

December 2024

# SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

[www.pocatelloSeniorcenter.com](http://www.pocatelloSeniorcenter.com)



## REQUEST FOR RECIPES



See Attached Flyer

### Important Dates

Lunch Entertainment:

Dec 5 Justin Hillary

Dec 10 Darrell Brown

Dec 13 Highland Trouveres

Dec 18 Silver Chords

Dec 19 Roy McKee

Dec 20 Boyd Murdock

Dec 19 11AM-1PM Christmas Dinner/Socks For Seniors Passed Out

Dec 24 Christmas Eve Close 1:00PM

Dec 25 Closed for Christmas 26-27 Closed

Dec 31 New Year's Eve Open

Jan 1 New Year's Day Closed

Jan 2-3 Open Regular Hours

# THANK YOU!

to all that helped with the Craft Fair. Many hands made lighter work. It was a great event!!

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

## Senior Activity Center Board of Directors Election



The winners are ...

Ernie Naftzger

Darrell Borwn

Diane Bilyeu

Thank you to everyone that participated in the election process. Thank you to the nominees, the many volunteers that helped during voting and stayed late to count votes, and to each of you that voted. As members of the Senior Activity Center, your participation in this process is key to our continued success.

## Word from the Director

*How is it already December? November flew by and I believe December will be very much the same. I want to thank you for an amazing first couple of months. I feel you have all taken me in and made me one of your own. I can't tell you how much I enjoy visiting and getting to know each of you. I appreciate when you take the time to share with me your concerns, suggestions, and especially all the reasons you love the SAC. This place belongs to you. My job is to facilitate in creating an environment that stimulates each of you nutritionally, physically, mentally and socially. It is a challenge to make a great thing even better. I love a challenge. Here is to concluding this year going strong and looking to 2025 with excitement and ready for new possibilities.*

Sincerely,

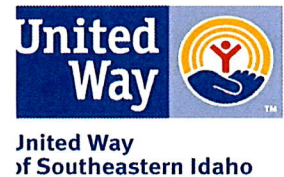
Tara Contreras

# HAPPY NEW YEAR



# Senior Activity Center December Lunch Menu






Served 11:30am – 12:30pm



**\*Menu subject to availability**

Older Driver Safety Awareness Week

December 6-10, 2024

Tuesday	Wednesday	Thursday	Friday
3 Walk the Block 10:30am  Beef Enchilada Spanish Rice Salad Tropical Fruit Milk Dessert  	4 Dance Lessons 1PM TBD Line Dancing 2PM  Po Pork Coleslaw Pears Roll Milk Dessert	5 Entertainment Justin Hillary  Spaghetti w/Meatballs Scandinavian Veggies Mandarin Oranges Garlic Bread Dessert	6 Bingo at 12:45pm  Biscuits & Gravy Tator Tots Mandarin Oranges Milk Dessert
10 Walk the Block 10:30am Entertainment Darrell Brown Welcome Healthy City  Beef Taco Salad Pears Quinoa Dessert  	11 Dance Lessons 1PM TBD Line Dancing 2PM  Chicken Fried Steak Potatoes Carrots Peaches Roll Milk Dessert	12  Pork Roast Mixed Vegetables Peaches Roll Milk Dessert	13 Entertainment Highland Trouveres Bingo at 12:45pm  Hot Dog Mixed Vegetables Tropical Fruit Dessert Milk
17 Walk the Block 10:30am  Hamburger Mixed Vegetables Mandarin Orange Milk Dessert  	18 Entertainment Silver Chords Dance Lessons 1PM TBD Line Dancing 2PM Vegetable Beef Soup Pineapple Roll Milk Dessert  <b>Welcome AARP</b>	19 <b>Christmas Dinner 11AM-1PM</b> Entertainment Roy McKee Ham Normandy Veggies Pears Roll Milk Dessert	20 Entertainment Boyd Murdock Bingo at 12:45pm Pork Chop Salad Quinoa Peaches Milk Dessert
24 Walk the Block 10:30am <b>CLOSE 1:00PM Christmas Eve</b> Chicken Breast Salad Fruit Milk Dessert  	25 <b>CHRISTMAS</b>        <b>CLOSED</b>	26        <b>CLOSED</b>	27 Bingo Cancelled        <b>CLOSED</b>
31 Walk the Block 10:30am Chicken Alfredo Carrots Fruit Milk Dessert  	<p>“How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?” – Dr Seuss</p>		

