



Welcome to the Center were friends meet...

# Senior Activity Center

## "The Scoop"

427 North 6th Avenue, Pocatello, Idaho

March 2017

208-233-1212

www.pocatelloseiorcenter.com

### Meet the Fundraising Committee

Do you often wonder who puts the fundraisers together at the Center and why? The Center has a fundraising committee that meets on a monthly basis. They are dedicated to assisting the Center to raise funds, Dot Thompson is the Chair of the Committee. They just set the upcoming events for the year. Other members of the committee: Linda Crockford, Maureen Raymond, Carol Barker, and Paul Bauer. The idea behind the fundraising events is to raise money, bring awareness to the Community about the Center, and provide a venue of activities, so seniors can attend and get to know each other.

They have outlined the year with fun and exciting events. Please take a moment, to mark your calendars and join us for a great year.

- March St. Patrick's Lunch and Dance
- April Easter Lunch, Hat Parade, and Bluegrass Festival
- May Mother's Day Lunch and Brunch
- June Annual Car Show and Father's Day Breakfast
- July Senior Games
- August Spaghetti Feed
- September Golf Tournament, Sock Hop and Potluck
- October Silver Chords Concert
- November Thanksgiving Lunch, and Craft Fair
- December Senior Ball, and New Year's Eve Party

Above activities are in a planning stage, if you have ideas, would like to be part of the group, or know of potential partners. Please don't hesitate to notify the Center.



Wear your green clothing on March, 17, 2017 in honor of St. Patrick's Day! Join us for lunch and dance festivities!

### Board of Directors

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Monday


Tuesday

Wednesday

Thursday

Friday



		1 Meat loaf Baked Potato Key Largo Veg. Whole Wheat Roll Birthday Cake	2 Pulled Pork on Bun Coleslaw Apricots Baked Beans Dessert	3 Salisbury Steak Chive Potato Beets Whole Wheat Roll Dessert
6 Barley Soup Croissant Chicken Salad Sandwich Fruit Dessert	7 Breaded Fish on a Bun Mixed Veggies in Sauce Hot Spiced Apples Cornbread Dessert	8 <b>Grey Matter Entertainment</b> Sloppy Joe on a Bun Spicy Rice Green Salad Fruit Dessert	9 Sweet N Sour Cashew Chicken Rice Egg Rolls Fruit Fortune	10 Chicken Fried Steak Potatoes N Gravy Asparagus Orange Slices Fruit Dessert
13 Beef Taco Refried Beans Salsa N Cheese Fruit Compote Granola Dessert	14 Pastry Stuffed Chicken Peas Whole Wheat Roll Fruit Salad Dessert	15 <b>Kathy, Ellen and Karen Show</b> Oven Chicken Sour Cream Potatoes Country Gravy Honey Carrots Fresh Fruit Whole Wheat Roll Dessert	16 Spaghetti with Meat Sauce Italian Salad Grapes Garlic Bread Dessert	17 St. Patrick's Day Tilapia or Ham Wild Rice Medley Pineapple Coleslaw Fruit Biscuit Dessert 
20 Beef Barley Soup Tuna Fish Sandwich Hot Fruit Dessert	21 Pork Medallions in Mushroom Sauce Wild Rice Bananas Whole Wheat Roll Dessert	22 AARP Roast Beef with Gravy Potatoes Green Beans Applesauce Whole Wheat Roll Dessert	23 Build Your Own Sandwich Pasta Salad Fruit Dessert	24 Pizza or Hawaiian Works Green Salad Fruit Dessert
27 Chili & Cornbread Potato Logs Relish & Whole Wheat Crackers Fruit Dessert	28 Turkey Divan Rice Pilaf or Pasta Fresh Fruit Whole Wheat Roll Dessert	29 <b>Eclectics</b> Hot Roast Beef Sand. Potatoes and Gravy Mixed Veggies Tropical Fruit Dessert	30 Chicken Fajitas Lettuce and Tomato Peaches and Cottage Cheese Dessert	31 Hamburger or Hot Dog with Fixings Baked French Fries Ambrosia Salad Dessert

## Cut Down on Added Sugars

**What are added sugars?** Just like it sounds, added sugars aren't in foods naturally—they're added. They include: Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies. Sugar you add yourself—like the teaspoon of sugar in your coffee. Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

**What's the problem with added sugars?** Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. Added sugars contribute calories, but no essential nutrients.

