

SENIOR COMMUNICATOR

Non Profit Organization

Idaho Falls Senior Citizens Activity Center
535 West 21st Street

We are a daily center for ACTIVE seniors

We are NOT an assisted living center.



Hours of operation
Monday through Friday
8:30 am - 4:30 pm
Closed some holidays

Telephone: (208) 522-4357
Website: ifscac.org
Circulation: 750



Happy Winter Solstice!

December 21st

**MERRY
CHRISTMAS**
December 25th

Frozen Eagle Monument Fountain, Idaho Falls, Idaho

Photo courtesy of Jennifer Neermann

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



**DECEMBER
2018**

We reserve the
right
to goof-up
occasionally

New Members

*Jeff Jergins * Debbie Shedd * Eva Phillips * Joseph Borg * Warren Rockwood * Al Giedrates
Vern Christiansen * Nicolette Parsons * Michael Fuson * Dorothy Carlson
Mavis Smith * Louise Newman * John Rueckert*

AND FOR ALL OUR NEW MEMBERS... Please don't be a passive member! Get involved...Join in the daily activities. In most cases the daily activities are not created by the Center Management, they were created by members who asked "Can we do this?" Management is concerned with activities only in a support position. Please join us on any Wednesday morning at 8:45 AM for Wednesday Morning Coffee Break and

NEW MEMBER GET-ACQUAINTED !

STAY FOR BINGO AT 9:45 IF YOU WOULD LIKE

Thank You to all of our Volunteers

Senior Hours	308.50
Non-Senior Hour	795.00
Board Member Hour	92.00
Work Detail Hours	108.00
<hr/>	
Total Hours	1303.50

We would like to thank the Board Members, Non Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running.



Thank You!

Monthly Supporters

*Bonneville County * United Way
City Of Idaho Falls * Medicaid
Eastern Idaho Community Action Partnership*

Thank You!

THANKS TO THE MEMBERS WHO HELP US RELIEVE THE PAIN OF THE ECONOMY:

\$ 0 - \$ 99

*Bill Jenkinson
Gary Smout
Laurine Petta
Wayne & Janet Patterson
Erma, Peggy & Chris Allison
Mary Goettshe
Jane Peters*

\$100 - \$199

*James & Henrietta Boland
John & Betty Johnson
Stan & Amy Marko*

Thank You!

Many thanks to the following entities for their recent grants and donations!

*Access Controlled Storage
Bank of Idaho
Chris Schmalz Inc
Johnson Brothers
Lincoln Court
Rocky Mountain Power Foundation
Sara Aughney Insurance Agency*

FRIDAY, DECEMBER 14TH, 2018
12:00 pm to 1:00pm

Come join the good food and fun

Please RSVP by December 7th

~ Menu ~

**Sliced Ham, Mixed Fruit, Sweet
 Potatoes and Cornbread Stuffing
 Special Entertainment!**

**"Strings Attached" Music Studio
 from Firth, Idaho.**

Christmas Grocery Drawing

535 W 21st Street
 Idaho Falls Senior Activity Center
 208 522-4357

Tickets:
 2 for \$5
 4 for \$10
 6 for \$15
 8 for \$20
 10 for \$25

WINCO Gift Cards

1st Prize - \$300
 2nd Prize - \$200
 3rd Prize - \$150
 4th Prize - \$100

Prize Drawing
 2nd Friday of December
 At Lunch 12:00 pm

Need NOT be present to win!!

*Drawing to be held right before
 lunch*

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FREE SKIN CANCER SCREENINGS

**A preventative reminder that risk factors
 for skin cancer include:**

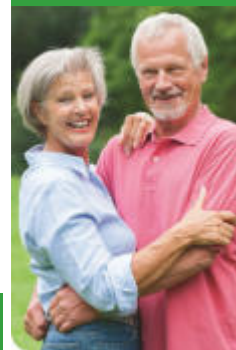
- A lighter natural skin color
- Family history of skin cancer
- A history of sunburns, especially early in life
- A history of indoor tanning
- Skin that burns, freckles, reddens easily

More than 3.5 million skin cancers in over two million people are diagnosed annually. If you have any of these risk factors above and are concerned with a spot on your skin, now is the time to have it checked.



