

Welcome to the Center where friends meet...



Senior Activity Center

“The Scoop”

427 North 6th Avenue, Pocatello, Idaho

(Located behind the Idaho Department of Labor on S. 5th St.)

AUGUST 2018

Email: senioractivities@ida.net **Website:** www.pocatelloSeniorcenter.com

208-233-1212



MUTT DOG SHOW Fundraiser

Saturday, August 18th

11:00 a.m. to 3:00 p.m.

Bring a dog and eat a dog! Come join the fun and watch all the dogs parade their stuff. This show will be outside in the grassy area at the Senior Activity Center. It's literally a “mutt” show, not to be judged as pure-breds. Prizes will be awarded under the “crazy criteria” categories, such as biggest under bite, etc. There will be prizes for each category. Some very nice prizes have been donated by local businesses, so don't miss out!

There will be a \$10 entry fee for each dog. A \$2 fee will be charged for spectators. You can sign up & pay your fees at the front office. All dogs must be leashed, licensed and current on their shots.

Hot dogs, chips, cookies and drinks will be available for purchase. Beginning at 2:00 p.m., there will be an Ice Cream Social provided by Alliance Home Health.



August 18th is homeless dogs day!

Scoop Subscriptions: If you have not paid for the Scoop for 2018, you may not receive another copy. However, we will send out one (1) courtesy copy, after which time the scoop mailing will end. If you are interested in renewing your subscription to the Scoop, you may pay \$1.00 per month for the remaining months of 2018. Thank you!

Mark your calendars for the Annual Craig Baker Memorial Golf Tournament on September 9, 2018 at Riverside golf course. Sign-up early at the office or online!

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**8 oz. Milk served
with all meals**

AUGUST Menu

Kitchen Tips & Tricks:

Egg Shell Peeling - Make a small hole in the egg by piercing with a pin before boiling. You will be able to remove its skin easily.

Potatoes - To bake potatoes quickly, place them in salt water for 15 minutes before baking.

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Kevin Campbell @ 11:30 Salisbury Steak Zucchini with mushrooms WGrain Rolls Watermelon B-Cake by Quail Ridge	2 Breakfast Stuffed Pork Loin Potato Casserole Capri Veggies Peaches WWheat Rolls Dessert	3 Cashew Chicken Egg Rolls Rice Mandarin Oranges Fortune Cookies
6	Potato Bar w/ Chili, cheese, etc. Winter Veggies Mixed Melons WWheat Roll Dessert	7 Breakfast Beef Pot Pie Winter Veggies WGrain Roll Strawberries Dessert	8 Farnes & Fronski @ 11:30 Glazed Ham Baked Sweet Potatoes Mixed Veggies Muffins Grapes/Melons Dessert	9 Breakfast Glazed Meatloaf Baked Potatoes Spinach WWheat Rolls Pears Dessert	10 Pastry Stuffed Chicken Green Salad Cantaloupe WGrain Crackers Dessert
13	Tuna Salad Sandwich Lettuce/Tomato Cottage Cheese Peaches Dessert	14 Breakfast Pulled Pork WGrain Bun Baked Beans Tossed Salad Apricots Dessert	15 Heidi Jenkins & Children @ 11:30 Library @ noon Tilapia OR Ham Wild Rice Medley Coleslaw Corn Muffins Honeydew Melon Dessert	16 Breakfast Oven Chicken Mashed Potatoes Country Gravy California Mix Grapes Dessert	17 Hot Dogs OR Kielbasa WGrain Buns Potato Salad Chips Bananas Dessert
20	Macaroni & Cheese w/ Corned Beef Broccoli Salad WWheat Roll Banana Dessert	21 Breakfast Spaghetti Garlic Bread Italian Salad Red Grapes Lemon Pistachio Biscotti	22 Latin Line Dancers @ 11:30 Pork Chops with Gravy Green Bean Casserole Rice Pilaf Biscuits Mixed Melon Dessert	23 Breakfast Turkey Corn Bread Stuffing Scandinavian Veggies Fruit Salad WWheat Rolls Dessert	24 Grilled Cheese OR Tuna Sandwich Green Salad Fruit Dessert
27	Bacon, Lettuce & Tomato Sand. Fruit Plate Chips Dessert	28 Breakfast Green Chili Pork Spanish Rice Monterrey Salad Flatbread Fresh Pineapple Dessert	29 Darrell Brown @ 11:30 Chicken Fried Steak Country Gravy Parslied Potatoes Asparagus WGrain Rolls Berries & Melon Dessert	30 Breakfast Crab Salad OR Chicken Salad on Croissant Scalloped Corn Zucchini Medley Applesauce Quick Bread Dessert	31 Roast Beef Sour Cream Potatoes Brown Gravy Green Beans WWheat Rolls Tangerines Dessert

AUGUST Birthdays...



