

NOVEMBER 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

Find us on 

Website:

www.pocatelloseiorcenter.com

Email: senioractivities@ida.net

FACEBOOK: Pocatello Senior Activity
Center

Senior Activity Center Annual Meeting

We invite you to join us on November 14 2023, at 1:30 p.m. for our Annual Meeting! We will celebrate 2023's accomplishments and introduce the candidates running for the Board of Directors. Five candidates are vying for three open seats on the board. The three incumbents are Pam Landon, Sue Miller, and Kate Naftzger. They are seeking reelection. All three incumbent board members are on the executive committee and serving as officers. The board consists of nine board members with staggered terms. The other candidates running are: Laraine Hatch, Antoinette Contreras, and Kathy Flock.

The election will be held on November 15 and 16 from 8 a.m. to 5 p.m. and November 17 from 9 a.m. to 3 p.m. The election committee will oversee the entire voting process. If you have questions, call Shirley Rummage at 208-233-1212. We're excited to see you there!

The Silver Chords choral group is looking for women and men who like to sing. No audition or fee is required. If you are interested, call Jamie at 208-904-0939 or Pam at 208-681-7317.



Senior Activity Center
November 2023 Lunch Menu
Noon to 1 pm



Tuesday

Wednesday

Thursday

Friday

-Seniors UNDER 60 YEARS OLD – Cost is \$6.00 -Menu subject to availability	1 Entertainment at 11:30am Silver Chords <i>A History on Castles by Dr. Stephens at 1pm</i> Chili Hot Dogs Mixed Vegetables Mandarin Oranges Milk Dessert	2 Free Dance Lessons 1pm BLT Salad Pears Dessert Milk	3 Jackpot Bingo 12:45 pm Cheeseburger Carrots Peaches Milk Dessert
7 Entertainment at 10:30 am Boyd Murdock <i>*Southeastern Idaho Public Health Flu & COVID shots 9am-11am</i> Board Nominees Introduced! Turkey Salad Quinoa Applesauce Milk & Dessert	8 Entertainment at 11:30am Farnes & Fronski <i>A History on Castles by Dr. Stephens at 1pm</i> Goulash & Garlic Toast Normandy Pears Milk Dessert	9 Free Dance Lessons 1pm Ham or Tilapia & Roll Mixed Veggies Tropical Fruit Milk Dessert	10 Bingo Cancelled Biscuits & Sausage Gravy Broccoli Pineapple Milk Dessert
14 SAC Annual Meeting at 1:30pm Meet Board of Director Candidates Egg & Ham Salad Mandarin Oranges Roll Milk Dessert	15 Entertainment at 11:30am Brown's Lounge WELCOME AARP! Tacos Salad Pears Milk Dessert Election Day for Board of Directors 8am-5pm Library	16 Free Dance Lessons 1pm Chicken Fried Steak Green Beans Peaches Milk Dessert Election Day for Board of Directors 8am-5pm Library Lunch starts at 11:15 am	17 Jackpot Bingo 12:45pm Pizza Beets Applesauce Milk Dessert Election Day for Board of Directors 9am-3pm Library
21 ***ISU Pharmacy Dept. Operation Diabetes 10am-2pm Chicken Salad Pineapple Roll Milk Dessert	22 Entertainment at 11:30am Rachel Damewood and Frank Chalmers Thanksgiving Meal Turkey & Gravy Green Beans Potatoes Cranberry Dessert	23 Thanksgiving Closed	24 Thanksgiving Closed
28 Turkey Salad Tropical Frit Roll Milk Dessert	29 Entertainment at 11:30 am Angel Tones <i>A History on Castles by Dr. Stephens at 1pm</i> Po Pork Green Beans Pears Milk Dessert	30 Free Dance Lessons 1pm Spaghetti Scandinavian Veggies Peaches Milk Dessert	*Come and get your flu & COVID shot on Nov.7th from 9am-11am

***Operation Diabetes: Idaho State University Pharmacy Dept. will be here to administer blood glucose, A1c, blood pressure, and cholesterol screening tests. They will be able to speak to you about medications and answer questions about them.



