

Welcome to the Center where friends meet...

Senior Activity Center SCOOP

427 North 6th Avenue, Pocatello, Idaho 83201
(Located behind the Idaho Department of Labor on S. 5th St.)

March 2020

Like us on FACEBOOK at Pocatello Senior Activity Center

Email: senioractivities@ida.net

Website: www.pocatelloseniorcenter.com

TEL: (208) 233-1212

Seniors!

By: Senior Activity Center, 2020 Board of Directors

We would like to thank all who attended last month's meeting with the Board of Directors. The Board is zealously dedicated to all seniors, as we ourselves are seniors and we understand how important this Center is for our seniors, and our members. The Board members and all our volunteers put their heart and soul into this place.

As we look to the future of the Center, it will take time and effort with all the potential partners to come up with a plan. The vitality of the Center depends on inclusiveness and it is our goal to continue that along with fostering senior partnerships within the community.

Additionally, the Center is a 501(c)3 non-profit charitable organization. We are committed to complying with all regulations with the IRS, along with the State of Idaho Lottery Commission and other regulated entities.

We have many goals for this upcoming year, recently we have been working with the City of Pocatello to improve the lighting on the West side of the building.

It is the Center's mission that motivates us and drives our cause. Our mission is to provide a daily nutritional meal for our seniors and support socialization, physical and cognitive activities that will service our senior population.

We are open to any suggestions on how to improve our Center. Stop by the front office for board member contact information. Board meetings are held the 2nd Tuesday of every month. If you'd like to get on the agenda, contact Anita.

We love all seniors, and everyone is welcomed!

Board of Directors

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Flicker Physical Therapy

**One-on-one therapy
designed for you,
all with a team that cares!**

Specialized programs for
Neck Shoulder Hip Knee Back
Balance Strengthening and more!

4922 Yellowstone Ave. Ste J
Across from Smith's in Chubbuck
208-237-1882

SENIOR ACTIVITY CENTER
SPONSORING

New KARAOKE

STARTS ON THURSDAY
MARCH 12, 2020 AT 3 PM
IN DINING ROOM



SUGGESTED
DONATION \$2

\$8 PER PERSON
PURCHASE TICKETS NOW
DANCE INCLUDED

DOOR PRIZES

SENIOR ACTIVITY CENTER
PRESENTS

SILVER CHORDS CHORUS

ANNUAL FUNDRAISER
REMEMBERING COLE PORTER
AMERICAN COMPOSER & SONGWRITER

DIRECTOR DOROTHY HATCH
PIANIST JAMIE RAMSAYER AND LINDA LINDLEY
AND
SILVER CHORDS CHORUS

SATURDAY
APRIL 25, 2020 AT 6PM

2020 AARP TAX AIDE

Appointments are first come, first serve on Tuesday and Thursdays. To sign-up for tax assistance, please go to room 4 and speak to a AARP volunteer. The service is offered until April 9th.

Feel free to order breakfast while your waiting; everything is under \$6.

Items to bring:

1. Bring your ID
2. 2019 tax documents to be processed
3. 2018 return tax documents

ISU and Marshall Library also provides free tax service.

