

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.)

**FEBRUARY 2019** Email: [senioractivities@ida.net](mailto:senioractivities@ida.net) Website: [www.pocatellocenter.com](http://www.pocatellocenter.com) 208-233-1212



### Valentine Dance - Thursday, February 14th

**7:30 to 10 p.m.**

### The Jazz House Big Band

Here’s a chance to put on something Red to celebrate Valentine’s Day. Featuring *The Jazz House Big Band*, a 21-piece orchestra that specializes in big band, swing, jazz and blues dance music. Their extensive library includes music from the 20’s, 30’s, 40’s & 50’s. Be prepared to dance the night away for a mere **\$8.00 per person**. The dance will begin at **7:30p.m.** and continue until **10 p.m.** Tickets can be purchased at the Center’s office or at the door on the night of the dance. There will be a potluck at break time, so bring your favorite dish to share. Bring your sweetheart or a friend...it’s definitely going to be a toe-tapping evening, plus some fancy dancing!

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The Senior Activity Center will be closed on **Monday, February 18th** for **President’s Day**

**Please Note:**  
**All coffee refills are 50 cents**

## **Brainteasers:**

1. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me, yet I am in the midst of crosses. I am always in risk, but never in danger. You may find me in the sun, but I am never out of darkness. What am I?
2. What has a mouth but cannot eat, what moves but has no legs, and what has a bank but cannot put money in it?
3. When can you add two to eleven and get one as the correct answer?
4. There was a green house. Inside the green house was a white house. Inside the white house was a red house. Inside the red house there were lots of babies. What is it?
5. What kind of room has no doors or windows?
6. What kind of tree can you carry in your hand?
7. He has married many women, but has never been married. Who is he?
8. Imagine you are in a dark room. How do you get out?
9. Which weighs more, a pound of feathers or a pound of bricks?
10. Two girls were born to the same mother, on the same day, at the same time, in the same month and year and yet they're not twins. How can this be?

**Answers to brainteasers on page 10**

### **2019 AARP Tax Assistance**

Beginning February 5th, tax assistance will be available every Tuesday and Thursday from **9a.m. - 3p.m.** in **room 4** until April 11, 2019. First come, first serve basis starting at 8:30 a.m. Come early and have breakfast starting at 7:15 a.m.

#### **Items to bring:**

1. Bring your ID
2. 2018 tax documents to be processed
3. 2017 return tax documents

### **Jackpot, Nevada Bus Overnights**

Dates: 2/10/2019 4/7/2019 6/9/2019

Sunday Pocatello pick-up: 8:30am behind Red Lobster by Pine Ridge Mall

Monday Jackpot departure: 3pm arriving in Pocatello at 6pm.

Make check payable to:



Holiday Bus Tours

Bill and Judy Bennett

370 West 19th

Idaho Falls, Idaho 83402


For questions and to make reservations call: Bill and Judy Bennett at 208-522-2103 after 7pm

### **Upcoming Events:**

- 1) Silver Chords Concert March 23
- 2) AARP Driving Class March 29, June 7th, August 9th

