

APRIL 2025

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201 (208) 233.1212 www.pocatelloseiorcenter.com

HELLO SPRING

Important Dates

Lunch Entertainment:

- April 2 Neil Fetzer
- April 9 Farnes & Fronske
- April 11 Boyd Murdock
- April 16 Roy McKee
- April 23 Darrell Brown

April 9 Coffee W Veterans Dining Room, 10AM



April 15 ICBVI - Idaho Commission for the Blind & Visually Impaired - Lunch Hour Information Available

MORE INFO

April 18 Home Health & Hospice 101, 11AM

CLASSROOM

Bingo Every Friday Dining Room, 12:45PM



Hours of Operation

- Monday 9:30AM to 1:30PM
- Tuesday 8:00AM to 5:00PM
- Wednesday 8:00AM to 5:00PM
- Thursday 8:00AM to 5:00PM
- Friday 8:00AM to 5:00PM

Word from the Director

We have been a buzz of activity the last few weeks. Our dedicated tax people have been coming twice a week. Coffee w Veterans had an amazing turnout and anticipate another great event this month. A group of our seniors took a bus trip to see just how easy and convenient it is to ride the city bus for daily activities. We have had tech help every Tuesday and Thursday available in the dining room during the first part of the lunch hour. Our dietician came by during lunch to provide healthy, high protein snack samples. NKA continues to bring in a variety of classes including a highly attended eggroll demonstration. Possibly the most important event, we completed a much-needed dining room floor replacement project. Thank you for all the patience and flexibility that was extended while the work was done to make that happen.

March: 1211 Meals Served

Congregate donations are up. The SAC provides a free nutritious meal in a congregate setting four days a week to those 60 years old and older. Currently, we receive reimbursement at \$4/meal from Area V - Southeast Idaho Area Agency on Aging. This covers a fraction of our operating costs. City of Pocatello, City of Chubbuck, Bannock County, private business, civic organizations, and private individuals supplement funding. The donations we receive at mealtime are critical to bridge the gap in funding the full cost of the congregate meal program. The uptick in congregate donations not only keeps our program fully funded. The increase says we are doing something right. Thank you for your support!

Looking forward to another fabulous month here at the Senior Activity Center.

Tara Contreras



Senior Activity Center APRIL 2025 Lunch Menu

Tuesday - Friday Lunch served 11:30AM – 12:30PM

*Menu Subject to Availability



Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Alfredo Green Beans Peaches Milk Dessert</p>	<p>2 <i>Entertainment 11:30AM - Neil Felzer</i> Dance Lessons 1PM</p> <hr/> <p>Bratwurst Coleslaw Pears Milk Dessert</p>	<p>3</p> <p>Beef Taco Black Beans Mandarin Oranges Milk Dessert</p>	<p>4</p> <p>Bingo at 12:45PM</p> <p>Bacon Turkey Club Potato Salad Mixed Fruit Milk Dessert</p>
<p>8</p> <p>Ham or Tilapia Broccoli Pears Milk Dessert</p>	<p>9 <i>Entertainment 11:30AM - Farnes & Fronske</i> Dance Lessons 1PM</p> <hr/> <p>Chicken Teriyaki Stir Fry Vegetables Mandarin Oranges Milk Dessert</p> <p>Coffee w Veterans 10:00AM</p>	<p>10</p> <p>Turkey Stuffing Roll Ups Roasted Vegetables Mixed Fruit Milk Dessert</p>	<p>11 <i>Entertainment 11:30AM</i> <i>Boyd Murdock</i></p> <hr/> <p>Bingo at 12:45PM</p> <p>Lasagna Soup Corn Tropical Fruit Milk Dessert</p>
<p>15</p> <p>Beef Enchilada Normandy Blend Peaches Milk Dessert</p>	<p>16 <i>Entertainment 11:30AM - Roy McKee</i> Dance Lessons 1PM</p> <hr/> <p>Mongolian Pork Stir Fry Vegetables Mixed Fruit Milk Dessert</p> <p>WELCOME AARP</p>	<p>17</p> <p>Cheese Burger Green Salad Applesauce Milk Dessert</p>	<p>18</p> <p>Bingo at 12:45PM</p> <p>Chili Dog Mixed Vegetables Apricots Milk Dessert</p> <p>Home Health & Hospice 101 11:00AM</p>
<p>22</p> <p>Chicken Fried Steak Peas & Carrots Peaches Milk Dessert</p> 	<p>23 <i>Entertainment 11:30AM - Darrell Brown</i> Dance Lessons 1PM</p> <hr/> <p>Pork Roast Mixed Vegetables Pineapple Milk Dessert</p>	<p>24</p> <p>Ham & Swiss Sandwich Mixed Vegetables Pineapple Milk Dessert</p>	<p>25</p> <p>Bingo at 12:45PM</p> <p>Barbecue Chicken Legs Pasta Salad, Green Beans Mixed Fruit Milk Dessert</p>
<p>29</p> <p>Orange Chicken Mixed Vegetables Tropical Fruit Milk Dessert</p>	<p>30</p> <p>Dance Lessons 1PM</p> <hr/> <p>Sloppy Joe Coleslaw, Tater Tots Peaches Milk Dessert</p>	<p>1 May</p> <p>Tomato Mac Soup Green Salad Mandarin Oranges Milk Dessert</p>	<p>2 May</p> <p>Bingo at 12:45PM</p> <p>Spaghetti Meatballs Mixed Vegetables Mandarin Oranges Milk Dessert</p>