Call to make your screening appointment today!
 Daniel Marshall, D.O. | Cameron French, PA-C

CALL TODAY
208-881-5241



FYI

During the month of October our capable KITCHEN AND DELIVERY PERSONNEL served 977 meals at the center, and produced and delivered 5956 meals to home-bound seniors through our Meals On Wheels program (Total meals: 6933)


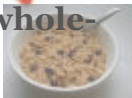
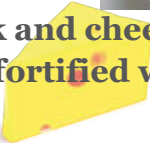


Healthy Eating

What kinds of foods do I need to eat as I age?

When you get older, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories.

Eat more of these nutrient-dense foods

Older adults, along with other Americans, are advised to "eat from the rainbow" of foods rich in nutrients, like these:

- **fruits and vegetables (choose a range of types with vibrant colors)** 
- **whole grains, like oatmeal, whole-wheat bread, and brown rice** 
- **fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium** 
- **seafood, lean meats, poultry, and eggs**
- **beans, nuts, and seeds**  

QUOTE: *Anyone can get old, all you have to do is live long enough - Groucho Marx*

Weather Closures:

The Senior Center closes when School District 91 or 93 closes for inclement weather. Inclement weather includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure. As always, all television and radio stations will be notified by 7:00 a.m.

Thank you for your cooperation.

Eastern Idaho Area Agency on Aging: Idaho Home Choice

The Eastern Idaho Area Agency on Aging can help individuals who wish to transition from a skilled nursing or other care facility, to community living in an apartment, private home or community setting such as a Certified Family Home. These services are provided under the Idaho Home Choice Program (previously referred to as the "Money Follows the Person Program") through the Department of Health & Welfare. This program allows for more flexibility to transition back home after an extended stay in a facility. For additional information, call the Area

Merry Christmas

*From All of Us to
All of You!*






If you weren't a
part of the
Star Wars
Fundraiser



YOU
missed a
Great
Time!!!



