

# *Friendly Neighbors Newsletter*

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Moscow Senior Meal Site and Senior Center

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## President's Message

Welcome to spring, although our meal group was saddened by news of the recent passing of Bill Terrio. Bill was a steadfast member of Friendly Neighbors and served as president for many years. He was on the board as the current past

president. He also served in the kitchen when needed and handled the Pinochle and Bingo activities. We remembered him at a recent Tuesday meal when his sister Judi Terrio led us in a Barq's Root Beer toast. Bill will be missed!

Casey Green, Win and Sue Green's son, has agreed to be a contact person for emergency health issues that might arise during our lunch times. He has trained as a first responder and knows what to do in the case of an emergency (choking, performing CPR, using the defibrillator, etc.). We are fortunate to have him available.

The month of March is National Nutrition Month. It won't be too noticeable in our meals because our kitchen staff go out of their way each week to ensure we have a nutritious and delicious meal. Just the fact that you are coming to the meal site or participating in the other activities provided is a positive lifestyle choice.

May you enjoy the spring weather and be sure to invite your neighbor to our senior meals. The better we eat and the more active we are, the healthier we will be, both physically and socially.

John Carlson, President

## Shred Day Reminder

Spring cleaning season is upon us. Get a good start on decluttering your house (and helping to prevent identity theft) by attending Shred Day on Saturday, April 25, 2026 from 9 AM to 3 PM at the Latah County DMV in Moscow, 1313 Blaine Street (by Spence). Bring all your "shreddables" (sensitive documents and junk mail, etc.), especially including those you discover after preparing your taxes. It is a FREE community event, but note the following restrictions: Latah County residents only; remove binders, binder clips, plastic dividers, rubber bands, as well as CDs and other disks; no commercial shredding; limit of eight paper grocery bags (or its equivalent) per resident.

If this date doesn't work for you and you can't or don't want to wait for the next shred event, local businesses like the UPS Store and the Moscow Recycling Center charge by the pound for document shredding. It's 50 cents a pound at the Recycling Center.



## Tire Disposal

Double the effect of your spring cleaning by getting rid of any passenger vehicle tires from your yard and garage by attending Tire Amnesty on May 30, 8 AM to 4 PM at the Latah County transfer station (3299 Highway 8 East). No rims, tractor, or semitruck tires. Latah County residents only.



## Learn How to Play Mah Jongg

Mah jongg was invented in China in the mid-to-late 1800s. The game is similar to gin rummy, but instead of using cards, it is played with rectangular tiles



that make pleasant clicking sounds as the tiles are mixed and dealt. The game requires skill and luck and is flexible enough to be played with two to five players.

Lauren Fins of the Friendly Neighbors mah jongg group offers class instruction every spring. During the five sessions, you will learn how to play the American version of the game and how to deal the tiles, play, and win. Mah jongg is a great way to engage your mind, learn a new skill, and create community.

**Location:** All classes are held at the 1912 Center in the Green Dragon Game Room

**Cost:** Instruction is FREE, but all students need a 2026 National Mah Jongg League (NMJL) copyrighted playing card to take part in the class. The card can be purchased directly through the NMJL, or it can be ordered through the instructor. Cost is \$15. If ordered through the instructor, the \$15 is payable at the first meeting of the class.

**Dates:** Friday afternoons (May 1, 8, 15, 22, and 29)

**Time:** 1:30–3 PM

**Instructor:** Lauren Fins

This class is sponsored by Friendly Neighbors at the 1912 Center, Moscow, Idaho.

If you would like to participate in this class, contact Lauren at [lfins@uidaho.edu](mailto:lfins@uidaho.edu) or sent her a text at 509-595-1773 **by April 19**.

## Upcoming Library Events

**Tech Workshops: Navigating the Internet, Basic Internet Safety**, Wednesday, April 8, 10:30 AM–12 PM and Wednesday, April 29, 1–2 PM: Interested in improving your knowledge of internet navigation and safety? After a half-hour talk about basic internet terms, common scams, password creation, and tips on keeping personal information secure, the floor is open for questions and individualized guidance. The class can accommodate up to sixteen people (we have enough laptops to provide eight participants with one), so bring your own laptop if possible.

