



SENIOR COMMUNICATOR

Non Profit Organization

Idaho Falls Senior Citizens Activity Center
535 West 21st Street We are a *daily*
center for ACTIVE seniors.

*Our Meals on Wheels program
prepares/delivers over 66,000
meals yearly. We are NOT an
assisted living center.*

Hours of operation
Monday through Friday
10am-2pm

Telephone: (208) 522-4357
Website: ifscce.org



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2025
March

We reserve the right
to make mistakes
occasionally

New Members: Casimiro Espinoza, Kent Jensen, the Parten's, Susan Powell, Debra Price, Sandra Crosthwait, Lloyd Field, Linda Danks, the Vanderbeek's, Kelley Larson, the Huntsman's, and Kenneth Bailey.

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 10 AM for Wednesday Morning Coffee Break and . . .

NEW MEMBER GET-ACQUAINTED ! STAY FOR * BINGO AT 10 am IF YOU WOULD LIKE

Thank You to all of our Volunteers

Senior Hours
Non-Senior Hour
Board Member Hour
Work Detail Hours

—Total Hours

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!

**Eastern Idaho Area Agency on Aging:
Senior Medicare Patrol**

The Senior Medicare Patrol (SMP) program, under the Eastern Idaho Area Agency on Aging, helps Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud, errors and abuse. SMP trained staff and volunteers provide free counseling and education to the community. Remember to protect your Medicare card and only share your Medicare number with your trusted healthcare provider. Check your statements and bills for inaccuracies such as services you didn't receive, double billing, or services not ordered by your doctor. If you ever have questions about your Medicare Summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. **(208) 522-5391**

Thank You!

Monthly Supporters

**** United Way***

City Of Idaho Falls * Medicaid,

Eastern Idaho Community Action Partnership

Community Food Basket

Panera Bread ,Humanitarian Center

Thank You!

**THANKS TO THE MEMBERS WHO HELP US RELIEVE
THE PAIN OF THE ECONOMY:**

\$ 0 - \$ 99—

\$100 - \$250—

\$300—\$700 -

\$800-\$5,000—

Thank You!

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



*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.

*Dave Nobles,
Steve Stowell, Marla Morgan, Jeffrey Socher, Moira Solle, Jordan Homer, Mirmy Cotto, Kristine M,
Hal & Deb Tobin, Don Yeager, Roger Kuhl, David Archer, Robert Pearce,
Kathy Failor, Melissa Knight, Rick Dale, Debie Ball, Darryl Mathews*



Safer Driving May Save You Money

Keep saving on your auto insurance with AARP's Smart Driver™ refresher course.*

Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driver refresher course could help you extend your discount.** Plus, you'll refresh your driving skills so you and your family can stay safe on the road. Register now!

THERE'S A REFRESHER CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

March 18, 2025 9:00 AM - 4:00 PM

Location:

Idaho Falls Senior Citizens Community Center
535 W 21st Street
Idaho Falls, Idaho

Register Now:

Call (503) 816-0790 to register.
Will break for lunch.
Lunch at Senior Center for a small donation.

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

FOR MORE INFORMATION

Call: **1-888-773-7160**
Visit: **aarp.org/findacourse36**

Answer key from February NL

FIND THE NUMBERS

Puzzle # 1

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4 | | | | | 9 | | | | | | | | | |
| | 3 | | | | | 0 | 1 | 4 | 6 | 2 | 4 | 4 | 3 | |
| | | 0 | | 2 | | 3 | 4 | | 1 | | | | | |
| | | | 2 | | 0 | | 1 | 0 | | 1 | 1 | | | |
| | | | | 8 | | 7 | 0 | 4 | 4 | | 0 | | | |
| | | | | | 0 | 2 | 2 | | 8 | 4 | 0 | 4 | | |
| | | | | | | 2 | 4 | 7 | | 5 | 1 | | 7 | |
| | | | | | | | 0 | 1 | 9 | | 0 | | | 9 |
| | | | | | | | | 8 | 2 | 4 | | 2 | | |
| | | | | | | | | | 9 | 4 | 2 | | 0 | |
| | | | | | | | | | | 1 | 2 | 3 | | 2 |
| | | | | | | | | | | | 4 | 4 | | |
| | | | | | | | | | | | | | | |
| | | | | | | | 3 | 3 | 0 | 1 | 3 | 4 | 4 | 2 |
| | | | | | | 1 | 0 | 2 | 1 | 4 | 4 | | | |



