



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
Closed some holidays

Telephone: (208) 522-4357
Website: ifscac.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2022
January

We reserve the right
to goof-up
occasionally

New Members: Rufus B., Marla Z. Russlyn G. Warren S. Elaine S. Margle S. Lionel C. Mary Dee G.

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	58.00
Non-Senior Hour	98.00
Board Member Hour	115.50
Work Detail Hours	.00

Total Hours 271.50

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

*Bonneville County * United Way*

*City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

Community Food Basket

Thank You!

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

\$ 0 - \$ 99 15 Anonymous, Kathleen Struthers, Nancy Johnson,

\$100 - \$250 Jonnie Pace, Danielle Steele, Ann Williamson, Rick Dale, Dave & Kathy Nobles, Helen Hill

\$300—\$700 Ron & Elenore Hampton, Carol Ormond

\$800-\$2,000

Misc. items:

Thank You!

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

Eastern Idaho Community Action Partnership*

Idaho Community Foundation



VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!



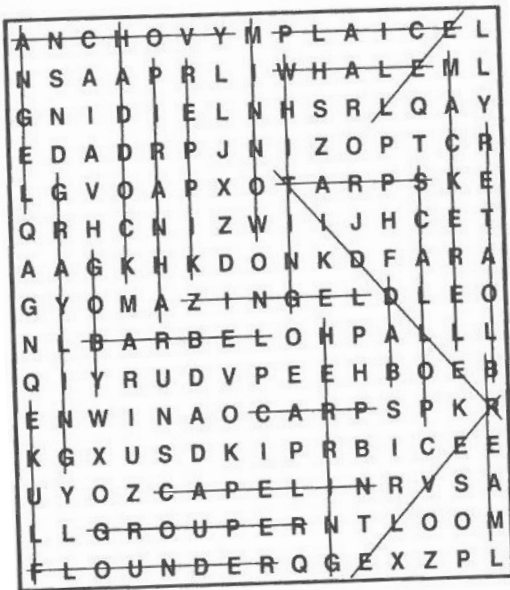
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*We want to say thanks to our
VOLUNTEER DRIVERS
for the Meals on Wheels program.*

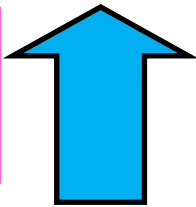
*We appreciate so much the way you have opened your hearts to help
our seniors and
disabled adults. Your willingness to give of your time has enabled us to deliver our
meals quicker, more timely and helps make sure that we don't have a wait list. You
are a blessing to all.*

*Dave Nobles, William Brotherson, John Burnside, Richard & Marion Myers,
Chanse Powell-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan,
Tiffany Morris, Whitney St. Michael, Jeffrey Socher,
Penny Shawl, Becky Schneider, Moira Solle,
Jayden Hunsucker-Alliance Home health & Hospice, Tyler Peterson,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,
Erin Tucker, Beth Anderton, Burgundy Branson,
Derek Baker, Devin Turpin, Carol Rogers, Mason Watt,
Mathew Sabine, Jared Kakuschke*

PUZZLE 33



Crossword
Solution from
January
Newsletter



Who always has a date on Valentine's Day? A calendar.



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.

Cook's Kitchen

- | | | |
|-----------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> BASIN | <input type="checkbox"/> DISH | <input type="checkbox"/> PLUG |
| <input type="checkbox"/> BISCUIT | <input type="checkbox"/> FRIDGE | <input type="checkbox"/> RECIPE |
| <input type="checkbox"/> BOWL | <input type="checkbox"/> HOT WATER | <input type="checkbox"/> SINK |
| <input type="checkbox"/> BRUSH | <input type="checkbox"/> JAM | <input type="checkbox"/> SOAP |
| <input type="checkbox"/> BUTTER | <input type="checkbox"/> KETTLE | <input type="checkbox"/> TABLE |
| <input type="checkbox"/> CAKE | <input type="checkbox"/> MICROWAVE | <input type="checkbox"/> TAPS |
| <input type="checkbox"/> CHAIRS | <input type="checkbox"/> MOP | <input type="checkbox"/> TOAST |
| <input type="checkbox"/> CRUMBS | <input type="checkbox"/> OVEN | <input type="checkbox"/> TOWELS |
| <input type="checkbox"/> CUP | <input type="checkbox"/> PAN | |
| <input type="checkbox"/> CUPBOARD | <input type="checkbox"/> PLATE | |