Senior Activity Center, Inc

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library
08:30a SAC Library Mondays Only - Room 7	08:30a SAC Library Mondays Only - Room 7	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room
08:30a SAC Pool Mondays - Room 12 Billiards Room	08:30a SAC Pool Mondays - Room 12 Billiards Room	09:30a NKA Intermediate Bridge - Room 11	09:00a SAC American Mahjong RM 8 - Room 4	09:30a Parkinson Boxing - Room 5A	09:30a Parkinson Boxing - Room 5A	11:30a .Nutrition Program Congregate Meal - Dining RoomA
09:30a NKA Fit and Fall - Room 3	09:30a NKA Fit and Fall - Room 3	09:30a Parkinson Boxing - Room 5A	09:30a NKA Fit and Fall - Room 3	10:00a NKA Board Meetings - Room 11	12:00p SAC Volunteers	12:45p Charly Bingo - Dining RoomA
11:00a SAC Critbage Card Game - Room 8	11:00a SAC Critbage Card Game - Room 8	10:00a NKA Crochet 10/1/102 - Room 6	10:00a SAC Board Executive Meeting - Room 8	11:00a SAC Fit and Fall 11AM Class - Room 3	12:00p SAC Volunteers	01:00p SAC Creative Writing - Room 4
12:00p SAC Volunteers	12:00p SAC Volunteers	10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER	11:00a Parkinson 11 AM Exercise - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomA	01:00p SAC Ping Pong - Room 3	
		11:00a SAC Fit and Fall 11AM Class - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomA	12:00p SAC Volunteers		
		11:30a .Nutrition Program Congregate Meal - Dining RoomA	12:00p SAC Volunteers	12:30p SAC Pinochle - 3		
		12:00p SAC Volunteers	12:00p SAC Free Dance Lessons - Dining RoomA	01:00p SAC Book Club - Room 8		
		12:30p SAC Pinochle - 3	01:00p SAC Mexican Train - Room 4	01:30p NKA Fun With Crochet - Room 11		
		01:30p NKA Beginning And Intermediate Knitting - Room 11	02:00p SAC Line Dancing - Dining RoomA	01:30p NKA Orgarni Trek To Bethlem - Dining RoomA		
		01:30p NKA Crochet/Knitting Service Group - Dining RoomA	04:00p SAC Ping Pong - Room 3	03:30p SAC Fit and Fall 4 PM Class - Room 3		
		01:30p NKA Mahjong - Room 4				
		03:30p SAC Fit and Fall 4 PM Class - Room 3				
		04:30p TOPS - Room 4				
		05:00p NAACP Meetings - Room 3				
8	9	10	11	12	13	14
08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room
08:30a SAC Library Mondays Only - Room 7	08:30a SAC Library Mondays Only - Room 7	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
8	9	10	11	12	13	14						
08:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 10:30a NKA Travel Committee - Room 4 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 101/102 - Room 6 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 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 03:30p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	09:00a SAC American Mahjong RM 8 - Room 8 09:30a NKA Fit and Fall - Room 3 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 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	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 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Trek To Bethlehem - Dining RoomA 03:30p 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	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA	15	16	17	18	19	20	21
08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 08:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8	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 Crochet 101/102 - Room 6 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER	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 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - 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 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 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	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	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						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	12:00p SAC Volunteers	11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 3 12:00p SAC Volunteers	11:30a Socks For Senior Day - Room 6 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4	01:00p SAC Creative Writing - Room 4 01:00p SAC Ping Pong - Room 3	
16		12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Mahjong - Room 4 03:00p NKA Social And Planning Fun - Dining RoomA	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	01:30p NKA Fun With Crochet - Room 11 01:30p NKA Organi! Trek To Bethlem - Dining RoomA 03:30p SAC Fit and Fall 4 PM Class - Room 3		
17		03:30p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4				
18						
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22	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a CLOSED FOR CHRISTMAS - Dining RoomA	08:00a CLOSED FOR CHRISTMAS - Dining RoomA	08:00a CLOSED FOR CHRISTMAS - Dining RoomA	
23		08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 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	08:00a CLOSED FOR CHRISTMAS - Dining RoomA	08:00a CLOSED FOR CHRISTMAS - Dining RoomA	
24						
25						
26						
27						
28						
29	08:00a SAC Pool - Room 12 Billiards Room					
30		08:00a SAC Library Tuesday thru Fridays - Room 7 Library				
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p>	<p>30</p> <p>08:30a SAC Library Mondays Only - Room 7 Library</p> <p>08:30a SAC Pool Mondays - Room 12 Billiards Room</p> <p>11:00a SAC Cribbage Card Game - Room 8</p> <p>12:00p SAC Volunteers</p>	<p>31</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>03:30p SAC Fit and Fall 4 PM Class - Room 3</p>				

