

MAY 2023 NEWSLETTER

HOURS OF OPERATION

Monday	9:30 am to 1:30 pm
Tuesday	8:00 am to 5:00 pm
Wednesday	8:00 am to 5:00 pm
Thursday	8:00 am to 5:00 pm
Friday	8:00 am to 5:00 pm



Senior Activity Center
427 North 6th Avenue
Pocatello, Idaho 83201
(208) 233-1212

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Join the conversation on the Senior Activity Center's Facebook page and post your pictures, don't forget to tag #OlderAmericansMonth.





United Way
of Southeastern Idaho

Senior Activity Center

May 2023 Lunch Menu



*Lunch served 12-1pm except for when noted, May 4th

*Menu subject to availability

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beef Roast Scandinavian Veggies Pears Roll Milk Dessert</p>	<p>3 Entertainment at 11:30 am Michael Corrigan</p> <p>Taco Bake Tropical Fruit Milk Dessert</p>	<p>4 Free Dance Lesson 1pm No partner needed</p> <p>*Lunch starts at 11:15 am</p> <p>Chicken Fried Steak Green Beans Pineapple Roll Milk Dessert</p>	<p>5 Jackpot Bingo 12:45pm</p> <p>Cinco De Mayo Craft 10:30am-11:30am DR</p> <p>Baked Potato/ Chili Mandarin Oranges Milk Dessert</p> 
<p>9</p> <p>Beef Tacos Salad Tropical Fruit Milk Dessert</p>	<p>10 Entertainment at 11:30am Farnes & Fronschi</p> <p>Chicken Alfredo Beets Applesauce Milk Dessert</p>	<p>11 Free Dance Lessons 1pm No partner needed</p> <p>Goulash Romaine Pears Milk Dessert</p>	<p>12 Jackpot Bingo 12:45pm</p> <p>Biscuits & Gravy Hash Brown Patty Pineapple Milk Dessert</p>
<p>16</p> <p>Do You Use the Internet by Boise State University 1pm</p> <p>BBQ Pulled Pork Carrots Applesauce Milk Dessert</p>	<p>17 Entertainment at 11:30am Phil Dixon, Monty & Curt</p> <p>Cheeseburger Tater Tots Beets Pears Milk Dessert</p>	<p>18 Free Dance Lessons 1pm No partner needed</p> <p>Spaghetti Green Beans Peaches Milk Dessert</p>	<p>19 Jackpot Bingo 12:45pm</p> <p>Kielbasa Mixed Veggies Tropical Fruit Milk Dessert</p>
<p>23</p> <p>Pepperoni Pizza Normandy Veggies Peaches Milk Dessert</p>	<p>24 Entertainment at 11:30am Mavis & Doc Bateman</p> <p>Dementia Friends Info Session 1pm DR</p> <p>Tilapia or Ham Cauliflower Mandarin Oranges Roll Milk Dessert</p>	<p>25 Free Dance Lessons 1pm No partner Needed</p> <p>Shepards Pie Mixed Veggies Pears Milk Dessert</p>	<p>26 Jackpot Bingo 12:45pm</p> <p>Grilled Cheese Rice Capri Veggies Tropical Fruit Milk Dessert</p>
<p>30</p> <p>Chili Cornbread Pineapple Milk Dessert</p>	<p>31 Entertainment at 11:30am Brown's Lounge</p> <p>Chicken Legs Mixed Medley Peaches Roll Milk Dessert</p>	<p>*If you are under 60 years of age, cost is \$5.00, please pay front desk.</p>	

