



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



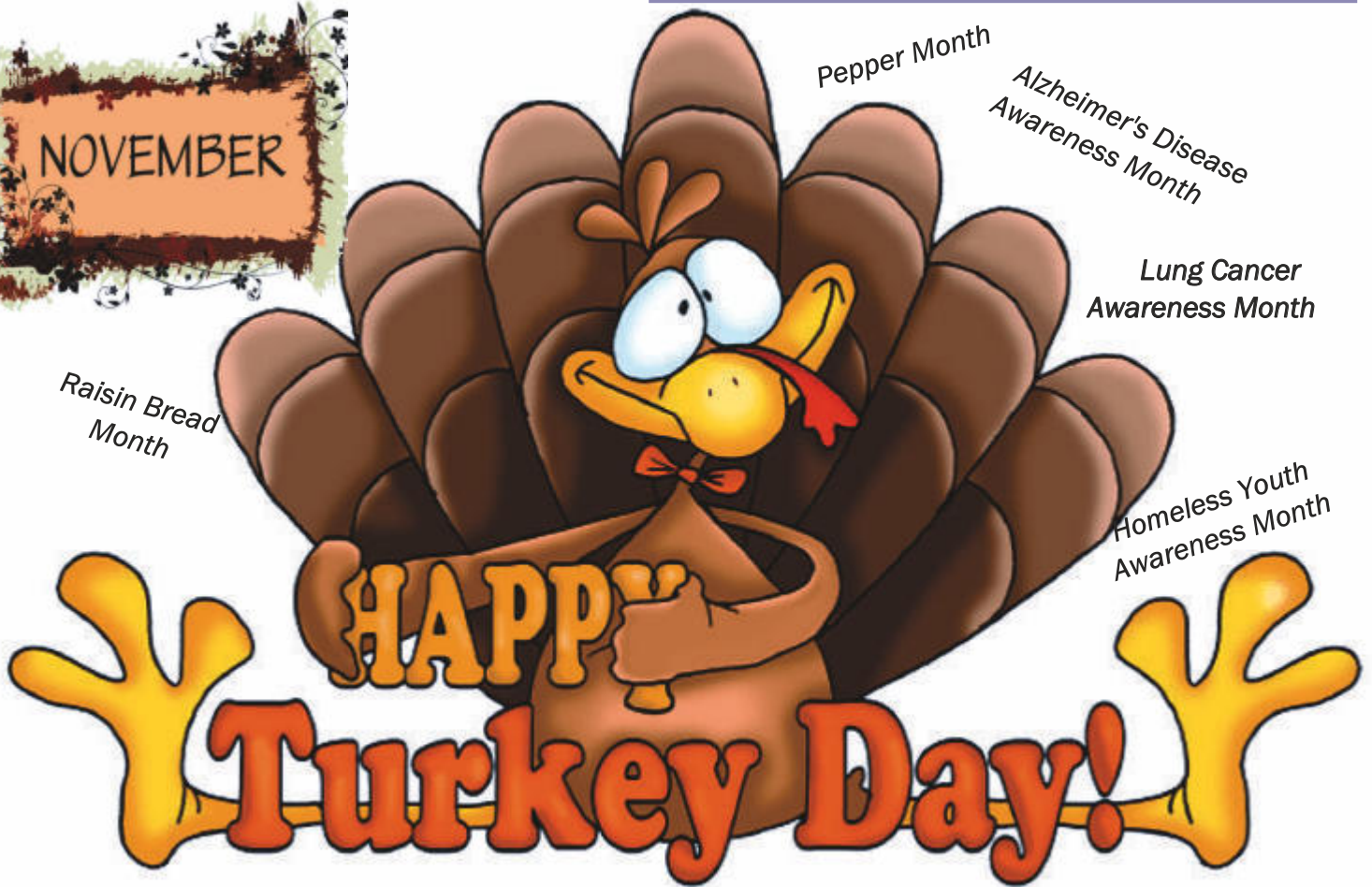
Pepper Month

Alzheimer's Disease
Awareness Month

Lung Cancer
Awareness Month

Raisin Bread
Month

Homeless Youth
Awareness Month



US Holidays & Observances in November, 2019

November 3rd, Day Light Savings Time ENDS, November 10th-Marine Corps Birthday,
November 11th—Veterans' Day, November 28th-Thanksgiving Day