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

Chronic Disease Self Management Workshop

Virtually from 2/16/2021-3/23/2021

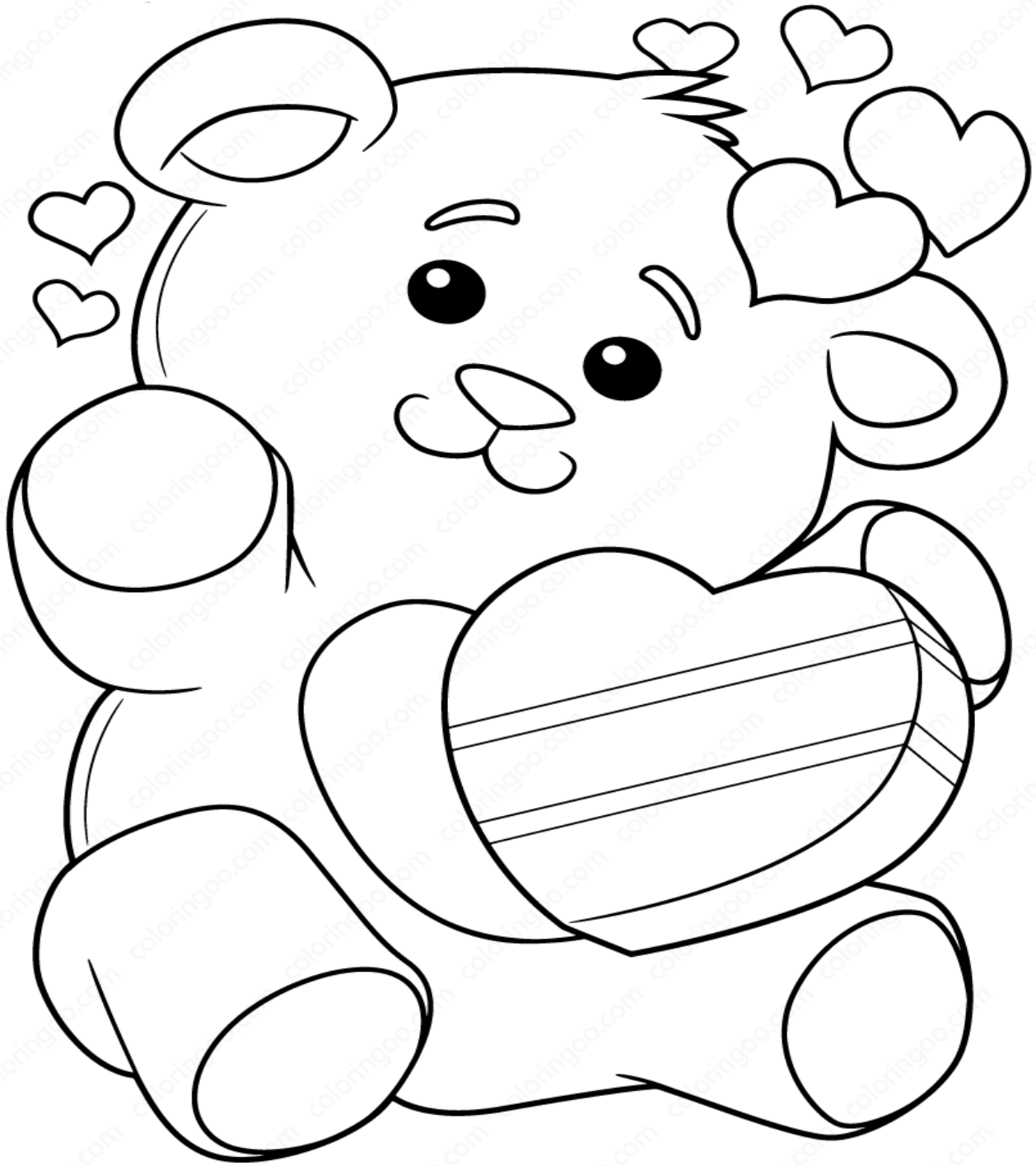
Please RSVP by contacting Brian Payton @

208-522-5370 EXT. 211

1:00-4:00 via Zoom



Come learn with us as we explore tips and techniques to improve your health, improve your quality of life, and improve the way you manage your chronic conditions.



