

March 2025

# SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

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



## Important Dates

### Lunch Entertainment:

March 5 Darla Gius  
March 11 Neil Felzer  
March 12 Farnes & Fronske  
March 14 Boyd Murdock  
March 18 Justin Hillary  
March 19 Roy McKee  
March 25 Justin Hillary  
March 26 Darrell Brown

Tech Help Every  
Tues & Thurs

Dining Room, Lunch Hour



AARP Taxes continues  
through April. Sign up in  
the front office.

Bingo Every Friday Dining Room, 12:45PM



March 12 Coffee W Veterans  
Dining Room, 10AM



March 21 Vanessa, Registered Dietician,  
Food Demo & Samples  
Dining Room, Lunch Hour



### 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

## March - National Nutrition Month Word from the Director

February was an amazing month here at the Senior Activity Center. Even with a snowstorm, we held a highly successful Valentine's Dance. Thank you to all that attended and to Kate Naftzger and her team for planning and decorating. It was beautiful. We held our first "90 and Over Birthday Recognition" lunch that brought in record numbers and was heartwarming to all in attendance. In general, our lunch attendance numbers are increasing. Congregate donations are up. Class attendance is up. Registration of new members continues. This is fabulous.

The current success of the Congregate Nutrition Program is attributed to a couple specific changes. We have water pitchers on each table and discontinued the use of Styrofoam cups in exchange for re-usable plastic glasses. We are serving coffee and hot beverages in coffee mugs. Salt and pepper shakers are now placed at each table. The changes have been well received, and feedback has been positive.

In addition, our program is such a success because of the many people serving in various capacities. We have volunteers in our kitchen to prep food, volunteers serve food trays to the members, volunteers serve at the drink station and volunteers assist in checking people in and assisting with donations. We also have volunteers that share their musical talents, creating a fun atmosphere to enjoy during that lunch hour. All these pieces keep moving because of the countless hours and efforts of our Volunteer Coordinator, Shirley Rummage.

We are always looking to improve. If you have any thoughts, ideas, questions, and/or concerns... please do not hesitate to reach out.

Tara

## Ditch Your Car Ride Transit



Join Laurie with SICOG -

learn about public transportation options

Thurs March 6 Lunch Hour Dining Room - Info Available

Fri March 21 Lunch Hour Dining Room - Info Available

Mon March 24 10:00AM - Travel Training



# Senior Activity Center

## March 2025 Lunch Menu

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

\*Menu Subject to Availability



Tuesday	Wednesday	Thursday	Friday
Tech Support WGavin Every Tues & Thurs Lunch Hour			
4 Entertainment 11:30AM Rod Gallegos  Spaghetti & Meatballs Green Beans Applesauce Milk Dessert	5 Entertainment 11:30AM Darla Gius Dance Lessons 1PM & 2PM  Sweet Pork Barbacoa Tortilla Chips, Black Beans Peaches Milk Dessert	6  Creamy Smothered Chicken w/Rice, Corn Mandarin Oranges Milk Dessert	7 Bingo at 12:45PM  Sloppy Joe Mixed Veggies, Mac Salad Tropical Fruit Milk Dessert
11 Entertainment 11:30AM Neil Felzer  Egg Casserole Muffin Peaches Milk Dessert	12 Entertainment at 11:30AM Farnes & Fronske Dance Lessons 1PM & 2PM  Meatloaf Normandy Vegetables Mandarin Oranges Milk Dessert Coffee w Veterans 10:00AM	13  Pork Medallions Green Salad Applesauce Milk Dessert	14 Bingo at 12:45PM Entertainment 11:30AM Boyd Murdock  Caesar Chicken Wrap Mixed Vegetables Pears Milk Dessert
18 Entertainment 11:30AM Justin Hillary  Corned Beef Cabbage Mixed Fruit Milk Dessert	19 Entertainment 11:30AM Roy McKee Dance Lessons 1PM & 2PM  Chicken Fried Steak Carrots Peaches Milk Dessert <b>WELCOME AARP</b>	20  Ham & Swiss Sandwich Mixed Vegetables Pineapple Milk Dessert	21 Bingo at 12:45PM  Garlic Parmesan Chicken Roasted Vegetables Mandarin Oranges Milk Dessert
25 Entertainment 11:30AM Justin Hillary  Beef Taco Mixed Vegetables Romaine Salad Peaches Milk, Dessert	26 Entertainment 11:30AM Darrell Brown Dance Lessons 1PM & 2PM  Honey Dijon Chicken & Pasta Green Beans Pineapple Milk Dessert	27  Open Face Tuna Melt Coleslaw Mixed Fruit Milk Dessert	28 Bingo at 12:45PM  Smothered Pork Chop Mixed Vegetables Mandarin Oranges Milk Dessert