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



November
2019

We reserve the right
to goof-up
occasionally

New Members

Vada Burden, Jesse Burtenshaw, Judy McCurdy, Frances Smith, Linda Butler, Patricia Bariel, Shawna Kingston, Marcia Boyd, Wendell Machen, Eunice Ferguson, Gordon & Naci Hiatt, Joyce Jackson, Lynn & Valoa Robinson, Christian Robinson

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	293.50
Non-Senior Hour	886.50
Board Member Hour	67.00
Work Detail Hours	145.00
<hr/>	
Total Hours	1392.00

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.

Warm Wishes To You All!

The first Thanksgiving in the United States was held at Plymouth in 1621. This feast was prompted by a good harvest and celebrated by pilgrims and puritans. It wasn't until the 1660s that the harvest feast became an annual affair. Each year the President of the United States pardons a turkey.



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

\$100 - \$199 Ruth & Mike Oar, Linda Delia

Thank You!

Many thanks to the following entities for
their recent

grants and donations!

Newcomers Club of Idaho Falls

A thief broke into my house last night....He started searching for money so I woke up and searched with him.



We want to say thanks to our
VOLUNTEER DRIVERS
for the Meals on Wheels program.

3

We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. Your willingness to give of your time has enabled us to deliver our meals quicker, more timely and helps make sure that we don't have a wait list. You are a blessing to all.

My boss told me
to have a good day..
..so I went home.

Dave Noble, Randy Romine, John Burnside, William Brotherson, Patrick McCracken, Richard & Marion Myers, Jenna Martin & Logan Mechem-Eden Home Health, Alecia Coburn & Melissa Kemmerer-Lincoln Court, Beth Ferrara-Century 21 High Desert, Marci Barker, Trevor Arehart, Aurora Arredondo & Shannon Shearer-East Idaho Credit Union, Chansé Powell-Senior Solutions, Lenore Johnson-Intermountain Gas, Jeanne Bailey, Kamala Free, Becky Leatham, Christy Manley, Clarissa Mechem, Dawn Cleverley, Rebecca Holmes, Misty Robinson, Waunita Bills, and Wyatt Middleton-CYA (Community Youth In Action), Steve Stowell, Alex, Dallen Fuhrman-MorningStar and Jared and Karen Fuhrman

Thanks
FOR **VOTING US**
THE

#1 RETIREMENT

COMMUNITY FOR THE
FOURTH YEAR IN A ROW

Lincoln Court has been providing a stellar Retirement Experience for the Seniors in our area for over 40 years!



CONGRATULATIONS TO
MATTHEW JOHNSON
BEST OF 2019 WINNER FOR BEST BOSS



CONGRATULATIONS TO
OLIVIA BECKMAN
BEST OF 2019 WINNER FOR BEST NURSE

CALL US TO JOIN THE PARTY!

208-529-3456

850 Lincoln Drive • Idaho Falls, Idaho

come JOIN THE fun!



- Weekly Scenic Drives • Picnic at Mesa Falls • Trip to Jackson Hole
- Fishing at Black Tail Reservoir • Picking Wild Raspberries in Roberts
- Chukars Baseball Games • Bear World • Senior Day at the Zoo
- Yellowstone National Park • Zoo Mobile • Rent Out Movie Theater
- River Concerts • Wii Bowling

LINCOLN ★ COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE



FYI

During the month of September our capable KITCHEN AND DELIVERY PERSONNEL 574 served meals at the center, and produced and Delivered 5485 meals to home-bound seniors through our Meals On Wheels program (Total meals: 6,059)

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.

A FEW FUN FACTS about NOVEMBER

November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the winter solstice doesn't occur until late December.

