



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 VALENTINES DAY! The month of LOVE.

February 2020 Holiday's observed:

February 2nd, 2020	Groundhog Day
February 12th, 2020	Lincoln's Birthday
February 14th, 2020	Valentine's Day
February 17th, 2020	Presidents Day and Washington's Birthday



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



February
2020

We reserve the right
to goof-up
occasionally

New Members

Jerald Prestidge, Beverly Hindman, Rebecca Barker, Howard Johnson, Lucille Rapp, Darrell Olander, Cynthia & James Gutierrez, Vicki Ellsworth, Melanie Kofoed, Eve Garrett, Laurianne Hulse, Vickie Brauer, Elaine Flatland, Siraldo Martinez, Ken Finnigan, Mary Jenkins, Isidro, Echeverria

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	460.00
Non-Senior Hour	666.00
Board Member Hour	55.00
Work Detail Hours	107.00
<hr/>	
Total Hours	1288.00

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!

Our Annual Membership Meeting is the 4th Tuesday of February at 11:30am. ALL ARE WELCOME!



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 Deana Burke, Wendy Savkranz, Betty & Michael Boulter, Sally Scheer, Brandon & Kylonna Egan, Phyllis & Paul Tobias, Shelby & Vicki Beatty, Charles & Judy Stanley, Terese Bonney, Bryce & Krystal Taylor, Bradford & Jennifer Talcott, Barry Knox, Revel & Lynet Smith, Ronald & Nita Hix, Richard & Lori Fisher, Michael Davis, Mildred & Dean Haymond/ Christine Nelson, Susan Christensen, Danny Beard, Sarah Ryner, Pamela Waagen

\$100 - \$250 Roger & Pamela Mayes, Phyllis Arrington, Adrienne Winovich, Marianne Petersen, Peggy Dale, John & Ellen Burnside,

\$300—\$550 Jill & Chris Landon, Steve Wagner, William Toth, Arlene & David Sargis, PT & Tanya Richardson, Paul Randall, Harold & Linda Kehr, Karen McMillin, Jane Hines,

\$999-\$2,000 Jerry & Ann Shively, Dixie & Allen Murphy, Armstrong & Needle Art Group, Ryan & Dana Kirkham, Marie Sovereign
\$10,000 Jerry Molyneu & Robert Sanders

Thank You!

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

Newcomers Club of Idaho Falls *Pacific Source* United Way of Idaho Falls & Bonneville County Inc. * VBN LLC

Unitarian Universalist Church Scientech* Senior Solutions* Snake River Regional Multiple Listing Service* North Highway Café* Newcomers Club of Idaho Falls* Fraternal Order of the Eagles past Presididents Club* Fluor Idaho LLC* Easy Breathers* Bank Commerce*



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

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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.

Dave Noble, Randy Romine, John Burnside, William Brotherson, Patrick McCracken, Richard & Marion Myers, Alecia Coburn & Melissa Kemmerer-Lincoln Court, Beth Ferrara-Century 21 High Desert, Marci Barker, Trevor Arehart, Aurora Arredondo & Shannon Shearer-East Idaho Credit Union, Chans Powell-Senior Solutions, Lenore Johnson-Intermountain Gas, Becky Leatham, Christy Manley, Clarissa Mecham, Misty Robinson, Wanita & John Bills, Debbie Yagues C'YA (Community Youth In Action), Steve Stowell, Jared and Karen Fuhrman, Alex Martin-Life Care Center, Dennis & Virginia Haines, Victoria Whitney and Don Yeager.

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 December our capable KITCHEN AND DELIVERY PERSONNEL served 496 meals at the center, and produced and Delivered 5397 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 5893)

**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.

Presidential Puzzle

Fill in the blanks to spell the names of 10 past U.S. Presidents.

1. J _____ R _____
2. J _____ L _____
3. _____ J _____ I _____ A _____ N _____
4. W _____ A _____ C _____ L _____
5. _____ I _____ X _____
6. _____ M _____ A _____ E _____
7. _____ L _____ I _____ T _____
8. _____ H _____ Y _____
9. G _____ S _____
10. _____ E _____ A _____ S _____

**Eastern Idaho Area
Agency on Aging:
Nutrition Programs**

The Area Agency on Aging contracts with your local senior center to provide nutrition programs for seniors. At the senior centers, people can come together to enjoy a meal, visit with friends, participate in health programs, and find out about community resources. If needed, individuals can receive a daily meal at home through the senior center's home delivered meal program. Meals are free of charge for eligible individuals, but donations are always appreciated! Call your local Area Agency on Aging for more information at (208) 522-5391.