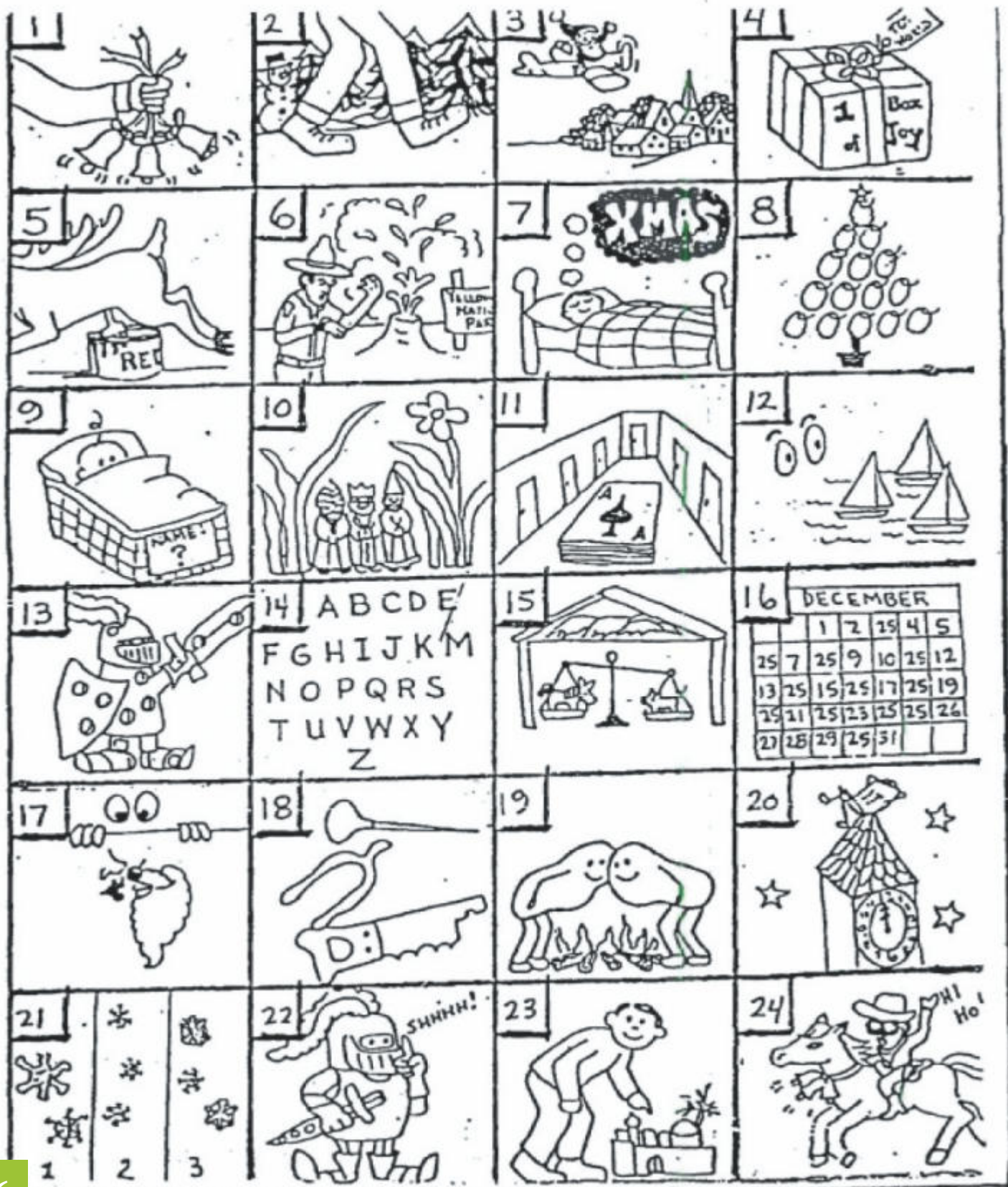


**MARK YOUR CALENDAR!
SAVE THIS DATE!**

TUESDAY, DECEMBER 18TH

The Bonneville High School Band will be here at the Center December 18th at 11:30 to perform for us. Be sure to come early and enjoy some holiday entertainment; 40 to 60 high school students from the Bonneville High School Band have graciously chosen the Center to perform their beautiful music . You may come and just enjoy the music or enjoy the great lunch our cooks have prepared while you listen. You won't want to miss this special performance of the band.

Can You Name These Christmas Songs?





Christmas According to Linus:

LINUS: *And there were in the same country shepherds abiding in the field, keeping watch over their flocks by night, and lo the angel of*



the Lord came upon them and the glory of the Lord shone round about them, and they were sore afraid, and the angel said unto them, "Fear not, for behold, I bring you tidings of great joy, which shall be to all people. For unto you is born this day in the city of David, a savior, tis Christ the Lord. And this shall be a sign unto you. You shall find the babe wrapped in swaddling clothes lying in a manger." And suddenly there was with the angel a multitude of the heavenly hosts, praising God and saying, "Glory to God in the highest, and on earth peace, good will toward men."

That's what Christmas is all about, Charlie Brown.



Merry Christmas





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COMMENTS FROM READERS:

"What made this book enjoyable was the lack of bad language, sexual innuendos or other worldliness that would have distracted me and discouraged me from continuing to read."

"I am 75 years old and a grandmother. These are stories that every mother and grandmother needs to read to their children and grandchildren. They are stories of life; choices; struggles and faith, and also very inspiring."

"Your stories are a lot like Louis L'Amour and Zane Grey books. There is so much action and excitement, but not all the violence. When I read your books, I feel like I am standing right next to Jacob & Zac throughout the entire series."

Blaine Yorgason, author of more than 80 books commented, "Doc, I just glanced at your manuscript and I couldn't put it down."





START YOUR READING ADVENTURE TODAY!
CELL-435-531-9418



AARP DRIVER SAFETY PROGRAM

Third Tuesday Each Month
(Except Dec. & Jan.)