November's full Moon was called the Beaver Moon by both the Algonquin tribes and colonial Americans. Why this name? Back then, this was the month to set beaver traps before the swamps froze, to ensure a supply of warm winter furs.

Topaz, a semi-precious stone that symbolizes friendship, is found in many colors, but it is the orange-yellow version that is the traditional birthstone for November.

The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words *chrys* and *anthemum*, meaning golden flower.

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

A couple of "Fun Days" in November: National Men Make Dinner Day: the first Thursday in November (some of us think this should be every Thursday, year-round, but what do we know) National Sandwich Day: November 3, which is also National Housewife Day (we're detecting a theme here .)



Eastern Idaho Area Agency on Aging

Our mission is to help seniors live independently, in their own homes, for as long as possible. In addition, we advocate for the rights and well-being of all seniors, including those who live in long term care facilities. We do this by contracting, supporting, and providing a variety of services, including:

Adult Protection / Caregiver Programs / Nutrition Sites / Grandparents Raising Grandchildren / In-Home Services / Long Term Care / Ombudsman Senior Centers / SMP/ MIPPA / Transportation / Volunteer Programs,

Information & Assistance

Information & Assistance

The Information and Assistance Program brings people and services together by:

- Providing the individuals with current information on opportunities and services available to the individuals within their communities, including information relating to assistive technology.
- Assessing the problems and capacities of the individuals.
- Linking the individuals to the opportunities and services that are available.
- To the maximum extent practicable, ensuring that the individuals receive the services needed by the individuals, and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures.
- Serving the entire community of the older individuals, particularly older individuals with greatest social need; and older individuals with greatest economic need.

For additional information, call the Area Agency on

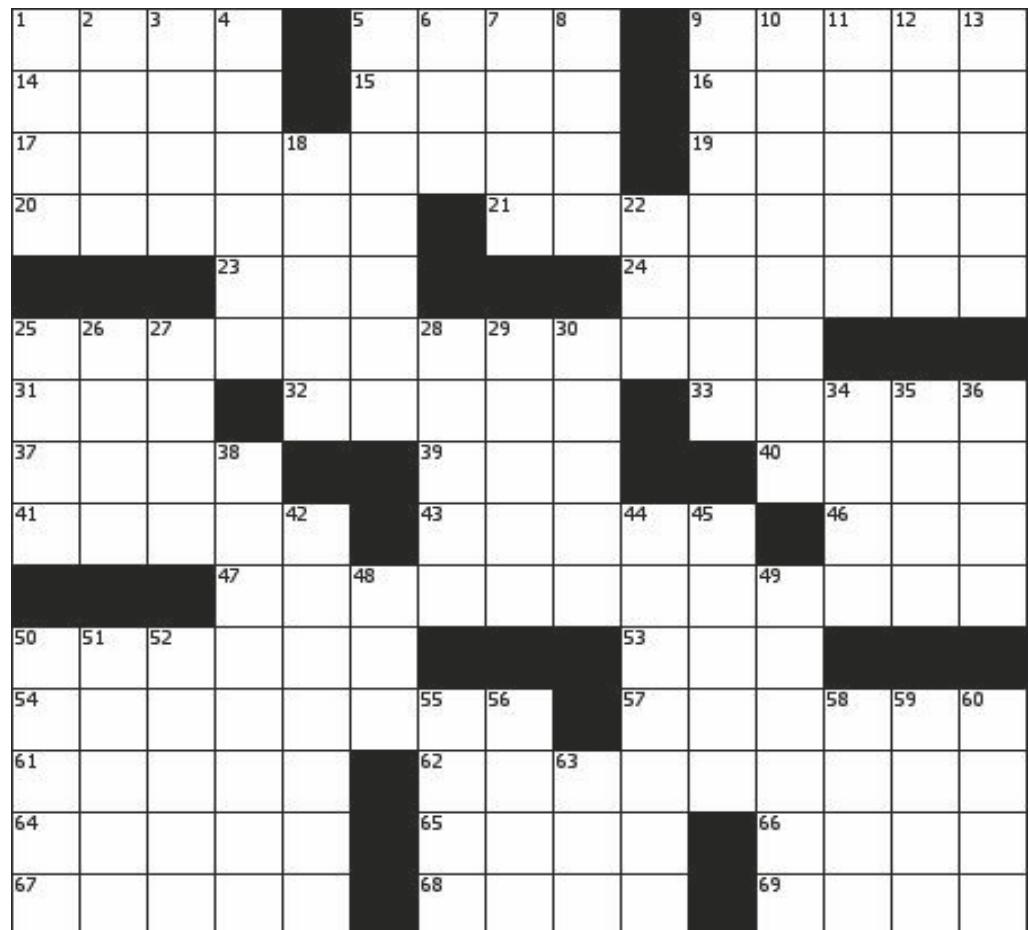
Aging at (208) 522-5391. We are located at
935 Lincoln Road, Idaho Falls, Idaho 83405