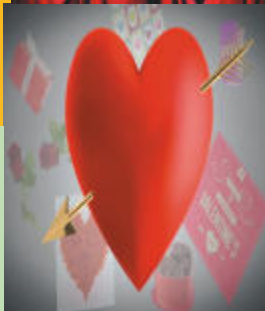
Eastern Idaho Area Agency on Aging: Idaho Home Choice

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 Agency on Aging at (208) 522-5391.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Presidential Puzzle Solution from page 4

1. James Monroe
2. James Polk
3. Benjamin Harrison
4. William McKinley
5. Richard Nixon
6. Jimmy Carter
7. Bill Clinton
8. John Tyler
9. George Washington
10. James Madison



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



What do you say to your single friends on Valentine's Day? Happy Independence Day!



JuicyQuotes.com | THE BEST JOKE TO SHARE

Fraud Against Seniors ONLINE

Nowadays, online shopping is one of the most popular ways to make purchases.

With a few clicks, you'll have whatever you need on your doorstep before you know it.

But for some, shopping online can pose a threat to their security and safety.

Senior citizens are the highest risk demographic for identity theft and phishing by online scammers.

According to the U.S. Senate Special Committee on Aging, senior citizens lose \$2.9 billion each year due to scams targeting them.

According to the U.S. Consumer Financial Protection Bureau:

- People ages 50-59 lost an average of \$13,400
- People ages 60-69 lost about \$22,700
- People ages 70-79 lost the most, an average \$45,300
- People 80 and older lost \$39,200 on average.



Recognizing these scams and paying close attention to what your elderly loved ones are doing online can help in preventing scammers from taking advantage of them. A lot of times, senior citizens won't report that they've been scammed because they don't want their family to think they aren't capable of monitoring their finances.

To help prevent this from happening:

- Stay in touch to avoid isolation.
- Pay close attention to their finances.
- Warn them about fake charities and sweepstakes .
- Provide tech support when needed.

If your loved one does become a victim to an online scam, you should report the crime as soon as possible. To do this contact:

- The AARP Fraud Watch Network Hotline (1-877-908-3360)
- The Federal Trade Commission (FTC) by [clicking here](#).
- The FBI's Internet Crime Complaint Center (IC3)

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 February. February 13th is the next class.

Solution for Sudoku pg 5



5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

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INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE

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Idaho Falls, ID 83404
208-522-1591

morningstarseniorliving.com

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For ad info. call 1-800-950-9952 • www.4lpi.com

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

B 4C 05-1113



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.

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.

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Find 15 objects in the picture





Improve your connection to and care for people with Alzheimer's Disease or Dementia

Learn practical knowledge and access tools and resources to help people living with dementia enjoy moments of human connection, beauty, and personal satisfaction.

Many forms of dementia are classified as disorders or diseases, but there aren't treatments that will cure or stop the disease. So, the world of physicians and medication may not be the answer for dementia.

Instead the goal is to maintain the highest quality of life, to focus on capabilities, and maintain connections to interests, nature and people. This free online Dementia Skills Training provided by the Idaho Commission on Aging can enhance your skills and make you a more confident caregiver. Through a series of brief training modules caregivers learn practical knowledge and use of tools to improve communication and understanding with people experiencing the middle stages of dementia.