“ IF APRIL SHOWERS SHOULD
COME YOUR WAY, THEY
BRING THE FLOWERS THAT
BLOOM IN MAY.
- BUDDY DE SYLVA

Senior Activity Center, Inc

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	31	1	2	3	4	5	
		08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 8 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Mahjong - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p NKA Quilling with Carol - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train - Room 4	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a AARP Tax Aide Assistance - Room 8 10:00a NKA Board Meetings - Room 11 10:00a NKA Crochet With Recycled Bags Service Group - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:00p SAC Book Club - Room 6 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA
6	7	8	9	10	11	12	
	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a AARP Tax Aide Assistance - Room 8	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - Room 8	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 8 10:00a AARP Tax Aide Assistance - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	<p>10:00a Silver Cords Singing Group - Dining RoomA</p> <p>11:00a SAC Cribbage Card Game - Room 8</p> <p>12:00p SAC Volunteers</p>	<p>10:00a NKA Crochet 101/102 - Room 4</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>01:30p NKA Beginning And Intermediate Knitting - Room 11</p> <p>01:30p NKA Crochet/Knitting Service Group - Room 6</p> <p>01:30p NKA Mahjong - Room 4</p> <p>03:30p SAC Fit and Fall 3:30 PM Class - Room 3</p> <p>04:30p TOPS - Room 4</p>	<p>09:30a NKA Fit and Fall - Room 3</p> <p>10:00a SAC Board Meeting - Room 4</p> <p>10:00a SYMBII COFFEE WITH VETERANS - Dining RoomA</p> <p>11:00a Parkinson 11 AM Exercise - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>01:00p Gate City Mexican Train - Room 4</p> <p>01:00p NKA Quilling with Carol - Room 11</p> <p>01:00p SAC Bridge - Room 8</p> <p>01:00p SAC Free Dance Lessons - Dining RoomA</p> <p>01:00p SAC Line Dancing - Room 3</p> <p>01:00p SAC Mexican Train - Room 11</p> <p>03:00p Parkinson Support Group Monthly Meeting - Room 3</p>	<p>10:00a NKA Crochet With Recycled Bags Service Group - Room 4</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>12:30p SAC Special Pinochle - Room 4</p> <p>01:30p NKA Fun With Crochet - Room 11</p> <p>01:30p NKA Origami Advanced Kusudama - Dining RoomA</p> <p>03:30p SAC Fit and Fall 3:30 PM Class - Room 3</p>	<p>12:00p SAC Volunteers</p> <p>12:45p Charity Bingo - Dining RoomA</p> <p>01:00p SAC Creative Writing - Room 4</p>	19
13	14	15	16	17	18	19
	<p>09:30a NKA Fit and Fall - Room 3</p> <p>09:30a SAC Library Mondays Only - Room 7 Library</p> <p>09:30a SAC Pool Mondays - Room 12 Billiards Room</p> <p>10:00a SAC Golf Meeting - Room 4</p> <p>10:00a Silver Cords Singing Group - Dining RoomA</p> <p>11:00a NKA Travel Committee - Room 11</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:00a NKA Crochet 101/102 - Room 4</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:00a SAC American Mahjong - Room 4</p> <p>09:30a NKA Fit and Fall - Room 3</p> <p>11:00a Parkinson 11 AM Exercise - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:00a NKA Crochet With Recycled Bags Service Group - Room 4</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p>	<p>08:00a SAC Library Tuesday thru Fridays - Room 7 Library</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>11:00a Home Health and Hospice 101 - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:45p Charity Bingo - Dining RoomA</p>	19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	15 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Room 6 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	16 12:00p AARP Monthly Meeting - Room 3 12:00p SAC Volunteers 01:00p NKA Flowers by LD - Dining RoomA 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Room 11 01:00p SAC Mexican Train - Room 4	17 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Advanced Kusudama - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	18 01:00p SAC Creative Writing - Room 4	19
20	21 09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining RoomA 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	22 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Room 6 03:00p NKA Social And Planning Fun - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	23 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:00a SAC Day Of Service - Room 6 09:00a SAC Day of Service - Room 11 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:00p SAC Bridge - Room 8 12:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train - Room 4	24 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 09:30a SAC Bunco - Room 11 10:00a NKA Crochet With Recycled Bags Service Group - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	25 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
27	28	29	30			
	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cards Singing Group - Dining RoomA 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	04:30p TOPS - Room 4 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Room 6 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train - Room 4			