**What foods have added sugars?** Lots of them. Some include:

- Regular sodas, energy and sport drinks
- Candy
- Fruit drinks, such as fruitades and fruit punch
- Cakes, cookies, and brownies
- Pies and cobblers
- Sweet rolls, pastries, doughnuts
- Dairy desserts, such as ice cream

**How can I cut down on added sugars?** You don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

(Continued next page 4)



### Breakfast

Weekly Fundraiser

Tuesday and Thursdays

7:15 am to 9:30 am

\$2.25	Two eggs w/toast	\$1.25	Hashbrowns
\$1.25	One egg w/toast	\$3.00	Ham, bacon, or sausage
\$4.00	Two eggs with ham, sausage, or bacon, toast or biscuit	\$1.50	Two biscuits
\$3.50	Biscuits & sausage gravy	\$1.50	Toast, bagel or cream cheese
		\$2.00	Short stack
\$6.00	Omelets: "The Works"		

Choose from: sausage, bacon, ham or mushroom, peppers, onions, cheddar cheese. (extra cheese, peppers or salsa...\$0.25)



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Idaho Central Credit Union Call Centers Spanish Dept. has been giving our hallway an uplift every Saturday in February. If you happen to come into contact with ICCU please give them "KUDO's."

Marshall Pena	Nyesnia Torrezz	Spencer Dahl
Angela Serna	Brennan Bell	Collin Miller
Claudia Castro	Amanda Pena	

### Thank you for the supplies & entertainment

Bob Fitzgerald  
 Kay Corbett  
 Mavis Bateman  
 Craig Baker  
 Roy Mckee  
 Ron Littlefield

Doc Bateman and "Fiesta Country Band"  
 John & Dot "Karaoke"

You can make don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

**1. Find out how many calories you're getting from added sugars now:**

You can use the USDA's Supertracker.usda.gov/ to get an idea. Once you know, you can make changes.

**2. Make Some Healthy Shifts**

Replace foods and drinks high in added sugars with healthier options. You could:

Eat fruit for dessert instead of cookies or cakes.

Swap sugary cereals for unsweetened cereal with fruit.

Drink water or low-fat milk with meals instead of soda's.

You can still have foods and drinks with added sugars—just choose smaller portions or have them less often.

If you choose to have a soda, select a smaller size, add 1 teaspoon of sugar to your tea or coffee instead two.

**3. Check the Ingredients**

Look for added sugars in the ingredients list. The higher up added sugars are on the list, the more added sugar is in the product.

Added sugars go by a lot of different names like: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

Added sugars hide in foods that you might not expect.

*Article provided by: 2015-2020 Dietary Guidelines for Americans — Cut Down on Added Sugars — Page 2 March, 2016*

**Article to be continued in next month's "The Scoop."**

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**In Memory of Vilda Howell**  
Cheri Rowe



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# ZUMBA

By Janet Hopkins



You may have heard of the latest exercise craze called Zumba Fitness®, a Latin-based exercise program which originated in Cali, Colombia. Students exercise in disguise by dancing to low and high intensity Latin songs. Zumba Fitness combines cardio, conditioning, balance, and flexibility for a calorie-burning dance fitness activity. “Zumba GOLD is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original ZUMBA Program and bring them to the active older adult” Jose Gardiner and Joy Prouty, internationally known fitness trainers for 35 years, are known for developing Lite and Easy Fitness Programs for the older adult. They, along with Latin sensation Alberto “Beto” Perez, creator of the ZUMBA Fitness program, have joined forces to develop the ZUMBA GOLD program. This invigorating fitness program creates a party-like atmosphere that’s great for the mind, body, and soul of the active older adult population. This exercise program is for both men and women. Dances include Merengue, Salsa, Cumbia, Flamenco, and Tango rhythms that are easy to follow in a safe, effective, and fun atmosphere.