Learn more about feeling satisfaction with your skills and connection in your relationship to a person with dementia. Access free online Dementia Skills training here:

<https://aging.idaho.gov/stay-educated/>



Idaho Commission on Aging

Phone: (208) 334-3833

Toll Free: 1-877-471-2777

E-mail: ICOA@aging.idaho.gov

Idaho Commission on Aging

Pam Oliason Program Specialist

Lifespan Respite Family Caregiver Support

Dementia Capable Services and Supports Idaho Commission on Aging

341 W. Washington Street, 3rd Floor Boise, Idaho 83702

Phone: 208-334-3833

Fax: 208-334-3033

pam.oliason@aging.idaho.gov

Visit our website today <https://aging.idaho.gov> [Read our Strategic Plan](#) [Read our Annual Report](#)

Senior Communicator Newsletter

Month: February 2020

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Spaghetti Honey Dew Onions, Spinach MILK Chocolate Pudding	Chicken Sandwich Apple Juice Carrot & Cucumber Slices French Fries MILK	Jamaican Fish W/Coconut Cream Peaches Green Beans Scalloped Potatoes MILK	Turkey Corndogs Pears Crinkled Carrots Tator Tots MILK	Pork Chop w/ Mushroom Sauce Oranges Rievera Vegetables & Mushrooms Augratin Potatoes MILK White cake with frosting

2nd Choice: Fish Sandwich

2nd Choice: BBQ Chicken

2nd Choice: Polish Dog

10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Lemon Dill Fish Grape Juice Winter Blend Vegetables Rice Pilaf MILK	Turkey Chili Apples Kidney Beans, Black Beans, Onion Crackers MILK Strawberry Jello	3 Cheese Ham Sandwich Pineapple 3 Bean Salad French Fries MILK	Shepards Pie W/ Cheese Pears Peas, Carrots, Onions Mashed Potatoes MILK	Pot Roast Oranges Asparagus Parsley Potatoes MILK Chocolate Cake W/ Cherrie Topping

2nd Choice: Chicken Strips

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
Beef Enchiladas Pears Red, Green, Yellow peppers, Onions & Spina MILK	Tuna Patties Plums Caribbean Vegetable Blend Baked Potato, sour Cream, & Cheese MILK Butterscotch Pudding	Crescent Turkey Squares Cranberry Juice Green onions, Peppers, Caribbean Blend MILK	Mushroom Chicken W/ Herb Mandarin Oranges Mushrooms, Squash WG Garlic Bread MILK	Salad Bar & Corn Chowder Apricots Cauliflower, Broccoli, Peppers, Tom Corn MILK Oatmeal Cookie

2nd Choice: Chicken Enchiladas

2nd Choice: Salisbury W/Gravy

24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
Beef and Noodles Watermelon Picked Beets MILK	Ranch Pork Chops Tropical Fruit Scandanavian Blend Wild Rice MILK Banana Pudding	Honey Garlic Chicken Apricots Mediterranean Blend Brown Rice MILK	Cilantro & Honey Lime Fish Tropical Fruit Caribbean Blend Red Skin Potatoes MILK Jello	Parmesan Noodles & Turkey Fruit Cocktail Beets MILK

2nd Choice: Beef Hot Dog

21 ROUTE ONLY	0 Tuesday	0 Wednesday	0 Thursday	0 Friday
Chicken Fried Steak Orange Juice Green Beans Mashed Potatoes & Gravy MILK Oatmeal Cookie	0 0 0 0 MILK 0	0 0 0 0 MILK 0	0 0 0 0 MILK 0	0 0 0 0 MILK 0