A Big THANK YOU goes out to Nuclear Care Partners for putting on the Empty Bowles Fundraiser again this year. Benefiting the Meals on Wheels Program. This was a fabulous success and they helped pay for 10,000 meals !!! Thank you to all the volunteers that helped, all the supporters who donated drawing prizes, and to all the attendees that purchased a bowl and made it such a fun event.



Across

- 1. Get it out to go faster
- 5. Name in old radio shows
- 9. Cynically callous
- 14. "Do I dare to ____ peach?" (T.S. Eliot)
- 15. Bering Sea port
- 16. Atlanta institution
- 17. Fruity dog?
- 19. King of the long ball
- 20. Veteran
- 21. Raymond Burr role
- 23. Continental prefix
- 24. Uses impertinent language
- 25. Fruity teen burden?
- 31. Tognazzi or Foscolo
- 32. There's no accounting for it
- 33. Madrid museum
- 37. Fabricate
- 39. Fa follower
- 40. Narrow peninsula
- 41. Choice invitees
- 43. "Aunt ____ Cope Book"
- 46. Famous Japanese-American
- 47. Fruity TV executive?
- 50. Arctic pullover
- 53. Brick load, perhaps
- 54. Romantic place to sit
- 57. Sophia's homeland
- 61. Anabaptist sect
- 62. Fruity rockers?
- 64. Clerical quarters
- 65. Shrinking inland sea
- 66. Future attorney's exam
- 67. Three-part treats
- 68. Old Bologna bread?
- 69. Renowned architect Saarinen



- Down
- 1. Block used for small structures
 - 2. Shakespeare's Suffolk, for one
 - 3. Just ____ (very little)
 - 4. Nattily attired
 - 5. Principality in the Pyrenees
 - 6. Wingless, extinct bird
 - 7. Prefix for science
 - 8. Carnac the Magnificent, for one
 - 9. "Human Concretion" sculptor
 - 10. Billionaires in the making, e.g.
 - 11. Rock's opposite, often
 - 12. Disappear slowly but surely
 - 13. Force units
 - 18. Cease being dormant
 - 22. Big Ten sch.
 - 25. Fast feline
 - 26. It's all the same to moi?
 - 27. Golfer Isao
 - 28. Krupp Works city
 - 29. Mom-and-pop enterprise
 - 30. Historic march site
 - 34. Footless creature
 - 35. Fender nick
 - 36. Platte River tribe
 - 38. Strong steam-brewed coffee
 - 42. Condemns as worthless
 - 44. It may be genuine
 - 45. A deadly sin
 - 48. Tiny Tim's prop
 - 49. Make possible
 - 50. Last stand of 1836
 - 51. Baseball star Garciaparra
 - 52. Like mutton
 - 55. "C'mon, be ____" (help me out)
 - 56. "Desperate Housewives" star Hatcher
 - 58. Gamble badly
 - 59. 8th month of the Jewish calendar
 - 60. Regarding, in legalese
 - 63. River leading to the Rhine

HELP BRING MEALS TO LOCAL SENIORS.