Holiday Reminder

Just a reminder, we will be closed on December 24th and 25th for Christmas. We will, also, be closed January 1st, 2019, for the new year.



Thank You

For your donation to
Meals on Wheels

SUBWAY
eat fresh.



YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Bruce Pauley	Retired Auto Acc. Constr.	Vice chair
Jessie Labra	Avalon Home Health	Secretary
Jed Robertson	CEO Good2GoStores	Treasurer
Steve Hiltbrand	Retired Bank Executive	
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Linda DeLia	Retired Medical Editor	
Jeanie Brady	Good Samaritan	
Alecia Martin	Lincoln Court Retirement	
-----Non Voting Members-----		
Jim Francis	Mayor's Office Liaison	
Kami Morrison	Mayor's Office Liaison	
Valisa Say	Executive Director	
Sarah Ryner	Associate Director	

The Board meets on the
4th Tuesday of each month,
from 10:30 AM to 11:55 AM
All meetings are open to the public

JUST A REMINDER

When you participate in an activity here at the Center, please sign the Sign-In Sheet provided. Most of the grants we apply for require information about how well the Center is being used. It will help the Center, and only take a few seconds.

Thanks.....your
Board of Directors

DID YOU KNOW?

When asked about his job, Frosty always replies, "There's no business like snow business."

How to respond to: Where do snowmen keep their money? **(Answer: In a snow bank.)**



Things You Probably Didn't Know About Idaho

(Here are #41-50 from the 50 listed by Kris Norton)

41. New Plymouth is the world's largest horseshoe-shaped town.

42. The Church River Of No Return Wilderness has the most wilderness in the lower 48 states with 2.3 million acres of backcountry (and probably the coolest name).

43. An excavation of Wilson Butte Cave in 1959 unearthed artifacts that date back to approximately 14,500 years old, making them among some of the oldest man-made artifacts in the country.

44. Five historic pioneer trails cross Idaho, including the Oregon Trail and the California Trail. Wagon ruts are still visible along the rugged dirt paths.

45. In the 1800's, several sightings of a creature in Bear Lake led to tales of the Bear Lake Monster. To this day, some locals still refuse to go in the water or even go fishing at night.

46. Nearly 70 percent of all the commercial trout sold in the United States is found in the Hagerman Valley near Twin Falls.

47. Sarah Palin will forever be irrevocably tied to Alaska, but she was born in Sandpoint, Idaho.

48. Legend has it that X marks the spot in Beaver Canyon with a treasure hidden and buried by Montana sheriff-turned outlaw, Henry Plummer.

49. There are about 40 wineries in Idaho.

50. The potato first appeared on an Idaho license plate in 1928. Today, you can identify where most people are from in Idaho based on their Idaho license plate.

NOTE: *Idaho became a state on July 3, 1890. That made it the 43rd state to become a member of the union of the United States.*



Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: December 2018

ALTERNATE CHOICE IS CONGREGATE ONLY

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Orange Chicken Bananas Oriental Blend MILK 2nd Choice Cong: Polish Dog	Beef Tacos Peaches Lettuce, Tomato, and Cheese Taco Shell MILK	Tuna Casserole Apples Peas and Carrots Noodles & Muffin MILK	Hot Turkey Sandwich Oranges Mashed Potatoes/ Winter Blend Bread MILK	Hawaiian Pizza Pineapple Green Salad/Tomatoes Pizza Crust MILK
	0	0	0	0

10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Lemon Dill Fish Grape Juice Winter Blend Vegetables Muffin MILK 2nd Choice Cong: Pork Fingers	Mailbu Chicken Pineapple Mixed Vegetables Brown Rice MILK 2nd Choice Cong: Pork Chop	Meat Loaf Oranges Green Beans/ Mashed potatoes Whole Wheat Roll MILK 2nd Choice Cong: Grilled Chicken	Breaded Fish Pears Corn Cornbread MILK 2nd Choice Cong: Hot Dog	Sliced Ham Mixed Fruit Sweet Potatoes Cornbread Stuffing MILK Pie

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
Turkey Tetrazzini Peaches Green Beans Corn Bread MILK	Garlic Pamesan Fish Bananas Tator Puffs Muffin MILK 0 2nd Choice Cong: Chicken	Teriyaki Chicken Pears Southwest Blend Wild Rice MILK 2nd Choice Cong: Polish Dog	Beef Pot Pie Oranges Peas & Carrots- Potato Puff Pastry and bread MILK	Pork Chops Apples Corn Bread MILK 0 2nd Cong: Chicken Nuggets

24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
CLOSED 0 0 0 MILK	CLOSED 0 0 0 MILK	Breaded Fish Pears Coleslaw Cornbread MILK 0 2nd Choice Cong: Chicken	Chicken Pita Grape Juice Celery & Onions Pita Bread MILK	Salisbury Steak Mixed Fruit Mashed Potatoes/ Gravy Muffin MILK 0 2nd Choice Cong: Chicken Breast

31 Monday	0 Tuesday	0 Wednesday	0 Thursday	0 Friday
Pork Meatballs Over White Rice & Oranges Winter Blend Vegetables 1/2 whole grain Noodles MILK Grill Chicken	0 0 0 0 MILK	0 0 0 0 MILK	0 0 0 0 MILK	0 0 0 0 MILK

December 2018

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 4:30p Doors Open 6:00p Community Bingo
2 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 Visit Web Site At IFSCC.ORG	3 9:00a Zumba 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	4 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:10p EICAP SMP Presentation 12:30p DD Pinochle/Bridge	5 9:00a Morning Coffee 9:45a Bingo **** 10:00a Vol Fin Cnsl 10:00a Rose's Coffee Grp 12:45p Pinochle	6 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class *** 1:00p Zumba	7 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) ** 12:45p Hand & Foot Cards	8 4:30p Doors Open 6:00p Community Bingo
9	10 9:00a Zumba 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	11 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge	12 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	13 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 1:00p Zumba 2:00p Medicare 101	14 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:45a Annual Grocery Drawing 12:45p Hand & Foot Cards	15 4:30p Doors Open 6:00p Community Bingo
16	17 9:00a Zumba 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	18 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 11:30a Bonneville HS Band Performance 12:30p DD Pinochle/Bridge	19 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	20 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 1:00p Zumba 3:00p INL Ret Brd Mtg	21 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	22 4:30p Doors Open 6:00p Community Bingo
23	24 6:00a CLOSED FOR CHRISTMAS	25 10:00a Closed For Christmas	26 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	27 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class ***	28 9:00a Beading Group 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	29 4:30p Doors Open 6:00p Community Bingo
30	31 10:00a Rose's Coffee Grp 12:30p Mah-Jongg					

All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.

Thank you in advance for your understanding.

Visit our Facebook page for latest Center
activities.

11 See more info At IFSCCC@ORG

** Call for an appointment or to sign up

*** Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.

**** Play 16 games of bingo for as little as \$3.50

ANSWERS

To Christmas Song Quiz

1. Jingle Bells
2. Walking in a Winter Wonderland
3. Santa Claus is Coming to Town
4. Joy to the World
5. Rudolph the Red Nosed Reindeer
6. O' Come All Ye Faithful
7. I'm Dreaming of a White Christmas
8. Oh, Christmas Tree
9. What Child is This?
10. We Three Kings
11. Deck the Halls
12. I Saw Three Ships Come Sailing In
13. O' Holy Night
14. Noel
15. Away In a Manger
16. The Twelve Days of Christmas
17. I Saw Mommy Kissing Santa Claus
18. All I Want For Christmas is My Two Front Teeth
19. Chestnuts Roasting on an Open Fire
20. It Came Upon a Midnight Clear
21. Let it Snow, Let it Snow, Let it Snow!
22. Silent Night
23. O' Little Town of Bethlehem
24. Silver Bells

PLEASE Be Considerate

Snacks are put out for programs, but they are for everyone. Please, enjoy these snacks as you are enjoying the programs, but Please, do not take snacks out of the Center as we cannot incur that cost.

Thank you for your understanding.

TODAY
WILL NEVER COME AGAIN.
Be a blessing.
Be a friend.
Encourage someone.
Take Time To Care.
**Let your words heal,
and not wound.**



*Come in and sign up
for the Fort Hall Trip
on the first Friday of
every month.*

*Lincoln Court will pick you up at
the Center for \$5.*

Suggestion Box

We have added a suggestion box to the front desk. We encourage you to make suggestions on programs and activities, give ideas on how to make more out of our Center. We are, also, looking for ideas on how to get more new members. All suggestions are Anonymous if desired, and always

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JANUARY 26, 2019 | 6 P.M.

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID C 4C 05-1113



Instead of a Recipe this month, we share this obituary: Sad News from

Minnesota. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin.

Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The grave site was piled high with many flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and raised in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes. (If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.)

➤ Reach the Senior Market
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'Twas The Day After Christmas

Author Unknown

'Twas the day after Christmas, and all through the house,
Every creature was hurting--even the mouse.
The toys were all broken, their batteries dead;
Santa passed out, with some ice on his head.

Wrapping and ribbons just covered the floor,
While upstairs the family continued to snore.
And I in my T-shirt, new Reeboks and jeans,
Went into the kitchen and started to clean.

When out on the lawn there arose such a clatter,
I sprang from the sink to see what was the matter.
Away to the window I flew like a flash,
Tore open the curtains, and threw up the sash.

When what to my wondering eyes should appear,
But a little white truck, with an oversized mirror.
The driver was smiling, so lively and grand;
The patch on his jacket said "U.S. POSTMAN."

With a handful of bills, he grinned like a fox
Then quickly he stuffed them into our mailbox.
Bill after bill, after bill, they still came.
Whistling and shouting he called them by name:

"Now Dillard's, now Broadway's, now Penny's and Sears
Here's Levitz's and Target's and Mervyn's--all here!!
To the tip or your limit, every store, every mall,
Now chargeaway-chargeaway-chargeaway all!"

He whooped and he whistled as he finished his work.
He filled up the box, and then turned with a jerk.
He sprang to his truck and he drove down the road,
Driving much faster with just half a load.

Then I heard him exclaim with great holiday cheer,
"ENJOY WHAT YOU GOT...
YOU'LL BE PAYING ALL YEAR!"



Starting A New Program

We have had some responses from our suggestion box with ideas for new activities..... But we have no names to contact the people who made the suggestions.

The only way we can run these programs is with the help and support of volunteers who run the programs. Over 17,000 hours of volunteer time has been logged for last year. That would be worth 8 full time associates if we had to hire them. If you would like to see a new program, try and rally the troops and get it started, and we will help advertise it for you.

Programs are run by volunteers.

Any new activities are welcomed by the Center.

The Center will work with the volunteer to find space, time, day, and also set up and tear down tables & chairs. The volunteer needs to "round up" his or her own participants to begin the activity. If a new program looks promising to a volunteer we will advertise it on the bulletin board and in the monthly newsletter.

CHECK WITH THE OFFICE !!

WE NEED MORE VOLUNTEERS

Suggestions for new activities are:

Organizing a walking group - Garage sales at

the Center - Ham radio sessions

Telescope sessions - Cake decorating -

Card games such as Hearts or Euchre



OCTOBER CARD GAMES INFORMATION

LUNCH 12:00 Noon CARDS 12:30 pm

Rules are on the bulletin board

All Games have a suggested donation

Or a required donation of \$1.00

Players should be registered

and at the tables by 12:15 pm

2ND MONDAY BRIDGE

	HIGH	2ND	3RD
9th	Thora Just	Kathleen Keys	Joan Nichols

TUESDAY BRIDGE

	HIGH	2ND	3RD
2nd	Bill Martin	Ann Albin	Ruth Tiffany
9th	Bob Siedelman	Ruth Tiffany	Bill Martin
16th	Ruth Tiffany	Kitty Curl	Bill Martin
23rd	Bill Martin	Linda Delia	Lew Eaker
30th	Adrienne Winovich	Lew Eaker	Kitty Curl

TUESDAY DOUBLE DECK PINOCHLE

	High	2ND	3RD
2nd	Joyce	Polly	
9th	Fay	Linda	
16th	Jack	Polly	
23rd	Fay	Katherine	
30th	Barbara	Raelene	

No Nativity Scene in Washington, DC this year

The Supreme Court has ruled that there cannot be a Nativity Scene on Capitol Hill this Christmas season.

This isn't for **any** religious reason. They simply have **not** been able to find Three Wise Men in the Nation's Capital.

A search for a Virgin also continues.

There was **no** problem, however, finding enough asses to fill the stable.

WEDNESDAY PINOCHLE

	HIGH	2ND	3RD
3rd	Barbara Thornton	Nancy Roadhouse	Gene Milburn
10th	Gene Milburn	Gary Magnusson	Janet Patterson
17th	Nancy Roadhouse	Bill Martin	
24th	May Jones	Janet Patterson	Shirley Nelson
31st	Jim Stoddard	Barbara Thornton	Teressa Wessel

FRIDAY HAND & FOOT 3 OR 4 HANDED

	HIGH	2ND	3RD
5th	Marge Harris Bill Peacock	Marge Henderson Eleanor Vonasek	
12th	Bill Peacock Don Harris	Steve Parker Marge Henderson	
19th	Steve Parker Marge Henderson	Don Harris Marge Harris	
26th	Marge Henderson Bill Peacock	Linda Linford Steve Parker	

FRIDAY HAND & FOOT 4 OR 6 HANDED

	HIGH	2ND	3RD
5th	Gary Mickelson Steve Parker Jeni Eborn	Don Harris Wava Bott Bernice Shirley	
12th			
19th	Bill Peacock Wava Bott Bernice Shirley	Jeni Eborn Marge Harris Don Harris	
26th	Gary Mickelson DeAnna Anderson Bernice Shirley	Tink Cariker Marge Harris Don Harris	



Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the **4th Tuesday of every month** from **12:00pm – 1:30pm** at EICAP 935 E. Lincoln Road, IF, 83402, Phone: 208-522-5391.



Idaho Falls Senior Citizens'
Community Center
535 west 21st street
PRESENTS

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

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60%
payout

**Every Saturday Evening
6 pm to 8 pm**

Doors open at 4:30 pm

Also join us for FUN BINGO on WEDNESDAY MORNINGS
STARTS AT 9:45AM - 16 games for as little as \$3.50

- * FOR EVERYONE - Not just for seniors
- * Must be 18 years old or older to play
- * Win CASH

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AND A NON-PROFIT ORGANIZATION

Medicare Information

- To learn about Medicare eligibility or to apply, visit www.ssa.gov/medicare/mediinfo.html or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- Starting in April 2018, Medicare will begin mailing new Medicare cards. Your new card will have a new Medicare number that is unique to you instead of your Social Security number. Visit www.socialsecurity.gov/myaccount to make sure Social Security has your current mailing address.
- For questions about Medicare coverage and billing, visit www.Medicare.gov or call 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048).
- The Extra Help program may help pay the costs of a Medicare prescription drug plan for people with limited income and resources. Costs include premiums, deductibles, and co-payments. You can apply online at www.ssa.gov/medicare/prescriptionhelp or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778).
- The Medicare Savings Programs may help pay for Medicare premiums and other out-of-pocket costs for people with limited income and resources. You can start the application process when you apply for Extra Help or you can contact your State or local medical assistance (Medicaid) office.

Need Health Insurance Or Know Someone Who Does?

visit www.HealthCare.gov or call 1-800-318-2596 (TTY 1-855-889-4325) to learn more.