Senior Activity Center

May 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> NKA Fit & Fall 930am Rm 3 	2 <ul style="list-style-type: none"> Parkinson 9am Rm 5 TAI CHI 10am Rm 11 NKA Crochet Svc Grp 1pm-2pm DR NKA Beg. Knitting 130pm-330pm Rm 11 Fit & Fall 11am & 4pm Rm 3 Pinochle 1pm Rm 3 TOPS 5:30pm Rm 4 NAACP Mtg. 5pm Rm 3 TOPS 530pm Rm 4 	3 <ul style="list-style-type: none"> SAC Exec. Mtg. 10am Rm 4 Fit & Fall 930am-1030am Rm 3 AM Mahjongg 9:30am Rm 8 Live Entertainment at 11:30am Michael Corrigan Bridge 1pm Rm 4 	4 <ul style="list-style-type: none"> Parkinson 9am Rm 5 NKA Brd Mtg. 10am Rm 11 Cinco De Mayo Craft 10:30am-11:30am DR NKA Beg. Crochet 11 10am-11:30am Rm 6 Free Dance Lessons 1pm DR Fit & Fall 11am & 4pm Rm 3 Special Pinochle 1pm Rm 4 Origami 1pm Rm 11 Pinochle 1pm Rm 3 	5 <ul style="list-style-type: none"> Bridge 9am Rm 4 Cinco De Mayo Craft 10:30am-11:30 am DR Jackpot Bingo 12:45 pm Creative Writing 1pm Rm 4
8 <ul style="list-style-type: none"> Fit & Fall 930am Rm 3 Travel Committee 10:30am Rm 4 	9 <ul style="list-style-type: none"> Parkinson 9am Rm 5 TAI CHI 10am Rm 11 NKA Crochet Svc Grp 1pm-2pm DR Fit & Fall 11am & 4pm Rm 3 Pinochle 1pm Rm 3 TOPS 530pm Rm 4 	10 <ul style="list-style-type: none"> SAC Brd Mtg. 10am Rm4 AM Mahjongg 9:30am Rm 8 NKA Fit & Fall 930am-1030am Rm 3 Live Entertainment 11:30am Farnes & Fronski Bridge 1pm Rm 6 Gate City Mex. Train 1pm-3pm Rm 4 Parkinson Support Group 2 pm Rm 3 	11 <ul style="list-style-type: none"> Parkinson 9am Rm 5 Beg. Crochet 11 10am-11:30am Rm 6 Fit & Fall 11am & 4pm Rm 3 Free Dance Lessons 1pm DR Origami 1pm Rm 11 Special Pinochle 1pm Rm 4 Pinochle 1pm Rm 3 	12 <ul style="list-style-type: none"> Bridge 9am Rm 4 Jackpot Bingo 12:45 pm Creative Writing 1pm Rm 4
15 <ul style="list-style-type: none"> Fit & Fall 930am Rm 3 	16 <ul style="list-style-type: none"> Parkinson 9am Rm 5 Do you Use the Internet by Boise State University 1pm DR NKA Crochet Svc Grp 1pm-2pm DR Fit & Fall 11am & 4pm Rm 3 Pinochle 1pm Rm 3 TOPS 530pm Rm 4 	17 <ul style="list-style-type: none"> Fit & Fall 9:30am Rm 3 AM Mahjongg 9:30am Rm 8 Bridge 1pm Rm 4 AARP Mtg 1pm-3pm Rm 3 Live Entertainment at 11:30am Phil Dixon, Monty & Curt Parkinson 530p Rm 5 	18 <ul style="list-style-type: none"> Parkinson 9am Rm 5 Beg. Crochet 11 10am-11:30am Rm 6 Fit & Fall 11am & 4pm Rm 3 Free Dance Lessons 1pm DR Origami 1pm Rm 11 Special Pinochle 1pm Rm 4 Pinochle 1pm Rm 3 	19 <ul style="list-style-type: none"> Bridge 9am Rm 4 Jackpot Bingo 12:45 pm Creative Writing 1pm Rm 4 Gate City Bunco 1pm Rm 3

Senior Activity Center

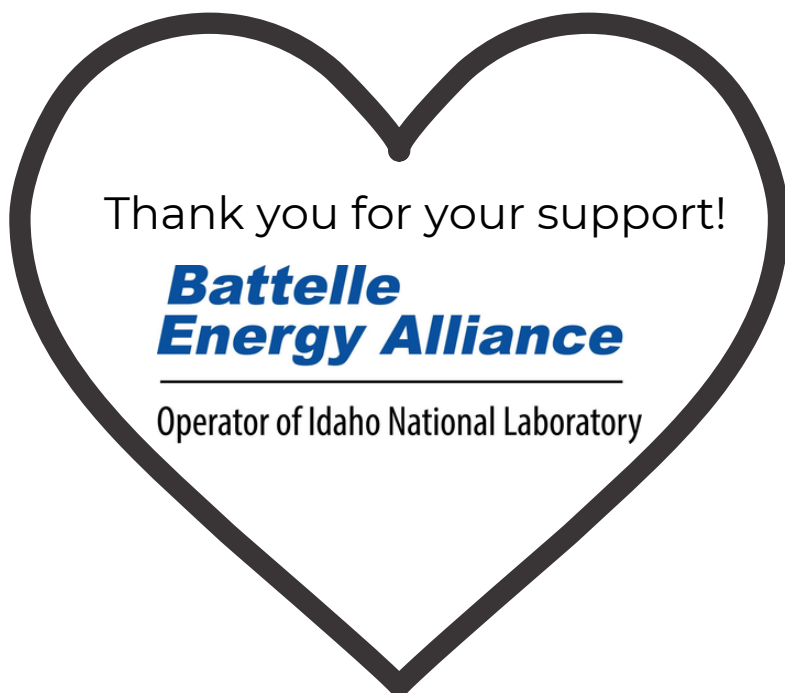
May 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 <ul style="list-style-type: none"> • Fit & Fall 930am Rm 3 	23 <ul style="list-style-type: none"> • Parkinson 9am Rm 5 • TAI CHI 10am RM 11 • Fit & Fall 11am & 4pm Rm 3 • Pinochle 1pm Rm 3 • TOPS 530pm Rm 4 	24 <ul style="list-style-type: none"> • AM Mahjongg 9:30am Rm 8 • Live Entertainment 11:30am Mavis & Doc Bateman • Dementia Friends Information Session 1pm DR • Bridge 1pm Rm 6 	25 <ul style="list-style-type: none"> • Parkinson 9am Rm 5 • BUNCO 10am-Noon Rm 4 • Fit & Fall 11am & 4pm Rm 3 • Free Dance Lessons 1pm DR • Special Pinochle 1pm Rm 4 • Pinochle 1pm Rm 3 • Origami 1pm Rm 11 	26 <ul style="list-style-type: none"> • Bridge 9am Rm 4 • Jackpot Bingo 12:45 pm • Creative Writing 1pm Rm 4
29 <p>Memorial Day Closed</p>	30 <ul style="list-style-type: none"> • Parkinson 9am Rm 5 • Fit & Fall 11am & 4pm Rm 3 • Pinochle 1pm Rm 3 • TOPS 530pm Rm 4 	31 <ul style="list-style-type: none"> • AM Mahjongg 9:30am Rm 8 • Portneuf Greenway Field trip 9:30 am • Live Entertainment 11:30am Brown's Lounge • Birthday Table at Noon DR • Bridge 1pm Rm 6 	*NKA listed classes required registering prior to attending Register at: https://cetrain.isu.edu/nka/	



