

Pocatello Senior Activity Center will be holding its Annual Meeting on October 28, 2021, at 1:30 pm. Please come and join us and listen to what's been happening the last year.

A Vision of the Future

Senior Centers serve a purpose. That purpose is to help keep persons over the age of 55/60 active both mentally and physically. Staying active is the key to healthy aging, having a senior center available provides the opportunity to stay active. The programs, classes, and activities that Senior Centers can offer may also raise quality of life, fulfill nutritional needs, lifelong learning, provide fitness and social activities.

Pocatello is fast becoming a retirement destination and the need to act to better serve the older population is at hand. Currently boomers (those born between 1946 and 1964) make up 24.3% of the total Pocatello population. Approximately 10,000 boomers a day are crossing the 65-age threshold, with all boomers being at least 65 by 2030. With these figures in mind, if we don't do something to encourage new retirees to come to our Senior Center, it will literally die one person at a time.

There are several senior groups in our community that have been meeting to address the needs of our ever-increasing older adult population. These meetings are not about control but about a shared leadership that will benefit all older adults. This would be a place that allows seniors a safe place to have meals, meet friends and participate in various activities.

Because of the number of newer retirees in the area, what should the vision of a Senior Center look like? Maybe an updated, larger facility that will accommodate more diverse types of activities, meals, lectures, computer instruction, art classes, fitness classes, health checks, craft classes, dinner dances, bands, choirs, concerts, etc. Is our senior center ready to meet the needs of the ever expanding and changing older population? Quite frankly no, it isn't. We would like the input of the members of our Senior Center. Please share your vision by dropping your thoughts, comments, and concerns to the office.

Pocatello Senior Activity Center

Board of Directors