Support Meals on Wheels with Subway® restaurants

Round up your purchase to the nearest dollar and donate the change—or donate any amount.

Give from October 14 – November 10

At



Idaho Falls
SENIOR CITIZEN
COMMUNITY CENTER



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Medicare 101 Class

They have decided to arrange the classes so there is one every other month to increase attendance. They will be held on the second Thursday starting on April 13th and then every other month thru December. December 12th is the next class.

7

Puzzle Solution © OnlineCrosswords.net

L	E	A	D		A	M	O	S		J	A	D	E	D
E	A	T	A		N	O	M	E		E	M	O	R	Y
G	R	A	P	E	D	A	N	E		A	A	R	O	N
O	L	D	P	R	O		I	R	O	N	S	I	D	E
			E	U	R				S	A	S	S	E	S
P	E	A	R	P	R	E	S	S	U	R	E			
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M	A	N	S	E		A	R	A	L		L	S	A	T
O	R	E	O	S		L	I	R	E		E	E	R	O



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DOC
TERRANCE COOPER
LDS AUTHOR

MY GUARANTEE

I am so sure that you will enjoy my first book of the 'Jacob Series', entitled "Jacob's Dangerous Inheritance" that I am offering a full money-back guarantee.

DOCTMCOOPER.COM

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.)

9:00am – Until Done

The AARP Driver's Safety Program is for individuals 16 years and older. Most insurance companies will give a discount on premiums if you are 50 years or older when the course is taken. Call your insurance company to see if you qualify for a discount, and then call the SCCC at 522-4357 to register for the next available class. Wednesday the week before the class is the deadline to sign up.

Where: Senior Center -535 W. 21st St.

Time: 3rd Tuesday **ONLY** 9:00 – Until Done

Cost: \$20.00 per person

AARP members pay \$15.00 (Must bring AARP card.)

Advanced registration and payment is required.



Question: What is the best way to describe retirement?
the never ending Coffee Break.



In 1939, President Franklin D. Roosevelt changed **Thanksgiving** from **the fourth** to **the third Thursday** in November! ... In 1941, to end any confusion, the president and Congress established **Thanksgiving** as a United States federal holiday to be celebrated on **the fourth Thursday** in November, which is how it stands today.



Traditional Thanksgiving foods include turkey, stuffing, gravy, sweet potatoes, cornbread, mashed potatoes, and cranberry sauce. Many people serve pie for dessert at the end of the meal. Popular pie flavors are pumpkin, pecan, sweet potato, and apple.

Thanksgiving is a national **holiday** in the United States, celebrated on the fourth Thursday of November. It originated as a harvest festival. ... The event that Americans commonly call the "First **Thanksgiving**" was celebrated by the Pilgrims after their first harvest in the New World in October 1621.





Senior Communicator Newsletter

Month: November 2019

ALTERNATE CHOICE IS CONGREGATE ONLY

27 ROUTE ONLY	0 Tuesday	0 Wednesday	0 Thursday	1 Friday
Finger Steaks	0	0	0	0 Pork Fingers
Pears	0	0	0	0 Peas & Carrots
Corn	0	0	0	0 Mandarin Oranges
	0	0	0	0 Tatot Tots
MILK	MILK	MILK	MILK	MILK
0	0	0	0	0 2nd Choice: Beef Fingers

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Lemon Pepper Fish	Chicken Penne Pasta	Polish Dog	Sack Lunch- Sandwiches	Meat loaf
Mixed Fruit	Appricots	Kiwi	Orange	Banana
Winterblend	Carrots	Baked Beans	Lettuce, Tomato, & Cucumber Slic	Broccoli
Cheesy Mashed potatoes	Garlic Bread	French Fries	Whole Grain Bread	Whole grain Muffin
MILK	MILK	MILK	MILK	MILK
2nd Choice: BBQ Chicken	0	0 2nd Choice: Beef Hot dog	2nd Choice: Turkey Sandwich	2nd Choice: Breaded Chicken Patt