WEDNESDAY, MAY 31, 2023
EXPLORING THE GREENWAY
BUS PICK UP AT CENTER AT 9:30AM
RETURN BY LUNCH TIME,
SIGN-UP AT FRONT OFFICE.

CINCO
DE
MAYO
CRAFT
MAY 5
10:30AM-11:30AM
DINING ROOM





OLDIES ROD & CUSTOM CAR SHOW

JUNE 10, 2023

9AM TO 3PM



The Senior Activity Center and Historic Downtown Pocatello are pleased to present this Summer's Oldies Rod & Custom Car Show!

From 9:00 a.m. to 3:00 p.m. come walk through and see all the beautiful cars and vehicles. The day will include food, music, raffles and fun for the entire family during this annual fundraiser for our Senior Activity Center.

(208) 233-1212

Dementia Friends Information Session



What is Dementia Friends?

A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia.

Who can be a Dementia Friend?

Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities.

What will I learn?

Through interactive activities and information you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.

How much does it cost?

The session is Free! You will be provided with a session workbook and certificate after attending.



Join the Movement! Become a Dementia Friend Today!

Wednesday, May 24, 2023
1:00 PM – 2:00 PM
Pocatello Senior Activity Center
427 N 6th Ave, Pocatello, ID 83201

Register by calling
208-529-1390
or by emailing
lblanch@uidaho.edu



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact the Bonneville County Extension by at least two weeks prior to the event at 1542 E 73rd S, Idaho Falls, 208-529-1390 or bonneville@uidaho.edu

Do you use the Internet?

Tell us about it!



Researchers from **Boise State University** are visiting the **Senior Activity Center** on **May 16** to ask folks about:

- How you access the internet
- Challenges to accessing the internet
- What devices you use
- Affordability of your internet service
- Availability of technical support

The internet is so important these days, so we're working for the State of Idaho on a plan to improve internet access for everyone! If you'd like to help out by sharing your experience, attend our focus group!

REGISTRATION NOT REQUIRED. Optionally, visit www.boisestate.edu/sps-ipi/digital-access/ or call 208-426-5489. Light refreshments provided!

Date: May 16, 2023

Time: 1:00 PM

Location: Senior Activity Center

Address: 427 N 6th Ave, Pocatello



**Must be 18 years or older to participate. Your participation in the focus group is voluntary.*

SENIOR ACTIVITY CENTER PRESENTS:

"2023 STAYIN ALIVE" GOLF TOURNAMENT

WIN \$10,000

HOLE-IN-ONE

HOLE #13

4-PERSON TEAM

\$50 PER PERSON

GREEN FEES AND CART NOT INCLUDED

ALL PROCEEDS
BENEFIT OUR
NUTRITION
PROGRAM

Riverside Golf Course, Pocatello, ID

SHOTGUN STARTS AT
8AM

September 9, 2023
SATURDAY

CASH PRIZES
LONGEST DRIVE
CLOSEST TO PIN SHORT

QUESTIONS CALL SENIOR ACTIVITY CENTER AT (208) 233.1212 OR STEVE AT (208) 251.1276

REGISTRATION FORMS CAN BE PICKED UP AT THE SENIOR ACTIVITY CENTER OR ANY GOLF COURSE