Cowboy Beans (Easy Crockpot Recipe)

Servings
8 servings

Prep time
10 minutes

Cooking time
3 hours 10
minutes

Calories
471 kcal

Ingredients

- 1 pound ground beef
- 1/2 pounds bacon, diced
- 1 can (28 ounces) pork baked beans
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can (15 ounces) lima beans, drained and rinsed
- 2 onions, finely chopped
- 1 cup ketchup
- 1 cup brown sugar
- 1 teaspoon mustard

Instructions

- 1** Assemble all your ingredients.
- 2** Place a large skillet over medium-high heat. Add the ground beef and diced bacon. Cook, stirring frequently, until the beef is browned, approximately 7 to 10 minutes.
- 3** Move the cooked beef and bacon mixture to a slow cooker. Mix in the pork baked beans, kidney beans, lima beans, chopped onions, ketchup, brown sugar, and mustard.
- 4** Seal the slow cooker with its lid. Set the cooker to the "Low" setting. Allow it to simmer until the mixture becomes thick and bubbles up, which should take at least 3 hours. Enjoy!



Securing today
and tomorrow

SAVE THE DATE!
National Slam the Scam Day

Thursday, March 6, 2025

The Social Security Administration and the Office of the Inspector General are partnering with other government agencies for the 6th Annual Slam the Scam Day. Please join us, as part of National Consumer Protection week, as we work to raise public awareness of government imposter scams.

We encourage you to visit our [Slam the Scam Resources](#) page for more information on this year's campaign. This page will also highlight organizations dedicated to helping us "Slam the Scam!"

Contact us at OEA.net.post@ssa.gov for more information.

WORD SCRAMBLES

Puzzle #1
ANIMALS*Just 2
HAPI*

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Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partnership—EICAP) is an essential resource in the community, working to maintain the independence and dignity of Eastern Idaho's seniors and caregivers. We do this by connecting seniors with services and community resources. We are a non-profit that receives federal, state, and local funds to run our programs. Area Agency on Aging offers several types of services and support for senior and caregivers including home and community-based services, supportive services, and advocacy programs. Many of our services are at a no-cost or low-cost for consumers. It's easy to get help. Give us a call at (208) 522-5391.

RALLY TO RISE



PHYSICAL THERAPY

Physical Therapy Questions Answered.
Join a qualified physical therapist for an overview of how physical therapy can help you. Improve pain, increase strength, maintain independence and mobility.

Ask questions about your musculoskeletal health and common surgeries such as joint replacements and repairs.

march 3rd at 10:00 a.m.

March 2025

| | Monday | Tuesday | Wednesday | 2 Thursday | 3 Friday | |
|--|---|--|--|---|---|--|
| | 3 Philly Cheesesteak Sandwich Orange JoJo's Pudding | 4 Chicken Alfredo Pasta Peaches Broccoli, Cauliflower Breadstick | 5 Turkey Tatar tot Casserole Berry Mix 4-way veggies Cottage Cheese | 6 Lasagna Soup Banana Caesar Salad with croutons | 7 Tuna Sandwich Pears Celery & Carrot Sticks Ranch dipping sauce Chips | |
| | 10 Chili Dog Grapes Chuckwagon blend Sweet Potato tots | 11 Turkey over mashed potatoes Cranberry sauce Beets Sliced bread Sugar Cookie | 12 Swiss Steak Mandarin Oranges Brussel Sprouts Mashed Potatoes Roll Ice-cream | 13 Chicken Cordon Bleu Pineapple Broccoli Butter and Herb Rice | 14 Sausage Burritos Raisins Corn Pepper Mix Salsa Hash browns Cran Bits | |
| | 17 Corned Beef and Cabbage Apple Potatoes Green Jello | 18 Creamy Turkey Pasta Tropical Fruit Oriental Blend Cake | 19 Chicken Fried Steak Banana Green Beans Mashed Potatoes & Gravy Roll | 20 Scalloped Potato Casserole with Ham Apricot Carrots Breadstick | 21 Sweet and Sour Chicken Applesauce Stir Fry Veggies Brown Rice Fortune Cookie | |
| | 24 Hot Turkey Sandwich Plums Winter Blend Mashed Potatoes & Gravy Pop Tart | 25 Chicken Pot Pie Fruit Cocktail Peas and Carrots | 26 Pork Tacos Kiwi Fajita Blend Rice Pudding | 27 Waffle and Sausage Patty Grapes Cali Blend veggies Hash browns | 28 Steak Fingers Orange Oriental Blend Tatar Tots Peanut Butter Cookies | |
| | 31 Pepperoni Pizza Pineapple Side Salad | | | | | |

