

July 2024

SENIOR ACTIVITY CENTER

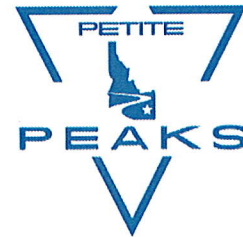
427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

www.pocatelloseiorcenter.com

Healthy City, USA Petite Peaks Challenge

Get ready to explore and stay active with Healthy City, USA's Petite Peaks Challenge! Here's how you can participate and have a chance to win exciting prizes:



How to Participate:

1. Complete These Three Trails:

- Wiggle Worm Trail
- Red Hill Trail
- Any of the Greenway Trails
 - There are about sixteen miles of Greenway to choose from. Check out Portneuf Greenway Trails at: <https://www.portneufgreenway.org/trails/>

2. Take Photos:

- Take a selfie or a group picture on each trail.
- Ensure you are in the picture to verify your participation.

3. Post Your Pictures:

- Upload your photos to the Healthy City, USA Facebook page: [Healthy City, USA Facebook Page](#).
- In the comments of your post, write your name and the name of the trail you're on.

Important Details

- Deadline: You have until the first snowfall to complete all three trails.
- Drawing: Once it snows, everyone who completes the Petite Peaks challenge will be entered into a drawing for a Healthy City, USA prize.
- Winners: Twenty-five winners will be announced.

Get your hiking shoes ready, gather your friends and family, and enjoy the beautiful trails. Don't forget to stay safe, hydrated, and have fun! For more information call, (208) 239-1955.

Happy Trails!

Southeast Idaho Senior Games

Join in on the fun!

Friday, July 12, 2024 - July 20, 2024

214 E. Center Street Suite 30

Pocatello, ID 83201

Call for more information, (208) 233-2034

*We will be closed on
July 4th and July 5th!*





Senior Activity Center

July Lunch Menu

Served 11:30am – 12:30pm



*Menu subject to availability

“Ask not what your country can do for you— ask what you can do for your country.” — John F. Kennedy

Tuesday	Wednesday	Thursday	Friday
2 Walk the Block 10:30am Beef Enchiladas Salad Fruit Milk Dessert	3 Entertainment at 11:30am DJ Justin Free beg. line dancing in dining room at 1pm Chili Hot Dogs Green Beans Applesauce Milk Dessert 	4 Closed for the 4 th of July 	5 Closed for the Holiday 
9 Walk the Block 10:30am <i>Welcome Portneuf Health Trust Staff</i> Chicken Salad Quinoa Fruit Milk Dessert 	10 Entertainment at 11:30am Farnes & Fronski Free beg. line dancing in dining room at 1pm Turkey and Cucumber Sandwich Mixed Veggies Fruit Milk Dessert 	11 Free dance lessons at 1pm Chicken Scandinavian Veggies Fruit Milk Dessert 	12 Bingo at 12:45pm Egg Sandwich Veggies Fruit Milk Dessert
16 Walk the Block 10:30am Po Pork Green Beans Fruit Milk Dessert 	17 Entertainment at 11:30am Brian Miera Free beg. line dancing in dining room at 1pm Chicken Carrots Fruit Milk Dessert 	18 Free dance lessons 1pm Sloppy Joes Normandy Veggies Fruit Milk Dessert 	19 Bingo at 12:45pm 3 Bean Soup Veggies Cornbread Fruit Milk Dessert
23 Walk the Block 10:30am Chicken Pasta Salad Veggies Fruit Milk Dessert 	24 Entertainment at 11:30am Darrell Brown Free beg. line dancing in dining room at 1pm Baked Spaghetti Mixed Veggies Fruit Milk Dessert 	25 Free dance lessons at 1pm BLT Sandwich Veggies Fruit Milk Dessert 	26 Bingo at 12:45pm Chicken Veggies Cornbread Fruit Milk Dessert
30 Walk the Block 10:30am Turkey Salad Veggies Fruit Milk Dessert 	31 Entertainment at 11:30am Angel Tones Free beg. line dancing in dining room at 1pm Taco Veggies Fruit Milk Dessert 		

SENIOR ACTIVITY CENTER PRESENTS:

“STAYIN’ ALIVE”

CHARITY GOLF TOURNAMENT



Riverside Golf Course
Pocatello, Idaho

**Win \$10,000
Hole-in-One
13th Hole**

**Cash Prizes
Top 3 Teams (Blind Draw)**

Raffle, Poker Run, Mulligans

**Lunch Provided
by Texas Roadhouse!**

**All proceeds raised benefit
the Nutrition Program**

**SHOTGUN
8:30 AM**

**Saturday
September 7, 2024**

**REGISTRATION COST: \$350 PER 4-PERSON TEAM
INCLUDES: GREENS FEES, LUNCH AND SWAG BAG!**

Bill (208) 251.3769 or Steve (208) 251.1276

Additional questions? Call Senior Activity Center at (208) 233.1212

Senior Activity Center, Inc

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	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 11:00a SAC Cribbage Card Game - Room 8 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 3 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a Easterseals Goodwill - Room 11 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 Hand and Foot - Room 8 12:30p SAC Pinochle - 3 01:00p SAC Barn Quilt - Room 6 04:00p SAC Fit and Fall 4 PM Class - Room 3 05:00p NAACP Meetings - Room 3 05:00p TOPS - Room 4	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 SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomA 01:00p SAC Mexican Train - Room 4	4 08:00a CLOSED 4TH OF JULY - Dining RoomA	5 08:00a CLOSED 4TH OF JULY - Dining RoomA	6
7	8 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	9 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 3 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER	10 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjongg - Room 8 10:00a SAC Board Meeting - Room 4 11:00a Parkinson 11 AM Exercise - Room 3	11 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 3 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA	12 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 Charity Bingo - Dining RoomA	13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
		11:00a Karl Endo Meeting - Room 8 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Hand and Foot - Room 8 12:30p SAC Pinochle - 3 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 SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomA 01:00p SAC Mexican Train - Room 4 03:00p Parkinson Support Group Monthly Meeting - Room 3	12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:00p SAC Free Dance Lessons - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	01:00p SAC Creative Writing - Room 4	
14	15	16	17	18	19	20
08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 10:00a Senior Games Hand and Foot - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 3 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 12:00p SAC Volunteers 12:30p SAC Hand and Foot - Room 8 12:30p SAC Pinochle - 3 01:00p Senior Games Five Crowns - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 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 09:00a Senior Games Bunco - Room 11 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomA 01:00p Senior Games Mexican Train - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 08:30a Senior Games Chess - Room 11 09:30a Parkinson Boxing - Room 3 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 12:30p SAC Special Pinochle - Room 4 01:00p SAC Free Dance Lessons - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	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 Charity Bingo - Dining RoomA 01:00p Senior Games Mahjong Asian Style - Room 3		

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21	22	23	24	25	26	27
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28	29	30	31			
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