
August 2024

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

www.pocatelloseiorcenter.com



The Senior Activity Center has been selected as part of Lowe's 2024 Hometowns Community Impact Program!

Pocatello's Senior Activity Center has been awarded \$145,000 as part of the 2024 Lowe's Hometowns program, a five-year, \$100 million commitment to rebuild and revitalize community spaces nationwide. Since launching in 2022, the signature grant program has renovated 149 community centers, affordable housing facilities; and built and improved 54 community gardens, parks and playgrounds – among many other impactful projects.

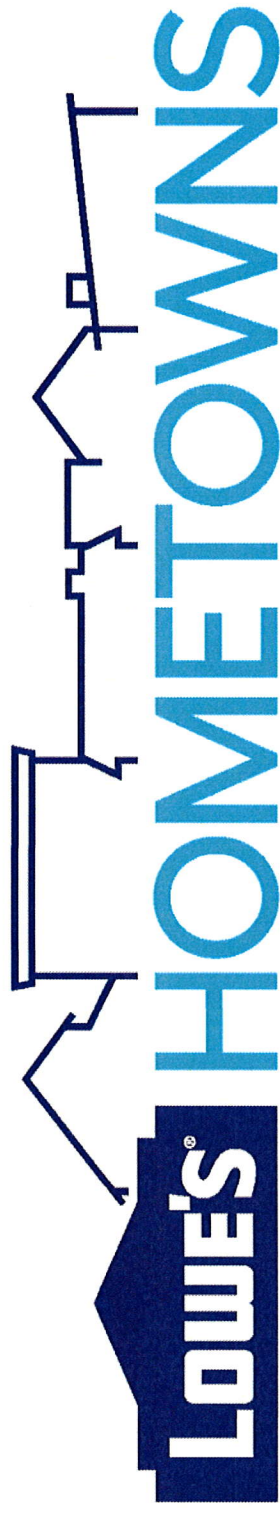
As one of 100 community projects in 2024 that make up this year's grant recipients, the Lowe's Hometowns grant will benefit the Senior Activity Centers' restrooms. This \$145,000 renovation is crucial because the bathrooms will be updated to ADA compliance and modernized to be safe in the facility. This project matters because it directly addresses the needs of our aging population. Since launching in 2022, the signature grant program has renovated 149 community centers, affordable housing facilities, shelters and food pantries; refurbished 15 first responder and veteran/military family facilities; and built and improved 54 community gardens, parks and playgrounds – among many other impactful projects.

This year's Lowe's Hometowns projects benefit 88 communities across 44 states and Washington, D.C., and will address needs specific to each community, from housing and community centers to outdoor spaces and facilities for first responders and veterans. Each project will receive a grant from Lowe's to make physical improvements that help local organizations continue to make meaningful impact in their communities. At the core of this commitment are Lowe's red vest associates, who share a passion for giving back to their communities and provide support to every Lowe's Hometowns project.

Please join as we celebrate Lowe's employees giving back to the community on their "Red Vest Day" on Thursday, August 1st at 3pm in the dining room at the Senior Activity Center. Refreshments will be served!



JOIN US TO KICK-OFF AND CELEBRATE



"RED VEST DAY"

Thursday, August 1, 2024 at 3pm
Senior Activity Center
427 North 6th Avenue
Pocatello, Idaho 83201

Volunteers from Lowe's and the Senior Activity Center, which is one of 100 community projects in 2024 that make up Lowe's Hometowns Grants. Join us as we celebrate Lowe's Home Improvement Store Employees! Refreshments will be served!

Senior Activity Center, Board President: Diane Bilyeu
Lowe's Store Manager: Zach Mason
City of Pocatello, Councilman: Rick Cheatum

★ ACTIVITY FAIR

Aug.
8th

POCATELLO

JOIN US FOR...

- Fiber crafts
- Painting
- Wood burning
- Bird watching
- Tabletop games
- AND MORE!

11:30am-
3pm

Senior Activity Center
427 N 6th Ave, Pocatello, ID 83201

DJ & MUSIC!





