

September 2025

# SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

208-233-1212

[www.pocatelloosac.org](http://www.pocatelloosac.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

## 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.

better.

Thank you,

*Tara Contreras - Director*

# AUGUST

1727 Meals Served  
101 Meals/Day

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.pocatelloosac.org](http://www.pocatelloosac.org)

### 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



SEPTEMBER 2025

60 AND ABOVE - \$6 SUGGESTED DONATION  
59 AND UNDER - \$8 PAY TO ATTENDANT

The Older Americans Act (OAA) authorizes nutrition services for eligible consumers, regardless of their ability to contribute to the cost of meals.



LUNCH MENU

SERVED  
TUESDAY-FRIDAY  
11:30AM-12:30PM

Substitutions May Be Necessary Without Advanced Notice  
All meals served with fruit, vegetable, milk, and dessert.

LUNCH ENTERTAINMENT		DATES OF INTEREST	
2	TURKEY BACON CLUB	4	MEATLOAF
WED, SEPT 10 FARNES & FRONSKE		5	CHICKEN COBBLER CASSEROLE
9	GARLIC PARMESAN CHICKEN	11	PORK & RICE
FRI, SEPT 12 BOYD MURDOCK		12	CHEESEBURGER
16	CHICKEN TACO	17	CHICKEN FRIED STEAK
TUES, SEPT 16 ROY MCKEE		18	FISH & CHIPS
23	COLD CUT COMBO	19	SMOTHERED PORK CHOP
TUES, SEPT 23 NEIL FETZER		25	GREEK CHICKEN
30	CHICKEN NOODLE CASSEROLE	26	BREAKFAST CASSEROLE
BINGO EVERY FRIDAY DINING ROOM 12:45PM		WED, SEPT 24 & FRI, SEPT 26 SENIORS SERVING SENIORS INFO TABLE DURING LUNCH DINING ROOM	
MALNUTRITION AWARENESS WEEK SEPTEMBER 8-12			
WELCOME BACK AARP NKA			
MON, SEPT 1 CLOSED LABOR DAY			
WED, SEPT 10 COFFEE W/ VETERANS 10:00AM DINING ROOM			
TUES, SEPT 23 BLOOD PRESSURE CLINIC 11:00AM ROOM 11			

## Senior Activity Center, Inc

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
09:30a CLOSED LABOR DAY - Dining RoomA	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 Crochet - Room 8 10:30a SAC Golf Meeting - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 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 09:00a SAC American Mahjong - Room 4 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinsons Exercise Wednesday - Room 3 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 09:00a Parkinsons Exercise - Room 3 10:00a NKA Board Meetings - Room 11 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 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 09:00a Parkinsons Exercise - Room 3 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM 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 - Dining RoomA 12:45p Charly Bingo - Dining RoomA 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11	
	12:00p SAC Volunteers - Dining RoomA 12:45p SAC Pinochle - 3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining RoomA	12:00p SAC Book Club - Room 6 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 03:00p Hit & Fall Training - Room 8 03:30p SAC Fit and Fall 3:30 PM Class - Room 3			
7	8	9	10	11	12	13
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 NKA Travel Committee - Room 11	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 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - 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 RM 8 - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Meeting - Room 4	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 Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM 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 - Dining RoomA 12:45p Charly Bingo - Dining RoomA		



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7	8	9	10	11	12	13
11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA	11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p Poky Traveling Gems - Room 11 12:45p SAC Pinochle - 3 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 NKA Curriculum Meeting - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	10:00a SYMBIL Coffee With Veterans - Dining RoomA 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:00p SAC Pinochle - 3 01:00p Gate City Mexican Train - Room 4 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomA 03:00p Parkinson Support Group Monthly Meeting - Room 6	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4 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	01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11		
14	15	16	17	18	19	20
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/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA	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 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 - Dining RoomA 12:45p SAC Pinochle - 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 Barn Quilt Painting - Room 6 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 11	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 Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - 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 12:00p SAC Volunteers - Dining RoomA 12:45p Charly Bingo - Dining RoomA 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11		

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	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 Room A 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining Room A 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	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 Bunco - Room 11 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers - Dining Room A 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 10:30a Meet The Candidates - Room 3 11:00a SENIORS SERVING SENIORS - Dining Room A 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers - Dining Room A 12:45p Charly Bingo - Dining Room A 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11	
21	22	23	24	25	26	27
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 NKA Travel Committee - Room 11 10:00a Silver Cords Singing Group - Dining Room A 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining Room A	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 101/102 - 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 Room A 12:00p SAC Volunteers - Dining Room A 12:45p SAC Pinochle - 3 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	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 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 Room A 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers - Dining Room A 12:30p SAC Special Pinochle - Room 4 01:00p NKA Creative Cards - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining Room A 01:30p NKA Mahjong - Room 3	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 Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers - Dining Room A 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 10:30a Meet The Candidates - Room 3 11:00a SENIORS SERVING SENIORS - Dining Room A 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers - Dining Room A 12:45p Charly Bingo - Dining Room A 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11		
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