What did one cantaloupe write to the other in their Valentine's card? "You're one in a melon!"



What can get you in trouble with the law on Valentine's Day? **Stealing too many hearts.**

Eastern Idaho Area Agency on Aging: In-Home Services

Through your local Area Agency on Aging, you may receive help in the home if you qualify. Homemaker services provide care for older persons to help maintain, strengthen, and safeguard their personal functioning in their own homes. Homemaker services can include: light housekeeping, laundry, essential errands, and meal preparation. Additional assistance, through the Chore program, can help with larger projects, such as sidewalk maintenance, heavy cleaning or minor household maintenance. These services are no-cost to low-cost for consumers. Call your Eastern Idaho Area Agency on Aging for more information at **(208) 522-5391**.

5 Perfect Indoor Activities for Seniors in the Winter

BY PETE LANE

During the coldest part of winter, many seniors find they can no longer participate in favorite activities like gardening or walking around the neighborhood. Because seniors are sensitive to cold and more likely to catch illnesses, they may need to spend more time inside during winter. However, cold weather doesn't mean seniors have to just sit inside and stare at the television all day long. These five indoor activities are a great way for your senior loved one to stay healthy and entertained all winter long.

1. Find An Indoor Exercise Method

It may be tempting to spend the day huddled under blankets when it's chilly, but another way to stay warm is to get the heart pumping with exercise. There are plenty of great ways for seniors to stay fit while indoors. They can experiment with practices like yoga and tai chi, or they can get a stationary bike or treadmill for cardio. With a few simple weights, your loved one can try some weightlifting exercises that greatly boost mobility.

2. Use The Internet To Chat With Family & Friends

Spending too much time inside without much social interaction can lead to isolation and depression. A good way to combat these feelings is through the connective features of the internet. Seniors can write long letters to friends over email, enter multi-user voice calls to chat with several friends, or talk to family members in a video call. Chatting online can help seniors maintain strong social bonds that are important for emotional and mental health.

3. Volunteer

Volunteer work is an excellent way to combat the sense of loneliness and purposelessness many seniors feel. Check with local nonprofit organizations to see if there's anything your loved one can help with. Activities like bookkeeping or sending out informative emails can be done comfortably from home, or your loved one can visit the organization for more involved things like running a children's program.



4. Organize The Home

Your loved one doesn't have to wait for spring to get started on cleaning the home. The long winter months are the ideal time to go through all the items that have accumulated over the years. Arrange old photos in scrapbooks, decide which clothes to keep and donate, and get rid of outdated or broken tools. This level of organization can result in a tidier home where your loved one can easily access all necessary items and avoid tripping over piles of boxes and debris.

5. Learn A New Hobby

Winter is the perfect time to take up a new hobby. There are countless hobbies to choose from, and many have great benefits. Dancing can increase balance, knitting can loosen up arthritic fingers, and building models can enhance fine motor skills. In addition to the physical benefits, learning hobbies is also a great way to stimulate the brain and preserve cognitive health.



Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: February 2022

0 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	0 Beef Stroganoff	Chicken Pot Pie	Fish and Chips	Pork Chops
	0 Kiwi	Honey Dew	Peaches	Apple Sauce
	0 Mushroom, Spinach, Onion 1/2 c	Peas, Carrots, Onion 1/2 c	Coleslaw 1 c	Green Beans, Onions
	Egg Noodles	Small potato 1/2 c	Potato Wedges	Augratin Potatoes
MILK	MILK	MILK	MILK	MILK
	0	0 Chocolate Chip Cookie	Pastry	0

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Scottish Shepards Pie	Cheesy Ranch Chicken	Ginger Turkey	BBQ Meatball Sandwich	Pepperoni Pizza
Oranges	Appricot	Cranberry Sauce	Banana	Tropical Fruit
Peas, Carrots, Celery, Onion 1/2 c	Beets, Mushrooms, Onions	Broccoli, Cauliflower, Green Bean	Pacific Vegetables	Pepper, Onion, Mushrooms
Scalloped Potato 1/2 c	WG Penne Pasta	WG Stuffing	French Fries & Ciabatta Roll	Pizza Dough
MILK	MILK, Cream cheese, Cheddar Che	MILK	MILK	MILK & Cheese
Oatmeal Scones	0	0 Brownies	0	0 Cinnamon Crisp