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Turkey Tacos	Salisbury Steak W/Gravy	Breaded Fish	Hamburgers	Grilled Chicken W/Salsa
Apple Juice	Fruit Cocktail	Apple	Peaches	Strawberries
Onions, Olives, & Tomatoes	Green Beans	Soutwest Blend Vegetables	Mixed Vegetables	Scandinavian Blend Vegetables
Whole grain Taco Shell	Mashed Potatoes w/Gravy	Cornbread	French Fries	Scalloped Potatoes
MILK	MILK	MILK	MILK	MILK
0	0 2nd Choice: Grilled Chicken	2nd Choice: Pork Fingers	0	0

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Chicken Breast with Orange Sauce	Chili W/ Tomato chunks	Luncheon: Sliced Turkey &	Pulled Pork Sandwich	Garlic Parmesan Fish
Chicken	Beef & Beans	Turkey	Pork	Fish
Blueberries	Honeydew	Fruit Cocktail	Pineapple	Mandarin Oranges
Onions, Peppers, Tomatoes	Zuccini, kidney & Black beans, Oni	Green Beans	Cauliflower	Oreintal Blend Vegetables
Wild Rice	Cornbread	Whole Grain Roll		0 Corn Muffin
0	0	0 Pumpkin, Apple, Cherry Pie's		0 2nd Choice: Grilled Chicken

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Teriyaki Pork Chops	Fish Tacos	Salad Bar/ Chicken Noodle Soup	Closed Thanksgiving	Closed Thanksgiving
Apple	Peaches	Pears	0	0
Mixed Vegetables	Romaine Salad W/Tomatoe, Onio	Cucumbers	0	0
Whole Grain Sliced Bread	Steak Fries	Croutons & Fried onion topping	0	0
MILK	MILK	MILK	0	0
2nd Choice: Chicken Nuggets	2nd Choice: Beef Fingers	0	0	0

November 2019

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) ** 12:45p Hand & Foot Cards	2 4:30p Doors Open 6:00p Community Bingo
3 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 Visit Web Site At IFSGCC.ORG	4 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	5 8:00a City Elections, School Districts, Special Elections 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi-Beg	6 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	7 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp	8 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	9 4:30p Doors Open 6:00p Community Bingo
10	11 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	12 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi-Beg	13 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	14 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class	15 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	16 4:30p Doors Open 6:00p Community Bingo
17	18 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	19 9:00a AARP Driver Class 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi-Beg	20 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:00p Thanksgiving Luncheon 12:45p Pinochle	21 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 3:00p INL Ret Brd Mtg	22 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	23 4:30p Doors Open 6:00p Community Bingo
24	25 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	26 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 10:00a Vol Lawyer ** 10:30a SCCC Brd Mtg 12:30p DD Pinochle/Bridge 3:30p Tai Chi-Beg	27 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	28 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class	29 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	30 4:30p Doors Open 6:00p Community Bingo

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.
See more info At IFSGCC.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

Yesterday my daughter e-mailed me again, asking why I didn't do something useful with my time.

"Like, me sitting around the pool and drinking wine is not a good thing?" I asked.

My "doing-something-useful" seems to be her favorite topic of conversation.

She was "only thinking of me", she said and suggested that I go down to the Senior Center and join something.

I did this and when I got home last night, I decided to play a prank on her.

I e-mailed her and told her that I had joined a Parachute Club.

She replied, "Mother, are you nuts? You are 78 years old and now you're going to start jumping out of airplanes?"

I told her that I even got a Membership Card and e-mailed a copy to her.

She immediately telephoned me and yelled, "Good grief, Mom, where are your glasses?! This is a Membership to a Prostitute Club, not a Parachute Club."

I calmly replied, "Oh my, I think I'm in real trouble then, because I signed up for five jumps a week!!"

The line went quiet and her friend picked up the phone and said that my daughter had fainted.

Life as a Senior Citizen is not getting any easier, but sometimes it can be real fun.

Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off.

