUB</b> 	16 Fit & Fall Proof Bridge <b>JAM SESSION BINGO!</b>	
18	19 Ageless Motion Feldenkrais Method	20 Casey's Circuit <b>Happy Birthday Chef Sky!</b>	21 Massage Fit & Fall Proof Bridge Alzheimer's Group	22 Casey's Circuit <b>LET'S GET OUT</b> 	23 Fit & Fall Proof Bridge	24
25	26 <b>CLOSED</b> <b>MEMORIAL DAY</b>	27 Casey's Circuit	28 Massage Fit & Fall Proof Bridge Alzheimer's Group	29 <b>CLOSED</b> <b>Private Event</b>	30 Fit & Fall Proof Bridge	31



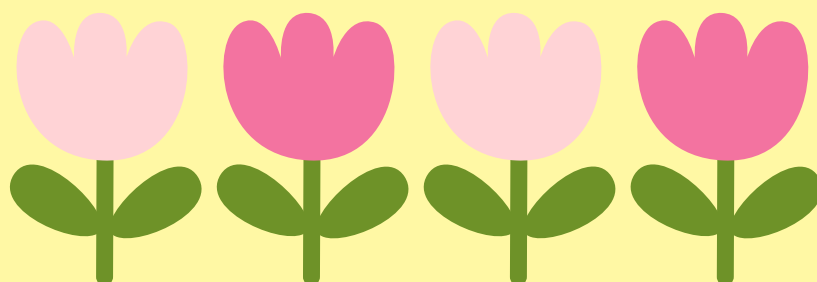


# MAY ACTIVITIES LIST

## Times – Activities Listed from A to Z:

- **Ageless Motion:** 11:15 a.m. every Monday
- **Alzheimer's Support Group:** 2:00–3:30 p.m. every Wednesday
- **Bingo:** New Time and Day! **Friday, May 16th 5:30–6:30 p.m.**
- **Book Club:** 10:00 a.m. on Thursday, May 15th
  - The book is **"A Fever in the Heartland"** By Timothy Egan
- **Bridge:** 1:00 p.m. every Wednesday and Friday
- **Casey's Circuit:** 11:15 a.m. every Tuesday and Thursday
  - **Diner's Club:** Saturday, May 17th at Fuego in Gannett
    - Leave the Senior Connection at noon or meet at the restaurant at 12:30 p.m.
- **Feldenkrais Method:** 1:00 p.m. every Monday
- **Fit & Fall Proof:** 11:15 a.m. every Wednesday and Friday
- **Let's Get Out: Jackpot, Nevada**
  - Leave the Senior Connection at 9:00 a.m.
- **Massage:** 9:00–11:00 a.m. every Wednesday
- **Mother's Day Lunch:** Friday, May 9th from 11:30 a.m.–1:00 p.m.
- **Music Jam:** 1:00 p.m. on Friday, May 16th
- **Tech Class:** 10:30–11:30 a.m. on Thursday, May 1st
  - Private sessions available from 12:15–1:15 p.m.
- **Watercolor Class:** 1:00 p.m. on Wednesday, May 14th

**Carey Center – Fit & Fall Proof:** 10:00 a.m. every Tuesday and Thursday







# *At the Hop*



**You are invited to our fundraising dance party to benefit the Senior Connection.**

**TUESDAY, AUGUST 5, 2025**

**5:30 – 8:00 p.m.**

**Argyros Performing Arts Center**

**Thank you for marking  
your calendar for this fun  
and meaningful evening!**



***Save the Date!***



# Fitness Classes at the Senior Connection!

## **Ageless Motion: Mondays at 11:15 a.m.**

A class that cultivates body-mind health through awareness, mindfulness, slow movements, breathing exercises, self massage, meditation, body-mind rejuvenation, and happiness skills.