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
Turkey hot Dog	Chicken Enchiladas	Pork Chop With Mushrooms	Cheeseburgers	Spaghetti
Bananas	Pineapple	Watermelon	Pears	Oranges
Coleslaw	Red & Green Peppers, onion, Kidn	Mushrooms, Green Beans	Onion, Tomato, Lettuce, Pickle	Salad, Tomato, olives, cucumbers
WG Hot dog Bun	WG Tortilla	Mashed Potato and Gravy	Tator Tots	Spaghetti noodles 1/2 c
MILK	MILK Cheese-Sour Cream	MILK	MILK	MILK
	0 Chocolate Pudding	Butterscotch Pudding	0	0 Lemon Jello

21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
Parmesan Chicken	Roast Beef	Pulled pork Sandwich	Waffles & Poached Eggs	Honey Fish
Mixed Fruit	Grapes	Plums	Peaches	Pineapple
Chopped Egg Plant	Green Beans, Wax Beans, Carrots	Potato Salad	Fajita Mix	Carribean Blend
Marinaria Pasta	Mashed Potato & Gravy	Steak Fries	Syrup	Red Skin Potato
MILK	MILK	MILK	MILK & Whip Cream	MILK
	0 Vanilla Pudding	Banana Bread	0	0 Chocolate Cake

28 Monday	0 Tuesday	0 Wednesday	0 Thursday	0 Friday
Ham & Cheese Sandwich	0	0	0	0
Kiwi	0	0	0	0
Carrot, Celery, Pickle spear	0	0	0	0
Macaroni Salad	0	0	0	0
MILK	MILK	MILK	MILK	MILK
Cookie	0	0	0	0

February 2022

Community

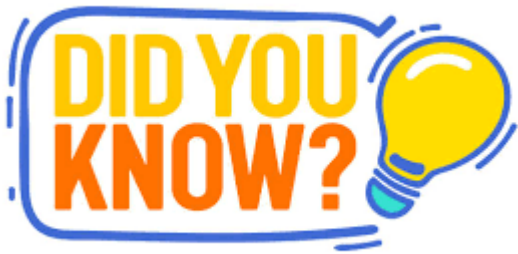
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00a Roses Coffee Grp 10:00a Bridge 12:00p Double deck Pinoche	2 10:00a Rose's Coffee 12:30p Pinoche	3 10:00a Roses Coffee Group	4 10:00a Beading 10:00a Rose's Coffee Group	5 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
6	7 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	8 10:00a Roses Coffee Grp 10:00a Bridge 12:00p Double deck Pinoche	9 10:00a Rose's Coffee 12:30p Pinoche	10 10:00a Roses Coffee Group	11 10:00a Beading 10:00a Rose's Coffee Group	12 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
13	14 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	15 10:00a Roses Coffee Grp 10:00a Bridge 12:00p Double deck Pinoche	16 10:00a Rose's Coffee 12:30p Pinoche	17 10:00a Roses Coffee Group	18 10:00a Beading 10:00a Rose's Coffee Group	19 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
20	21 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	22 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:00a Bridge 10:30a SCCC Brd Mtg 11:30a Scc Annl Mtg 12:00p Double deck Pinoche	23 10:00a Rose's Coffee 12:30p Pinoche	24 10:00a Roses Coffee Group	25 10:00a Beading 10:00a Rose's Coffee Group	26 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
27	28 10:00a MahJongg/ DS 10:00a Rose's Coffee Group					

The Center will be open July 1st as of right now we have some programs scheduled, but at different times due to time constraints with new hours. The hours are 10AM to 2PM. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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

Right now there are limited programs due to volunteers not continuing to run them. 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.



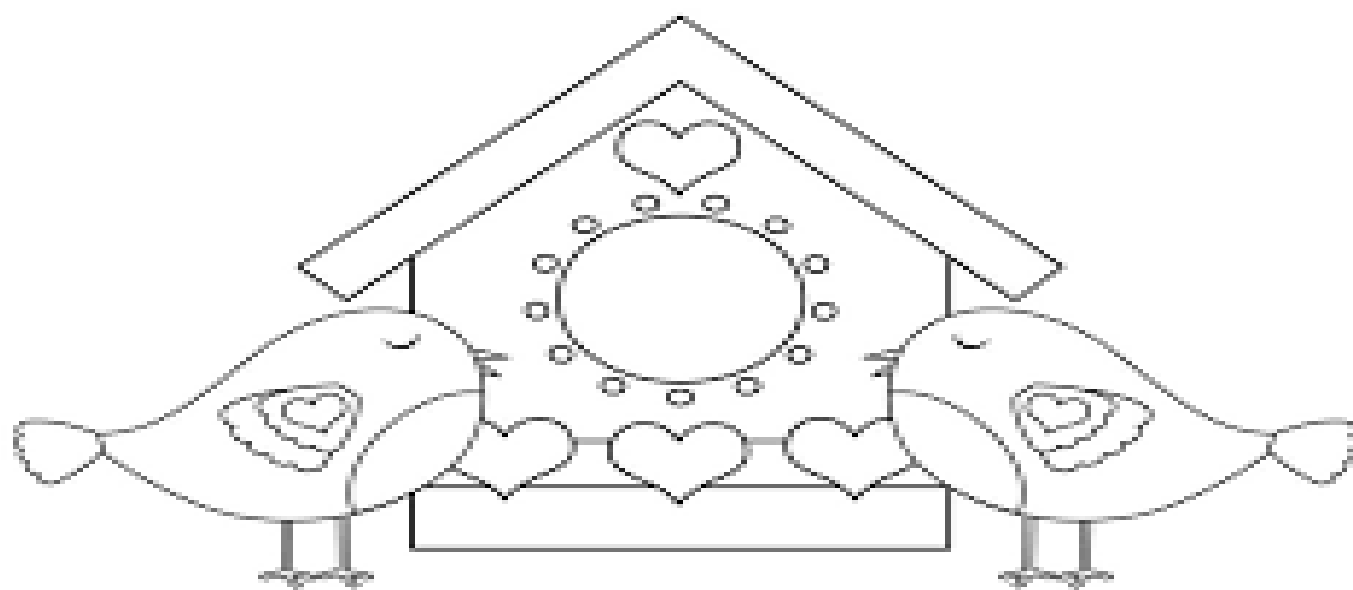
The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury, a scion of a British chocolate manufacturing family. With a new technique recently established at the company to create more varieties of chocolate, Cadbury pounced on the opportunity to sell the chocolates as part of the beloved holiday.

History's first valentine was written in perhaps one of the most unromantic places conceivable: a prison. Charles, Duke of Orleans wrote the love letter to his second wife at the age of 21 while captured at the Battle of Agincourt. As a prisoner for more than 20 years, he would never see his valentine's reaction to the poem he penned to her in the early 15th century.

During the Victoria Era, those who didn't want the attention of certain suitors would anonymously send "vinegar valentines." These cards, also called penny dreadfuls, were the antithesis of customary valentines, comically insulting and rejecting unwanted admirers. They were later used to target suffragettes in the late 19th and early 20th century.



The chubby baby with wings and a bow and arrow that we call Cupid has been associated with Valentine's Day for centuries. However, before he was renamed Cupid, he was known to the ancient Greeks as Eros, the god of love. Eros, the son of Greek goddess Aphrodite, would use two sets of arrows—one for love and another for hate—to play with the emotions of his targets. It wasn't until stories of his mischief were told by Romans that he adopted the childlike appearance that we recognize today.