Caregivers Nook

EICAP Caregivers Support Group

A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a range of topics like self care, family relationships, Health and fitness, grief and end of life, daily care and respite, and safety topics. We meet on the 1st & 3rd Tuesday of the month from 12:00-1:30 at EICAP 935 E. Lincoln Rd. I.F. (208) 522-5391

Christmas

Carols and candles aglow in the night,
Hearth fires blazing all cozy and bright,
Red-leaved poinsettia, white Christmas rose,
Ice skaters whirling on ice as it snows,
Sleigh bells and Santas,
Tinsel-trimmed trees,
Mistletoe magic and warm memories,
Angels all bringing glad tidings anew,
Season's best wishes especially for you!

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DECEMBER - DID YOU KNOW?

December is known around the world as a family time of celebration honoring cultures, religions and traditions that have been with humanity for hundreds of years. Here is a mix of the weird and wonderful facts about this magical month!



1. An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
2. The name December comes from the Latin *decem* for “ten”, as it was the 10th month in the Roman Calendar.
3. The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice. This was to last through 12 days – later known as the 12 days of Christmas.
4. December 12th is Poinsettia Day.
5. Saint Nickolas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves and pawnbrokers!
6. December 28th is considered by some to be the unluckiest day of the year.
7. The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!
8. Spiders and spider webs are considered good luck on Christmas.
9. Common decorations on a Christmas tree each have their specific meanings. Candles – the light of the world, the Star at the top is a reminder of the first Christmas night and Candy canes are to represent the Shepherd’s cane.
10. “Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!
11. In 1647 Oliver Cromwell, English Puritan leader, banned the festivities of Christmas for being seen as immoral on such a holy day. Anyone who was seen celebrating was arrested! The ban was lifted in 1660.
12. An ancient legend states that forest animals can speak in human language on Christmas Eve!

Lifespan Tip Sheet for Older Adults

- Eat breakfast every day.
- Select high-fiber foods like whole-grain breads and cereals, beans, vegetables, and fruits.
- Have three servings of vitamin D-fortified low-fat or fat-free milk, yogurt, or cheese every day to help keep your bones strong as you age.
- Drink plenty of water or water-based fluids.
- Ask your health care provider about ways you can safely increase your physical activity.
- Fit physical activity into your everyday life. Take short walks throughout your day
- Stay connected with family, friends, and your community



CHANGES COMING 2019

In the past, the Senior Center had a “suggested” donation and a charge for non-seniors (those under 60). We stopped due to receiving Idaho Food Bank Food to help lower food costs. At the end of 2018, the Center will no longer receive food from the Idaho Food Bank; it is not cost effective any longer. The Center will have a “suggested” donation of \$5 for seniors 60 and over and their spouse. The Center will re-implement a charge of \$6 for those under 60. This is a necessity to keep our doors opened for the future. Approximately 18% of our budget is covered by federal funding, the balance is all of our responsibility. Average donation is \$1.79. We need at least \$3 per meal to not lose money. For seniors, donations will still be confidential and is still only a “suggestion.”

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OCTOBER

AARP Drivers Safety	10.00
Beading	29.30
Bingo Wednesday & Saturday	982.82
Bingo Wednesday & Saturday (Bev)	23.50
Bridge-2nd Monday	11.00
Bridge	50.00
Bridge—(Bev Only: Both)	14.00
Double Deck Pinochle	55.00
Fit & Fall Exercise	119.00
Hand & Foot	47.00
Hand & Foot (Bev Only)	1.00
IREA Membership Meeting	50.00
Country Line Dancing	68.92
Mah-Jongg	17.00
Origami	2.00
Pinochle	64.00
Pinochle (Bev Only)	7.00
Pool	258.48
Spanish Class	19.00
Tai Chi	26.90
Rose's Gentlemen's Group	143.00
Wednesday Morning Coffee	11.00
Woodcarvers	25.00
Zumba	58.40
Congregate lunch (Beverage only)	18.34
Other	1040.41
Total	3152.07



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Way**



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SCCC COMUNICATOR
Senior Citizen's Community Center, Inc.
535 West 21st Street
Idaho Falls ID 83402-4528

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AND JUSTICE FOR ALL



Festival of Trees, 2018 - Idaho Falls, Idaho