1st	Sharon Leonard	17th	Arlene Ravndal
	LueAnn Thayn		Lorna Stacey
	Ellen Watson	18th	John Fronske
2nd	Bob Hood	20th	Joseph Atkinson
	Bob McAteer		Lorenzo Miranda
3rd	M.C. Lyons	21st	Carla Crawley
	Mark Nye	22nd	Ann Lane
4th	Pat Crites	23rd	Donna Anderson
	Jane Lamprecht		Sandra Cleaveland
	Dave Murin		Linda Edwards
5th	Sandy Henson		Carol Hegstrom
6th	Sandy Gilmore	24th	Evelyn Hitchcock
7th	Donna Boe		Delmar Irish
	Kathi Galloway		Bob Myers
	Frances Thompson	25th	Pat Lambert
8th	Carolyn Fulton		David Losee
	Phyllis Haskett		Dianna Schreiber
	Kathleen Kies	26th	Marge Meyer
	Dana Olson		Larry Orgill
9th	Leo Patschull	27th	Joyce Losser
10th	Lucille Linford	28th	Larry Lasater
	Sue Miller	29th	Linda Kramer
	Wallace Smith		Burnise Mecham
12th	Iris Ivie		Monte Rasmussen
	Linda Lindley		Marla Simmons
14th	Leah Rae Bybee	30th	Harvey Peck
	Linda Theiring		Ann Rogers
15th	Rayetta Otto	31st	Glenna Anderson
16th	Cathy McPherson		Dorothy Hatch
	Ralph Rodriguez		Barbara McFadden
17th	Brenda Sue Gates		Kim McLain
	Gloria Powell		

Osteoporosis:

Protect Yourself From a Bone Fracture

If you have osteoporosis, make it a priority to prevent broken bones. Even if your doctor suggests medicine, there are plenty of things you can do on your own to avoid accidents and keep your bones strong. Simple tweaks to the way you live can make a huge difference.

Exercise to Improve Balance and Strength

Many people with osteoporosis worry about the risks of exercise. After all, if you're walking on a treadmill or out hiking, aren't you more likely to fall? What could be better to protect you from a broken bone than sitting in a comfy armchair all day?

The truth is, though, that exercising cuts your chance of falling. It keeps your reflexes sharp and your muscles strong, which helps with coordination and makes it less likely you'll take a tumble. Exercise will improve your balance, too. A fitness routine also has a direct impact on the strength of your bones. Bone is a living tissue. Like muscle, it weakens if you don't exercise it. By staying fit, you can make your bones stronger and less likely to break during a fall.

Get the Right Shoes

Consider more than fashion when you choose shoes. Also, it's a good idea to wear shoes in the house. You raise your chances of slipping when you walk around in socks or slippers.

Know How Medicines Might Affect You

Some medicines you take for other conditions might cause dizziness or lack of coordination.

Keep Your Home Well-Lit

'Fall-Proof' Your Home

Exerpt from WebMD Medical Reference

Upcoming Events:

September 8th	Golf Tournament
September 21st	Sock Hop
October 9th	Karaoke Contest
November	Silver Chords Concert

In Case You Didn't Know:

The Senior Center takes **Debit & Credit** cards :)



Home-style Weed & Grass Killer

Instead of harsh commercial chemicals, pour full-strength vinegar or a generous amount of plain table salt on grass or weeds that grow between sidewalk cracks and on any other place you don't want them to grow.
....Hints from Heloise



BECAUSE THERE'S NO PLACE

Like Home

1009 W. Quinn Road Suite B Locally Owned and Operated
Pocatello, Idaho 83202 Phone: (208) 238-0088
Fax: (208) 238-0055 www.heritagehomehealth.org



GRANTS AWARDED TO THE CENTER

- 1) The center has been awarded a \$4,500 grant for kitchen equipment from the Laura Moore Cunningham Foundation, Inc.
- 2) Another grant was awarded to the center from the J.R. Simplot Co. for \$6,000 for our nutrition program.

W A H O O ... great grant writing!!!!

FYI...The City liaison is Brett Hewatt, who will be the Center's point of contact. He is their new "Alan"/Parks Superintendent. He can be reached at 208-234-1895.

Flicker Physical Therapy

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Tidbits about...Beverly Murdock

Beverly has lived most of her life in Pocatello, with various times spent in California, Wyoming, Utah, etc. She and her late husband, Cloyde, taught square dancing for many years. After he passed, she became involved with the Senior Activity Center. She rides the bus to and from the center every day she volunteers. Beverly, or the “milk lady”, as she calls herself, puts out the drinks for lunch. She really enjoys volunteering at the center and the opportunity it provides her to welcome and visit with everyone!