**Registration required:** To register, call the library at (208) 882-3925 or fill out the registration form at [https://docs.google.com/forms/d/1K3dRp7MXtG\\_jMkLcB6BXoQrKxH\\_SuZ05\\_Xen2Dfp\\_PU/edit](https://docs.google.com/forms/d/1K3dRp7MXtG_jMkLcB6BXoQrKxH_SuZ05_Xen2Dfp_PU/edit).

**Craft Lounge**, Thursday, April 9, 5:30 PM–7 PM: Join us to make a mini beaded houseplant craft for adults.

**Registration required.** Call the library at (208) 882-3925 to register. On Thursday, May 7, we'll be making crepe paper poppy pins in anticipation of Memorial Day. No registration required.

**Tuesday Teabirds Book Club**, Tuesday, April 14, 2–3 PM: Enjoy a conversation with other readers about *People We Meet on Vacation* by Emily Henry. Light refreshments provided.

**Repair Café**, Saturday, April 18, 10 AM–2 PM: Bring your broken objects and a can-do spirit to the Repair Café at the PCEI Nature Center, located at 1040 Rodeo Drive. Volunteer experts share their skills with visitors to repair books, clothing and textiles, jewelry, small household appliances, toys, bikes, and other items. In addition, there will be a station for knife and scissor sharpening (two-item limit) and a gluing station with a variety of glues. Light refreshments provided. Full repairs not guaranteed. Attendees bring items at their own risk.

**Writers Lounge**, Thursday, April 23, 5:30 PM–7 PM: Create and connect at our upcoming Writers Lounge for adults. Whether you're working on a short story, a poem, or just need a space dedicated to writing, the writers' lounge is for you.

**Medicare Workshop**, Thursday, May 7, 10:30 AM–12 PM: If you are turning 65 soon or are already on Medicare and want to learn more, the Idaho Department of Insurance Senior Health Insurance Benefits Advisors (SHIBA) is ready to teach you unbiased Medicare benefits information about Medicare Parts A and B, Part D (prescription drug plans), Part C (Advantage Plans), and Medigap (Medicare Supplemental Insurance). This is an **in-depth overview** for all Medicare-eligible individuals. Those assisting your family members with Medicare highly encouraged to attend.

**Library Open House and McGuire Room Dedication**, Friday, May 8, all day: The library hosts an open house and room dedication to celebrate the 120th anniversary of the Moscow Public Library. During the room dedication, we will honor former librarian Etta McGuire by naming the second Carnegie room in her memory. Stay tuned for more details!

## Egg Nutrition



Eating nutrient-dense foods—whole foods that contain little added sugar, saturated fat, and sodium—becomes increasingly important for those over sixty years of age. Now that Easter is nearly here, let's take a closer look at one of the best and most convenient of these types of food: the egg.

Eggs are an important, nutrient-dense food for

seniors. They provide

- **High-quality protein**, which is vital for maintaining muscle health. Although **sarcopenia**, the loss of muscle mass and strength, begins in our thirties and forties, the condition intensifies between the ages of sixty-five and eighty.
- **Heart-healthy fats**. Eggs contain healthy fats and antioxidants, including lutein and zeaxanthin, and omega-3 fatty acids, which improve cholesterol levels and reduce inflammation.
- **Cognitive benefits**. Egg yolk contains the nutrient choline, which supports brain health by enabling us to regulate memory, mood, muscle control, among other functions. Regular consumption thus may reduce dementia risks and/or cognitive decline.
- **Bone health support**. This powerhouse food contains vitamin D, which helps the body absorb calcium.

### Health Snapshot:

- 6 g protein
- 5 g fat (1.5 g of saturated fat)
- Vitamins A, B<sub>12</sub>, D, E, and riboflavin
- Minerals like iron, phosphorus, and selenium

Eggs are also versatile—they are easy to eat (soft) and you can cook and use them in so many different ways: Boiled, scrambled, poached, shirred, or baked in something. Indeed, a boiled egg (whether Easter-egg dyed or not) is a great to-go snack, already packed and ready for the road.

So, take advantage of the season and all the eggs you've helped to prepare for your grandkids' egg hunts this holiday. Enjoy the bounty of eggs as a nutritious food source. Aim for 3-4 eggs per week; but, just to be safe, check with your doctor first.



## Birthdays of Our Members

### April

2 Dianne MacMillan  
2 Bud Miller  
8 Kathy Warren  
11 Jim Pierce  
14 Lauren Fins  
16 Wendy Blanchard  
18 Fran Gibson  
20 Marvin Munn  
22 Dale Iverson



### May

1 Mary Bielenberg  
2 Jackie Coleman  
3 Jerry Leonard  
19 Casey Green  
21 Donna Brown  
28 Allan Roberts  
30 Lucy Carlson

Happy Easter!



## In the Spotlight: Plenty to Do This Spring at the 1912 Center

With Spring nearly at our doorsteps, it's a good time to remind you that Friendly Neighbors (FN) offers lots for you to do at the 1912 Center. From activities to congregate meals, fill your weekly schedule, keep busy, and make new friends.

First, enjoy a nutritious meal with old and new friends and exercise your social skills at the **Senior Meal Site** every Tuesday and Thursday (except for holidays).

Social Hour begins at 10:30 AM, followed by the Salad Bar opening at 11:30 AM, and the Main Course at Noon (plus soup and dessert). A donation of \$5 is suggested to those 60 and older, but no senior is denied a meal who cannot donate any part of the \$5. Non-seniors must pay \$7 for a meal. Professionals from the CHAS Clinic come to the meal site on the second Tuesday of the month to provide blood pressure tests. There is Free Bingo at the meal site every second Thursday!

Home delivery of meals is available for those 60 and older. For more information, call the Area Agency on Aging in Lewiston, 208-746-3351. A phone call may be all you need to do to be authorized for delivery.

Second, FN offers an array of weekly activities:

### Mornings

Mondays from 10 to 12:30 PM, Computer Help, Welcome Room

M, W from 9:30 to 10:30, Fit and Fall Proof, Reception Gallery

Tuesdays from 9:30 to 10:30, Chair Yoga, LeCompte Auditorium

Thursdays, from 9:30 to 10:30, Qigong, Arts Room

Fridays from 10 to 11, Bingo, Green Dragon Game Room and every first and third Friday from 11 to 11:45, Dance Fitness Gold, Arts Room

### Afternoons

Mondays from 1 to 4, Board Games, Green Dragon Game Room

Tuesdays from 12:30 to 4, Pinochle, Green Dragon Game Room

W, F from 1 to 4, Mah Jongg, Green Dragon Game Room (Wednesdays are for experienced players)

Thursdays from 12:45 to 4, Bridge, Green Dragon Game Room

Adults are welcome to join activities. For more details about FN Information and Activities, call the Welcome Room at 208-882-1562, or check the 1912 Center Welcome Room Bulletin Board, FN website, and/or Calendars.



**Spring** Latah County Bulky Waste Site Clean Up

Program for Rural Latah County Residents only.  
NO Commercial or City of Moscow residents.

**APRIL 8 AM - 4 PM**

\*\*Rural city sites accepting Household Waste Only

**Deary:** April 11<sup>th</sup> & 25<sup>th</sup>  
Line Street

**Genesee:** April 11<sup>th</sup> & 25<sup>th</sup>  
Morscheck Road

**Julietta:** April 4<sup>th</sup> & 18<sup>th</sup>  
South Hwy 3

**Potlatch:** April 4<sup>th</sup> & 18<sup>th</sup>  
Turn onto Mill Road

**Troy/Moscow:** April 11<sup>th</sup> & 25<sup>th</sup>  
Transfer Station, 3299 Hwy 8

\*Only site that accepts demolition waste, tires or metal in April is Solid Waste Processing facility 3299 Hwy 8 E.

**Limit of 2-trips per household. Extremely large loads must use the Transfer Station at 3299 Hwy 8 April 11th or 25th**

**Examples of Accepted Items**

- ALL material items made of rubber, plastic, styrofoam, fiberglass
- Contaminated waste
- Treated lumber/railroad ties
- Tarps, canvas, tents
- Insulation
- Small appliances (vacuums, coffee pot, blender, etc.)
- Microwaves/dishwashers
- Hot tubs
- CFL light bulbs
- Solidified paint
- Tree decking
- Upholstered furniture
- Mattresses or box springs
- Cardboard
- Tires, feed bags
- Clothing

**No Demolition, Tires or Metal in October at Deary, Genesee, Julietta or Potlatch Bulky Waste Sites.**

**TRASH ONLY**  
NO REFRIGERATORS  
NO A/C UNITS  
NO OTHER FLAMMABLE MATERIALS

No E-Waste

Questions? Call Latah County Solid Waste 208-882-5706 or the local City Mail

