

April 2024

# SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

[www.pocatelloSeniorcenter.com](http://www.pocatelloSeniorcenter.com)

## April is Parkinson's Awareness Month

April is Parkinson's Awareness Month and we want to spread awareness and help people understand the complexity of Parkinson's disease and help them recognize the symptoms.

Drop by the POKY4PARKYS class (boxercise class) on Tuesday and Thursday at 9:30 a.m. in room 5. There is a Brain and Body exercise class held every Wednesday at 11:00 a.m in room 4.

Dean Hazen, was diagnosed with Parkinson's disease, he will be doing a presentation at noon in the dining room on Tuesday April 2, 2024.

For additional information, please reach out to Spencer Stucki at (208) 604-3393.

## April is National Volunteer Month

Volunteers play a crucial role in functioning of our center. They provide essential services, companionship, and support to our activities and events. We want to express our gratitude to all of our volunteers!

Please join us on Monday, April 22, 2024 at 11:30 am for a volunteer celebration! RSVP to Shirley Rummage, SAC Volunteer Coordinator at (208) 233-1212.

Would you like to volunteer to be a Bingo announcer? Responsibilities would be announcing the numbers draw from the game. Contact front office.

## "Walk the Block"

Join us every Tuesday at 10:30 to walk the block. You must sign a waiver to participate and be willing to wear a safety vest.

### 6 Reasons to Walk the Block"

1. Lowers blood pressure
2. Reduce stress
3. Your joints will thank you
4. Improves your mood
5. Controls and prevents diabetes
6. Reduce cancer risk and make friends

## New Activities

Interested in playing Spades? Join us on Wednesdays on April 3rd, 10th and 24th.

Interested in playing Cribbage? Join us on Wednesdays from 1:00 p.m. to 3:00 p.m. in the dining room.

Interested in playing Farkle? Join us on Mondays from 11:30 a.m. to 1:00 p.m. in room 3.

Book Club will meet every Thursday in April from 1:00 p.m. to 3:00 p.m. in room 8.

*AARP Driving Class on April 19th, to enroll please call (208) 589-9540*



# Senior Activity Center April Lunch Menu Served 11:30 am – 12:30 pm

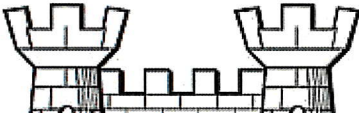


United Way  
of Southeastern Idaho

\*Menu subject to availability

*April is Parkinsons Awareness Month*

Volunteers have an impact on our lives, they are unpaid and donate their time unselfishly. We salute them for their unwavering service, please join us and thank a volunteer during lunch!

Tuesday	Wednesday	Thursday	Friday
2 Parkinson Presentation at 11:30 am  Chicken Fritters Sweet Potato Fries Pears Milk Dessert	3 Entertainment Under Western at 11:30 am  Bratwurst Sauerkraut Peaches Milk Dessert	4 Free Dance Lessons at 12:30 pm  Chicken Fried Steak Beats Peaches Milk Dessert	5 Bingo at 12:45 pm  Pizza Green Beans Apples Milk Dessert
9  Beef Stew Pears Roll Milk Dessert  <i>Welcome Portneuf Health Trust Staff!</i>	10 Entertainment Phil Dixon & Tinker Dam 11:30 am  Chili Beets Peaches Milk Dessert	11 Free Dance Lessons at 12:30 pm  Salisbury Steak Scandinavian Veggies Mandarin Oranges Milk Dessert	12 Bingo at 12:45 pm Boyd Murdock at 10:30 am Tomato Macaroni Beets Apples Milk Dessert  <i>Medieval Castles 12:45 pm rm 3</i>
16 <i>How to take off 20 years off your mental age 12:30 pm in Dining Room</i>  Chicken Noodle Soup Peaches Roll Milk Dessert	17 Entertainment Roy McKee at 11:30 am  Chicken Alfredo Green Beans Pineapple Milk Dessert  <i>Welcome AARP!</i>	18 Free Dance at Lessons 12:30 pm  Roast Beef Sliders Normandy Applesauce Milk Dessert	19 Bingo at 12:45 pm AARP Driving Class 9 am – 4pm  Breakfast Burrito Beets Pears Milk Dessert
23  Veggie & Lentil Soup Peaches Roll Milk Dessert	24 Entertainment DJ Justin at 11:30 am  Roast Turkey Green Beans Pears Milk Dessert	25 Free Dance Lessons at 12:30 pm  Chicken Tacos Lettuce & Tomatoes Tropical Fruit Milk Dessert	26 Bingo at 12:45 pm  Spinach Beef Soup Beets Applies Milk Dessert  <i>Medieval Castles 12:45 pm rm 3</i>
30 Texas Black Bean Soup Green Beans Peaches Milk Dessert			

Please join us for a free presentation  
by Dr. Trent Stephens PH.D.  
Medieval Castles on April 12<sup>th</sup> and 26<sup>th</sup> at 12:45 pm in room 3



