

September 2025

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

208-233-1212

www.pocatello sac.org



MALNUTRITION AWARENESS WEEK

Important Dates

Sept 10 Coffee w/ Veterans
Dining Room, 10:00AM

Sept 23 Blood Pressure Clinic
Room 11, 11:00AM

Sept 24 & 26 Info Table
Seniors Serving Seniors
Dining Room, 11:30AM

Lunch Entertainment:

Sept 10 Farnes & Fronske

Sept 12 Boyd Murdock

Sept 16 Roy McKee

Sept 23 Neil Fetzer

Bingo
Every Friday
Dining Room, 12:45PM



Dance Lessons
Every Wednesday
Dining Room, 1:00PM



The menu, newsletter, and
activity calendar
are posted to our website.
www.pocatello sac.org

WORD FROM THE DIRECTOR

I am not sure what happened to August. It was there and then it wasn't. As I write this, the Eastern Idaho State Fair is in full swing, our Stayin' Alive Golf Tournament is days away (get your raffle tickets, prizes are incredible), NKA is back with Fall classes, and I am still trying to reconcile with my brain that it is no longer August.

Through the month of August, we saw amazing support and a surge in volunteers stepping up to fill in the gaps. The kitchen never skipped a beat due to the efforts of those that answered the call for help. Individuals have helped in the dining room by gathering water pitchers and cups, wiping down tables, and even doing the small things such as pushing in chairs after each lunch. At the end of the day, some have run vacuums through the building. In short, you have seen what needed to be done and jumped in to do it. Class facilitators have taken on the responsibility of leaving rooms better than they found them. For some, a monetary donation came as their way to show support. Each and every effort is welcomed and appreciated. Because of you, we are able to do great things for the seniors in our community. I anticipate that September will be even better.

Thank you,
Tara Contreras - Director

AUGUST

1727 Meals Served
101 Meals/Day

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

Lunch Served

Tuesday-Friday, 11:30 - 12:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
11:00a SAC/NKA Cribbage Card Game - Room 8	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	10:00a SYMBII Coffee With Veterans - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	01:00p NKA Origami for Beginners - Room 4		
12:00p SAC Volunteers - Dining RoomÂ	11:30a Portneuf Health Trust Volunteers - Dining RoomÂ	11:00a Parkinsons Exercise	12:00p SAC Volunteers - Dining RoomÂ	01:00p SAC Creative Writing - Room 11		
	12:00p SAC Volunteers - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	12:30p SAC Special Pinochle - Room 4			
	12:30p Poky Traveling Gems - Room 11	12:00p SAC Volunteers - Dining RoomÂ	12:45p SAC Pinochle - 3			
	12:45p SAC Pinochle - 3	01:00p Gate City Mexican Train - Room 4	01:30p NKA Fun With Crochet - Room 11			
	01:00p NKA Crochet/Knitting Service Group - Room 6	01:00p SAC Bridge - Room 8	03:30p SAC Fit and Fall 3:30 PM Class - Room 3			
	01:30p NKA Beginning And Intermediate Knitting - Room 11	01:00p SAC Mexican Train - Room 11				
	01:30p NKA Conversational Spanish - Room 4	01:00p SAC/NKA Line Dancing - Dining RoomÂ				
	03:30p NKA Curriculum Meeting - Room 11	03:00p Parkinson Support Group Monthly Meeting - Room 6				
	03:30p SAC Fit and Fall 3:30 PM Class - Room 3	04:30p TOPS - Room 4				
14	15	16	17	18	19	20
09:30a NKA Fit and Fall - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library		
09:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room		
09:30a SAC Pool Mondays - Room 12 Billiards Room	09:00a Parkinsons Exercise - Room 3	09:00a SAC American Mahjong - Room 4	09:00a Parkinsons Exercise - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ		
10:00a Silver Cords Singing Group - Dining RoomÂ	10:00a NKA Crochet 10/1/02 - Room 4	09:30a NKA Barn Quilt Painting - Room 6	10:00a NKA Knitting On Looms - Room 4	12:00p SAC Volunteers - Dining RoomÂ		
11:00a SAC/NKA Cribbage Card Game - Room 8	11:00a SAC Fit and Fall 11AM Class - Room 3	09:30a NKA Fit and Fall - Room 3	11:00a SAC Fit and Fall 11AM Class - Room 3	12:45p Charity Bingo - Dining RoomÂ		
12:00p SAC Volunteers - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11:00a Parkinsons Exercise Wednesday - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	01:00p NKA Origami for Beginners - Room 4		
	12:00p SAC Volunteers - Dining RoomÂ	12:00p SAC Volunteers - Dining RoomÂ	12:00p SAC Special Pinochle - Room 4	01:00p SAC Creative Writing - Room 11		
	12:45p SAC Pinochle - 3	12:00p AARP Monthly Meeting - Room 11	12:30p SAC Special Pinochle - Room 4			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
14	15	16	17	18	19	20	
		01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Conversational Spanish - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	12:00p SAC Volunteers - Dining RoomÂ 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining RoomÂ 01:30p NKA Mahjong - Room 3	12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
21	22	23	24	25	26	27	
		09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 09:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a SAC Pool Mondays - Room 3 10:00a NKA Travel Committee - Room 11 10:00a Silver Cords Singing Group - Dining RoomÂ 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Crochet 10/1/02 - Room 4 11:00a Blood Pressure Clinic Room 11 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomÂ	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a NKA Barn Quilt Painting - Room 6 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SENIORS SERVING SENIORS - Dining RoomÂ 11:30a Nutrition Program Congregate Meal - Dining RoomÂ	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a SAC Bunco - Room 11 10:00a NKA Knitting On Loops - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomÂ	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a SENIORS SERVING SENIORS - Dining RoomÂ 11:30a Nutrition Program Congregate Meal - Dining RoomÂ	
28	29						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
09:30a NKA Fit and Fall - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library					
09:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room					
09:30a SAC Pool Mondays - Room 12 Billiards Room	09:00a Parkinsons Exercise - Room 3					
10:00a Silver Cords Singing Group - Dining Room	09:30a NKA Basic Bridge - Room 11					
11:00a SAC/NKA Cribbage Card Game - Room 8	10:00a NKA Crochet 10/102 - Room 4					
12:00p SAC Volunteers - Dining Room	11:00a SAC Fit and Fall 11AM Class - Room 3					
	11:30a .Nutrition Program Congregate Meal - Dining Room					
	12:00p SAC Volunteers - Dining Room					
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