8 oz. Milk served  
with all meals

# FEBRUARY Menu

Tuesday	Wednesday	Thursday	Friday
<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p> <p style="text-align: center;"><b>Baked Ham</b> <b>Sweet Potatoes</b> <b>Green Beans</b> <b>Peaches</b> <b>Whole Wheat Roll</b> <b>Dessert</b></p>
<p>5</p> <p style="text-align: center;"><b>Breakfast</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><b>Salisbury Steak</b> <b>Potatoes &amp; Gravy</b> <b>Beets</b> <b>Peaches</b> <b>Whole Wheat Roll</b> <b>Dessert</b></p> </div>	<p>6</p> <p style="text-align: center;">Ron Littlefield @ 11:30a</p> <p style="text-align: center;"><b>Baked Ham</b> <b>Black Beans</b> <b>WWheat Tortillas</b> <b>Tangelos</b> <b>Birthday Cake</b> by Quail Ridge</p>	<p>7</p> <p style="text-align: center;"><b>Breakfast</b></p> <p style="text-align: center;"><b>Meatloaf</b> <b>Baked Potato w/</b> <b>sour cream</b> <b>Melon</b> <b>Winter Squash</b> <b>Dessert</b></p>	<p>8</p> <p style="text-align: center;"><b>BBQ Chicken</b> <b>Roasted Potatoes</b> <b>Green Salad</b> <b>Fruit Cocktail</b> <b>Whole Wheat Roll</b> <b>Dessert</b></p>
<p>12</p> <p style="text-align: center;"><b>Breakfast</b></p> <p style="text-align: center;">Library @ Noon</p> <p style="text-align: center;"><b>Kielbasa OR Hot Dog</b> <b>Quinoa</b> <b>Beets</b> <b>Oranges</b> <b>Dessert</b></p>	<p>13</p> <p style="text-align: center;">Holy Spirit Catholic School Children @ 11:30a</p> <p style="text-align: center;"><b>Au Gratin</b> <b>Shepherd Pie</b> <b>Whole Wheat Roll</b> <b>Apple Slices</b> <b>Dessert</b></p>	<p>14</p> <p style="text-align: center;"><b>Breakfast</b></p> <div style="text-align: right;">  </div> <p style="text-align: center;"><b>Open-faced Roast</b> <b>Beef Sandwich</b> <b>Brussel Spouts</b> <b>Sliced Oranges</b> <b>Red Velvet Cake</b></p>	<p>15</p> <p style="text-align: center;"><b>Pulled Pork</b> <b>Broccoli</b> <b>Whole Grain Bread</b> <b>Peaches</b> <b>Dessert</b></p>
<p>19</p> <p style="text-align: center;"><b>Breakfast</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><b>Beef Stroganoff</b> <b>Asparagus</b> <b>Pineapple Bits</b> <b>Dessert</b></p> </div>	<p>20</p> <p style="text-align: center;"><b>AARP</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><b>Lasagna</b> <b>Green Salad</b> <b>Garlic Bread</b> <b>Pears</b> <b>Dessert</b></p> </div>	<p>21</p> <p style="text-align: center;"><b>Breakfast</b></p> <p style="text-align: center;"><b>Chicken Enchilada</b> <b>Bake</b> <b>WWheat Couscous</b> <b>Green Beans</b> <b>Baked Apples</b> <b>Dessert</b></p>	<p>22</p> <p style="text-align: center;"><b>Beef Tips w/Gravy</b> <b>Mashed Potatoes</b> <b>Cauliflower</b> <b>Mandarin Oranges</b> <b>Dessert</b></p>
<p>26</p> <p style="text-align: center;"><b>Breakfast</b></p> <p style="text-align: center;"><b>Parmesan Chicken</b> <b>Baked Sweet Potato</b> <b>Fries</b> <b>Stewed Tomatoes</b> <b>Whole Wheat Roll</b> <b>Applesauce/Dessert</b></p>	<p>27</p> <p style="text-align: center;">Michael Corrigan @ 11:30a</p> <p style="text-align: center;"><b>Tilapia OR Ham</b> <b>Wild Rice Medley</b> <b>Green Beans</b> <b>Melon</b> <b>Dessert</b></p>	<p>28</p> <p style="text-align: center;"><b>Breakfast</b></p> <p style="text-align: center;"><b>Spaghetti w/meat sauce</b> <b>Green Salad</b> <b>Garlic Bread</b> <b>Baked Apples</b> <b>Dessert</b></p>	<p style="text-align: center;"><b><u>Breakfast Served:</u></b></p> <p style="text-align: center;"><b>7:15a to 9:30a</b></p> <p style="text-align: center;"><b><u>Lunch Served:</u></b></p> <p style="text-align: center;"><b>12 noon to 1:00p</b></p>

