
November 2024

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

www.pocatelloSeniorcenter.com



Important Dates!

Nov 4 Deadline for Board Nominations
Nov 7 COVID/Flu Vaccine Clinic
Nov 11 Closed Veteran's Day
Nov 12 Meet Board Nominees
Nov 13 Lunch Entertainment - Justin Hillary
Nov 14 Lunch Entertainment - Boyd Murdock
Nov 19 Board Election Day
Nov 20 Welcome AARP Lunch
Nov 27 Thanksgiving Lunch 11-1, Close at 1:30PM
Nov 28 Closed
Nov 29 Closed
Nov 30 Craft Fair 10AM-4PM



A Word From the Director

Saying goodbye is sad for me, and I find myself filled with a mix of emotions. It has been an incredible journey serving as your director, and I want to take a moment to reflect on the wonderful experiences we've shared together.

Each one of you has played a significant role in making this center a vibrant and joyful space. From laughter-filled activities to heartfelt conversations, we have created a community that feels like family. I am deeply grateful for the friendships we've built and the memories we've made.

Thank you for your support, your stories, and the love you've shared. Though I may be leaving this role, the impact of our time together will always remain in my heart. I encourage you to continue supporting each other and to keep the center thriving.

As I embark on a new chapter, I will carry with me the lessons learned and the joy that each of you has brought into my life. Please stay in touch, and remember that you are all very special to me.

As I pass the baton to the new director, Tara Contreras, I have every confidence that she will bring great ideas and energy to our community. Let's welcome her warmly and wish her all the best in this new role.

Joyfully, Anita Valladolid

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Senior Activity Center Board of Directors Election

The Senior Activity Center Board of Directors will be accepting nominations until 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!

Hours of Operation

Monday 9:30AM to 1:30PM
Tuesday 8:00AM to 5:00PM
Wednesday 8:00AM to 5:00PM
Thursday 8:00AM to 5:00PM
Friday 8:00AM to 5:00PM

National Family Caregiver's Month

November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month. Join us in acknowledging and honoring families who are often caregiving "around the clock." That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.

Some ways to show support: offer to help with household chores, lawn care, or by providing a meal; make a grocery run; lend an empathetic ear.

Meet the New Director

Over the last few weeks, I have enjoyed meeting many of you. I have already felt your warmth and kindness as we visit and share stories. It is thrilling to find connections among us. One thing this life has taught me is that we are more alike than we are different.

Thank you for inviting me into your lives each time a story or experience is shared with me. This is a great honor. I look forward to many more conversations, continuing the good work done by my predecessor, and facilitating in growing this great community.

*With love,
Tara*



Senior Activity Center

November Lunch Menu

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





*Menu subject to availability



Board Nominations
Close Mon Nov 4

National Family Caregiver Month

1 Bingo at 12:45pm
Biscuits & Gravy
Hashbrowns, Fruit, Milk,
Dessert

Tuesday	Wednesday	Thursday	Friday
<p>5 Walk the Block 10:30am General Election Voting Day</p> <p>Green Bean & Beef Casserole Pears Quinoa Milk Dessert</p> 	<p>6 Dance Lessons D.R. 1pm</p> <p>Beef Goulash Carrots Peaches Milk Dessert</p>	<p>7 SIPH COVID &Flu Vaccine Clinic 11AM-1PM</p> <p>Pulled Pork Scandinavian Vegetables Mandarin Oranges Roll Milk Dessert</p>	<p>8 Bingo at 12:45pm</p> <p>Hot Dog Mixed Vegetables Tropical Fruit Milk Dessert</p>
<p>12 Walk the Block 10:30am Meet the Board Nominees</p> <p>Enchilada Pie Salad Peaches Milk Dessert</p> 	<p>13 Dance Lessons D.R. 1pm Entertainment at 11:30am- Justin Hillary</p> <p>Chili Potato Carrots/Peas Pineapple Roll Milk Dessert</p>	<p>14 Entertainment 11am- Boyd Murdock</p> <p>Ham Normandy Vegetables Pears Roll Milk Dessert</p>	<p>15 Bingo at 12:45pm</p> <p>Tuna Sandwich Mixed Vegetables Mandarin Oranges Milk Dessert</p>
<p>19 Walk the Block 10:30am Board Member Election Day- Library</p> <p>Kielbasa Sauerkraut Tropical Fruit Milk Dessert</p> 	<p>20 Dance Lessons D.R. 1pm Welcome AARP</p> <p>Fish Sandwich Mixed Vegetables Pears Milk Dessert</p>	<p>21</p> <p>Chicken Fajita Green Beans Mandarin Oranges Milk Dessert</p>	<p>22 Bingo at 12:45pm Andrus Award Celebration-Diane Bilyeu</p> <p>Chicken Fried Steak Potatoes Green Beans Peaches Milk Dessert</p>
<p>26 Walk the Block 10:30am</p> <p>Tomato Soup Grilled Cheese Beets Seasonal Fruit Milk Dessert</p> 	<p>27 Dance Lessons D.R. 1pm Thanksgiving Dinner Turkey Yams Cranberries Cornbread Milk Dessert</p> <p>CLOSE 1:00PM</p>	<p>28 Thanksgiving</p> <p>CLOSED</p>	<p>29 Bingo Cancelled</p> <p>CLOSED</p> <p>SATURDAY, November 30 Christmas Craft Fair 10AM-4PM</p>