March Menu Noon —1 PM

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Breakfast 8-9:30AM</p> <p>Oven Baked Chicken & Potatoes Capri Veggies Peaches Roll Dessert Milk or coffee</p>	<p>4 Michael Corrigan entertains at 11:30 AM</p> <p>Tilapia or Ham Rice Peas Mandarin Oranges Roll Milk or coffee Dessert by Quail Ridge</p>	<p>5 Breakfast 8-9:30 AM</p> <p>6Baked Spaghetti Salad Garlic Bread Apples Dessert Milk or coffee</p>	<p>6</p> <p>Salisbury Steak Mashed Potatoes Mixed Veggies Pears Roll Dessert by Brookdale Milk or coffee</p>
<p>10 Breakfast 8-9:30 AM</p> <p>Chicken Strips Potatoes Coleslaw Applesauce Dessert Milk or coffee</p>	<p>11 Tim & Lorri Bridges entertains at 11:30AM</p> <p>Chicken Fried Steak Mashed Potatoes & Gravy Medley Veggies Peaches Dessert Roll Milk or coffee</p>	<p>12 Breakfast 8-9:30 AM</p> <p>Pork Roast Potatoes Green Beans Grapes Roll Milk or coffee</p>	<p>13</p> <p>Glazed Ham Scalloped Potatoes Normandy Veggies Tropical Fruit Roll Dessert Milk or coffee</p>
<p>17 Breakfast 8-9:30 AM</p> <p>Corn Beef & Cabbage Pears Roll Dessert Milk or coffee</p>	<p>18 Welcome AARP</p> <p>Chicken Alfredo Mixed Veggies Melon Roll Dessert Milk or coffee</p>	<p>19 Breakfast 8-9:30 AM</p> <p>Spaghetti Mixed Veggies Melon Garlic Bread Dessert Milk or coffee</p>	<p>20</p> <p>Meatloaf Potatoes Green Beans Peaches Dessert Milk or coffee</p>
<p>24 Breakfast 8-9:30 AM</p> <p>Swedish Meatballs Rice Carrots Apricots Roll Dessert Milk or coffee</p>	<p>25 Tracy Faulter entertains at 11:30AM</p> <p>Taco Rice Refried Beans Applesauce Salad Dessert Milk or coffee</p>	<p>26 Breakfast 8-9:30 AM</p> <p>Lasagna Veggies Melon Garlic Bread Dessert Milk or coffee</p>	<p>27</p> <p>Pulled Pork Tater Tots Mixed Veggies Bananas Dessert Milk or coffee</p>
<p>31</p> <p>Jambalaya Rice Beans Dessert Milk or coffee</p>	<p><i>Menu is subject to change due to various components of food delivery and availability</i></p>		

Fifties Dinner and Dance



Sounds by DJ
Steve Riley

Saturday, March 28, 2020 6:30 PM
Doors open at 6:15PM

Dress in your favorite 50's clothes



Senior Activity Center
427 North 6th Street
Pocatello, Idaho 83201
TEL: (208) 233-1212

Entry \$12.50 per person

Helping Hands Home Health



*"Because there's no
place like home"*

232-2009

MARCH MOVIE

DATE: Tuesday, March 10th
MOVIE: Quigley Down Under
TIME: 1:15 PM - 3:20 PM
ROOM: ROOM 11

A western drama, Matthew Quigley (Tom Selleck) is an American rifleman who travels to the Australian outback to answer a help wanted ad. Free popcorn!