Senior Activity Center

August Lunch Menu

Served 11:30am – 12:30pm



***Menu subject to availability**

Healthy Aging
Check out BLUE ZONE DIET
How to eat Like the world's longest-living people!

Tuesday	Wednesday	Thursday	Friday
		1 Free dance lessons 1pm Chicken Fettucine Veggies Fruit Milk Dessert	2 Bingo at 12:45pm Hamburger Lettuce, Tomato, and Onion Fruit Milk Dessert
6 Walk the Block 10:30am Roast Turkey with Gravy Green Beans Fruit Milk Dessert	7 Entertainment at 11:30am Darla Gius Free beg. line dancing in dining room at 1pm Quesadillas Mixed Veggies Fruit Milk Dessert	8 Everyone is invited! Activity Fair by ISU honoring 9/11 Day of Service 11:30AM -3PM Free gifts, crafts. games & more. Chicken Fried Steak Scandinavian Veggies Fruit, Milk & Dessert	9 Bingo at 12:45pm Biscuits & Sausage Gravy Carrots Fruit Milk Dessert
13 Walk the Block 10:30am <i>Welcome Portneuf Health Trust Staff</i> Taco Salad Fruit Milk Dessert	14 Entertainment at 11:30am Kathy & Bob Free beg. line dancing in dining room at 1pm Green Bean Casserole Quinoa Fruit Milk Dessert	15 Free dance lessons 1pm Chicken Normandy Veggies Fruit Milk Dessert	16 Bingo at 12:45pm AAPR Driving Class at 9am Pizza Beets Fruit Milk Dessert
20 Walk the Block 10:30am Enchilada Bake Fruit Milk Dessert	21 Entertainment at 11:30am Neil Felzer Free beg. line dancing in dining room at 1pm Chicken Breast Mixed Veggies Fruit Milk Dessert	22 Free dance lessons at 1pm Tilapia Veggies Fruit Milk Dessert	23 Bingo at 12:45pm Bratwurst Sauerkraut Fruit Milk Dessert
27 Walk the Block 10:30am Chicken Alfredo Carrots Fruit Milk Dessert	28 Entertainment at 11:30am David Stevens Free beg. line dancing in dining room at 1pm Taco Veggies Fruit Milk Dessert	29 Free dance lessons 1pm Beef Goulash Carrots Fruit Milk Dessert	30 Bingo at 12:45pm Pork Sandwich Veggies Fruit Milk Dessert

Tell your friends, family and neighbors about the Activity Fair on August 8, 2024 from 11:30am to 3:00pm. Everyone is invited, join us for fiber crafts, painting, wood burning, bird watching, tabletop games and more. This event is in honor of 9/11 Day of Service, AmeriCorps students from Idaho State University is sponsoring the event.

SENIOR ACTIVITY CENTER PRESENTS:

“STAYIN’ ALIVE”

CHARITY GOLF TOURNAMENT



Riverside Golf Course
Pocatello, Idaho

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

Registration Fee \$35 per person

**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**

**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

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 03:00p Lowes Hometowns Red Vest Day	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:00a Easterseals Goodwill - Room 6 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a NKA Mahjong - Room 11 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA	
4	5	6	7	8	9	10
08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 11:00a Karl Endo Meeting - Room 8 11:00a SAC Cribbage Card Game - Room 3 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 5A 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 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAAACP Meetings - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a Hands On Activity Fair - Bonneville Park Outside Front of Senior Center 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 SAC Creative Writing - Room 4		
11	12	13	14	15	16	17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 10:30a NKA Travel Committee - Room 4 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	13 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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 04:30p TOPS - Room 4	14 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 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomA 01:00p SAC Free Dance Lessons - Dining RoomA 04:00p SAC Mexican Train - Room 4 03:00p Parkinson Support Group Monthly Meeting - Room 3	15 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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	16 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a AARP Smart Drivers Course - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA	17
18	19 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	20 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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	21 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 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4	22 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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	23 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 SAC Creative Writing - Room 4	24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
		04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4		01:00p SAC Bunco - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3		
25	26	27	28	29	30	31
	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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	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 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 Mexican Train - Room 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 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA	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	