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.” — Charles Dickens



## Senior Activity Center, Inc

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	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 Intermediate 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 Crochet 101/102 - 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 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 NKA Rag Rugs - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train - Room 4	08:00a SAC Pool - Room 12 Billiards Room 09:30a AARP Tax Aide Assistance - Room 7 Library 10:00a AARP Tax Aide Assistance - Room 8 10:00a NKA Board Meetings - Room 11 10:00a NKA Crochet With 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 SAC Book Club - Room 6 01:30p NKA Fun With Crochet - Room 11 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 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 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 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 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 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room
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 Intermediate 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	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 8	08:00a SAC Pool - Room 12 Billiards Room 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 Board Meetings - Room 11 10:00a NKA Crochet With 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 SAC Book Club - Room 6 01:30p NKA Fun With Crochet - Room 11 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 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:30a NKA Travel Committee - Room 11 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	11 10:00a AARP Tax Aide Assistance - Room 8 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Crochet 101/102 - Room 6 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a 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 3:30 PM Class - Room 3 04:30p TOPS - Room 4	12 09:00a SAC American Mahjong RM 8 - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 6 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 Rag Rugs - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train - Room 11 03:00p Parkinson Support Group Monthly Meeting - Room 3	13 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Crochet With 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 Origami Simple Kusudama - Dining RoomA 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	14 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 01:00p SAC Creative Writing - Room 4	15
16	17 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	18 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 8 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Crochet 101/102 - Room 6	19 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	20 08:00a SAC Pool - Room 12 Billiards Room 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 Crochet With Recycled Bags Service Group - Room 4	21 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	22

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16	17	18	19	20	21	22
	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 01:30p NKA Mahjong - Room 4 03:00p NKA Social And Planning Fun - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	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 Quilling with Carol - Room 11 01:00p NKA Rag Rugs - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Line Dancing - Dining RoomA 01:00p SAC Mexican Train - 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 Origami Simple Kusudama - Dining RoomA 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4		
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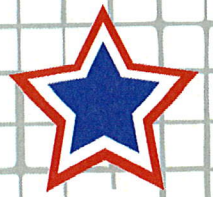


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30	31	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers				



*Join us for*

# COFFEE WITH VETERANS



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BY:

**symbii**  
home health and hospice

SENIOR ACTIVITY CENTER  
427 N 6TH POCA TELLO, ID 83201

**MARCH | 12<sup>th</sup> | 10 AM**

WITH RESPECT, HONOR, AND GRATITUDE  
SYMBII LOOKS FORWARD TO OUR TIME  
TOGETHER WITH EACH OF YOU.





# Eat Right



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## 20 Health Tips

### 1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

### 3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

### 4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

### 5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

### 6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

### 7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [eatright.org](http://eatright.org).

### 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

### 10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.



### 11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

### 12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

### 13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

### 14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

### 15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

### 16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

### 17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

### 18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

### 19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

### 20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [eatright.org](http://eatright.org).**

**eat<sup>®</sup>  
right.** Academy of Nutrition  
and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by: