



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



October
2025

We reserve the right
to make mistakes
occasionally

New Members Bradley & Colleen Salmonson, Andrea Martinez, Joan Holm, Brent Ferguson, Elaine Johnson, Merlin Staples, Beverly Slaska, Dianna Smout, Bill & Ruby Robinson, Okcha Priest, Jarvis Fowers, Gloria Hammon, Bonnie Murphy

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.

Thank You to all of our Volunteers

Senior Hours	171.42
Non-Senior Hour	282.84
Board Member Hour	20.75
Work Detail Hours	11.00
<hr/>	
Total Hours	486.01

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!

Thank You!

Monthly Supporters

United Way

**City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

**Community Food Basket *Panera bread **

**Humanitarian Center* Molina*

United Healthcare

Thank You!

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

\$ 0 - \$ 99 John Long,

\$100-\$250 Mike & Ruth Oar

\$300- \$700 Roy Matthews, Marianne Peterson

\$1,000-\$20,000

Thank You!

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

There is so
much power in
believing that
everything
will work out.

We want to say **thanks** to our **VOLUNTEER DRIVERS** for the Home Delivered Meals program. We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. You are a blessing to all.

Dave Nobles, Steve Stowell, Marla Morgan, Jeffrey Socher, Jordan Homer, Kristine M, Hal & Deb Tobin, Mr. & Mrs. Yeager, Melissa Knight, Rick Dale, Gerald Ondricek, A.J. Knight, Frank Rhoades, Roger Kuhl, Kathy Faylor, Teri Sokolek, Rosanna & Randal Merick



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Have our newsletter
emailed to you.



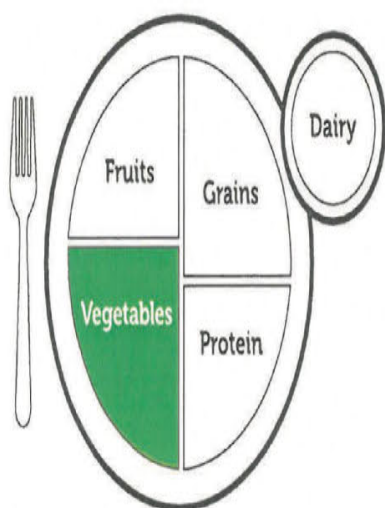
VISIT WWW.MYCOMMUNITYONLINE.COM



BELL PEPPER

WHAT IS IT

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.

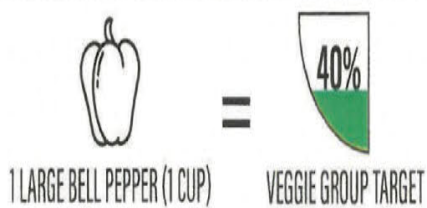
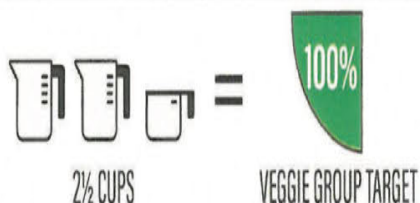


VARY YOUR VEGGIES

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.





HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goals



To find your food group targets, go to [MyPlate.gov/MyPlate-Plan](https://www.MyPlate.gov/MyPlate-Plan).

FUN FACTS & TIPS

-  Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.
-  Peppers are high in vitamin C—add them to omelets, stir fries, or chili for added flavor.
-  Red bell peppers are simply ripened green bell peppers.
-  For a crunchy and filling snack, try pairing pepper slices with hummus dip.





High-Protein Chicken & Sweet Potato Enchilada Skillet

This sweet potato–chicken enchilada skillet is a hearty, one-pan meal that's perfect for busy weeknights. Tender chunks of sweet potato and shredded chicken combine with store-bought enchilada sauce for a flavorful shortcut. Corn tortilla wedges are stirred in, soaking up the sauce and giving the dish a comforting casserole-like texture.

By **Megan Ginsberg** | Published on September 5, 2025

🔍 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 30 mins

Total Time: 40 mins

Servings: 6

Nutrition Profile:

No Added Sugar Gut Healthy Mediterranean Diet Sesame-Free Weight Loss Nut-Free Healthy Pregnancy Healthy Aging Healthy Immunity High-Fiber High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1½ pounds sweet potatoes (about 2 medium), cubed (½-inch; about 4 cups)
- ¾ teaspoon salt
- 1½ cups water, divided
- 1 medium red bell pepper, thinly sliced (about 1¼ cups)
- 1 large poblano pepper, seeded and thinly sliced (about 1 cup)
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- ¾ teaspoon smoked paprika
- 3½ cups shredded cooked chicken breast
- 1½ cups red enchilada sauce (from 2 (10-ounce) cans)
- 1 (15-ounce) can no-salt-added pinto beans, rinsed
- 8 (6-inch) corn tortillas, stacked and cut into 8 wedges each (64 total)
- 1 cup shredded pepper Jack cheese
- ¼ cup sour cream



1/25, 2:58 PM

[eatingwell.com/chicken-sweet-potato-enchilada-skillet-11785945?print=](https://www.eatingwell.com/chicken-sweet-potato-enchilada-skillet-11785945?print=)

Cilantro leaves, thinly sliced radish, lime wedges and pickled red onion, for serving (optional)

Directions

Step 1

Preheat oven to 400°F. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add cubed sweet potatoes and ¾ teaspoon salt; cook, stirring occasionally, until starting to brown, about 5 minutes. Add ¼ cup water; cover and cook, stirring occasionally, until starting to soften, 6 to 8 minutes.

Step 2

Add sliced bell pepper, sliced poblano, ¼ cup water and the remaining 1 tablespoon oil; cook over medium-high heat, uncovered and stirring often, until the peppers are crisp-tender and the sweet potatoes are tender, about 6 minutes. Add 1 teaspoon cumin, 1 teaspoon garlic powder and ¾ teaspoon smoked paprika; cook, stirring constantly, until fragrant, about 1 minute. Add 3½ cups shredded chicken, 1½ cups enchilada sauce, the rinsed pinto beans, the tortilla wedges and the remaining 1 cup water. Stir and fold until well incorporated. Remove from heat and top with 1 cup pepper Jack.

Step 3

Cook until the cheese has melted and started to brown in spots, 10 to 15 minutes. Garnish with dollops of sour cream and serve with cilantro, radish, lime wedges and pickled red onion, if desired.

HALLOWEEN WORDSEARCH

N	E	E	W	O	L	L	A	H	R	B	R	Q	R	N
I	Q	T	N	R	O	C	Y	D	N	A	C	M	G	V
E	A	Y	V	W	C	O	S	T	U	M	E	S	R	E
A	F	V	I	F	I	M	C	H	O	M	S	P	O	B
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GHOST
WITCH
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MONSTER
COSTUME
SPOOKY
SCARY



FRIGHT
HORROR
SCREAM
BOO
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CANDY CORN
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THRIVE LOCALLY

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Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partner-ship—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 us at (208) 522-5391.



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- » Refresh your driving skills and knowledge of the rules of the road.
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- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

Tuesday 21 October 2025
9am TO 4pm

Location:

Idaho Falls Senior Citizens Community Center
535 W. 21st Street
Idaho Falls, Idaho 83402

Register:

(208) 522-4357 (I.F. Senior Citizens Community Center)
--OR--
(503) 816-0790 (Ned)

CLASSROOM COURSE

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

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: **1-888-773-7160**

October
2025



	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	3	
			Chicken Fried Steak Apple Sauce Green Beans Mashed Potatoes Roll, Pudding	Pizza Pineapple Dinner Salad Ranch Cookie	Fish Sticks Tropical Fruit Coleslaw Potato Wedge Tartar Sauce	
6	Irish Stew Kiwi Carrot, pea, onion Potatoes Roll Yogurt	7 Mexican Spaghetti Apple Corn, Celery, Onion Cheese	8 Chicken Strips Orange Succotash Tater Tots Muffin	9 Pork Egg Roll Melon Carrot & Raisin Salad Rice Fluff Salad	10 Pulled Pork Sandwich Plums Broccoli Salad Fries	
13	Shepards pie Peaches Mixed Veggies Cheese	14 Pancakes and Sausage Links Strawberries Cherry Tomato Salad Hash brown Patty Butter, Syrup	15 Salisbury Steak Berry Blend Broccoli Mashed Taters & Gravy Roll Brownie	16 Sweet and Sour pork Juice Cauliflower Au gratin Potatoes Cake	17 Chicken Burger Grapes Lettuce Tomato Onion Tots	
20	Meatball Sub Tropical fruit Corn, peppers, onion Chips	21 Philly Cheese Steak Peaches Fajita Blend Mashed Taters and gravy	22 Corn Dog Fruit Cocktail Peas & Carrots Wedges Cottage Cheese Cookie	23 Pork Chops Pineapple Oriental Blend White Rice Cheesecake	24 Sliced Turkey Mixed Fruit Winter Blend Mac & Cheese Multi-grain Bar	
27	Pork Fritters Mixed Berries Island Blend, Onion Bread & Butter	28 Creamy Garlic Fish Cranberries Spring Blend Rice Cupcake	29 Shredded Turkey Strawberries Mixed Veggies Mashed Potatoes & Gravy Pudding	30 Chicken Pot Pie Grape Juice Peas, Carrots, onion, celery	31 Beef Ravioli Blueberries Black Beans Orange Rice Krispy treats	