Beverly tries to walk every day and during inclement weather, you will find her walking at the Mall. She enjoys crocheting and feeding her daughters' two chickens.

Be sure to say “hello” the next time you pick up your drink!

On-Line Grocery Shopping in Pocatello/Chubbuck

Fred Meyer:

- 1) Customer visits www.fredmeyer.com/onlineshopping, places product(s) in cart and proceeds to checkout. Perishable items such as meat, dairy and frozen products will be selected shortly before pick-up and stored in a freezer or refrigerator.
- 2) Customer chooses location and one-hour time slot.
- 3) Employees pick the product. If item is out of stock, a substitution will be picked and customer will be charged the price of the cheaper item.
- 4) Customer drives to the pick-up location, pays using credit or debit card. Then an employee will bring the order out to the vehicle. The fee for the pick-up service is \$4.95 per order. 8 a.m. to 8 p.m. seven days a week.

Ridley's@Home

Website: ridleys.rosieapp.com

Cost: \$4.96 for pick-up and \$8.95 for delivery; no charge for orders over \$150

When: 11 a.m. to 2 p.m. and 5 to 7 p.m. for delivery and 10 a.m. to 9 p.m. for pick-up, seven days a week

All Hands on Deck

This puzzle will keep your brain in ship-shape. How many of these words ending in “ship” do you recognize? Example: You have to join the crew on this craft. If you answered “membership,” you are ready to set sail. Bon voyage!

- | | |
|-----------------------------------|--------------------------------|
| 1. Not your best ship | 7. Not a craft for aliens |
| 2. Your aunts & uncles are aboard | 8. Other ships follow |
| 3. A bright boy's boat | 9. A carpenter's boat, perhaps |
| 4. Not an easy ship to navigate | 10. Traveling merchant ship |
| 5. Your pal's vessel | 11. This one's a winner |
| 6. You live & pay taxes here | 12. You bought it |

Answers on last page



AUGUST ACTIVITIES




For those born from August 1st to August 22nd, they are members of the **Leo** zodiac signs. **Leo** Traits. Warm, action-oriented and driven by the desire to be loved and admired, the **Leo** have an air of royalty about them. They love to be in the limelight, which is why many of them make a career in the performing arts. People born from August 23rd to August 31st are members of the **Virgo** sign. A **Virgo** personality is a mix of intelligence, attention to detail, common sense, and commitment.

Wed


Thu

Fri

Sat

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			<p>1</p> <p><u>Zumba</u>: 8:30a <u>Gate City Ladies Club</u>: 9a <u>Special Bridge</u>: 9:30a <u>Pinochle</u>: 1p <u>Bridge</u>: 1p <u>Ballroom Dance Lesson</u>: 1p <u>Ping Pong</u>: 4p</p>	<p>2 True Country w/ Golden 10:30a - 2p</p> <p><u>Silver Chords</u>: 9:30a <u>Toenail Clinic</u>: 10-4p <u>Alliance Blood Pressure</u>: 11a <u>Fit'n Fall</u>: 11:30a <u>Pinochle</u>: 1p <u>Special Pinochle</u>: 1p <u>Karaoke</u>: 7p</p>	<p>3</p> <p><u>Zumba</u>: 8:30a <u>Bridge</u>: 9:30a <u>Jackpot Bingo</u>: 1:15p <u>Creative Writing</u>: 1p <u>Hand & Foot</u>: 5:00p <u>Dance</u>: DJ Steve Riley 7:30p</p>	<p>4</p> <p>Dance to True Country w/ Golden 7:30p</p> 
<p>5</p> <p>City of Refuge Bible Study 10a</p>	<p>6</p> <p><u>Bridge</u>: 9:30a Lunch - 12 <u>Hand & Foot</u>: 1- 5p</p>	<p>7 Exec. Mtg. @ 9:00 a</p> <p><u>Fit'n Fall</u>: 11a <u>Pinochle</u>: 1p <u>TOPS</u>: 5p</p>	<p>8</p> <p><u>Zumba</u>: 8:30a <u>Special Bridge</u>: 9:30a <u>Pinochle</u>: 1p <u>Bridge</u>: 1p <u>Ballroom Dance Lesson</u>: 1p <u>Ping Pong</u>: 4p</p>	<p>9 Down the Road 10a & 2p</p> <p><u>Silver Chords</u>: 9:30a <u>Fit'n Fall</u>: 11:30a <u>Pinochle</u>: 1p <u>Special Pinochle</u>: 1p <u>Karaoke</u>: 7p</p>	<p>10</p> <p><u>Bridge</u>: 9:30a <u>Jackpot Bingo</u>: 1:15p <u>Creative Writing</u>: 1p <u>Pinochle</u>: 1:00p <u>Dance</u>: DJ Steve Riley 7:30p</p>	<p>11</p> <p>Dance to DJ: John Jones 7:30p</p> 
<p>12</p> <p>City of Refuge Bible Study 10a</p>	<p>13</p> <p><u>Bridge</u>: 9:30a Lunch at noon <u>GPAA monthly meeting</u>: 6:30p</p>	<p>14 Brd. Mtg. @ 9:00a</p> <p><u>Fit'n Fall</u>: 11a <u>Pinochle</u>: 1p <u>TOPS</u>: 5p</p>	<p>15 Library @ noon</p> <p><u>Zumba</u>: 8:30a <u>Special Bridge</u>: 9:30a <u>Hand & Foot</u>: 1p <u>Bridge</u>: 1p <u>Pinochle</u>: 1p <u>Ballroom Dance Lessons</u>: 1p <u>Ping Pong</u>: 4p</p>	<p>16</p> <p><u>Silver Chords</u>: 9:30a <u>Alliance Blood Pressure</u>: 11a <u>Fit'n Fall</u>: 11:30a <u>Pinochle</u>: 1p <u>Pvt. Pinochle</u>: 1p <u>Karaoke</u>: 7p</p>	<p>17</p> <p><u>Zumba</u>: 8:30a <u>Bridge</u>: 9:30a <u>Jackpot Bingo</u>: 1:15p <u>Creative Writing</u>: 1p <u>Hand & Foot</u>: 5:00p <u>Dance</u>: DJ Steve Riley 7:30p</p>	<p>18</p> <p>DOG SHOW 11-3pm @Center</p> <p>Dance to DJ: John Jones</p> 

