

February 2025

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201 (208) 233.1212 www.pocatelloSeniorcenter.com



Important Dates

Lunch Entertainment:

- Feb 11 Angel Tones
- Feb 12 Farnes & Fronske
- Feb 13 Keith Ward - Jazz
- Feb 14 Boyd Murdock
- Feb 18 Justin Hillary
- Feb 25 Roy McKee

- Feb 7 Molina Healthcare Rep in Dining Room during lunch.
- National Wear Red Day - Women's Cardiovascular Health
- Feb 11 90 & Above B-day Celebration 11:30AM Dining Room
- Feb 12 Coffee W Veterans 10AM Dining Room
- Feb 13 Valentine's Party 6-9PM Dining Room
- Tech Tuesday's-11:30AM Dining Room
- Feb 14 Powerful Tools for Caregivers, 10AM, 6 week class
- Feb 17 Presidents' Day CLOSED



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

Word from the Director

We appreciate our partnership with New Knowledge Adventures. Big welcome as they begin a new spring semester. Started locally in 1997, NKA has a vision of continuing education for the mature mind and body. With a catalog full of classes and activities, there may be something you are interested in. For more information contact Shirley Hockett, 208-282-2789.

I want to highlight another longtime partner, TOPS - Taking Off Pounds Sensibly. They meet here every Tuesday at 4:45PM. This group has allowed me to slip in every once in a while. Great group of people. Stop by and see what they are all about. Attached to this newsletter are multiple flyers. Please look them over as to not miss anything.

HELP WANTED

LUNCH ATTENDANCE
GROWING
Kitchen Help Needed

PLEASE

Volunteer or possible paid option as well.
Talk to Tara

AARP Tax Aid

Feb 4 - April 10
10:00AM-3PM
Signup in SAC Office
CALL or Stop In
AARP will then call you to schedule.

Tax Season

Idaho Talking Book Service

The Idaho Talking Book Service (TBS) is a free, convenient audiobook library service for Idahoans who are unable to read standard print due to low vision, blindness, or a physical, perceptual, or reading disability. The service is completely free for users, who receive titles by downloading them and/or having the materials (on cartridges) mailed directly to and from their residence at no cost.

Learn more at: <https://idahotalkingbooks.org/>
Patrons would also have access to the BARD Mobile app.

The Braille and Audio Reading Download (BARD) is a free web-based service that provides access to thousands of braille and audio books, magazines, and music scores. The BARD Mobile app for Android and iOS may be downloaded through the App Store, Google Play store, and Amazon Appstore.

For more information visit: <https://libraries.idaho.gov/news/tbs-news/> or call 1-800-458-3271



Senior Activity Center

February 2025 Lunch Menu

Tuesday - Friday Lunch served 11:30AM - 12:30PM

*Menu Subject to Availability



0. Tuesday	Wednesday	Thursday	Friday
	<p>American Heart Month</p>		
<p>4</p> <p>Pork Chop & Rice Zucchini Applesauce Milk Dessert</p>	<p>5 Dance Lessons 1PM & 2PM</p> <p>Bacon Turkey Club Coleslaw Peaches Milk Dessert</p>	<p>6</p> <p>Garlic Parmesan Chicken Scandinavian Veg Mandarin Oranges Milk Dessert</p>	<p>7 Bingo at 12:45PM <i>National Wear Red Day</i></p> <p>Ham or Tilapia Mixed Veggies Tropical Fruit Milk Dessert</p>
<p>11 <i>Over 90 B-Day Celebration</i> <i>Entertainment 11:30AM</i> <i>Angel Tones</i></p> <p>Barbecue Chicken Green Beans Fruit Salad Milk Dessert</p>	<p>12 Dance Lessons 1PM & 2PM <i>Entertainment at 11:30AM</i> <i>Farnes & Fronske</i></p> <p>Chicken Noodle Casserole Normandy Vegetables Applesauce Milk Dessert</p>	<p>13 <i>Entertainment 11:30AM</i> <i>Keith Ward - Jazz</i></p> <p>Philly Steak Sandwich Tator Tots Pears Milk Dessert <i>Valentine's Day Party 6-9PM</i></p>	<p>14 Bingo at 12:45PM <i>Entertainment 11:30AM</i> <i>Boyd Murdock</i></p> <p>Swedish Meatball/Noodles Mixed Vegetables Peaches Milk Dessert</p> <p style="text-align: right;"><i>Happy Valentine's Day</i></p>
<p>18 <i>Entertainment 11:30AM</i> <i>Justin Hillary</i></p> <p>Malibu Chicken Vegetable Blend Pineapple Milk Dessert</p>	<p>19 Dance Lessons 1PM & 2PM</p> <p>Po Pork Carrots Mixed Fruit Milk Dessert</p> <p style="text-align: right;">WELCOME AARP</p>	<p>20</p> <p>Hamburger Gravy Mashed Potatoes Pineapple Milk Dessert</p>	<p>21 Bingo at 12:45PM</p> <p>Orange Chicken & Rice Stir-Fry Vegetable Mandarin Oranges Milk Dessert</p>
<p>25 <i>Entertainment 11:30AM</i> <i>Roy McKee</i></p> <p>Beef Enchilada Casserole Romaine Salad Peaches Milk, Dessert</p>	<p>26 Dance Lessons 1PM & 2PM</p> <p>Chicken Strips Broccoli Apricots Milk Dessert</p>	<p>27</p> <p>Chicken Fried Steak Mashed Potatoes Mandarin Oranges Milk Dessert</p>	<p>28 Bingo at 12:45PM</p> <p>Fish Sandwich French Fries Pineapple Milk Dessert</p>