Southeastern
Idaho Public Health

Avoid The Flu!

Get the Flu and
COVID vaccine at
the Senior Activity
Center

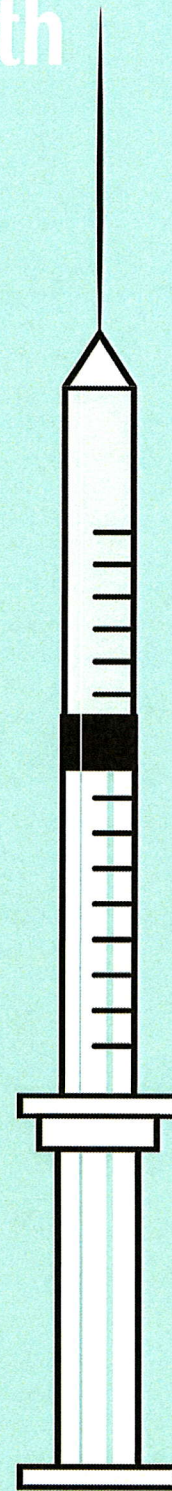
**Tuesday
November 7, 2023
10am to Noon**



Senior Activity Center
427 North 6th Ave.
Pocatello, Idaho 83201

Phizer vaccine only and please bring
your health insurance card

For more info call : **(208) 233-1212**



Senior Activity Center, Inc

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA FIT AND FALL - Room 3 12:00p Nutrition Program Congregate Meal - Dining RoomA 01:00p A History Of Castles - Room 3 01:00p NKA Beginning Tattling - Room 6 04:00p Parkinsons Exercise - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a DKG Executive Meeting - Room 8 10:00a NKA Board Meetings - Room 11 10:00a SAC Board Executive Meeting - Room 4 10:30a NKA Beginning Crochet 102 - Room 6 11:00a Fit and Fall Morning Class - Room 3 12:00p Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Origami Birds and a Bee - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11, Dining RoomA 01:00p Special Pinchhole - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 12:00p Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
5	6	7	8	9	10	11
08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a NKA FIT AND FALL - Room 3 12:00p Nutrition Program Congregate Meal - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a FLU/COVID VACCINES - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 09:30a NKA FIT AND FALL - Room 3 10:00a SAC Board Meeting - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:30a NKA Beginning Crochet 102 - Room 6 11:00a Fit and Fall Morning Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a AARP Smart Drivers Course - Room 3 09:00a Bridge Morning Session - Room 8 12:00p Nutrition Program Congregate Meal - Dining RoomA		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
		10:30a NKA Beginning Crochet 101 - Room 6 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p INTRODUCTION OF NOMINATED BOARD CANDIDATES - Dining RoomA 01:00p NKA Beginning Watercolor - Room 11 01:00p NKA Beginning Watercolor - Room 6 01:00p Pinochle - Room 3 01:30p NKA Begin and Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall Afternoon Class - Room 3 05:00p NAAACP Meetings - Room 3 05:00p TOPS - Room 4	12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p A History Of Castles - Room 3 01:00p Bridge Afternoon Session - Room 8 01:00p Gate City Mexican Train - Room 4 03:00p Parkinson Support Group - Room 3 04:00p Parkinsons Exercise - Room 3	12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Origami Birds and a Bee - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11, Dining RoomA 01:00p Special Pinchle - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	01:00p CHARITY BINGO CANCELLED - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Bunco - Room 11	
12	13	14	15	16	17	18
	09:30a CLOSED FOR VETERANS DAY - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a TAI CHI CANCELLED FOR MONTH OF NOVEMBER - Room 11	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 09:30a NKA FIT AND FALL - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:30a NKA Beginning Crochet 102 - Room 6 11:00a Fit and Fall Morning Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a Bridge Morning Session - Room 8 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo - Dining RoomA	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
		10:30a NKA Beginning Crochet 101 - Room 6 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:30p NKA Begin and Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	01:00p AARP Monthly Meeting - Room 3 01:00p Bridge Afternoon Session - Room 8 04:00p Parkinsons Exercise - Room 3	12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p AM VETS - Room 8 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining RoomA 01:00p Special Pinchhole - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
19	20	21	22	23	24	25
08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a NKA FIT AND FALL - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a ISU PHARMACY DEPARTMENT OPERATIONS DIABETES - Dining RoomA 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:30p NKA Begin and Intermediate Knitting - Room 11	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 09:30a NKA FIT AND FALL - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p BANNOCK COUNTY COMMISSIONERS SERVE LUNCH - Dining RoomA 01:00p Bridge Afternoon Session - Room 8 04:00p Parkinsons Exercise - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 09:30a NKA FIT AND FALL - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p BANNOCK COUNTY COMMISSIONERS SERVE LUNCH - Dining RoomA 01:00p Bridge Afternoon Session - Room 8 04:00p Parkinsons Exercise - Room 3	08:00a CLOSED FOR THANKSGIVING - Dining RoomA 01:00p CHARITY BINGO CANCELLED - Dining RoomA		