Senior Activity Center, Inc

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 09:30a NKA Fit and Fall - Room 3 11:30a SAC Farkle - Room 3 12:00p SAC Volunteers	2 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 11:30a Parkinson Presentation - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11	3 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC 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 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p Healthy Living 101: Lively Life Planning - 101 N 7TH 12:00p SAC Volunteers 01:00p NKA Beginning Tating - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC Spades - Room 3	4 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a NKA Board Meetings - Room 11 10:00a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p NKA Origami Simple Kusudama - Room 11 01:00p SAC Book Club - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Special Pinochle - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3	5 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p A History Of Castles - Room 3 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	6
7	8 08:00a SAC Pool - Room 12 Billiards Room	9 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 05:00p NAAACP Meetings - Room 3 05:00p TOPS - Room 4	10 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	11 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	12 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	<p>08:30a SAC Library Mondays Only - Room 7 Library</p> <p>09:30a NKA Fit and Fall - Room 3</p> <p>10:30a NKA Travel Committee - Room 4</p> <p>12:00p SAC Volunteers</p>	<p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:00a AARP Tax Aide Assistance - Room 6</p> <p>10:30a NKA Beginning Crochet 102 - Room 4</p> <p>10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p Portneuf Health Trust Volunteers - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>01:30p NKA Beginning And Intermediate Knitting - Room 11</p> <p>01:30p NKA Crochet/Knitting Service Group - Dining RoomA</p> <p>01:30p NKA Mahjong - Room 4</p> <p>04:00p SAC Fit and Fall 4 PM Class - Room 3</p> <p>05:00p TOPS - Room 4</p>	<p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:00a SAC American Mahjongg - Room 8</p> <p>09:30a NKA Fit and Fall - Room 3</p> <p>10:00a SAC Board Meeting - Room 4</p> <p>11:00a Parkinson 11 AM Exercise - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>01:00p Gate City Mexican Train - Dining RoomA</p> <p>01:00p NKA Beginning Tating - Room 6</p> <p>01:00p SAC Bridge - Room 8</p> <p>01:00p SAC Cribbage Card Game - Dining RoomA</p> <p>01:00p SAC Mexican Train - Room 11</p> <p>01:00p SAC Spades - Room 3</p> <p>02:00p The Triangle, Legacy and Documentary - Room 4</p> <p>03:00p Parkinson Support Group Monthly Meeting - Room 3</p>	<p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:00a AARP Tax Aide Assistance - Room 6</p> <p>10:00a NKA Crochet With Recycled Plastic Bags - Room 4</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>01:00p NKA Origami Simple Kusudama - Room 11</p> <p>01:00p SAC Free Dance Lessons - Dining RoomA</p> <p>01:00p SAC Special Pinochle - Room 4</p> <p>04:00p SAC Fit and Fall 4 PM Class - Room 3</p>	<p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:45p Charity Bingo - Dining RoomA</p> <p>01:00p Gate City Bunco - Room 3</p> <p>01:00p SAC Creative Writing - Room 4</p>	19
14	15	16	17	18	19	20
	<p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>08:30a SAC Library Mondays Only - Room 7 Library</p> <p>09:30a NKA Fit and Fall - Room 3</p> <p>12:00p SAC Volunteers</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:30a NKA Beginning Crochet 102 - Room 4</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:00a SAC American Mahjongg - Room 4</p> <p>09:30a NKA Fit and Fall - Room 3</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:00a NKA Crochet With Recycled Plastic Bags - Room 4</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:00a AARP Smart Drivers Course - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p>	20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
		<p>10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC How To Take Off 20 Years Off Your Mental Age - Dining RoomA</p> <p>12:30p SAC Pinochle - 3</p> <p>01:30p NKA Beginning And Intermediate Knitting - Room 11</p> <p>01:30p NKA Crochet/Knitting Service Group - Dining RoomA</p> <p>01:30p NKA Mahjong - Room 4</p> <p>04:00p SAC Fit and Fall 4 PM Class - Room 3</p> <p>05:00p TOPS - Room 4</p>	<p>11:00a Parkinson 11 AM Exercise - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p AARP Monthly Meeting - Room 3</p> <p>12:00p Healthy Living 101: Donuts Dealers Drugs Oh My! - 101 N 7TH</p> <p>12:00p SAC Volunteers</p> <p>01:00p NKA Beginning Tattling - Room 6</p> <p>01:00p SAC Bridge - Room 8</p> <p>01:00p SAC Mexican Train - Room 4</p>	<p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>01:00p SAC Barn Quilt - Room 6</p> <p>01:00p SAC Free Dance Lessons - Dining RoomA</p> <p>01:00p SAC Special Pinochle - Room 4</p> <p>04:00p SAC Fit and Fall 4 PM Class - Room 3</p>	<p>12:00p SAC Volunteers</p> <p>12:45p Charity Bingo - Dining RoomA</p> <p>01:00p SAC Creative Writing - Room 4</p>	27
21	22	23	24	25	26	27
		<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:30a NKA Beginning Crochet 102 - Room 4</p> <p>10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:00a SAC American Mahjongg - Room 4</p> <p>09:00a SAC Pocatello High School Students - Room 6</p> <p>09:00a SAC Pocatello High School Students - Room 11</p> <p>09:30a NKA Fit and Fall - Room 3</p> <p>11:00a Parkinson 11 AM Exercise - Room 3</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:00a NKA Crochet With Recycled Plastic Bags - Room 4</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:45p A History Of Castles - Room 3</p> <p>12:45p Charity Bingo - Dining RoomA</p> <p>01:00p Gate City Ladies Pinochle Fridays Only - Room 8</p>	27



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		12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3 05:00p TOPS - Room 4	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p NKA Beginning Tatting - Room 6 01:00p NKA Beginning Watercolor - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Cribbage Card Game - Dining RoomA 01:00p SAC Mexican Train - Room 4 01:00p SAC Spades - Room 3	12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p SAC Barn Quilt - Room 6 01:00p SAC Bunco - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Special Pinochle - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3	01:00p SAC Creative Writing - Room 4	
28	29	30				
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