LARRY'S FUNNY POSTERS



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CONTACT

Contact Bill Clough to place an ad today!
wclough@lpiiseniors.com or (800) 950-9952 x2635

RECIPE: Best Green Bean Casserole

Ingredients: 1.) 2 (14.5 Oz.) Cans Green Beans Drained– 2.) 1 (6oz) Can French Fried Onions– 3.) 1 (10.75 Ounce) can Condensed Cream of Mushroom Soup 4.) 1 Cup Shredded Cheddar Cheese

Directions: 1.)Pre-heat oven to 350 Degrees F 2.)Place Green Beans and soup in a large Microwave-safe bowl. Mix well and heat in the microwave on High until warm (3 to 5 Minutes) Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with French Fried onions and remaining cheese. 3.) Bake in a pre-heated 350 Degrees F Oven until cheese melts and the onions just begin to brown.



FREE Skin Cancer Screenings

A preventative reminder that risk factors for skin cancer include:

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

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.

Cosmetic Dermatology:

- Botox
- Fillers
- Sclerotherapy
- Anti-Aging
- Skin Care Products

CALL 208-881-5241

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



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

YOUR BOARD OF DIRECTORS

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Steve Hiltbrand	Retired Bank Executive	Treasurer
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Karl Casperson	Bonneville County Sheriff Office	
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Jeanie Brady	Good Samaritan	
Alecia Coburn	Lincoln Court Retirement	
Jennifer Goddard	Bank of Idaho	
Adrienne Winovich	Retired	
Chanse Powell	Senior Solutions	
-----Non Voting Members-----		
-		
Jim Francis	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**

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 wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. 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 Jodi

See you there.....

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

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
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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

WE ARE A SMOKE-FREE
AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

*In the US, about 280 million turkeys
are sold for the Thanksgiving celebrations.
Which is about 4 billion pounds of turkey.*

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MAY 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

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
4th	Barbara	Audrey	Dean
11th	Dean	Steve	Gary
18th	Bill Martin	Steve P.	Bill P.
25th	Dean W.	Bill P.	Steve P.

FRIDAY HAND & FOOT 3 OR 4 HANDED			
	HIGH	2ND	3RD
6th	Dianna Anderson	Marge Harris	Bill P.
13th			
20th	Marge Henderson	Linda	
27th	Marge Henderson	Linda	

FRIDAY HAND & FOOT 4 OR 6 HANDED			
	HIGH	2ND	3RD
6th	Gary Micklesen	Eleanor V.	Charolott H.
13th	Marge Henderson	Linda	Steve Parker
20th	Gary M	Bill P.	
27th	Steve Parker	Gary M.	

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND
9th	Jane Lewis	Nancy L.	Ruth Tiffany
TUESDAY BRIDGE			
	HIGH	2ND	3RD
3rd	Bob Siedelman	Jane Lewis	Kitty Curl
10th	Nancy L.	Lew Eaker	Bill Martin
17th	Dennis Lenz	Bill Martin	Kitty Curl
24th	Ruth Tiffany	Nancy L.	Allen McCrady
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
3rd	FAYE	Dot	
10th	Cila	Linda	
17th	Dot	Jack	
24th	Cila	Mary	

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





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.

I am proud to announce
that I **completed** the **1st**
item on my **bucket list**.



I have the bucket.

Special Nutrient Needs of Older Adults

Reviewed by Taylor Wolfram, MS, RDN, LDN

Published May 23, 2018

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of calcium-rich foods and beverages each day. This includes fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, milk and fortified plant beverages. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

Fiber

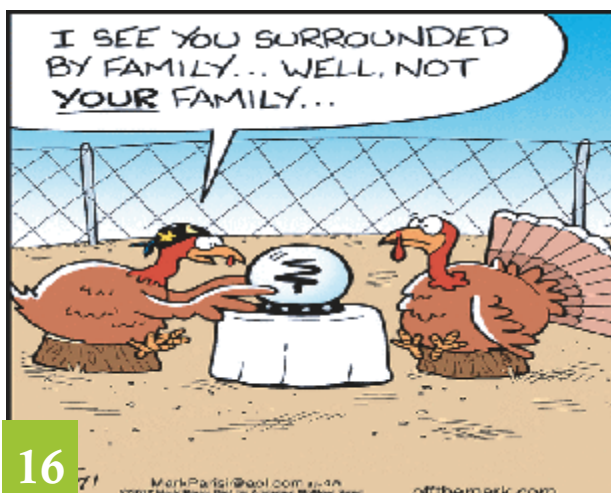
Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide fiber.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and beans are good sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.