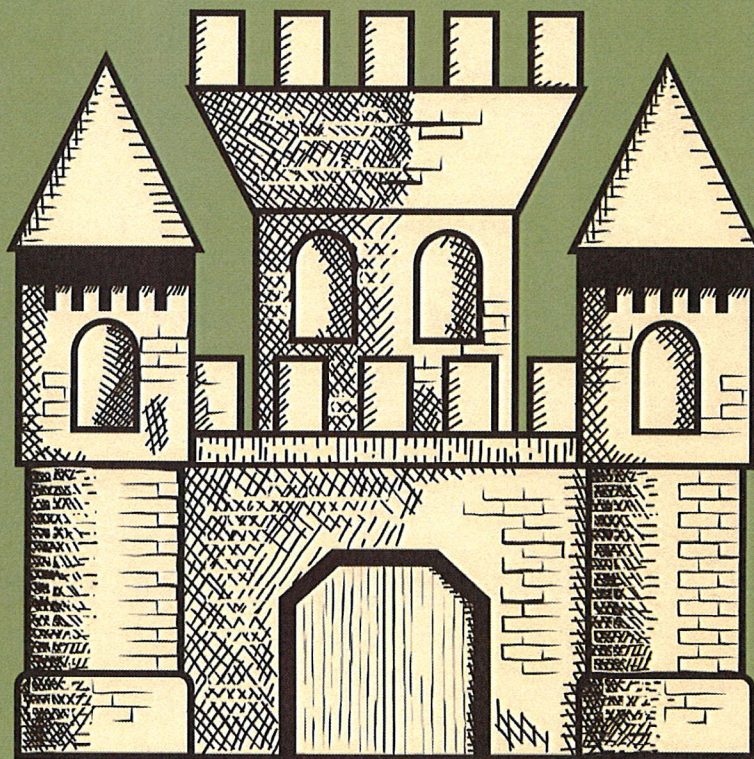
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
		01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4				
26	27	28	29	30		
	08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a NKA FIT AND FALL - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a TAI CHI CANCELLED FOR MONTH OF NOVEMBER - Room 11 11:00a Fit and Fall Morning Class - Room 3 12:00p Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:30p NKA Begin and Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 09:30a NKA FIT AND FALL - Room 3 12:00p Nutrition Program Congregate Meal - Dining RoomA 01:00p A History Of Castles - Room 3 01:00p Bridge Afternoon Session - Room 8 04:00p Parkinsons Exercise - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 12:00p Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Origami Nativity - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11, Dining RoomA 01:00p Special Pinchhole - Room 4 04:00p Fit and Fall Afternoon Class - Room 3		