Menu Subject Change.

March 2025

Community

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|--|---|---|
| | | | | | | 1 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 2 | 3 10:00a MahJongg/ DS 10:00a Rose's Coffee Group 10:00a Rally to Rise Physical Therapy | 4 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:30p Bridge | 5 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group | 6 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee | 7 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm | 8 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 9 | 10 10:00a MahJongg/ DS 10:00a Rose's Coffee Group 5:30p Idaho Falls Gem & Mineral Society | 11 10:00a Roses Coffee 10:00a From Head to Feet Free Health Clinic 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 11:30a Free Health Clinic | 12 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group | 13 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee | 14 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm | 15 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 16 | 17 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | 18 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:30p Bridge | 19 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group | 20 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee | 21 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm | 22 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 23 | 24 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | 25 10:00a SCCC Ex Brd 10:00a Roses Coffee 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg 11:00a Ladies Coffee 12:30p Bridge | 26 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group | 27 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee | 28 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm | 29 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 30 | 31 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | | | | | |

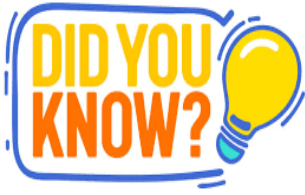
The hours are 10AM to 2PM Monday, Thursday, & Friday. 10AM to 4PM on Tuesday & Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

Thank you and enjoy the Senior Community Center!

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 IFSCCC.ORG

If you would like to start a program call
208) 522-4357 and we will give you the
available times and spaces that are open. You
will be responsible to gather your own
participants to play the games or come
to programs.



Avoid Scams

Individuals are pretending to be representatives of the Idaho Falls Fire Department and are demanding money. To avoid falling victim to a scam, remind your friends and family to never give personal information over the phone.

IFFD wants residents and business owners to be aware of scam callers and not give any personal information over the phone. Calls are being made to local people demanding photos of fire safety equipment. They also make accusations the person or business is not following fire codes and demand immediate payment over the phone.

The Idaho Falls Fire Department does not demand immediate payment for any code violations. Verify any payment requests in person or call the person/organization requesting information.

Here are a few other tips to keep in mind:

- *If the caller is demanding immediate payment or requesting the purchase of a prepaid credit card to make a payment, it's a scam

- *Be cautious about providing any personal or financial information over the phone if you have not solicited the phone call.

- *If the caller says payment must be taken over the phone, it's a scam.

- *The IF Fire department and City of Idaho Falls will not request payment over wire transfer. Secure payments are processed for any development permits through your private portal on CityWorks.

Media Contact: City of Idaho Falls Public Information Officer Eric Grossarth at 208)612-8562 or egrossarth@idahofalls.gov



Please consider sponsoring a meal for one of our Senior Citizens. We have a tree with tags for \$6.50 on it at the Senior Center. Come in and buy a tag. We will display the tags proudly in thanks to those who help our Seniors for your generous donation.

YOUR BOARD OF DIRECTORS

| | | |
|--------------------------------|----------------------------------|------------|
| Karl Casperson | Bonneville County Sheriff Office | Chair |
| Chanse Powell | Senior Solutions | Vice Chair |
| | | Treasurer |
| Linda DeLia | Retired | Secretary |
| Kathleen Keyes | Member of PEO | |
| Tasha Call | Life Care Centers of Idaho | |
| Jared Anderson | Life Care Centers of Idaho | |
| Roy Matthews | Retired | |
| ----- Non Voting Members ----- | | |
| Jim Frances | Mayor's Office Liaison | |
| Sarah Ryner | Executive Director | |
| | 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

**If you would like to join the board please come to the
office and fill out an application.**

All are welcome. Thank you

Caregivers Support Group

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 2nd Tuesday of the month, from: 1pm- 3pm at EICAP [935 E. Lincoln Rd.](#) I.F. 208-522-5370 ext-203 Emily(call for zoom information)

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 **10 AM** **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

Senior Center is searching for donations for an indoor garage sale/bake sale.



