

February 2024

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201 (208) 233.1212

www.pocatelloseiorcenter.com

Portneuf Health Trust Announces Partner of the Year

The Portneuf Health Trust proudly announces its partnership with the Senior Activity Center in January 2024, designating us as Healthy City USA's Organization of the Year. We were selected for this honor based on our outstanding dedication to promoting healthy living and adopting a culture of wellness.

"We are thrilled to announce our collaboration with the Senior Activity Center, an organization that has truly embraced the values of healthy living. Their commitment to providing nutritious meals and promoting active lifestyles aligns seamlessly with our mission to enhance the well-being of our community," stated Shaun Menchaca, President/CEO Portneuf Health Trust, as interviewed with the Idaho State Journal.

Diane Bilyeu, President of SAC Board of Directors stated, "We are honored and beyond words, we would like to thank Portneuf Health Trust for their partnership."

Portneuf Health Trust's mission is to enhance and improve the health of Southeastern Idaho and surrounding areas. Healthy City, USA is a community-led health initiative developed by Portneuf Health Trust, community health partners, and local media outlets in eastern Idaho. To learn more about Healthy City, USA, go to <https://portneufhealthtrust.org>.



Lunch Time Changes in March 2024

Starting in March the Senior Activity Center will start serving lunch from 11:30 a.m. to 12:30 p.m. If you have questions, please see the front office.

AARP Tax-Aide

Tax assistance starts February 6, 2024 and ends April 15, 2024. Call the Center for an appointment.

Recycle Eyewear

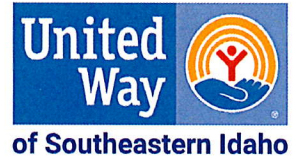
The Lions Club, Recycle for Sight program aims to provide eyewear to those in need around the world. Please drop your eyeglasses, frames, eyeglass lens, sunglasses, glass cases and hearing aids off in box in the foyer at the Center.



Senior Activity Center February 2024 Lunch Menu

Lunch served at Noon

Suggested Donation
Menu subject to availability



Tuesday	Wednesday	Thursday	Friday
	Starting March 1, 2024 lunch will start at 11:30 am and end at 12:30 pm!	1 Free Dance Lessons 1 pm Tacos Mixed Veggies Peaches Milk Dessert	2 Bingo 12:45 pm Chicken Fritters Beets Mandarin Oranges Milk Dessert
6 SICOG Resources 11:45 am Taco Salad Peaches Milk Dessert	7 Entertainment at 11:30 am Under Western Skies Chicken & Rice Sweet Potatoes Applesauce Milk Dessert	8 Free Dance Lessons 1 pm Sloppy Joes Scandinavian Mandarin Oranges Milk Dessert	9 Bingo 12:45 pm Hot Dog Mixed Veggies Tropical Fruit Milk Dessert
13 Noon Bannock County Extension Office Ham Salad Peaches Milk Dessert	14 Entertainment at 11:30 am Farnes & Fronskei Soft Tacos Salad Pineapple Milk Dessert	15 Free Dance Lessons 1 pm Po Pork Normandy Veggies Pears Milk Dessert	16 Bingo 12:45 pm Boyd Murdock at 10:30 am Chicken Noodle Soup Mixed Veggies Mandarin Oranges Milk Dessert
20 Bannock County Disaster Preparedness 11:45 am Turkey Salad Peaches Quinoa Milk Dessert	21 Entertainment at 11:30 am Racheal Damewood and Frank Chalmers Chicken Mixed Veggies Pears Milk Dessert	22 Free Dance Lessons 1 pm Chicken Fried Steak Green Bean Mandarin Oranges Milk Dessert	23 Bingo 12:45 pm Kielbasa Sauerkraut Tropical Fruit Milk Dessert
27 Chicken Salad Peaches Quinoa Milk Dessert	28 Entertainment at 11:30 am Roy McKee Chicken Alfredo Mixed Veggies Tropical Fruit Milk Dessert	29 Free Dance Lessons 1 pm Tilapia or Ham Green Beans Mandarin Oranges Roll Milk Dessert	

Senior Activity Center Presents:

\$5 per person



6 p.m. to 9 p.m.

Valentine Dance



FRIDAY, FEBRUARY 9TH

Come enjoy refreshments, dance and
music by DJ Rita

Senior Activity Center
427 N. 6th Ave.
Pocatello, Idaho

Questions call (208) 233.1212



Healthy Living EDUCATION

This FREE seven-class series is to educate community members on healthy senior living and other healthy daily habits. Lunch will be provided to all who register for the in-person class.



Healthy Living 101: Healthy Living in your Silver & Golden Years

Wednesday, February 7th 12:00-1:30PM



Healthy Living 101: Harvesting Healthy Habits

Wednesday, February 21st 12:00-1:30PM



Healthy Living 101: Nourish with Knowledge

Wednesday, March 6th 12:00-1:30PM



Healthy Living 101: Nourish for the Now and the Then

Wednesday, March 20th 12:00-1:30PM



Healthy Living 101: Lively Life Planning

Wednesday, April 3rd 12:00-1:30PM



Healthy Living 101: Donuts, Dealers, and Drugs, OH MY!