February 2020

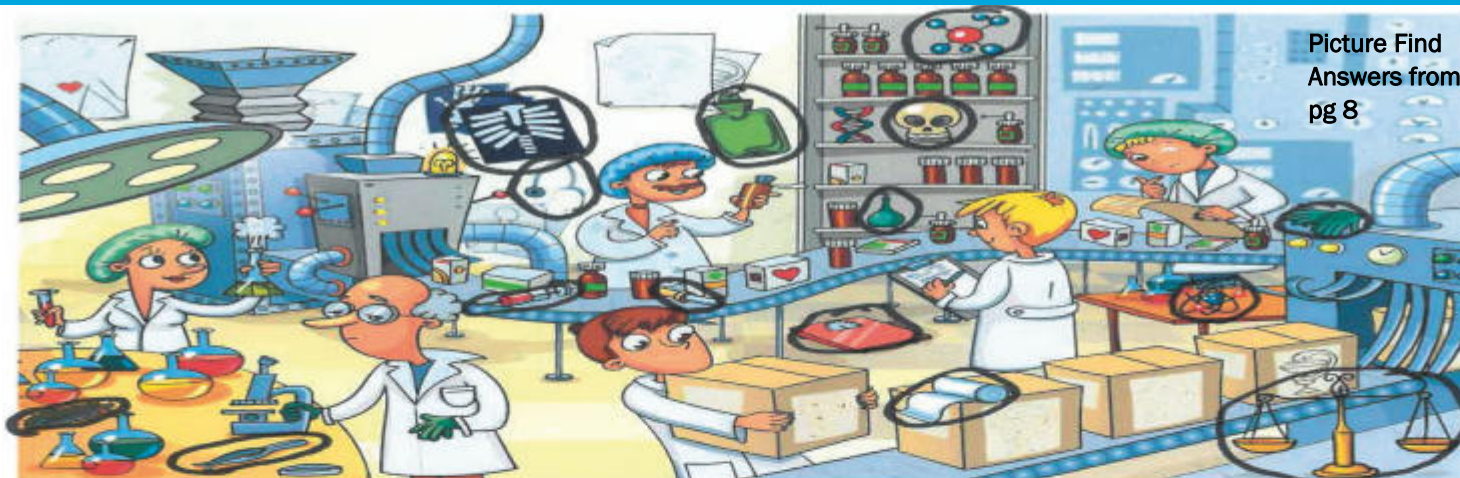
Community

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 IFSCCE.ORG	3 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	4 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	5 9:00a Morning Coffee 9:45a Bingo **** 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	7 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) **	8 4:30p Doors Open 6:00p Community Bingo
9	10 9:00a Use it Don't Lose it 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 3:30p Tai Chi	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 12:45p Art Class 1:00p Use it Don't Lose it 2:00p Medicare 101	14 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	15 4:30p Doors Open 6:00p Community Bingo
16	17 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	18 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	19 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:00p Health Info Pres. 12:45p Pinochle	20 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 1:00p Use it Don't Lose it 3:00p INL Ret Brd Mtg	21 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	22 4:30p Doors Open 6:00p Community Bingo
23	24 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	25 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 10:00a Vol Lawyer 10:30a SCCC Brd Mtg 11:30a Annual Mbrshp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	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 1:00p Use it Don't Lose it	28 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	29 4:30p Doors Open 6:00p Community Bingo

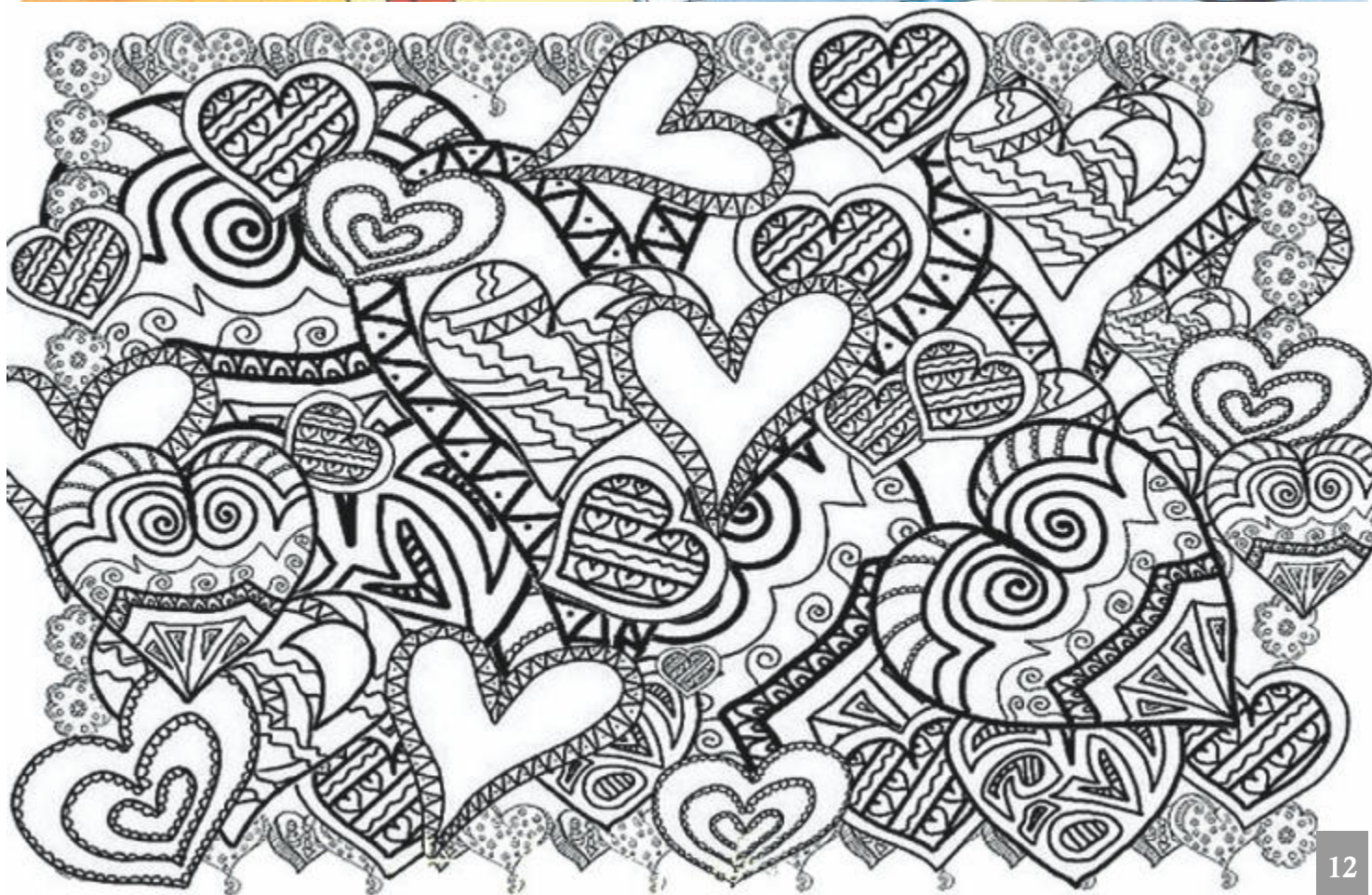
All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.

Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At IFSCCE.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



Picture Find
Answers from
pg 8



12

Help at the Push of a Button!

AssureLink
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ACTIVATION**
on landline service

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(208) 523-2704



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CONTACT

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

13

Recipe: Garlic Mushrooms



Ingredients:

4 Tbls unsalted Butter, 1 Tbls Olive Oil, 1/2 an Onion Chopped, 1 lb cremini or Button Mushrooms, 2 tbls dry white wine, Herbs,: Parsley, Thyme, Oregano, Rosemary, Basil, Salt & Pepper, Garlic use fresh.

Instructions:

1. wipe each mushroom over with a damp paper towel to remove dirt and debris, rinse under cold water do not soak in water. 2. Slice mushrooms evenly. 3. Heat the butter and oil in large skillet over medium heat. 4. Saute the onion until softened about 3 min. 5. Add mushrooms and cook for about 4-5 min until golden and crispy on edges. 6. pour in the wine and cook for 2 min, to reduce slightly. 7. Stir through 1 tbls of thyme, parsley and a clove of garlic, cook for 30 sec, until fragrant, season generously with salt and pepper to your taste. 8. Sprinkle with remaining parsley and serve warm.

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.

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



Limited Time 12 Mo. FREE FINANCING

*Some conditions may apply. Ask for details.

208-552-1166



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and Video Otoscope

Offer Ends Last Day of This Month

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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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Alecia Coburn	Lincoln Court Retirement	
Jennifer Goddard	Bank of Idaho	
Adrienne Winovich	Retired	
Chanse Powell	Senior Solutions	
Jenna Martin	Eden Home Health	
Helen Stanton	Retired	
Dallin Furhiman	Morning Star	
Alex Martin	Life Care	
-----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
BINGO

Guaranteed
minimum
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

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

Eastern Idaho Area Agency on Aging: Information & Assistance

The Information and Assistance Program, within the Area Agency on Aging, bring people and services together. Information and Assistance provides current information on services available in the communities, links people to opportunities that are available, and provides follow-up to ensure people receive the services needed. Think of it as a local resource hub for everything senior. Call us to be connected to programs and services that you may need at (208) 522-5391