MENU SUBJECT TO CHANGE

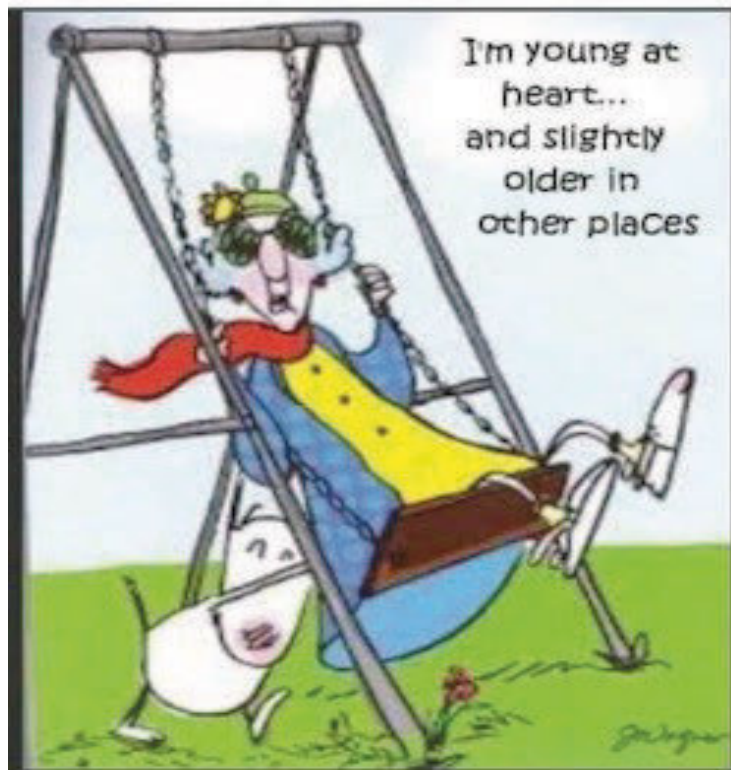
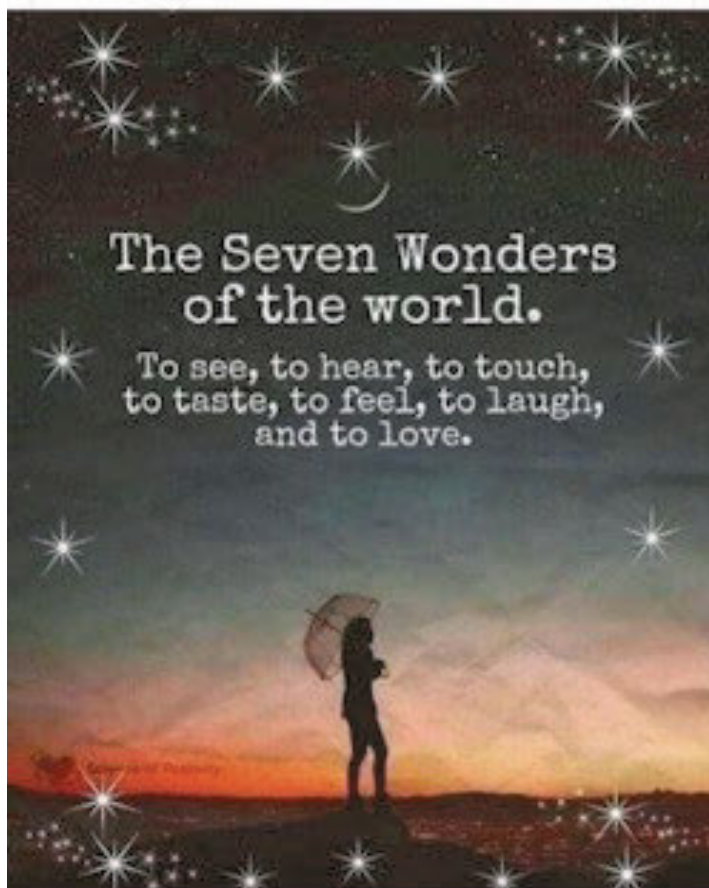
October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15a Bingo 12:30p Pinochle	2 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee	3 10:00a Beading 6:00p Bingo-Doors open at 4pm	4 6:00p Bingo- Doors open at 4pm
		10:00a Rose's Coffee			
6 10:00a MahJongg 10:00a Jimmy King & Friends	7 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	8 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	9 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	10 10:00a Beading 6:00p Bingo-Doors open at 4pm	11 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee					
13 10:00a MahJongg 10:00a Jimmy King & Friends 5:30p Idaho Falls Gem & Mineral Society	14 10:00a Fit & Fall Excercise 11:00a Ladies Coffee 11:30a Free Health Clinic	15 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	16 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee	17 10:00a Beading 6:00p Bingo-Doors open at 4pm	18 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee					
20 10:00a MahJongg 10:00a Jimmy King & Friends	21 9:00a AARP Driving Class 10:00a Fit & Fall Excercise 10:30a SCCC Board Meeting 11:00a Ladies Coffee	22 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	23 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	24 10:00a Beading 6:00p Bingo-Doors open at 4pm	25 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee					
27 10:00a MahJongg 10:00a Jimmy King & Friends	28 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	29 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	30 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee	31 10:00a Beading 6:00p Bingo-Doors open at 4pm	
10:00a Rose's Coffee					