## **Feldenkrais Method: Mondays at 1:00 p.m.**

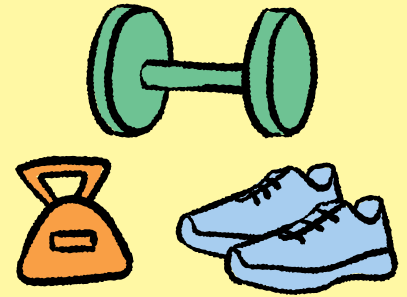
Learn to increase your ease and range of motion, improve flexibility and coordination, and rediscover a freedom of movement most often associated with childhood.

## **Casey's Circuit: Tuesdays and Thursdays at 11:15 a.m.**

A cycle of 5-7 exercise stations that alternate different muscle groups and body parts used. Each exercise lasts 30-60 seconds and rest between each station is minimal. The cycle is repeated for 20-30 minutes.

## **Fit & Fall Proof: Wednesdays and Fridays at 11:15 a.m.**

Helps improve mobility for everyday living activities.



## **JOIN US IN PLAYING BRIDGE!**

**Every  
Wednesday  
and Friday  
1:00 p.m. at  
the Senior  
Connection**



JT Ramondetta, State Veteran Service Officer, will be in Blaine County the first Wednesday of every month.

Please call 208-736-0719 to schedule an appointment.

[www.veterans.idaho.gov](http://www.veterans.idaho.gov)



# ANNIE'S WATERCOLOR CLASS

Wednesday, May 14th at 1:00 p.m.



To reserve your spot, please call Molly or  
Jeny: 208-788-3468



## TABLE MASSAGE

**9:00-11:00a.m.  
Every Wednesday**

Gene McLaughlin is renowned for his expertise in deep tissue massage and Shiatsu, offering comprehensive and personalized care for his clients.

FULLY CLOTHED IN AN OPEN ROOM  
WITH AN OPEN DOOR

To reserve your spot, please call Molly or  
Jeny: 208-788-3468

# Join us for our FIRST Friday Night



**Friday, May 16th from 5:30 p.m. to 6:30 p.m.**

Everyone is welcome! Space is limited.

Call 208-788-3468 to reserve your spot.





## Acoustic Music Jam

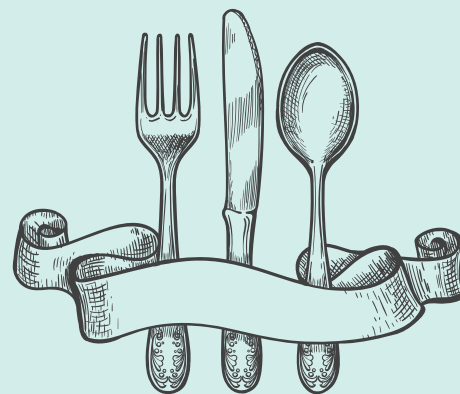
**Friday, May 16th from 1-3 p.m.  
At the Senior Connection**

Everyone welcome to play,  
sing, or just listen!

# DINER'S CLUB

**Fuego in Gannett  
Saturday, May 17th**

Leave the Senior Connection  
at noon or meet at the  
restaurant at 12:30 p.m.



To reserve your spot, please call  
Molly or Jeny: 208-788-3468

## TECH CLASS WITH CHERI REINKE!

**Thursday, May 1st  
10:30 a.m. at the Senior Connection  
Private sessions available from 12:15-1:15 p.m.**

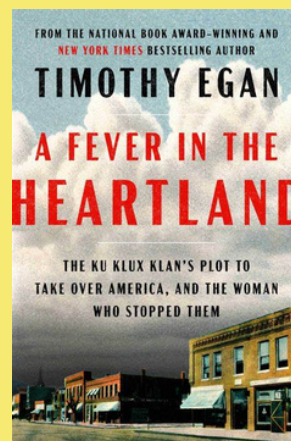
Bring your devices and your questions!



To reserve your spot, please call  
Molly or Jeny: 208-788-3468

## BOOK CLUB

**Thursday, May 15th  
10:00 a.m. at the Senior Connection**



A welcoming book club where we  
share the love of reading and  
appreciate a sense of community.