WWW.EARTH-KIDS.COM

YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Linda DeLia	Retired Medical Editor	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Chanse Powell	Senior Solutions	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Alecia Coburn	Lincoln Court Retirement	
Tiffany Morrison	Life Care Center	
William Brotherson	Retired	
Valisa Say	Retired	

-----Non Voting Members-----

Thomas Hally	Mayor's Office Liaison
Sarah Ryner	Executive Director
Antonio Nebeker	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. 208-522-5370 ext-203 Jodi (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

* **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

All Games have a suggested donation
Or a required donation of \$1.00

	HIGH	HIGH /Tied	2ND
	HIGH	2ND	3RD
	High	2ND	3RD

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

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Eggplant Gratin



Recipe courtesy of Ina Garten

Show: Barefoot Contessa Episode: Memory Lane



Level: Easy

Total: 45 min

Prep: 15 min

Cook: 30 min

Yield: 2 servings

Ingredients:

- Good olive oil, for frying
- 3/4 pound eggplant, unpeeled, sliced 1/2-inch thick
- 1/4 cup ricotta cheese
- 1 extra-large egg
- 1/4 cup half-and-half
- 1/2 cup plus 2 tablespoons freshly grated Parmesan
- Kosher salt
- Freshly ground black pepper
- 1/2 cup good bottled marinara sauce

Directions:

- 1** Preheat the oven to 400 degrees F.
- 2** Heat about 1/8-inch of olive oil in a very large frying pan over medium heat. When the oil is almost smoking, add several slices of eggplant and cook, turning once, until they are evenly browned on both sides and cooked through, about 5 minutes. Be careful, it splatters! Transfer the cooked eggplant slices to paper towels to drain. Add more oil, heat, and add more eggplant until all the slices are cooked.
- 3** Meanwhile, in a small bowl, mix together the ricotta, egg, half-and-half, 1/4 cup of the Parmesan, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- 4** In each of 2 individual gratin dishes, place a layer of eggplant slices, then sprinkle with Parmesan, salt and pepper and spoon 1/2 of the marinara sauce. Next, add a second layer of eggplant, more salt and pepper, half the ricotta mixture, and finally 1 tablespoon of grated Parmesan on top.
- 5** Place the gratins on a baking sheet and bake for 25 to 30 minutes or until the custard sets and the top is browned. Serve warm.



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 November
our capable KITCHEN AND
DELIVERY
PERSONNEL served 101 meals
at the center , and produced and
Delivered 3791 meals to
home-bound
seniors and disabled adults
through our Meals On Wheels
program (Total meals: 3892)***



NY Times reports turning down thermostats while sleeping can save 10%

January was Poverty awareness Month, an initiative to call attention to the growth of poverty in America. It's even more important this year as the ongoing pandemic, spiking energy prices and surging inflation send more and more families into energy poverty. But there are simple ways to reduce a family's energy bill, and some of the advice sounds very familiar. As *New York Times'* Money Advisor Ann Carrns wrote at the onset of winter:

"You can save money on your heating bill by turning down your thermostat when you are sleeping or away from home...the Energy Department estimates you can save up to 10 percent a year on heating by lowering your thermostat by 7 to 10 degrees F from its normal setting for eight hours a day. You can still see savings even if you work from home. The department recommends setting the thermostat at 68 degrees while you're awake, and lowering it while you're asleep."



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 OFNovember

Beading	\$16.00
Bingo Saturday	\$1090.71
Bingo Saturday (Bev)	\$9.65
Bridge-2nd Monday	\$0.00
Bridge	\$16.00
Bridge—(Bev Only: Both)	\$6.00
Double Deck Pinochle	\$12.00
Double Deck Pinochle (Bev.)	\$16.00
Fit & Fall Exercise	\$0.00
Country Line Dancing	\$0.00
Mah-Jongg	\$10.00
Pinochle	\$54.00
Pinochle (Bev Only)	\$0.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$81.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other Beverage	\$37.00
Total	\$1348.36

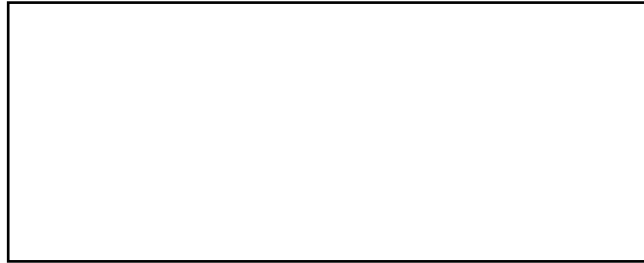


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SCCC COMUNICATOR
Senior Citizen's Community Center, Inc.
535 West 21st Street
Idaho Falls ID 83402-4528

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!

