## SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

wwww.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 brough 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



November Lunch Menu
Tuesday thru Friday lunch served from 11:30am – 12:30pm
\*Menu subject to availability

**Senior Activity Center** 



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



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 <u>tickets</u> 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 <u>The Little</u> <u>Prince</u>.
- Musical performances to be announced.









## HAPPY THANKS GIVING



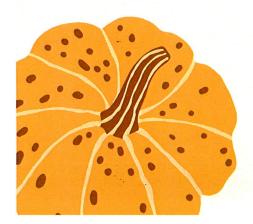


## Wednesday 27November





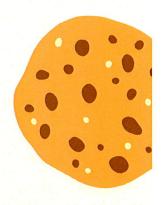
MEAL SERVED 11:00AMTO 1PM

















## 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 4<sup>th</sup> 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



# Chatsum. Cha

HANDCRAFTED HANDARTS FOOD MUSIC

SATURDAY, NOVEMBER 30, 2024

SENIOR ACTIVITY CENTER
427 NORTH 6TH AVENUE, POCATELLO
(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)

## Printed on 10/21/2024

## Senior Activity Center, Inc

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