MARCH ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Pool Library <u>Bridge: 9a</u> <u>Parkinson</u> <u>Boxing: 9:30a</u> <u>Mah Jongg: 1p</u></p>	<p>3 Exec. Brd. Mtg. @ 9a</p> <p><u>Fit'n Fall: 11a</u> <u>Social Bingo: 11:30a</u> <u>Pinochle: 1p</u> <u>Boxing: 2:30p</u> <u>TOPS: 6p</u></p>	<p>4</p> <p>Michael Corrigan entertains at 11:30 AM</p> <p><u>Private Bridge: 9a</u> <u>Bridge Lessons: 10a</u> <u>Bridge: 1p</u> <u>Hand & Foot: 1p</u> <u>Ballroom Dance Lesson: 1p</u></p>	<p>5</p> <p><u>Silver Chords: 9:00a</u> <u>Boxing: 9:30a</u> <u>Alliance Blood</u> <u>Pressure: 11a</u> <u>Social Bingo: 11:30a</u> <u>Fit'n Fall: 11:30a</u> <u>Pinochle: 1p</u> <u>Line Dance Lessons: 2p</u> <u>Karaoke: 3p</u></p>	<p>6</p> <p><u>Bridge: 9a</u> <u>Social Bingo: 11:30a</u> <u>Jackpot Bingo: 1p</u> <u>Creative Writing: 1p</u> <u>Private 5-hand</u> <u>Pinochle: 1p</u> <u>Boxing: 2:30p</u> <u>Hand & Foot: 5p</u> <u>Dance: DJ</u> Steve Riley 7:30p</p>	<p>7</p> <p>Dance at 7:30 PM</p>
<p>9</p> <p>Pool Library <u>Bridge: 9a</u> <u>Parkinson</u> <u>Boxing: 9:30a</u> <u>Mah Jong: 1p</u></p>	<p>10 Board Mtg. @ 9a</p> <p><u>Tai Chi: 9:30a</u> <u>Fit'n Fall: 11a</u> <u>Social Bingo: 11:30a</u> <u>Pinochle: 1p</u> <u>Movie: 1:15p</u> <u>Boxing: 2:30p</u> <u>TOPS: 6p</u></p>	<p>11</p> <p>Tim & Lorri Bridges entertains 11:30 AM</p> <p><u>Private Bridge: 9a</u> <u>Bridge Lessons: 10a</u> <u>Bridge: 1p</u> <u>Hand & Foot: 1p</u> <u>Ballroom Dance Lesson: 1p</u></p>	<p>12</p> <p><u>Silver Chords: 9:00a</u> <u>Boxing: 9:30a</u> <u>Horizon Blood</u> <u>Pressure: 11a</u> <u>Social Bingo: 11:30a</u> <u>Fit'n Fall: 11:30a</u> <u>Pinochle: 1p</u> <u>Private Y-Bridge: 1p</u> <u>Line Dance Lessons: 2p</u> <u>Karaoke: 3p</u></p>	<p>13</p> <p><u>Mexican Train: 9a</u> <u>Bridge: 9a</u> <u>Social Bingo: 11:30a</u> <u>Jackpot Bingo: 1p</u> <u>Private Pinochle: 1p</u> <u>Creative Writing: 1p</u> <u>Boxing: 2:30p</u> <u>Hand & Foot: 5p</u> <u>Dance: DJ</u> Steve Riley 7:30p</p>	<p>14</p> <p>Parkinson group Potluck Lunch at noon</p> <p>Dance at 7:30 PM</p>
<p>16</p> <p>Pool Library <u>Bridge: 9a</u> <u>Parkinson</u> <u>Boxing: 9:30a</u> <u>Mah Jong: 1p</u></p>	<p>17 Attorney @ 10a</p> <p><u>Fit'n Fall: 11a</u> <u>Social Bingo: 11:30a</u> <u>Pinochle: 1p</u> <u>Boxing: 2:30p</u> <u>TOPS: 6p</u></p>	<p>18 Welcome AARP</p> <p><u>ZUMBA: 8:30a</u> <u>Private Bridge: 9a</u> <u>Bridge Lessons: 10a</u> <u>Bridge: 1p</u> <u>Ballroom Dance Lesson: 1p</u></p>	<p>19</p> <p><u>Silver Chords: 9:00a</u> <u>Boxing: 9:30a</u> <u>Alliance Blood</u> <u>Pressure: 11a</u> <u>Social Bingo: 11:30a</u> <u>Fit'n Fall: 11:30a</u> <u>Pinochle: 1p</u> <u>Line Dance Lessons: 2p</u> <u>Karaoke: 3p</u></p>	<p>20</p> <p><u>Zumba: 8:30a</u> <u>Bridge: 9a</u> <u>Social Bingo: 11:30a</u> <u>Jackpot Bingo: 1p</u> <u>Creative Writing: 1p</u> <u>Private 5-hand</u> <u>Pinochle: 1p</u> <u>Boxing: 2:30p</u> <u>Hand & Foot: 5p</u> <u>Dance: DJ</u> Steve Riley 7:30p</p>	<p>21</p> <p>Dance at 7:30 PM</p>
<p>23</p> <p>Pool Library <u>Bridge: 9a</u> <u>Parkinson</u> <u>Boxing: 9:30a</u> <u>Mah Jong: 1p</u></p>	<p>24</p> <p><u>Tai Chi: 9:30a</u> <u>Fit'n Fall: 11a</u> <u>Social Bingo: 11:30a</u> <u>Pinochle: 1p</u> <u>Boxing: 2:30p</u> <u>TOPS: 6p</u></p>	<p>25</p> <p>Tracy Falter @ 11:30a Entertainment</p> <p><u>ZUMBA: 8:30a</u> <u>Private Bridge: 9a</u> <u>Bridge Lessons: 10a</u> <u>Bridge: 1p</u> <u>Hand & Foot: 1p</u> <u>Ballroom Dance Lesson: 1p</u></p>	<p>26</p> <p><u>Silver Chords: 9:00a</u> <u>Boxing: 9:30a</u> <u>Horizon Blood</u> <u>Pressure: 11a</u> <u>Social Bingo: 11:30a</u> <u>Fit'n Fall: 11:30a</u> <u>Pinochle: 1p</u> <u>Private Y-Bridge: 1p</u> <u>Line Dance Lessons: 2p</u> <u>Karaoke: 3p</u></p>	<p>27</p> <p><u>Zumba: 8:30a</u> <u>Bridge: 9a</u> <u>Social Bingo: 11:30a</u> <u>Jackpot Bingo: 1p</u> <u>Private 5-hand</u> <u>Pinochle: 1p</u> <u>Creative Writing: 1p</u> <u>Boxing: 2:30p</u> <u>Hand & Foot: 5p</u> <u>Dance: DJ</u> Steve Riley 7:30p</p>	<p>28</p> <p>50's Dinner and Dance starts at 6:30 PM</p> <p>Tickets \$12.50 per person</p>