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

** Call for an appointment or to sign up
*** Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.
**** Play 16 games of bingo for as little as \$3.50



JUST A REMINDER

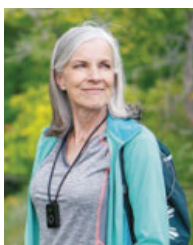
When you participate in an activity here at the Center, please sign the Sign-In Sheet provided. Most of the grants we apply for require information about how well the Center is being used. It will help the Center, and only take a few seconds. Thanks.....your Board of Directors

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: 208-522-5391.

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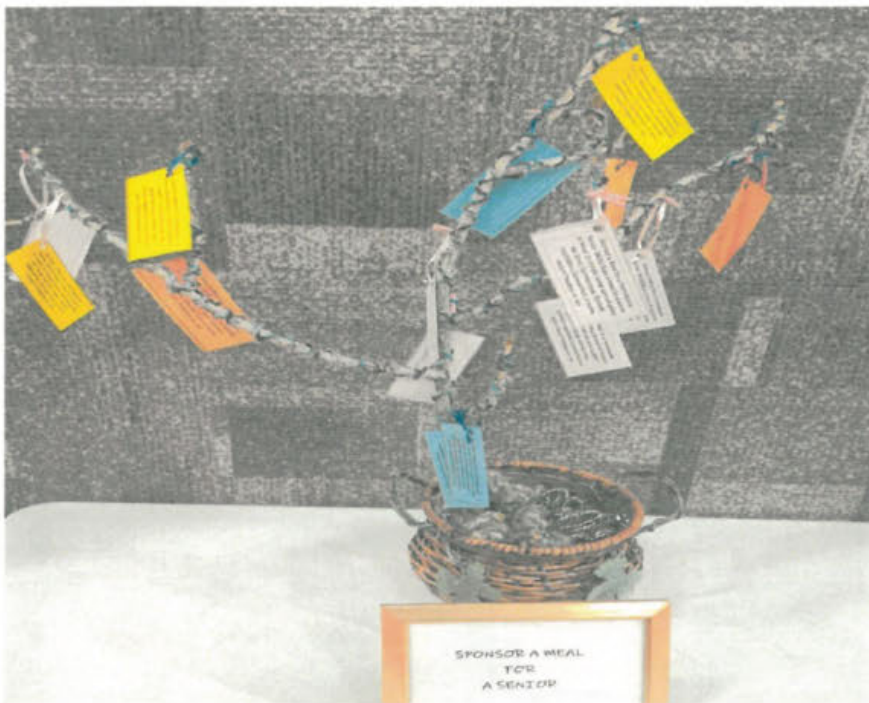
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For ad info. call 1-800-950-9952 • www.lpcommunities.com

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID C 4C 05-1113



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.

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OCTOBER EDITION



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Commissioner	CHAIR
Chanse Powell	Senior Solutions	VICE CHAIR
Jared Anderson	Eagle Rock Health & Rehab	Treasurer
Linda DeLia	Retired	Secretary
Kathleen Keyes	Member of POA	
Roy Matthews	Retired	
Benjamin McInelly	Cascadia Healthcare	

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

Jim Francis	Mayor's Office Liaison
Sarah Ryner	Executive Director

The Board meets on the
4th Tuesday of each month, sometimes
changes, or is canceled.

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 1st & 3rd
Friday,

from:

1pm—3pm at EICAP 935 E. Lincoln Rd.

I.F. (208) 522-5391 ext-203 Emily (call for zoom
information)

See you there.....