DECEMBER 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	Bill P	Steve	
11th	Gene	Nancy	Bill M
18th	Gary	Barbara	Nancy
25th			
FRIDAY HAND & FOOT 3 OR 4 HANDED			
	HIGH	2ND	3RD
6th	Bill P	Marge Harris	Gary M
13th	Marge Hend	Charlotte	Steve
20th			
27nd			
FRIDAY HAND & FOOT 4 OR 6 HANDED			
	HIGH	2ND	3RD
6th	Marge Hend.		
13th	Gary M		
20th			
27th			

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND
9th	Janet	Allen	Bill
TUESDAY BRIDGE			
	HIGH	2ND	3RD
3rd	Kitty K	Norm G	Allen M
10th	Joan N	Linda D	Ruth T
17th	Adrianne W	Joan N	Bill M
24th			
31st	Joan N	Allen M	Adrianne W
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
3rd			
10th	Rollie	Nellie	
17th	Rollie	Polly	
31st	Jack	Betty	

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.



We would like to give a BIG SHOUT OUT to the band GENTRI for going along on one of our Routes and singing to our Meals on Wheels Participants.

THANK YOU!

Basic American Foods

Thank you for the Money Donated and the continued Monthly Food Donations. This is very appreciated in helping relieve our Food Costs. THANK YOU, THANK YOU!!



We would also like to THANK Rocky Mountain Middle School Choir for singing in Center for our Seniors and Staff. They did a wonderful job.

THANK YOU!

How did Groundhog Day start?

17

On this day in 1887, **Groundhog Day**, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. ... **Groundhog Day** has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter.

Why do we use a groundhog to predict the weather?

Why **Do We Use a Groundhog** to Forecast the **Weather**? ... And sometimes, **we** just stare at a **groundhog**. Every February 2, a doughy rodent named Punxsutawney Phil briefly emerges from his winter hibernation to have a look around. If he sees his shadow, that means there **will** be six more weeks of winter.



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

Jackpot Bus Overnight



RSVP

Please let us
know if you can
or can not go.
Call 522-2103.



March 8th, 2020 Changed From February 9th, 2020

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.

Cost includes ride and overnight room at Barton's 93. Please call
Judy or Bill at 522-2103 after 7:00 PM for reservations.

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.

Medicare Information



- To learn about Medicare eligibility or to apply, visit www.ssa.gov/medicare 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.

Don't be a Target of Healthcare Fraud! Learn how to Prevent Healthcare Fraud by contacting your local Senior Medicare Patrol at 208-522-5391 ext. 202

Everybody wants
happiness. Nobody
wants pain. But you
cant have a rainbow
Without a little rain.



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 December**

Beading	\$12.00
Bingo Wednesday & Saturday	\$1,244.93
Bingo Wednesday & Saturday (Bev)	\$25.05
Bridge-2nd Monday	\$8.00
Bridge	\$31.00
Bridge—(Bev Only: Both)	\$7.00
Double Deck Pinochle	\$37.00
Fit & Fall Exercise	\$109.00
Hand & Foot	\$4.00
Country Line Dancing	\$67.00
Mah-Jongg	\$6.10
Pinochle	\$41.00
Pinochle (Bev Only)	\$5.00
Pool	\$132.31
Spanish Class	\$17.00
Tai Chi	\$20.00
Rose's Gentlemen's Group	\$118.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$17.00
Zumba	\$0.00
Congregate lunch (Beverage only)	\$8.46
Other	\$0.00
Total	\$1,909.85

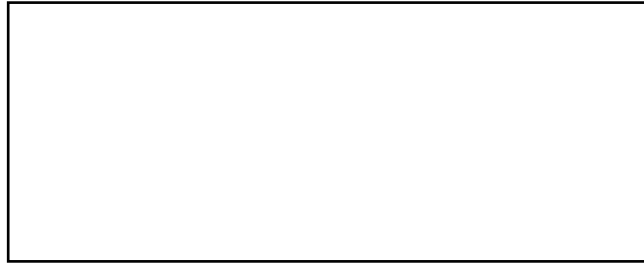


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SCCC COMUNICATOR
Senior Citizen's Community Center, Inc.
535 West 21st Street
Idaho Falls ID 83402-4528

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**The Senior Citizen Activity
Center, Inc.**

Is a United Way Agency. Thanks to you, it continues to work for all of us!

