

October 2024

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

www.pocatelloSeniorcenter.com

Senior Activity Center Board of Directors Election



The Senior Activity Center Board of Directors will be accepting nominations from October 5th to November 4th.

Meet the Nominees:

Join us on November 12th at 11:30 AM to get acquainted with the candidates vying for a position on the board.

Election Day:

Cast your vote on November 19th from 8 AM to 5 PM in the library. Your participation is crucial in shaping the future of our Senior Activity Center. We look forward to your involvement!

Senior Activity Center was awarded a grant provided by Battelle Energy Alliance, operator of Idaho National Laboratory. Your kindness and generosity inspire us and contribute to the success of our mission. We truly appreciate your commitment to helping us create a positive impact in our community.

Idaho Congressional Outreach Event

Congressman Mike Simpson and Senators Mike Crapo and Jim Risch will host an outreach event for senior centers on October 8th at 11:30 AM at the Senior Activity Center. District staff will be available to meet with constituents, address needs, answer questions, and provide support. Additionally, Helen Mayberry from SHIBA will be on hand to answer questions about Medicare. This event is part of a broader initiative to engage with Idaho residents and address their concerns effectively.

Idaho State University Pharmacy Students Health Screening Event !

Will be held on Thursday, October 17th, 10 AM - 2 PM in the dining room. Students from the pharmacy program will be at the Senior Activity Center to provide valuable health screenings and education on:

- Blood Pressure screenings
- Blood Sugar testing
- A1c tests
- General education related to heart health and diabetes

Pharmacy students will administer blood glucose tests and discuss the implications of the results, offering patient-specific education tailored to individual needs. Please note that while they will provide education and guidance, they will not be diagnosing any conditions.

We encourage all seniors to take advantage of this opportunity to learn more about their health!

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SAVE the DATE!

Join us for a special Day of Service Activities hosted by Grace Lutheran 8th graders in collaboration with the Portneuf District Library!

When: Friday, October 18th

Time: 9 AM - 11 AM

Where: Senior Activity Center

Activities Include:

- Pressed flower art
- Wall hanging crafting
- Corn hole games
- Ping pong and pool
- Life history interviews
- Assistance with navigating smartphones

This is a wonderful opportunity for seniors to engage with the community, enjoy fun activities, and connect with students. We invite all seniors to come and participate in this enriching event! We hope to see you there!



**IDAHO
COMMUNITY
FOUNDATION**
Let's Do Good Together.

🎃 Join Us for a Spooktacular Halloween Party! 🎃

Date: October 31st

Time: 11 AM

Location: Senior Activity Center Dining Room

Get ready for a hauntingly good time! We'll kick off the festivities with a Halloween parade, and we want YOU to be part of the fun! Contestants will be judged on creativity, originality, effort, and authenticity, so come dressed in your best costume—whether you're going for spooky, glamorous, or anything in between!

🌟 Prizes for Best Costumes! 🌟

1st Place: Cash Prize

2nd Place: Cash Prize

3rd Place: Cash Prize

So, whether you're feeling ghoulish or glitzy, all we ask is that you dress up and join us for a day of fun, friends, and frights! Don't miss out on this exciting event; we can't wait to see you there!

The Senior Activity Center would like to extend our sincere gratitude to the Idaho Community Foundation for their generous donation. This funding will be used to purchase a bench and picnic table, making a meaningful difference in the lives of our seniors.

We are incredibly grateful for your commitment to our mission. Thank you for helping us enhance the well-being of our community!