Wednesday, April 17th 12:00-1:30PM



Healthy Living 101: Treat Yourself and Treat Another

Wednesday, May 1st 12:00-1:30PM



QUESTIONS?

 micaela@portneufhealthtrust.org

 208-239-1955

CLASS LOCATION

CITY CENTER CAMPUS - TRAINING LEVEL
1001 N 7th Ave.
Pocatello, ID 83201

FEEL ^{The} BEAT

With  PMG Cardiology And
Healthcity U.S.A.

Zumba @ Grace Lutheran ^{gym}

free T-shirts



local
vendors!

8 am - 12 pm



Pocatello Caregiver Support Group

Presented by:
Alzheimer's Association
Greater Idaho

Fourth Thursday of the month
2:00 p.m. - 3:00 p.m.

First United Methodist Church
200 North 15th Ave.
Pocatello, ID, 83201

To Register, please contact
208.350.6823
jocornilsen@alz.org

Visit alz.org/Idaho to learn more about caregiver programs and resources. To further extend your network of support, visit ALZconnected, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Senior Activity Center, Inc

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	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 Bridge - Room 8 10:00a NKA Board Meetings - Room 11 10:30a NKA Crochet With Recycled Plastic Bags - Room 6 11:00a Fit and Fall 11AM Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA 01:00p NKA Origami Spring - Room 11 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM 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 12:00p SAC Volunteers 12:45p Charly Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
4	5	6	7	8	9	10
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 SAC Volunteers	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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 4 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinson 11 AM 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 AARP Tax Aide Assistance - Room 6 10:00a Bridge - Room 8 10:30a NKA Crochet With Recycled Plastic Bags - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a Bridge - Room 8 10:30a NKA Crochet With Recycled Plastic Bags - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charly Bingo - Dining RoomA 01:00p Chess - Room 9	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
		11:00a Fit and Fall 11AM Class - Room 3 11:45a SICOG Resources - Dining RoomA 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:30p NKA Beginning 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 4 PM Class - Room 3 05:00p NAACP Meetings - Room 3 05:00p TOPS - Room 4	12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p Healthy Living 101: Living Your Silver/Golden Year - 101 N 7TH POCATELLO 12:00p SAC Volunteers 01:00p SAC Mexican Train - Room 4 01:05p NKA Lets Go Retrol Make Salt Dough Creations - Room 11	11:00a Fit and Fall 11AM Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA 01:00p NKA Origami Spring - Room 11 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3	01:00p Creative Writing - Room 4	
11	12	13	14	15	16	17
08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a NKA Fit and Fall - Room 3 10:30a NKA Travel Committee - Room 4 12:00p SAC Volunteers	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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 11:00a Fit and Fall 11AM Class - 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 09:00a American Mahjongg - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Meeting - Room 4 11:00a Parkinson 11 AM Exercise - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p Gate City Mexican Train - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a Bridge - Room 8 10:30a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a Fit and Fall 11AM Class - 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 11:30a Music Boyd Murdock - Dining RoomA 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Bunco - Room 3		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
		12:00p Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Bannock County Nutrition Resources - Dining RoomA 01:30p NKA Beginning 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 4 PM Class - Room 3 05:00p TOPS - Room 4	01:00p SAC Mexican Train - Room 11 03:00p Parkinson Support Group Monthly Meeting - Room 3	12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3		
18	19	20	21	22	23	24
09:00a CLOSED PRESIDENTS 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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 11:00a Fit and Fall 11AM Class - Room 3 11:45a Office Of Emergency Management - Dining RoomA 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p Healthy Living 101 Harvesting Healthy Living - 101 N 7TH POCATELLO 12:00p SAC Volunteers 01:00p AARP Monthly Meeting - Room 3 01:00p SAC Mexican Train - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a Bridge - Room 8 10:00a Bunco - Room 4 10:30a NKA Crochet With Recycled Plastic Bags - Room 11 11:00a Fit and Fall 11AM Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 10:00a NKA Music Medicine Self-Healing With Sound - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Ladies Pinochle Fridays Only - Room 8	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
		12:30p Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining Room A 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall 4 PM Class - Room 3 05:00p TOPS - Room 4	02:00p NKA Year Of The Dragon-Chinese New Years 2024 - Dining Room A	01:00p NKA Origami Boxes - Room 11 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3		
25	26	27	28	29		
	08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a NKA Fit and Fall - Room 3 10:00a Drumming and Parkinson Class - Room 3 12:00p SAC Volunteers	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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 11:00a Fit and Fall 11AM Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:30p Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining Room A 01:30p NKA Mahjong - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3 12:00p .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 01:00p SAC Mexican Train - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a Bridge - Room 8 10:30a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a Fit and Fall 11AM Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining Room A 01:00p NKA Origami Boxes - Room 11 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29		
		04:00p Fit and Fall 4 PM Class - Room 3 05:00p TOPS - Room 4				