To reserve your spot, please call  
Molly or Jeny: 208-788-3468



# Dr. Carol Stephens, PsyD, LP, CBSM

Wednesdays  
The Senior Connection  
2:00 PM – 3:30 PM

the **SENIOR**  
**CONNECTION**

Thursdays  
Light on the Mountains Center for Spiritual Living  
1:15 PM – 2:45 PM

Dr. Carol Stephens leads and facilitates this group for family caregivers of those living with Alzheimer's and other related dementias.

## CONVERSATION THEMES



**Understanding  
Alzheimer's /Dementia**



**Communication  
Strategies**



**Stress  
Management**



**Caregiving  
Strategies**

If you are interested, please contact Janis at 208-595-1896



# LET'S GET OUT JACKPOT, NV THURSDAY, MAY 22 - LEAVE AT 9 AM



Lunch provided. We will leave Jackpot at 3 p.m.

Space is limited.



**"You got to know when to hold 'em  
Know when to fold 'em  
Know when to walk away  
And know when to run  
You never count your money  
When you're sittin' at the table  
There'll be time enough for countin'  
When the dealing's done."**

**Kenny Rogers**



To reserve your spot, please call  
Molly or Jeny: 208-788-3468



# HAPPY BIRTHDAY! MAY 2025

## 1st

Lynn Cleary  
Debbie Doherty  
Al Pabarcus

## 4th

Gary Heindel  
Vicky Nichols  
Darrell Opp

## 5th

Susan Carlson  
Edith Pendl

## 6th

Mark Sheehan

## 7th

Chris Dunn  
Joan Marstead

## 8th

Cyndi Ochoa

## 9th

Diane Clark

## 10th

Guillermo Banilbo  
Debbie Bierk  
Gayle Jones  
Lyle Saylor

## 11th

Edward Summerhill  
Debbie Town

## 12th

Maryellen Donovan  
Debbie Flood  
Sally Horn  
Kathy Oliver  
Larry B Plott  
Karen Saks

## 13th

Mollie Ramos  
Michael J Weeks  
Hugh Youdall

## 14th

Samuel Kennette

## 15th

Becky Dittmer

## 16th

Fred Pendl

## 17th

Marie Gallo  
Candy Mccune  
Karen Petersen  
Daniel Pulliam  
Blaine Stavn  
Karen Thomas

## 18th

Esther Boyd  
Lee Jones  
Jamie Lettice  
Joy Yelda

## 19th

Sue A Jacobson  
Darlene Kuehn  
Roger Raymond  
Robert Turzian

## 22nd

Sara Baldwin  
Bobbie Dahl  
Lisa Phillips

## 23rd

Alma Phipps  
Carol Stephens

## 24th

John Buck

## 25th

Nga Gresbrink

## 26th

Vilma Astocondor  
Patricia Dorr  
Edward D Grant  
Elizabeth Van  
Leuven

## 28th

Alex Taylor

## 29th

Marcee Graff

## 31st

Edna J Benzinger  
Marylou Hanson

If you spot an error or omission,  
please let us know.



## Medicare Minute with Michelle 2025: Medicare Prescription Payment Plan



The **Medicare Prescription Payment Plan** is designed to help you manage your medication expenses with evenly distributed out-of-pocket costs throughout the year (January-December).

### Key Points :

- Compatible with your current Medicare drug or Medicare Advantage plan
- Voluntary participation
- Available to all Medicare drug plan holders

**Are you struggling with medication costs?**  
**Contact my office today for personalized assistance!**

**Michelle Sandoz**  
**Your Local Medicare Insurance**  
**Plans Advisor**  
Insurance Specialists Group

519 S. Main St  
Hailey, ID  
**(208) 788-9209**







If you or anyone you know needs support, please call St. Luke's Mental Health Services Clinic (208-727-8970) or the Crisis Hotline (208-788-3596).