# SHARE YOUR TREASURED FAMILY RECIPES

The United Seniors Project is collecting recipes from New Knowledge Adventures, Snake River New Horizons Band, AARP, friends and family to create a southeast Idaho cookbook.

We would like to invite you, members of the Senior Activity Center (SAC), to participate and forever commemorate your and your loved one's favorite recipes.

Recipes will be accepted via email or text (i.e., picture) to Deanna Aslett at 208-390-0389 or [ddaslett@gmail.com](mailto:ddaslett@gmail.com) until December 15, 2024.

There is also a collection box for recipes across from Marty's office at the SAC.

Don't forget to include your name and contact information. Recipes received "in memory of" will be denoted by a symbol next to the name of that person.



## December 2024 Nutrition Article

Winter is here! Along with the holidays, snow, and hot cocoa come many viruses, coughs, and colds. Please help us reduce the spread of germs with proper handwashing. **National Handwashing Awareness Week is December 5-11.** According to the Center for Disease Control and Prevention (CDC), the following steps can help keep everyone healthy this winter season

- Wash hands with soap and water for at least 20 seconds
  - Singing the song, "Happy Birthday" is at least that long
- Dry your hands using a clean towel or air dry them
- Wash hands before food preparation, before eating a meal, after using the restroom, after sneezing/blowing nose, after leaving a public space, etc

### What's in season during December?

- Brussel Sprouts - wash clean, slice in half, drizzle with olive oil, salt & pepper. Bake at 375 degrees for 30 minutes on a lined baking pan. Delicious!
- Cranberries, Kale, Green Beans, Broccoli, and Oranges



### Easy Citrus Cranberry Sauce

- 1 package of fresh cranberries (usually sold in 2 lb bags), washed clean
- ½ cup granulated sugar - Feel free to adjust to preferred taste
- ½ cup water
- 1 fresh orange ; juice and peel or zest

Bring water and sugar to a light boil, add cranberries and let sit for about 5 min, just until they begin to burst open. Turn off heat and mix in orange juice and zest. Let cool and enjoy! Store in an air-tight container in the refrigerator for 7-10 days.

\*Feel free to add your own "mix-ins" i.e. raisins, cinnamon, ginger, etc.

### FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. **Ask your center staff for details today!**

- Please reach out to our site for help with the following:
  - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
  - Food resources - Food banks, pantries, programs, etc.
  - Menu planning and recipe ideas
  - Budgeting







# Toilet Talk

## Seasonal Affective Disorder

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.



In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

What are the signs and symptoms of SAD?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Symptoms of depression can include:

- Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least 2 weeks

- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like "hibernating")

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

For more info., visit the National Institute on Mental Health.