Valerie Williams, the certified ZUMBA GOLD Instructor is a continuing member of the Zumba Instructor Network (ZIN). She has been leading Zumba classes in Pocatello since 2011 and has offered ZUMBA GOLD® classes at the Seniors Activity Center for the past year. She caters each ZUMBA GOLD class to each and every participant. Throughout the work out (minus the “work” part), she demonstrates moves for the beginning student and gradually scaffolds the moves into those for the more advanced student. The level of intensity is yours to decide, either remain at the beginning level or advance as your fitness level permits. Valerie says, “ZUMBA GOLD not only improves fitness levels, but is a great opportunity for social interaction with others. We start the party at 9:00 a.m. every Wednesday & Friday morning. Come join the festivities twice a week and let it move you!”

One of Zumba Gold’s members Cleo says, “I love doing Zumba Gold class because the music is so happy and uplifting. You don’t feel like you are really exercising. Getting fit and keeping my blood sugars under control are a definite benefit of Zumba. Valerie is a great instructor and we all love her. She makes it easy, enjoyable and fun. Come participate with us. If we can do it, so can you!”

Another Zumba Gold member Kris says, “Zumba with Valerie is the best thing I have done for myself since retiring a year and a half ago. It is totally fun. The music as well as the instructor keep me moving more than I ever thought I would be able to in my 60’s. My endurance and especially my joints and muscles are in better condition that they have been for a long time. Can I keep up with the moves? No. Do I keep moving with the music? YES!”

# MARCH ACTIVITIES

SUN

MON

TUES

WED

THUR

FRI

SAT



**TAX DAY!**

AARP Tax Assistance

Tuesdays and Thursdays  
9:30 am to 3:30 pm Sign up  
at 8:30 am dining room.  
First come, first serve basis.  
No exceptions.

