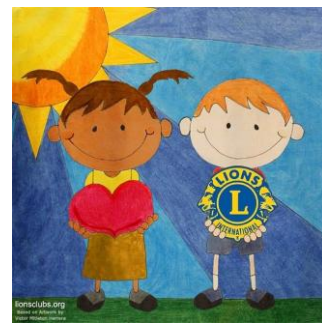


# BOISE BENCH LIONS

June 10, 2026 Every Wednesday at Casa Mexico at Noon



Pres. Rick, speaker Mike, program chair Lion Toni

Mike Rice is a volunteer Fit and Fall Proof instructor for the Central Health District. The FFP program was developed in ID in 2004. It is an exercise-based fall prevention program for older adults. The program focuses on improving strength, mobility and balance to reduce the risk of falls and support independence. There are almost 40 sites in 4 counties Ada, Boise, Elmore, and Valley where they have classes. You can check their website [cdh.idaho.gov/support-programs/fit-fall-proof/](https://cdh.idaho.gov/support-programs/fit-fall-proof/) or call an FFP coordinator at 208.327.8591. Participants learn simple low-impact exercises designed to enhance flexibility, endurance and stability which are key factors in preventing accidental trips and falls often associated with aging. Mike mentioned they work on a recovery: a step from left to right to help you step into where gravity is taking you when you fall. They work on strengthening your quads to get your knees up to prevent tripping. If you feel yourself falling, try to sit down if possible. If you use a cane, the 3-pronged cane which stands on its own can also be used to pull yourself up after falling if a chair isn't available. Check out their website to find a class near you or if you want to volunteer as an instructor.



Members: 44

Attendance: Lion Kim Kaiser



Save the Date: Next Lions and friends social June 11<sup>th</sup> at Belmont Brewhouse 3840 W. Chinden at 4:30.



Guests: The Spencer's brought their good friends Larry and Jo Stablein who are interested in joining.

Save your stuff for the upcoming Sidewalk Sale. More information to come.



Save the Date: July 14<sup>th</sup> from 12-2 volunteer at the ID Foodbank. Sign up with your account, the link is on our website or call Jane at 208.830.0454. Or come on over and lend a hand. Please wear closed toed shoes.



Upcoming: Charter/Summer Party at the Frison's 1726 E Stadler Ct in Eagle June 13<sup>th</sup> at 4pm. Please email Lion Patty if you are interested in attending [pfrison47@gmail.com](mailto:pfrison47@gmail.com).



Sporting Clay event September 25<sup>th</sup> at 9am at Caldwell Gun Club there are 16 stations and we would like to have 16 sponsorships. Please ask your business friends/partners if they would like to sponsor a station.





## Calendar of Events

**June 11** – Lions and friends social from 4:30-6:30 at Belmont Brew House on Chinden

**June 13** – BB Lions Charter Party at the Frison's at 4, 1726 E Stadler Ct, Eagle, ID

**June 17** – Boise City Department of Arts and History, Jennifer Yribar

**June 19** – Serving at Interfaith Sanctuary

**June 24** – BSU E-Sports Director, Moi-Doc Haskell

**June 27** – Zoo Boise clean-up from 9-11, email Larry Kidd, newkidds@msn.com

**June 30** – Volunteer at Ronald McDonald House from 10-12

**July 1** – No meeting due to 4<sup>th</sup> of July holiday

**July 8** – AARP Director of Communications about a possible project, Simon Randall

**July 15** – Philanthropy Pathways, Antonio Hernandez

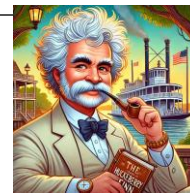
### Pres. Rick's Quote: Advice from Mark Twain

Aging is an issue of mind over matter. If you don't mind it doesn't matter.

Kindness is the language that the deaf can hear and the blind can see.

Good friends, good books and a sleepy conscience: This is the ideal life.

The secret of getting ahead is getting started.



### June Birthdays:

Devyn Hallamore – 6/2

Jim Hensley – 6/4

Rich Gordon – 6/5

Lynne Burks – 6/6

Joyce Schram – 6/21

Jerry Ward – 6/24

Evin Bask – 6/29

**Tail Twister Lion Angel Funny:** The Presbyterian church called a meeting to decide what to do about their squirrel infestation. After much prayer and consideration, they concluded that the squirrels were predestined to be there, and they shouldn't interfere with God's divine will. At the Baptist church the squirrels had taken an interest in the baptistery. The deacons met and decided to put a water slide on the baptistery and let the squirrels drown themselves. The squirrels liked the slide and unfortunately, knew instinctively how to swim, so twice as many squirrels showed up the following week. The Lutheran church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist church. Two weeks later the squirrels were back when the Baptists took down the water slide. The Episcopalians tried a much more unique path by setting out pans of whiskey around their church in an effort to kill the squirrels with alcohol poisoning. They sadly learned how much damage a band of drunk squirrels can do. But the Catholic church came up with a very creative strategy. They baptized all the squirrels and made them members of the church. Now they only see them at Christmas and Easter. And not much was heard from the Jewish synagogue. They took the first squirrel and circumcised him. They haven't seen a squirrel since.



Please bring your cookies to the meeting next week for Interfaith Sanctuary.



**Lion Dennis** delivered 117 lbs. of pull tabs to the Ronald McDonald House.



**The Frison's** went to Cleveland, Ohio for a wedding. They checked out the Rock 'n Roll Hall of Fame.



Our fun-loving Tail Twister **Lion Angel** makes us chuckle and she raises lots of money for the club which is used for paying for our members to go to forums and conventions.

**7 BB Lions and Lion Henry's** sons Greg and Chris bagged 2,280 lbs. of russet potatoes into 10 lb. bags. The russets were covered in layers of ID dirt to be cleaned before they were put into the bags.

**Lion Patty** received a check from greensquared.com for \$28. Greensquared will be speaking to our club July 22<sup>nd</sup> about all the items they recycle and how reliable they are to dispose of your electronics.



**PID Floyd** from the Twin Falls Lions sent me this great pic. He is 90 yrs. old and repairs pallets for many businesses in Twin. I loved the REDNECK logo which he attached to an old ID license plate. He loves reading the newsletter to see what the BB Lions are up to.