## **FEBRUARY Birthdays...**



1st Donna Kohler	9th Duane Maupin	18th Farrell Hall
2nd Grace Juhl	JoAn Thomsen	Lavaudis Jensen
Dorothy Schugt	10th Sandra Pickens	George McGinnis
3rd Shirley Heer	Claudine Warren	Marvin Smith
Ramonda Sanford	Fay Young	19th Carol Schiers
4th Marlene Hope	11th Diane Bilyeu	20th Sandra Orton
Louise Lee	Lynne "CocoBear" Shurin	21st Anita Roberts
5th Wanda Burris	12th LaRae Cadwallader	24th Steve Landon
Benjamin Cleaveland	Glen Cameron	25th Robert Marshall
Nelda Morrison	Joan Henderson	26th Reggie Feld
6th Elaine Hull	Paula Neil	Betty Howell
Paul Kratzke	Geraldine Siaperas	Robert Messer
Vicki Michaels	13th Arthur Dahlin	Arline Peterson
Lee Sontag	14th Brent Hokanson	Richard Peterson
7th Carol Ireland	Carla Turman	Opal Smith
Red Ireland	15th Kermit Morrison	David Whitworth
John Murphy	Reta Rhoden	Helen Young
8th Alice Hayes	16th Lennard Bradley	27th Martha Call
Gay Hofhine	17th Mary De La Rosa	Susan Campbell
Anita Jones	Cathy Patschull	Rodney Gettman
Colleen Montross		Josefina Sisneros
Emily York		28th Paul Partner

We would like to thank Dorothy Ryder for her time and service she gave to the Senior Activity Center over the past years. She has been a part of the Center for many years. She will be missed! Please help us welcome Ady Crabtree to the front office; stop by and say, "Hi." She loves people and would enjoy meeting everyone.

### **Donations**

Bryce Jasperson	\$250
Don Hulse	\$120
Rodney Gettman	\$120
Robert & Margaret Reddy	\$300
Larry Devisser	\$101
JoAnn Doan	\$ 50
George Oyama	\$200
Shirley Rummage	\$100
Taya Roberts	\$ 8
Linda Buchli	\$ 20
Linda & Bob Crockford	\$347

**Please make the following new support staff feel welcome...**



Janet Marlene Chris

**Marlene Hope** has lived in Pocatello for about 25 years. Her work history includes St. Vincent in Blackfoot, Dairy Queen and lunch person for School District 25, including 7 years at Hawthorne Middle School. She is the proud parent of 3 children, 10 grandchildren and 8 1/2 great grandchildren. Marlene enjoyed camping in her younger years. She currently enjoys spending time with her family and dog, Buddy.

**Janet Hopkins** retired from the Pocatello Women’s Center as correctional officer. She has been married for 18 years and has 2 sons, 5 grandchildren and 4 great grand children, plus a very spoiled Shih Tzu. Janet is active in our ZUMBA Gold class and the Silver Chords. She is an avid walker and loves her new job. Janet enjoys camping and visiting new places with her husband, Randy.

**Chris Rhoades** has lived in Idaho for approximately 25 years. She was a pre-school teacher for 13 years. Chris has 3 boys, 2 of which live in Pocatello and 1 who lives in California. She also has 2 grandchildren. Among the things Chris likes to do include singing at church and with the Silver Chords, dancing and visiting with friends she has made at the local Fitness Center.

**Tidbits about Don Hulse...**



Don was in the U.S. Navy from 1955 to 1975, during which time he and his wife, Kay, spent some years living in Hawaii. Upon his return to Pocatello, he gained employment with American Microsystems, Inc., retiring as Operations Manager.

Don has many hobbies including maintaining a large vegetable garden, yard landscaping, camping, boating, fishing, hiking and model airplanes.

He and his wife have enjoyed traveling all over the United States, as well as touring Russia, all of the Caribbean and Puerto Rico.