Know Your Fats

Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats, which are primary found in nuts, seeds, avocados, olive oil and fish.



Jackpot Bus Overnight



August 5th, 2018

November 3rd, 2019

Bus leaves Idaho Falls at 7:30 AM behind Arby's on Broadway.

Leaves Pocatello at 8:30 AM behind Red Lobster by Pine Ridge Mall.

Please call Judy or Bill at 522-2103 after 7:00 PM for reservations.

Starting A New Program

17

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

BARRERGIFTS.COM

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Idaho Falls, ID 83404

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or (800) 950-9952 x2635

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NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

FIT & FALL EXERCISE CLASS!!

Comes in Tuesdays & Thursdays every week. Starting at 9:30AM



Weather Closures: Weather Closures: The Senior Center may be closed 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 6:00 a.m.

Thank you for your cooperation.



Thanksgiving Luncheon will be on Wednesday the 20th of November! Please RSVP by Friday the 15th. Will have a sign up sheet at the Front desk This is A MUST! THANK YOU!



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.
- 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.

****A day without a smile is like a day without sunshine! And a day without sunshine is, like, night.****



A 15 pound turkey usually has about 70% white meat and 30% dark meat.



In 2000, the average American ate 17.75 pounds of turkey. The heaviest turkey ever raised was 86 pounds, about the size of a large dog.



Idaho Legal Aid
www.idaholegalaid.org

A non-profit Idaho law firm and community education organization. Idaho Legal Aid Services offers a Senior Legal Hotline and a Domestic Violence Legal Advice Line for many qualifying Idaho citizens.

If you are a **senior (age 60 or older)** and you need help with a legal problem, have a question you think a lawyer should answer, or have been sued and don't know where to turn, call our **Senior Legal Hotline:**

(866) 345-0106 or Español (866) 954-2591
(toll free); (208) 345-0106 (Boise calling area)

Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST)) **Excluding holidays and other office Closures.)*

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF <u>October</u>	
AARP Drivers Safety	\$10.00
Beading	\$18.00
Bingo Wednesday & Saturday	\$1,269.38
Bingo Wednesday & Saturday (Bev)	\$51.50
Bridge-2nd Monday	\$8.00
Bridge	\$43.00
Bridge—(Bev Only: Both)	\$17.00
Double Deck Pinochle	\$52.00
Fit & Fall Exercise	\$126.05
Hand & Foot	\$40.00
Country Line Dancing	\$58.00
Mah-Jongg	\$43.00
Pinochle	\$59.00
Pinochle (Bev Only)	\$7.00
Pool	\$132.48
Spanish Class	\$7.00
Tai Chi	\$19.25
Rose's Gentlemen's Group	\$127.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$21.00
Zumba	\$0.00
Congregate lunch (Beverage only)	\$8.20
Other (Ceramic Class 2 Days)	\$53.00
Total	\$2169.86



"The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202)720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW Washington D.C. 20250-9410 or call (202)720-5964 (voice or TDD). USDA is an equal opportunity provider and employer." Locally, write to EICAP, P.O. Box 51098, Idaho Falls, ID 83405 or call (208)522-5391.

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

DATED MATERIAL—PLEASE DON'T DELAY
RETURN SERVICE REQUESTED

Non-Profit Organization
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Idaho Falls, ID 83401
Permit #155



What are YOU Thankful For?



The Senior Citizen Activity Center, Inc.
Is a United Way Agency.
Thanks to you, it continues to work for all of us!