Senior Activity Center

October Lunch Menu

Tuesday thru Friday lunch served from 11:30am – 12:30pm

*Menu subject to availability



United Way
of Southeastern Idaho

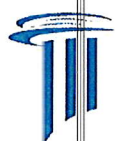
Tuesday	Wednesday	Thursday	Friday
1 Walk the Block 10:30am Chicken Carrots Pears Roll Milk Dessert 	2 Dance Lessons D.R. 1pm Bratwurst Romaine Peaches Milk Dessert	3 Enchilada Pie Salad Peaches Milk Dessert	4 Bingo at 12:45pm Biscuits & Gravy Green Beans Mandarin Oranges Milk Dessert
8 Walk the Block 10:30am <i>Idaho Congressional Outreach & SHIBA 11:30am</i> Chicken Fried Steak Potatoes & Gravy Pears Milk Dessert 	9 Dance Lessons D.R. 1pm <i>Entertainment at 11:30am</i> Egg Salad Sandwich Carrots Fruit Milk Dessert	10 Beef Roast Scandinavie Veggies Roll Fruit Milk Dessert	11 Bingo at 12:45pm Breakfast Burrito Mixed Veggies Tropical Fruit Milk Dessert
15 Walk the Block 10:30am Tacos Lettuce, Onion, Tomato Quinoa Fruit Milk Dessert 	16 Dance Lessons D.R. 1pm Welcome AARP! Turkey & Mashed Potatoes Beets Pineapple Roll Milk Dessert	17 <i>ISU Pharmacy Students Heart & Health Clinic 10am – 2pm</i> Meatloaf Normandy Pears Roll Milk Dessert	18 Bingo at 12:45pm <i>Grace Lutheran Students & Portneuf Library Day of Service 9 am – 11 am</i> Pizza Mixed Veggies Fruit Milk Dessert
22 Walk the Block 10:30am Chili Hot Dogs Beets Fruit Milk Dessert 	23 Dance Lessons D.R. 1pm Glazed Ham Mixed Veggies Fruit Milk Dessert	24 Beef Burritos Green Beans Fruit Milk Dessert	25 Bingo at 12:45pm Hamburgers Lettuce, Tomatoes & Onion Fruit Milk Dessert
29 Chicken Salad Peaches Quinoa Roll Milk Dessert	30 Dance Lessons D.R. 1pm Chicken Alfredo Mixed Veggies Tropical Fruit Milk Dessert	31 <i>Halloween Contest 11am</i>  Spaghetti Green Beans Mandarin Oranges Milk Dessert	

Healthy Living 101:

Foundational Pillars for Reducing Risk of Chronic Disease



This FREE six-class series is to educate community members on prevention of chronic illnesses, SMART goals, healthy meal planning and diets, and more. Lunch will be provided to all who register for the in-person classes.



Wednesday, October 2nd 12:00-1:00PM

Pillars of Prevention

What are the pillars, reducing risks of chronic disease, and SMART goals



Wednesday, October 9th 12:00-1:00PM

Nutrition and Movement

Tools to reduce your risk of diabetes and heart disease



Wednesday, October 16th 12:00-1:00PM

The Kitchen Sink

Meal planning, quick meals, and the Plate Method



Wednesday, October 23rd 12:00-1:00PM

Diet Dash

Debunking common diets



Wednesday, October 30th 12:00-1:00PM

Mental Wellness, Health and Relationships

Importance of mental health for overall health



Wednesday, November 6th 12:00-1:00PM

Go, Fight, Win

Tying it all together, your health moving forward

Register for in person or Zoom!



QUESTIONS?

micaela@portneufhealthtrust.org

208-239-1955

CLASS LOCATION

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

HEARTFUL THANK YOU TO OUR 2024 GOLF SPONSORS



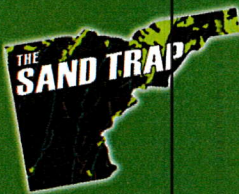
FORE GOLF, INC!