**Pumping Iron**

An older fellow (not in the best of shape) was working out in the gym, when he spotted a sweet young thing. He asked his male trainer, “What machine in here should I use to impress that sweet thing over there?”

The trainer looked him up and down and replied, “I would try the ATM in the lobby.”

**Bundle Your Feet Up**

If you suffer from cracked feet in the winter, there’s good news. You can help fix it while you sleep! Simply choose a heavy-duty moisturizer (like petroleum jelly or coconut oil) & apply generously. Then, slide on thick socks made of a moisture-wicking material like cotton or wool. Let the moisturizer do its magic overnight.

# FEBRUARY Activities

Sun	Mon	Tues	Wed	Thur	Fri	Sat
27	28 Pool & Library	29 <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	30 <b>Gene Galloway</b> @ 11:30a  <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p <u>Ping Pong:</u> 1p	31 <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p	1 <u>Jackpot Bingo:</u> 1:15p <u>Creative Writing:</u> 1p  <u>Dance:</u> DJ Steve Riley 7:30p	2 <b>Dance to DJ:</b> <b>John Jones</b> 7:30p 
3	4 Pool & Library	5 <b>Exec. Mtg. @</b> 9:00 a  <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	6 <b>Ron Littlefield</b> @ 11:30a  <b>B-Cake by Quail Ridge</b>  <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p <u>Ping Pong:</u> 1p	7 <b>True Country</b> 10a & 2p  <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>Karaoke:</u> 7p	8 <u>Jackpot Bingo:</u> 1:15p ( <b>Prize Basket</b> ) by Alliance Home Health & Hospice  <u>Creative Writing:</u> 1p  <u>Dance:</u> DJ Steve Riley 7:30p	9 <b>Dance to DJ:</b> <b>John Jones</b> 7:30p 
10	11 Pool & Library	12 <b>Brd. Mtg. @</b> 9:00a  <u>Rock Painting:</u> 10a <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	13 <b>Holy Spirit Catholic School Children @ 11:30a</b>  <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p <u>Ping Pong:</u> 1p	14 <b>True Country</b> 10a & 2p  <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p	15 <u>Jackpot Bingo:</u> 1:15p <u>Creative Writing:</u> 1  <u>Dance:</u> DJ Steve Riley 7:30p	16 <b>Dance to DJ:</b> <b>John Jones</b> 7:30p 
				 <p style="text-align: center;"><b>VALENTINE DANCE</b> <b>THE JAZZ HOUSE</b> <b>BIG BAND</b> 7:30pm</p>		
				<b>\$8 per person</b>		

NOTE: There will be NO Zumba classes from January 23rd to February 28th, 2019.

The instructors will be taking a short break. However, classes will resume on Wednesday, March 6th.





## Going backward to go forward in relieving lower back pain



Walking backward has been a part of my exercise routine for over 20 years. I originally started it based on my understanding of anatomy and physiology. My thought was, and still is, I can “unwind” my walking muscles by walking backward on the treadmill or outside for 10 to 15 minutes every few days.

It is one of the best things I have found for low back pain caused by overuse (hard exercise or labor or sitting too long). The large muscle complex called the Iliopsoas muscle, that allows your forward stride, attaches to your lumbar spine and can be implicated in several back problems and pain syndromes.

Motivating the muscle to move differently seems to reset it and relieve lower back pain (when this muscle is the cause of the pain). New research has shown that walking backward is good not only for your back, but also for your brain. Beyond the obvious implications of balance and muscle strength, the University of Roehampton (located in the UK) has shown that walking backward improves short-term memory.

Researchers had subjects recall information from a video and compare the groups by having one group walk forward, one walk backward, and one stand still. The group that walked backward had significantly more correct answers than either of the other two groups.

While the reason for this finding is something of a mystery, it is felt that there is a link between the concepts of time and space that is essential for the brain to form memories.

I believe any time the brain is required to work in a different way, it “grows.” The brain is elastic and, contrary to previously held belief, can change when stimulated. So if you can **safely** walk backward, add a few minutes a week of doing so and get both the back and the brain benefits!