Senior Activity Center presents:

A History of Castles

November 8th and November 29th

By Dr. Trent Stephens



Free to everyone, please meet in rm 3 at 1 pm



ANNUAL MEETING

NOV. 14, 2023

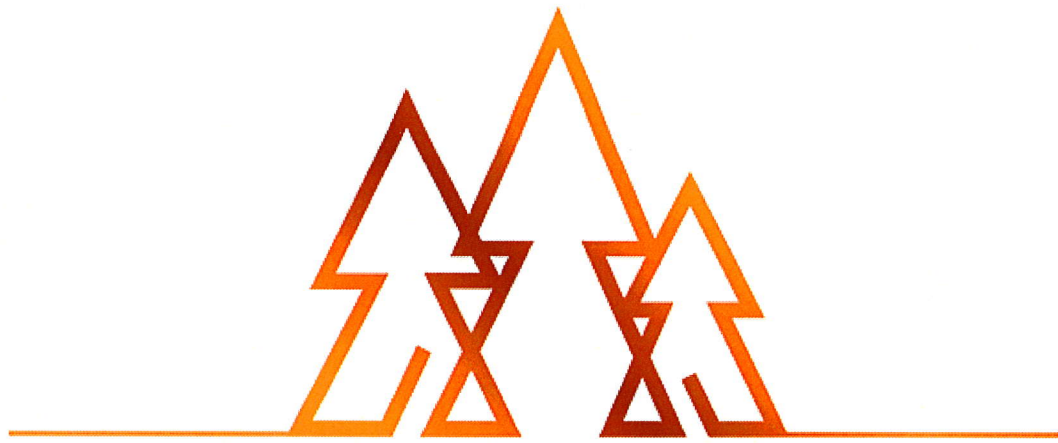
Tuesday, 1:30 PM

Presented by President, Diane Bilyeu

Agenda

- 2023 Accomplishments
- Meet nominees running for the board
- Election Days will be held on November 15 and 16 from 8 a.m. to 5 p.m. and November 17 from 9 a.m. to 3 p.m.

"Dedicated to serving the senior population"



Festival of Trees

**L.E. and Thelma E. Stephen's
Performing Arts Center**

Noon to 8 pm

Thursday, November 16

**Senior Day – FREE - 65 and
older**

FREE OPERATION DIABETES CLINIC

**TUESDAY
NOVEMBER 21, 2023
10 AM TO 2 PM**



Idaho State University, Pharmacy Department will be at the Senior Activity Center to administer blood glucose, A1c, blood pressure, and cholesterol screening tests. They will be able to speak to you about medications and answer questions about them.



Join Us For A

Thanks giving *Dinner*

Wednesday
November 22, 2023

11am to 1pm

Traditional meal will be served by
Bannock County Commissioners.

Senior Activity Center board members will be giving away
food boxes courtesy of Mountain View Event Center.



SENIOR ACTIVITY CENTER PRESENT:

CHRISTMAS HOMEMADE CRAFT FAIR

**PLEASE
SUPPORT OUR
LOCAL
CRAFTERS!**

DROP BY FOR
HOMEMADE
CLOTHING, FOOD,
TOYS, KNICK-
KNACKS,
ORNAMENTS,
CRAFTS,
AND MORE!

**PUBLIC INVITED
DECEMBER 9
10:00 AM - 4:00 PM**

BRING THE CHILDREN TO SEE
SANTA FROM 12-3 PM

**SEEKING BOOTH VENDORS!
VENDOR FEE \$50 INCLUDES ONE LUNCH**

**EVENT WILL BE HELD AT SENIOR ACTIVITY CENTER
427 NORTH 6TH AVENUE
POCATELLO, ID 83201
QUESTIONS CALL KATE AT (208) 241-4825**