**1**  
Gate City Ladies Club  
Special Bridge  
9:30am  
  
ZUMBA 9am  
  
Hand & Foot  
1pm  
  
Bridge 1pm  
  
Drumming  
3:30pm

**2** Toe Nail Clinic  
Vascular Health  
10am to 12pm  
  
Fiesta Band Entertainment  
10-11 am, 1-2pm  
  
Silver Chords  
9:30am  
  
Com. Balance  
11:30am  
  
Pinochle 1pm  
  
Pvt. Pinochle 1pm  
  
Karaoke 7pm

**3**  
ZUMBA  
9am  
  
Bridge 9:30am  
  
Jackpot Bingo  
1:15pm  
  
Creative Writing  
1pm  
  
Hand & Foot  
5pm  
  
Fri. Dance  
7:30pm

**4**  
Sat Dance  
7:30 pm  
Fiesta  
Country  
Band

**5**  
City of  
Refuge  
Bible  
Study  
10am

**6**  
Bridge  
9:30am  
  
Lunch  
12pm

**7** SAC  
Executive Meeting  
9:30am  
  
Com. Balance  
11am  
  
Pinochle 1pm  
  
WII Bowling  
1pm  
  
Tops 5pm

**8**  
Special Bridge  
9:30am  
  
ZUMBA 9am  
  
Hand & Foot  
1pm  
  
Bridge 1pm  
  
Drumming  
3:30pm

**9** Bake Sale  
  
Fiesta Band Entertainment  
10-11 am, 1-2pm  
  
Silver Chords  
9:30am  
  
Com. Balance  
11:30am  
  
Pinochle 1pm  
  
Y Bridge 1pm  
  
Karaoke 7pm

**10**  
ZUMBA 9am  
  
Bridge 9:30am  
  
Jackpot Bingo  
1:15pm  
  
Creative Writing  
1pm  
  
Pinochle 1pm  
  
Fri. Dance  
7:30pm

**11**  
Sat Dance  
7:30 pm  
Fiesta  
Country  
Band


SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>12</b></p> <p>City of Refuge Bible Study 10am</p>	<p><b>13</b></p> <p><u>Bridge</u> 9:30am</p> <p><u>Lunch</u> 12pm</p>	<p><b>14</b></p> <p>Board of Directors Meeting 9:30am</p> <p><u>Com. Balance</u> 11am</p> <p><u>Pinochle</u> 1pm</p> <p><u>WII Bowling</u> 1pm</p> <p><u>Tops</u> 5pm</p>	<p>15 AARP</p> <p><u>ZUMBA</u> 9am</p> <p><u>Hand &amp; Foot</u> 1pm</p> <p><u>Bridge</u> 1pm</p> <p><u>Drumming</u> 3:30pm</p>	<p><b>16</b></p> <p><u>Silver Chords</u> 9:30am</p> <p><u>Com. Balance</u> 11:30am</p> <p><u>Pinochle</u> 1pm</p> <p><u>Pvt. Pinochle</u> 1pm</p> <p><u>Karaoke</u> 7pm</p>	<p><b>17</b></p> <p><u>ZUMBA</u> 9am</p> <p><u>Bridge</u> 9:30am</p> <p><u>Jackpot Bingo</u> 1:15pm</p> <p><u>Creative Writing</u> 1pm</p> <p><u>Hand &amp; Foot</u> 5pm</p> <p><u>Fri. Dance</u> 7:30pm</p>	<p><b>18</b></p> <p>Sat Dance 7:30 pm</p> <p>Fiesta Country Band</p>
<p><b>19</b></p> <p>City of Refuge Bible Study 10am</p>	<p><b>20</b></p> <p><u>Bridge</u> 9:30am</p> <p><u>Lunch</u> 12pm</p>	<p><b>21</b></p> <p><u>Com. Balance</u> 11am</p> <p><u>Pinochle</u> 1pm</p> <p><u>WII Bowling</u> 1pm</p> <p><u>Tops</u> 5pm</p>	<p><b>22</b></p> <p><u>ZUMBA</u> 9am</p> <p><u>Hand &amp; Foot</u> 1pm</p> <p><u>Bridge</u> 1pm</p> <p><u>Drumming</u> 3:30pm</p>	<p><b>23</b></p> <p><u>Silver Chords</u> 9:30am</p> <p><u>Com. Balance</u> 11:30am</p> <p><u>Pinochle</u> 1pm</p> <p><u>Y Bridge</u> 1pm</p> <p><u>Karaoke</u> 7pm</p>	<p><b>24</b></p> <p><u>ZUMBA</u> 9am</p> <p><u>Bridge</u> 9:30am</p> <p><u>Jackpot Bingo</u> 1:15pm</p> <p><u>Creative Writing</u> 1pm</p> <p><u>Pinochle</u> 1pm</p> <p><u>Fri. Dance</u> 7:30pm</p>	<p><b>25</b></p> <p>Sat Dance 7:30 pm</p> <p>Fiesta Country Band</p>
<p><b>26</b></p> <p>City of Refuge Bible Study 10am</p>	<p><b>27</b></p> <p><u>Bridge</u> 9:30am</p> <p><u>Lunch</u> 12pm</p>	<p><b>28</b></p> <p><u>Com. Balance</u> 11am</p> <p><u>Pinochle</u> 1pm</p> <p><u>WII Bowling</u> 1pm</p> <p><u>Tops</u> 5pm</p>	<p><b>29</b></p> <p><u>ZUMBA</u> 9am</p> <p><u>Hand &amp; Foot</u> 1pm</p> <p><u>Bridge</u> 1pm</p> <p><u>Drumming</u> 3:30pm</p>	<p><b>30</b></p> <p><u>Silver Chords</u> 9:30am</p> <p><u>Com. Balance</u> 11:30am</p> <p><u>Pinochle</u> 1pm</p> <p><u>Y Bridge</u> 1pm</p> <p><u>Karaoke</u> 7pm</p>	<p>Dear Seniors,</p> <p>Thank you for your donations of greeting cards. We appreciate it very much! We could use more sympathy and get-well cards. Don't forget to include envelope!</p> <p>Thank you,</p> <p>Greeting Card Volunteer</p>	

Senior Activity Center  
427 N. 6th Avenue  
Pocatello, Idaho 83201

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We cannot solve our problems with the same thinking we used when we created them.

-Albert Einstein

If we cannot now end our differences, at least we can help make the world safe for diversity.

John F. Kennedy