**ISJ, Dr. Warren Willey**

## Basic Hygiene Helps Prevent Illness

It’s that time of year again, folks. The temperatures are low, the snow is blowing, and some of the oldest creatures known to man are free to lay havoc on our immune systems. Yes, it’s winter. And with colder weather come colds, flu and upper respiratory infections.

Keeping oneself clean to help keep you and your family healthy seems like a basic practice that everyone should know how to do. But most people take hygiene for granted. In this day and age of hand sanitizers, specialty paper towels, and all kinds of wipes, this basic preventative measure has become obsolete. Yet it is the most efficient, cheapest, and easiest way to prevent the transmission of diseases and illness.

So let’s review this age-old practice. You should wash your hands before: preparing or eating food; after going to the bathroom; before and after caring for someone who is sick; after handling uncooked foods, particularly raw meat, poultry, or fish; after blowing your nose, coughing, or sneezing; after handling an animal or animal waste; after handling garbage; before & after treating a cut or wound; and after handling



items contaminated by flood water or sewage. Soap & water are cheap, easy, and a sure way to keep you and your family illness free!

Keep it simple and clean!!

**by Susan Frances Bonner, RN, BSN**



## 2018 Program Donations

Bridge	\$1,866.40
Hand & Foot	\$672.30
Dominos	\$32.00
Pinochle	\$2,946.75
Ping Pong	\$30.00
WII Bowling	\$101.00
\$20.00 Month Club	\$1,920.00
\$10.00 Month Club	\$1,068.00
BINGO Social (11:30am)	\$170.00
Creative Writing	\$622.00
Friday Night Dance	\$4,748.40
Saturday Night Dance	\$3,026.50
Karaoke Donations	\$2,752.45
Photo and DVD Donations	\$56.00
Pool Room	\$2,704.16
Charity Bingo (Friday at 1:15)	\$6,668.52
<b>Total</b>	<b>\$29,384.48</b>

### NEED A RIPE AVACADO?

Place one in a brown paper bag with a banana. The banana releases ethylene gas, a natural plant hormone that helps ripen fruit!



### Delicious Whole Grain, High-Protein Pancakes

1 cup whole wheat flour	1 teaspoon baking powder
1/2 cup rolled oats	1/2 teaspoon baking soda
1/4 cup cornmeal	1 egg, beaten
3 tablespoons flaxseed meal	2 cups buttermilk
3 tablespoons brown sugar	(use cooking spray as needed)

#### Directions:

- 1) In a large bowl, stir together the flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder and baking soda. Pour in buttermilk and egg. Stir just until smooth.
- 2) Heat large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonful's onto the griddle, and cook until bubbles form and edges are dry. Flip, and cook until browned. Repeat with remaining batter.

#### Nutrition Facts

Per Serving: 306 calories; 13g protein



### Scoop Subscriptions:

If you have not paid for the Scoop for 2019, you may not receive another copy. If you are interested in having the Scoop mailed to you or in renewing your current subscription, please see Dorothy at the office to sign-up & submit payment. It's only \$1.00 per month / \$12.00 for the year. We appreciate your continued interest & participation in the Senior Activity Center!

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**

**Answers to brainteasers:**

1. The letter S.
2. A river.
3. When you add two hours to eleven o'clock, you get one o'clock.
4. A watermelon.
5. A mushroom.
6. A palm.
7. A preacher.
8. Stop imagining.
9. Neither. They both weigh one pound.
10. The two babies are two of a set of triplets.

Scoop: Nancy Ellis

Editing: Linda & Bob Crockford  
and Karen Holston

**We reserve the right to goof-up occasionally!**

You can access the Scoop, menu and fundraisers, etc. online at [pocatelloseiorcenter.com](http://pocatelloseiorcenter.com)  
Once you are at the website, just click on the Red Tabs to access the individual information you're looking for as noted above.