## Ways to Combat Seasonal Affective Disorder

### 1. Try Light Therapy

Light therapy involves sitting near a special light box for about 20 to 30 minutes a day. This treatment has been clinically proven to improve symptoms of SAD.

### 2. Be More Active

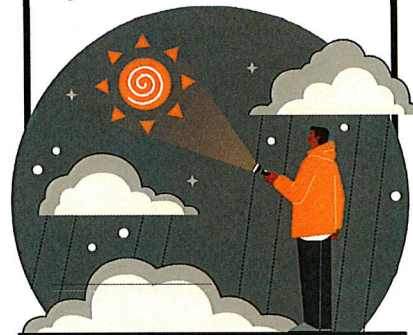
Engaging in regular physical activity can boost mood and energy levels. Low-impact activities like walking, swimming or water exercises, tai chi, or yoga are especially beneficial for seniors.

### 3. Use Mindfulness and Relaxation Techniques

Practices such as meditation, tai chi, yoga, and deep breathing exercises can reduce stress and improve mood.

### 4. Seek Help from a Healthcare Provider

If you're experiencing symptoms of SAD, consult a healthcare professional. Early intervention can prevent symptoms from worsening.



SOLVE

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KLMNOPQ  
RSTUVWX  
YZ

CHRISTMAS  
CHRISTMAS  
→ CHRISTMAS

XMAS

Provided by:

 Southeastern  
Idaho Public Health  
siphidaho.org  

**IDAHO STATE-CIVIC SYMPHONY**  
2024-2025 CONCERT SEASON

**ECHOES OF TIME & PLACE**  
NELL FLANDERS - CONDUCTOR / ARTISTIC DIRECTOR



**Joy to the World**

**FRIDAY & SATURDAY**  
**DECEMBER 6 & 7, 2024**  
**7:30 PM**

FREE ADMISSION  
TO ALL ISU STUDENTS  
AND \$4/TICKET FOR  
AGES K-12

FREE ADMISSION  
TO MEMBERS OF  
THE SHOPHONE,  
BANNOCK TRIBES

STEPHENS PERFORMING ARTS CENTER

Holiday Concert  
with  
ISU Concert Choir,  
Camerata Singers,  
and  
ISU Children's Chorus



Nell Flanders  
ISU CONDUCTOR /  
ARTISTIC DIRECTOR

Jeffrey Francom  
DIRECTOR OF CHORAL  
ACTIVITIES, ISU

**HOLIDAY DINNER**

Saturday • December 7, 2024  
5:00-7:00pm • Rotunda



DINNER  
RESERVATIONS

PLATINUM SEASON SPONSORS

Portneuf MEDICAL CENTER | Idaho Central CREDIT UNION | NATIONAL ENDOWMENT ARTS

BRONZE CONCERT CO-SPONSORS

Simplot COMPANY FOUNDATION | BENJAMIN MEMORIAL HOSPITAL | HIRNING | Citizens Community Bank

WWW.ISCSYMPHONY.ORG

CONCERT TICKETS

**2024-25**  
**Season of Note**

Entertainment Series



**A Winter's Evening  
with Ryanhood'**  
**DECEMBER 14, 2024**

www.myriadartists.com



**Irish Christmas  
in America**  
**DECEMBER 17, 2024**

www.irishchristmasinamerica.com



**Mat and Savanna  
Shaw Christmas**  
**DECEMBER 19, 2024**

www.matandsavannamusic.com

Shows start at 7:30 PM • Stephens Performing Arts Center

**Idaho State  
University**

Get your tickets online at  
isu.edu/tickets



**POW\*MIA Awareness Association**  
**Wreaths Across America**  
**Saturday, December 14**  
10 am Brady Chapel  
Mountain View Cemetery  
Pocatello

**Donate**

**\$17**



**REMEMBER.  
HONOR.  
TEACH.**



SCAN TO DONATE



**HEALWORKS**

Heal Faster  
**Play Harder**  
PT can help!

**HIGH DESERT  
OSTEOPRACTIC**  
PHYSICAL THERAPY

**208-240-6017**