Idaho Falls Senior Citizens'
Community Center
535 west 21st street
PRESENTS

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SENIOR
ACTIVITY CENTER

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minimum
60%
payout

& Friday
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- * Must be 18 years old or older to play
- * Win CASH

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AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

URGENT

Give back to your community by donating
to your local charity right here in Idaho
Falls. You can donate money, your time,
or needed items. We have our Pancake
breakfast in November and could use
silent auction items. We need volunteer
drivers and part-time paid drivers. Some
of our funding has dropped off and we
need more funding to take its place.

**WE NEED THE COMMUNITIES
SUPPORT RIGHT NOW! PLEASE
COME SUPPORT US!!!**

Call (208)522-4357 for questions, or visit in person
to apply or inquire at 535 W 21st Street, Idaho

Falls, ID
83402

Puzzle #36*In the Garden*

ACAENA	DIANTHUS	PHLOX
AECHMEA	FERN	PINUS
ALOE	FLAX	RAOULIA
ASTER	HEATHER	RATA
AUCUBA	HOSTA	SEDUM
BUXUS	IRIS	TANSY
CACTUS	LANTANA	VERBENA
CANNA	MALUS	YUCCA
CORNUS	NEANTHE	ZENOBIA
DALEA	OXALIS	
DATURA	PALM	

Answer Key
From August
NL to the left

Success is a journey not a destination

- Ben Sweetland

"Old age ... is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator." – Confucius

**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 Part D (prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.

15 Fun Facts about Halloween!

1. The holiday goes back more than 2,000 years.
2. Trick-or-treating has existed since medieval times.
3. Some Halloween rituals used to involve finding a husband.
4. Immigrants helped popularize the holiday in the U.S.
5. Sugar rationing during World War II halted trick-or-treating.
6. Now Halloween is the second largest commercial holiday in the country.
7. Americans spend about \$86.79 on Halloween every year.
8. The Irish also brought us jack-o'-lanterns.
9. They used to be carved out of turnips, potatoes, and beets.
10. There's also traditional Halloween bread in Ireland.
11. A city in Canada banned teens over 16 from trick-or-treating.
12. Skittles are the top Halloween candy.
13. The most popular children's costumes are princesses and superheroes.
14. Candy corn was originally called "chicken feed."
15. Illinois produces up to five times more pumpkins than any other state.



FYI

During the month of August our capable KITCHEN AND DELIVERY

PERSONNEL served 253 meals at the center, and produced and Delivered 4179 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,432)

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: 12:00 pm—1:30pm at EICAP

935 E Lincoln Road, IF, 83402

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

Care
on your own terms

A FEW WAYS WE CARE:

- Companionship
- Fall & Injury Prevention
- Transportation
- Medication reminder
- Grocery shopping
- Laundry
- Meal preparation
- Grooming/hygiene
- Vacuuming
- Alzheimers care
- Dementia care
- Post-surgical care
- Pet care
- Assist with ADL's
- Organization
- & more!

Reach out.
We are here to help.

SYNERGY HomeCare provides non-medical services for all ages. For care cost information, a customized care plan, and a free home assessment - call our office today at **(208) 516-2041**

We will help you get the most out of every day.

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CONTACT ME
Bill Clough

wclough@lpicommunities.com

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BBB A+ Rating

Puzzle #38**U.S. Coast Guard**

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INSPECTIONS

MISSIONS
PATROLS
PORTS
PROTECT
RAFTS
RESCUE
SAFETY
SECURITY

SHIPS
SHORES
SIGNALS
STANDARDS
STATIONS
WARNING

P	P	M	O	H	S	I	G	N	A	L	S	W
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R	E	J	G	G	K	E	R	W	F	R	C	S
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Medicare Information

- To learn about Medicare eligibility or to apply, visit www.ssa.gov/med 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.

Don't be a target of Healthcare fraud! Learn how to prevent Healthcare Fraud by contacting your local Senior Medicare Patrol at 208)522-5391 ext. 202

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

The Senior Medicare Patrol (SMP) 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 our 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 OF August

Beading	\$52.50
Bingo Charity Wed, Fri, & Sat	\$4,448.91
Congregate Lunch	\$261.62
Congregate Beverage	\$0
Ladies Coffee	\$56
Fit & Fall Exercise	\$175
Mah-Jongg	\$0
Painting Group	\$7
Pinochle	\$69
Pinochle (Bev Only)	\$11
Pool	\$59.55
Rose's Gentlemen's Group	\$80.10
Woodcarvers	\$19
Misc. fundraiser	\$0
Other	\$1,762
Total	\$7,001.68

**United
Way**



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

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