J.D. HANSEN



IDAHO SKIN INSTITUTE

LUKE SUTTON



MARJEAN
WAFORD

BILL & DEBRA
WALL

STEVE & PAM
LANDON

DIANE BILYEU &
PETER
MCDERMOTT



LOOKOUT
CREDIT UNION

DARRELL & PAIGE
BROWN



Christmas Craft Fair

10AM - 4PM

HANDCRAFTED
ARTS
FOOD
MUSIC



SATURDAY, NOVEMBER 30, 2024

**SENIOR ACTIVITY CENTER
427 NORTH 6TH AVENUE, POCA TELLO
(BEHIND DEPARTMENT OF LABOR)**

**Join us for food, music and many handcrafted
artisans from Southeastern Idaho!**

**Call Kate for additional information (208) 241.4825
(Booths \$50 includes lunch and table)**

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 4 09:30a Parkinson Boxing - Room 5A 10:00a NKA Beginner Crochet 101/102 - Room 8 10:30a NKA Conversational Spanish - Room 11 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p NKA Rag Rugs - Dining Room A 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 SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	2 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 NKA Barn Quilts - Room 11 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinson 11 AM Exercise - Room 3 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 01:00p NKA Beginning Tating - Room 3 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining Room A 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining Room A 04:00p SAC Ping Pong - Room 3	3 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 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 Room A 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p SAC Book Club - Room 8 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami for Beginners - Dining Room A 04:00p SAC Fit and Fall 4 PM Class - Room 3	4 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:00a Easterseals Goodwill - Room 8 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:45p Charity Bingo - Dining Room A 01:00p NKA Chunky Yarn-finger Knitting - Room 11 01:00p SAC Creative Writing - Room 4 01:00p SAC Ping Pong - Room 3	5
6	7	8 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library	9 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	10 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	11 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Beginner Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 11:30a Idaho Congressional Outreach event - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p NKA Rag Rugs - 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 SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjongg - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 11 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 SAC Volunteers 12:00p Gate City Mexican Train - Room 4 01:00p NKA Beginning Tating - Room 3 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 11 02:00p SAC Line Dancing - Dining RoomA 03:00p Parkinson Support Group Monthly Meeting - Room 3	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami for Beginners - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	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 01:00p SAC Ping Pong - Room 3	
13	14	15	16	17	18	19
	09:30a Indigenous Day/Columbus Day - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11 09:30a Parkinson Boxing - Room 5A	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	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 ISU PHARMACY HEALTH SCREENING EVENT - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Portneuf District Library/Grace Lutheran - Room 6, Room 11	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
		10:00a NKA Beginner Crochet 101/102 - 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 - Dining RoomA 01:00p NKA Rag Rugs - Dining RoomA 01:30p NKA Art Cactus Garden - 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 03:00p NKA Social And Planning Fun - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	10:00a NKA Barn Quilts - Room 11 11:00a Parkinson 11 AM Exercise - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 3 12:00p SAC Volunteers 01:00p NKA Beginning Tating - Room 3 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA 04:00p SAC Ping Pong - Room 3	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 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 04:00p SAC Fit and Fall 4 PM Class - Room 3	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 01:00p SAC Ping Pong - Room 3	
20	21	22	23	24	25	26
	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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Beginner Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM 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 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 11 11:00a Parkinson 11 AM Exercise - Room 3	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 NKA Crochet With Recycled Plastic Bags - Room 4 11:00a SAC Fit and Fall 11AM 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 Gate City Ladies Pinochle Fridays Only - Room 8	

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20	21	22	23	24	25	26
		11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p NKA Rag Rugs - 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 SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p NKA Beginning Tating - Room 3 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA 04:00p SAC Ping Pong - 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 Bunco - Room 8 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Folders - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	01:00p SAC Creative Writing - Room 4 01:00p SAC Ping Pong - Room 3	
27	28	29	30	31		
	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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Beginner Crochet 101/102 - 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 Rag Rugs - Dining RoomA 01:30p NKA Beginning And Intermediate Knitting - Room 11	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 NKA Barn Quilts - 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 Free Dance Lessons - Dining RoomA 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 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 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11		

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27	28	29	30	31		
	01:30p NKA Crochet/Knitting Service Group - Dining Room A 01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	01:30p NKA Crochet/Knitting Service Group - Dining Room A 01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	02:00p SAC Line Dancing - Dining Room A 04:00p SAC Ping Pong - Room 3	01:30p NKA Origami Folders - Dining Room A 04:00p SAC Fit and Fall 4 PM Class - Room 3		