NO ZUMBA classes: Jan 15 - Mar 15

MARCH BIRTHDAYS

Blair, Charolette	1	Jones, EvaMay	8	Jones, Robert	16
Carter, Susan	1	Rhead, Douglas	8	Martin, Ronald	16
Hoadley, Ruth	1	Haag, Arnold	9	Moore, Dennis	16
Nilsson, Hui Chu Angel	1	Johnston, Keri	9	Smith, Linda	16
Rupp, Lavelle	1	McCashland, Sherry	9	Blanco, Ray	17
Becher, Frank	1	Mecham, Jerliynn	9	Edwards, Sandra	17
Gaarsland, Carl	2	Pew, Joan	9	Parsley, Sue	17
Hogander, S	2	Jentzsch, Debbie	10	Scelsi, James	17
Hulkovich, Donetta	2	Wilde, Donna	10	Sharp, George	17
Judd, Karen	2	Breezee, Sue	11	Warren, Deb	17
Layne, Linda	2	Sanchez, Amparo	11	Annala, James	18
McClanahan, Susan	2	Bauer, Paul	12	Baker, Maleita	18
McGregor, Robert	2	Benally, Steven	12	England, Juanita	18
Ramos, Florence	2	Gius, Darla	12	Millward, Golden	18
Whitworth, Carol	2	Boyd, Henderson	12	Ahrens, Diane	19
Younger, Jack	2	Lords, Merla	12	Cawdery, Carl	19
Adams, Georgia	2	Orgill, Carol	12	Jarques, Bernie	19
McCollum, Mary	2	Petersen, Douglas	12	Becker, Kim	20
Mussulman, Doxanne	4	Richardson, Brian	12	Dudunake, John	20
Orthsterhous, Amanda	4	Ross, Joyce	12	Nichols, Timothy	20
Steinmetz, Kathy	4	Shaffer, Lin	12	Yokota, Myrtle	20
Chisester, Makenzie	5	Stoddard, Val	12	Anderson, Joyce	21
Holverson, Darrell	5	Brockway, David	13	Bennett, Clee	21
Siemen, Gail	5	Chandler, George H.	13	Foster, Kathleen	21
Magarity, James	6	Francis, Rex	13	Gunter, Sonia	21
Sherburne, Mary Kaye	6	Fry, Kathy	13	Vaughn, Kathryn	21
Smith, Jetta	6	Osterhoust, Annette	13	Arnold, Juanita	22
Stoehr, Delroy	6	Carlson, Robert	14	Gibson, Gayle	22
Hottel, Rosalie	7	Harris, Dean	14	Lords, Orvy	22
Neves, Kendra	7	Nicholls, Melvin	14	Neibaur, Myra	22
Roper, Wanda	7	Nichols, Caidean	14	Piersall, Sky	22
Graham, Ernest	8	Whittier, Christine	14	Truchot, Donald	22

