



This appeared on Facebook recently, and holds great meaning for we Seniors: If you were born between 1930 and 1946, you belong to a group that is almost gone. Fewer than one out of every 100 from your time is still here. Today if you are in your late 70's, 80's, or 90's, you carry memories that no book or documentary can truly capture. You entered the world when survival mattered. The Great Depression had stripped families down to the basics, and before the wounds could fully heal, the world was pulled into war. You learned early that nothing was free, and nothing was wasted. Bread was stretched. Clothes were patched. Milk was measured. Your parents taught you that gratitude was not a feeling, but a way of life. You remember a milkman stopping at the house, teachers who demanded respect, and parents who backed them up. There was no room for excuses. You stood up straight, did what needed to be done, and learned the meaning of responsibility long before the word became fashionable. There were no glowing screens filling the room. Fun came from your own hands and mind. You played ball in the street, ran barefoot on hot pavement, and stayed outside until the lights flicked on. At night, families gathered close to the radio. Not just for news, but to feel connected. (see Column 3)

## Sweet Ladies & Old Dudes

Nampa Senior Center  
207 Constitution Way  
Nampa, Idaho 83686  
208-467-7266



### January Highlight by Kim Bullen

Interestingly, I was approached by a soft spoken man in a wheelchair, asking if he could be highlighted in this newsletter. So I will start off the New Year, sharing about **Steven Hieter**. He is 76 years old... his birthday is July 7th. Born in Boise, he has lived in Idaho his whole life. He shared with me his favorite road trips here in Idaho, as well as Washington, Oregon South Dakota, Nevada, Wyoming, Nebraska and Utah. He served in the Air Force in his younger days, and currently resides at Wellsprings, which is located west of Chapala's on 12th. He spends his free time watching his favorite TV shows, and enjoys murder mysteries and occasionally, basketball. He expressed that he enjoys coming daily to the Senior Center for a hearty meal, and has no complaints. He says every meal is great! Steven is easy going, humble, and attends church services at Wellsprings. If you have a moment, say hello to Steven Hieter.



*Happy  
New Year* ★★



Column 3: Voices from far away filled the room and brought everyone together. Technology moved slowly then, and that was a gift. Phones were shared. If you wanted to talk, you waited your turn. Math was done with a pencil and paper, letters were typed or written by hand. The newspaper landed on the doorstep each morning and told you what mattered, not what shouted the loudest. You came of age after the war, during a stretch of hope that felt earned. There was no internet to distract or overwhelm. No endless alerts. Just the belief that if you worked hard, kept your word, and showed up every day, life would move forward. You remember when black and white TV felt like magic. When highways were fewer and trips took longer. When downtown shopping meant greeting people by name. You remember the fear of polio and the relief when science finally pushed it back. Childhood was not easy, but it was real. While your parents rebuilt the nation piece by piece, you watched cities rise, machines improve, and possibilities expand. You lived through changes that reshaped the country and set the stage for everything that followed. If you are over 77 today, pause for a moment. You are living history, You carry lessons forged in hardship and hope, discipline and patience, community and resilience,. The world you knew shaped the world we live in now. You are one in a hundred. And that is something worth honoring.

**We have a website.... On it you will find each month's menu, activities list, newsletter, etc.**  
<https://nampaseniors2.wixsite.com/nampa-senior-center>

Folks at table 2 are missing our dear friend, Tom Ashley, who is at home fighting that dread disease called cancer. A dedicated leader, he has served as president of the Senior Center board for several years, and has also been affiliated with the IOOF Lodge for many years, traveling all over the state of Idaho with roommate Bob Covert and others, to meetings and conventions.

We miss you, Tom, and our thoughts and prayers are with you!  
 - Editor Ann Tomlinson

**If you have items to share that folks at the center might enjoy, please feel free to e-mail me at [zitaann80@gmail.com](mailto:zitaann80@gmail.com) or text me on messenger. - editor**

### January 2026 Schedule

**Monday:** Sr. Aerobics 9 am,  
Bingo 1 pm

**Tuesday:** Yoga 9 am,  
Pines & Needles 10 am  
Choir Practice 1 p.m.

**Wednesday:** Sr. Aerobics 9 am,  
Hand & Foot game 1 pm,  
Pinochle 1 pm

**Thursday:** Yoga 9:30 am,  
Chair Yoga 10:40, Miscellaneous  
Game Day 1 pm, Dance 6-8 pm

**Friday:** Sr. Aerobics 9 am,  
Tai Chi 10 am, Hand & Foot game  
1 pm, Pinochle 1 pm

**Last Thursdays,** Legal Clinic 10 am

**Last Fridays, "Senior Goldmine"**  
**Blood Pressure Clinic**  
 last Tue., 10:30 am

## Gentle Yoga Classes at our Nampa Senior Center

by Sharon Gray, instructor

"I started practicing yoga when I was 60 and I have been teaching for 12 years. I use props, i.e. blocks, straps, blankets, chairs, and the wall to help students achieve success in their practice. Classes are geared to seniors and those with injuries who need to move and stretch in a gentle way. All classes are donation based.

On Tuesday at 9 am and Thursday at 9:30 am there is a gentle yoga class. Gentle yoga is a slow moving practice, using some props and modifications of the various poses to keep all students moving and breathing. If nothing else, this class will help improve your posture and teach deep breathing which allows the body and mind to relax.

On Thursdays at 10:40 am, we conduct a yoga chair class for those who, for one reason or another, have difficulty getting up and down. Chair yoga is a modified form of yoga that involves performing yoga poses while seated in a chair. It can be a good option for people who have mobility limitations, injuries, or want a more therapeutic approach to yoga. This class will also help improve posture, increase or maintain mobility, while using breathing techniques for relaxation. Follow the newsletter for more reasons to try a yoga practice.



*In Memoriam*  
**Larry Worthen**

### Senior Center

President: Tom Ashley

Vice President: Lana Grimmett

Secretary: Sharon Gray

Treasurer: Susan Cooper

Members: Donna Eason, Dale Winch,  
Sharon McGaffick,

Robert Morford, Connie LaFrainer

Sr. Center Co-ordinator: Sam Atchley.

Mgr. of the Harward Rec Center :  
John Burkey



Eat only cooked fish: Raw and under-cooked fish can contain parasites, worms, and flukes. Doctors have seen a huge rise in patients with parasites since sushi became popular. Parasites are expensive to identify and difficult to eliminate. Raw Pacific salmon and red snapper (Pacific rockfish) have been specifically linked to anisakiasis, a parasite infection from worms. But no raw fish is completely safe. If you love sushi, stick to cooked (eel) and vegetarian sushi. Make sure it is baked, broiled, or grilled. Limit the amount of fish you eat to 12 ounces a week. The EPA also suggests you eat a variety of fish rather than one kind to reduce your exposure to contaminants.

- Marilyn Wofford files



The Pacific ocean comprises half the world's water surface, is larger than the world's land surface, and covers one-third of the area of the globe.

-1982 Farmer's Almanac