Random Acts of Kindness Week February 9-15

- Monday - Write a thank-you note to someone you will see today
- Tuesday - Make an effort to smile at everyone you pass.
- Wednesday - Compliment five people around you (nothing related to physical appearance).
- Thursday - Leave positive notes in public places to inspire others.
- Friday - Offer to help someone with a task.

Senior Activity Center, Inc

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 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 AARP Tax Aide Assistance - Room 8 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Knitting On Looms - Room 6 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a SAC Senior Center Tech Help - 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 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP 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 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 6 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 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	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 AARP Tax Aide Assistance - Room 4 10:00a NKA Board Meetings - Room 11 10:00a NKA Crochet With Recycled Bags Service Group - Room 6 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 6 01:00p SAC Book Club - Room 8 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami for Beginners - Dining RoomA 03:30p SAC Fit and Fall 3:30 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a .Nutrition Program Congregate Meal - Dining RoomA 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	
9	10	11	12	13	14	15
09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
		10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Knitting On Looms - Room 6 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA	09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 6 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA	10:00a AARP Tax Aide Assistance - Room 4 10:00a NKA Crochet With Recycled Bags Service Group - Room 6 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 SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	
23	24	25	26	27	28	
	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a AARP Tax Aide Assistance - Room 8 10:00a NKA Knitting On Looms - Room 6	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 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 6 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 09:30a SAC Bunco - Room 11 10:00a AARP Tax Aide Assistance - Room 4 10:00a NKA Crochet With Recycled Bags Service Group - Room 6	08:00a SAC Library/ Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 10:00a PCT Tools For Caregivers - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA	
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA	01:30p NKA Origami for Beginners - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3		

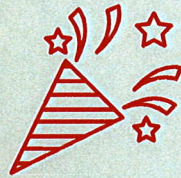
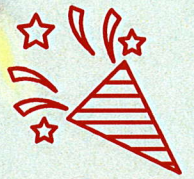
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	
		11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a SAC Senior Center Tech Help - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p NKA Rag Rugs - Room 6 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	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 6 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami for Beginners - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	01:00p SAC Creative Writing - Room 4	



HAPPY

Birthday

EVERYONE 90
AND ABOVE



CELEBRATE WITH US

Tuesday, February 11

Senior Activity Center

427 NORTH 6TH AVE

Dining Room

11:30 AM

FOR INFO 208-233-1212

ENTERTAINMENT PROVIDED BY
THE ANGEL TONES



Join us for



FEB 12 2025
STARTS AT 10AM

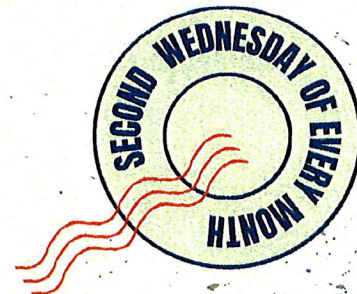


COFFEE WITH VETERANS

"AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER WORDS, BUT TO LIVE BY THEM." JOHN F. KENNEDY.

**SENIOR ACTIVITY CENTER 427 N. 6TH
POCATELLO, ID 83201**

SPONSORED BY:



LOOKING FORWARD TO SPENDING TIME WITH
THOSE WHO HAVE DONE SO MUCH FOR US!



SWEET AS CANDY

VALENTINE'S DAY PARTY

Join us as we celebrate!
Senior Activity Center Dining Room

02.13.25
6-9PM

Refreshments
Music, Games
Dancing

DJ-Steve Riley

POWERFUL TOOLS FOR CAREGIVERS

An evidence-based class for family caregivers

Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.



- Learn strategies to reduce stress
- Communicate more effectively
- Navigate family dynamics while making tough decisions
- Build confidence in your decisions
- Learn effective problem-solving skills
- Connect with helpful resources
- Learn to give yourself credit, not guilt

Classes at the Pocatello Senior Center will begin February 14th, 2025, at 10:00 am. The class will be 90 minutes, once a week for 6 weeks.

**Attend this valuable free 6-part workshop for family caregivers! Call Gina or Cara today to register for the class or for more information!
(208)233-4032**

Area V Agency on Aging



AGENCY ON AGING

214 East Center St. Suite 10 | Pocatello, ID 83201. | (208)233-4032

SENIOR CENTER TECH HELP



GET HELP WITH YOUR
TECHNOLOGY WITH
LOCAL DIGITAL
NAVIGATOR, GAVIN!

**Every Tuesday at
11:30 during lunch
service**

Digital Navigator - ACC AmeriCorps Member
College of Agricultural and Life Sciences
University of Idaho Extension
Digital Economy Program
2025 057 7626