MARCH ACTIVITIES (Cont-)

Monday	Tuesday
30	31
Pool	<u>Fit'n Fall</u> : 11a
Library	<u>Social Bingo</u> : 11:30a
Bridge: 9a	<u>Pinochle</u> : 1p
Parkinson	<u>Boxing</u> : 2:30p
Boxing: 9:30a	<u>TOPS</u> : 6p
Mah Jong: 1p	

New Knowledge Adventures

New Knowledge Adventures (NKA) at Idaho State University is a member-directed organization for adults of retirement age, to expand knowledge and explore new ideas in an informal non-competitive environment. Membership is \$40, for questions call (208) 282-3372.

March is National Nutrition Month

March is National Nutrition Month. The Senior Activity Center offers the Congregate Nutrient Program.

You, the congregate, and all of its participant are vital to the community:

- Congregate nutrition programs help provide older adults with a high quality diet through healthy meals that look good, taste good, and provide choices.
- Congregate nutrition programs are inviting, hospitable, and inclusive, creating a comfortable and welcoming environment.
- Congregate nutrition programs connect people to each other through fun, engaging activities that decrease social isolation and solidify friendships.
- Congregate nutrition programs promote health through physical activity, active learning, nutrition education, and eating together.
- Congregate nutrition programs increase food security through meals and access to vital social services such as heating and cooling assistance programs, SNAP, and health care programs.

Join us for lunch at noon Tuesday through Friday. Seniors over the age of 60, it's a suggested donation!

MARCH BIRTHDAYS (Continued)

Jensen, Sandy	23	Coleman, Phillip	27	Altenburg, Roland	29
Stone, Cheri	23	Crowder, John	27	Firebaugh, Pam	29
Cunningham, Katharine	24	Lish, Gene	27	Foster, Mandi	29
Hatch, Frank	24	Tanner, Irma	27	Krall, Karlen	29
Stoler, David	24	Champney, Claude	28	Myler, Doug	29
Ames, Rosemary	25	Frendenthai, Dennis	28	Dover, Don	30
Bailey, Juanita	25	Grant, Abi	28		
Freeman, Ruth	25	Riley, Jane	28		
Freeman, Tom	26	Robertson, Alice	28		
Hopkins, Jerry	26	Stone, LaRoy	28		
Brown, Ralph	27	Trahant, Elaine	28		
Christensen, Dixie	27	Akina, Roy	29		

Senior Activity Center
427 North 6th Avenue
Pocatello, Idaho 83201

Operation Hours

Monday: 9:30 AM — 1:30 PM

Tuesday & Thursday: 8:00 AM — 5 :00 PM

Wednesday & Friday: 8:00 AM — 5:00 PM

Get your newsletter emailed to you
Contact the front office



United States Census 2020

Census Day

April 1, 2020

Sign up Online, Phone or by Mail

**Help Pocatello create jobs, provide housing,
prepare for emergencies and build schools, roads
and hospitals**