Regular Wii Bowling will return in September!

Sun	Mon	Tues	Wed	Thu	Fri	Sat
19 City of Refuge Bible Study 10a	20 <u>Bridge:</u> 9:30a Lunch at noon	21 Attorney @ 10a <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p	22 <u>Zumba:</u> 8:30a <u>Special Bridge:</u> 9:30a <u>Pinochle:</u> 1p <u>Bridge:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p <u>Ping Pong:</u> 4p	23 <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Pvt. Pin:</u> 1p <u>Karaoke:</u> 7p	24 <u>Zumba:</u> 8:30a <u>Bridge:</u> 9:30a <u>Jackpot Bingo:</u> 1:15p <u>Creative Writing:</u> 1p <u>Pinochle:</u> 1:00p <u>Dance:</u> DJ Steve Riley 7:30p	25 Dance to True Country w/ Golden 7:30p 
26 City of Refuge Bible Study 10a	27 <u>Bridge:</u> 9:30a Lunch at noon	28 <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p	29 <u>Zumba:</u> 8:30a <u>Special Bridge:</u> 9:30a <u>Pinochle:</u> 1p <u>Bridge:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p <u>Ping Pong:</u> 4p	30 <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Pvt. Pin:</u> 1p <u>Karaoke:</u> 7p	31 <u>Zumba:</u> 8:30a <u>Bridge:</u> 9:30a <u>Jackpot Bingo:</u> 1:15p <u>Creative Writing:</u> 1p <u>Hand & Foot:</u> 5:00p <u>Dance:</u> DJ Steve Riley	

\$10 - \$20 a month Club Members...



Carol Baker
 John & Clydie Brown
 Bob & Linda Crockford
 Fred Dykes
 Rod Gettman
 Darrell & Nancy Hill
 Joyce Holm

Joan Houston
 Wayne Lewis
 Bob McKee
 Flo Menousek
 Elsie & George Oyama
 Theresa Peak
 Shirley Rummage

Elizabeth & Marvin Smith
 Don Hulse
 Linda Thompson
 Charlene Young
 Sandra Dunkle
 Michael Vaughn



We would like to give a BIG SHOUT OUT to our \$10-\$20 a month club members for their continued donations to the Senior Activity Center. We also want to acknowledge those individuals who contribute to the Center anonymously and generously. THANK YOU!!!! You are appreciated.

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

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Office Hours

Monday: 9:30am-1:30pm

Tuesday & Thursday: 7:15am-5:00pm

Wednesday & Friday: 8:00am-5:00pm

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Scoop: Nancy Ellis

Editing: Dorothy Ryder, Linda & Bob Crockford
and Karen Holston

In order to expedite the completion and distribution of the Scoop in a timely manner, any articles, special entries, fundraising activities, etc. must be submitted by the 15th of each month for inclusion in the following months' scoop. Any data received later than the 15th will be printed in a later issue.

The Scoop Team

- | | | |
|----------------|----------------|------------------|
| 1. Worship | 5. Friendship | 9. Craftsmanship |
| 2. Kinship | 6. Township | 10. Salesmanship |
| 3. Scholarship | 7. Citizenship | 11. Championship |
| 4. Hardship | 8. Leadership | 12. Ownership |