Southeastern
Idaho Public Health

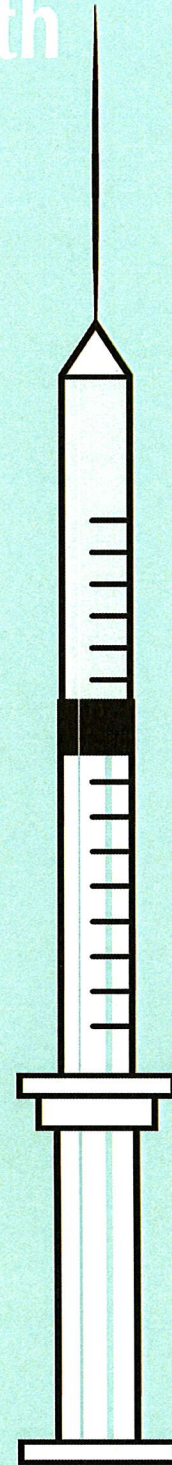
Get the Flu and
COVID vaccine at
the Senior Activity
Center

Thursday
November 7, 2024
11AM to 1:00PM



Senior Activity Center
427 North 6th Ave.
Pocatello, Idaho 83201

Please bring insurance card and
identification.



For more info call : **(208) 233-1212**



Festival of Trees

November 20 - 23, 2024

The Festival of Trees is a tradition that captures the magic of the holidays while bringing our community together in support of local education and community needs. Proceeds from this year's event will support School District 25's Education Foundation, Idaho State University student scholarships, Make-A-Wish Idaho and SEICAA Meals on Wheels.

During the festival, the L.E. and Thelma E. Stephen's Performing Arts Center is transformed into a wonderland of beautifully decorated holiday trees and displays, with attractions and entertainment scheduled daily. These events include the Grand Holiday Gala (held the night before the Festival is open to the public), Children's Royal Tea Party, Breakfast with Santa, musical performances, and more.

We sincerely appreciate your support in helping us to ensure this traditional community event has a positive and lasting impact on our community, our students, and our educators.

Thursday, November 21

- General Admission from 12:00 pm - 8:00 pm. General admission tickets include Music in the Mezzanine, Stories Under the Christmas Tree, Photos with Santa, Gingerbread Lane, Rudolph's Road Trip, Santa's Workshop and Aisle of the Nativities.
- **Senior Day - free admission for community members 65 and older.**
- Complimentary entry to the Festival with ticket purchase to a performance of *The Little Prince*.
- Musical performances to be announced.



HAPPY THANKS GIVING

Please join us
for a Thanksgiving Lunch

Wednesday
27 November

Special Guests
Bannock County
Commissioners



MEAL SERVED
11:00AM TO 1PM





Caregiver Support Group

To enhance the lives of individuals caring for people with Alzheimer's disease and other Dementias

If you are looking for support and or new ideas
in your caregiving efforts,
Please join us the 4th Wednesday of the month
at 2:00 PM.

Location:

The Area Agency on Aging/SICOG

214 E Center Street

Pocatello, ID 83201

208-233-4032



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)**

Senior Activity Center, Inc

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	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 Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA 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 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 09:30a SAC American Mahjong - Room 4 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 RoomA 12:00p SAC Volunteers 01:00p NKA Quilling with Carol - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA	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 Creative Cards For Christmas - Room 8 10:00a NKA Recycled Bags Service Group - 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 01:00p NKA Seasonal Decor - Room 8	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 01:00p SAC Ping Pong - 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 01:00p SAC Ping Pong - Room 3
3	4	5	6	7	8	9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3	4	5	6	7	8	9	
	09:30p 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	01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA 04:00p SAC Ping Pong - Room 3	01:00p SAC Book Club - Dining RoomA 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	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Recycled Bags Service Group - 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 Folders - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - 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 01:00p Gate City Mexican Train - Room 4 01:00p NKA Quilling with Carol - 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 Library Tuesday thru Fridays - Room 7 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	
10	11	12	13	14	15	16	
	09:30a CLOSED FOR VETERANS DAY - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 10/1/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p INTRODUCTION OF NOMINATED BOARD CANDIDATES - Dining RoomA 12:00p Portneuf Health Trust Volunteers - Dining RoomA 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 01:30p NKA Mahjong - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - 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 01:00p Gate City Mexican Train - Room 4 01:00p NKA Quilling with Carol - 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 Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Recycled Bags Service Group - 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 Folders - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 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		

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17	18	19	20	21	22	23	
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24	25	26	27	28	29	30	
	<p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>08:30a SAC Library Mondays Only - Room 7 Library</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p>	<p>08:00a CLOSED FOR THANKSGIVING - Dining RoomA</p>	<p>08:00a CLOSED FOR THANKSGIVING - Dining RoomA</p>		

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