March 1 at the Idaho Falls Senior Center.

From 08:00 a.m. to 1:00 p.m.

Please come and support
Meals on Wheels.

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

Eastern Idaho Area Agency on Aging: Help with Medicare Costs

Under a grant project, the Area Agency on Aging provides outreach for federal and state Medicare subsidy programs. If you struggle paying for your Medicare healthcare costs, call your Area Agency on Aging, at (208) 522-5391, to learn more about your options, including the Medicare Savings Programs and “Extra Help”. The Medicare Savings Programs are state programs, through Health & Welfare, that help pay for some Medicare Part A (hospital) and Part B (medical) costs. “Extra Help” is a federal program, through Social Security, that helps with Medicare PartD prescription drug costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.

Nutrition Facts

4 servings per container

Serving size 1 cup (227g)

Amount per serving

Calories 280

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 850mg | 37% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 320mg | 25% |
| Iron 1.6mg | 8% |
| Potassium 510mg | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Start with Serving Information

First, look at the serving size and the number of servings per container, which are at the top of the label. The serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).

The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

Understand Serving Sizes

By law, serving sizes must be based on the amount of food people typically consume, rather than how much they should consume. Serving sizes reflect the amount people typically eat and drink.

Here are a few other things about serving sizes to keep in mind:

- The serving size is not a recommendation of how much to eat or drink.
- One package of food may contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package. Packages with “dual-column” labels let you know how many calories and nutrients you are getting if you eat or drink the entire package at one time.

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: 208-522-5370 ext-203.** (Call for Zoom Information)

FYI

*During the month of January
your capable **KITCHEN AND
DELIVERY**
PERSONNEL served **237 meals**
at the center , produced and
Delivered **4,667 meals** to
home-bound
seniors and disabled adults
through our Meals On Wheels
program (Total meals: 4,904)*

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.



Thank you for your cooperation, during this time of year.

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.

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

The Senior Medicare Patrol (SMP) program, under the Eastern Idaho Area Agency on Aging, helps Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud, errors and abuse. SMP trained staff and volunteers provide free counseling and education to the community. Remember to protect your Medicare card and only share your Medicare number with your trusted healthcare provider. Check your statements and bills for inaccuracies such as services you didn't receive, double billing, or services not ordered by your doctor. If you ever have questions about your Medicare Summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. (208) 522-5391

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 OFJanuary

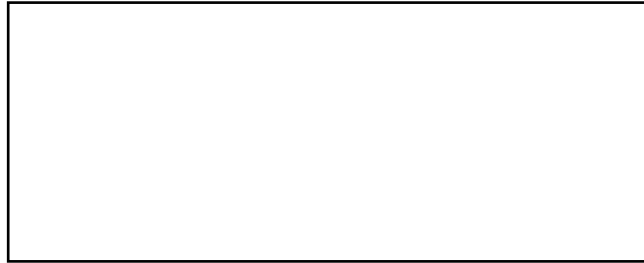
| | |
|----------------------------|-----------|
| Beading | \$ |
| Bingo / Wed, Fri, Saturday | \$ |
| Beading -(Beverage) | \$ |
| Bridge | \$0 |
| | \$0 |
| | \$0 |
| | \$0 |
| Fit & Fall Exercise | \$ |
| Pool | \$ |
| Woodcarvers | |
| Mah-Jongg | \$0 |
| Pinochle | \$ |
| Pinochle (Bev Only) | \$ |
| | |
| Rose's Gentlemen's Group | \$ |
| Ladies Morning Coffee | \$ |
| | \$0.0 |
| | \$0 |
| Total | \$ |



"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, audiotope, 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
U S POSTAGE PAID
Idaho Falls, ID 83401
Permit #155



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

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