



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: ifscce.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2024
April

We reserve the right
to make mistakes
occasionally

New Members: Tony Discoe, Judith Twede, Steve Bailey, Bob & Marilyn Anderson, Shannon Whittle, Patricia Sloan, Charlene Hendrickson, Georgina Hill, Lamar Roza, Brian & Roberta Batram, Burt Thornton, Fancis Bailey, Gregory Harker, Beth Hardy, Ron & Sharron Modrow, Judlth Meager, Wendy Banks, Linda and Chris Rafn.

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	496.90
Non-Senior Hour	318.40
Board Member Hour	41.50
Work Detail Hours	5.03

—Total Hours **861.83**

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– 3 anonymous donations, Elizabeth & David Dahl

\$100 - \$250– Don Yeager, Lola Chambers

\$300—\$700—Bob & Marie Gokey

\$800-\$4,000– Rebecca Case, L & F Electric.

Misc.

Thank You!

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

Idahoan– Mashed Potato Donation for the Soup drive

Bob & Marie Gokey– Cat Food

A generous donation from a anonymous donor of pet food



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

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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, John Burnside,
Taylor Haderlie, Steve Stowell, Johannah Thompson, Marla Morgan,
Jeffrey Socher, Moira Solle, Bob Schweiger, Jordan Homer, Murmy Cotto,
Hal & Deb Tobin, Don Yeager, Roger Kuhl, David Archer, Robert Pearce,
Kathy Failor, Chris Waddoups, Melissa Knight, Gerald Ondricek.*

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March 5, 2024

This message includes updates on respiratory viruses from CDC.



CDC Updates and Simplifies Respiratory Virus Recommendations

Last week, CDC released [updated recommendations](#) for how people can protect themselves and their communities from respiratory viruses, including COVID-19. The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV, which can cause significant health impacts and strain on hospitals and health care workers. CDC is making updates to the recommendations now because the United States is seeing [far fewer hospitalizations and deaths](#) associated with COVID-19 and because we have more tools than ever to combat flu, COVID-19, and RSV. As part of the guidance, CDC provides active recommendations on [core prevention steps](#) and strategies and [additional considerations](#) for people who are at higher risk of severe illness from respiratory viruses, including older adults, young children, people with compromised immune systems, people with disabilities, and pregnant people.

[Learn More](#)



Vaccine Effectiveness of Updated 2023–2024 COVID-19 Vaccines

A new CDC [report](#) finds that the updated (2023-2024) COVID-19 vaccines cut the risk in half for visiting the emergency department, urgent care, or being hospitalized with COVID-19 for most people. Everyone 6 months and older should get an updated COVID-19 vaccine, especially people 65 years or older and people with medical conditions that make them more likely to get very sick with COVID-19, such as weakened immune systems. Learn more about how to stay up to date with COVID-19 vaccines: [Stay Up to Date with COVID-19 Vaccines](#)

[Learn More](#)





Strawberry Lemonade

Yields-6-8 servings

Prep time:15 mins

Total time-45 mins

Ingredients:

1 lb strawberries, plus more for garnish

1 1/2 c granulated sugar

2 c fresh lemon juice, strained and divided

Ice, to serve

Lemon slices, for garnish

4 cups of water

Food and cooking, Leah Perez, March 23, 2023

Directions:

- 1) Hull and quarter the strawberries. Place the strawberries in a large bowl, stir in the sugar and 1/4 cup lemon juice. Allow to sit, covered for 30 minutes.
- 2) In a countertop blender, blend the strawberry mixture until pureed. Strain the mixture through a fine mesh sieve to get the seeds out.
- 3) In a large pitcher, combine the strawberry puree with the remaining 1 3/4 cups of lemon juice and 4 cups of water. Add up to 1 additional cup of water to taste if the mixture is too sweet or strong.
- 4) To serve, stir the lemonade and pour it over ice. Garnish with sliced lemon and strawberries.

Tip: It takes about 12 lemons to get 2 cups of juice.



Food	Portion size
Nuts and seeds	½ oz of nuts
	½ oz of seeds
	1 tablespoon of almond, cashew, peanut, or sunflower butter, or sesame paste (tahini)
Beans, peas, and lentils	¼ cup cooked beans
	¼ cup of baked beans or refried beans
	¼ cup (about 2 oz) of tofu
	1 oz tempeh
	¼ cup soybeans
	1 falafel patty (2 ¼", 4 oz)
	6 tablespoons hummus

Adapted from *MyPlate Protein Foods*

Nutrition Education

Nutrition education on the health benefits of eating enough protein and consistent protein intake throughout the day can help participants understand the importance of protein for their health, make healthier menu choices, and plan ahead. Visit the **Nutrition Education** section of the [Program Basics page](#) on National Resource Center on Nutrition and Aging website for more information.

High-Protein Food Sources

Meats, Poultry, Eggs	Serving Size	Protein Content
Beef	3 oz	23 g
Chicken	3 oz	23 g
Egg	2 large	12 g
Turkey	3 oz	20 g
Pork	3 oz	18 g

Seafood	Serving Size	Protein Content
Cod	3 oz	15 g
Salmon	3 oz	21 g
Halibut	3 oz	19 g
Tilapia	3 oz	22 g
Shrimp	3 oz	19 g
Tuna	3 oz	24 g

Nuts, Seeds, and Soy Products	Serving Size	Protein Content
Almonds	1 oz	6 g
Beans	½ cup	7 g
Edamame	1 cup	17 g
Hummus	2 tablespoons	2 g
Peanut butter	2 tablespoons	7 g
Refried beans	½ cup	7 g
Tempeh	½ cup	15 g
Tofu	½ cup	10 g

Dairy	Serving Size	Protein Content
Cottage cheese	½ cup	13 g
Yogurt (low-fat, plain)	1 cup	9 g
Cow's milk	1 cup	8 g
Cheddar cheese	1 oz	7 g

Adapted from: [FoodData Central \(USDA\)](#) and [USDA Nutrient Content list: Protein](#)

Resources

[Clinical Definition of Sarcopenia](#)

[Dietary Guidelines for Americans, 2020-2025](#)

[FoodData Central \(USDA\)](#)

[Frailty Syndrome: Definition and Natural History](#)

[MyPlate: Protein Foods \(USDA\)](#)

[Nutrition Needs for Older Adults \(NRCNA\)](#)

[Protein Consumption and the Elderly: What Is the Optimal Level of Intake?](#)

[Protein Requirements and Recommendations for Older People: A Review](#)

[USDA National Nutrient Database for Standard Reference: Protein](#)



Protein Tip Sheet

Crabby Road

4-24-11



Crabby Road

4-7-12



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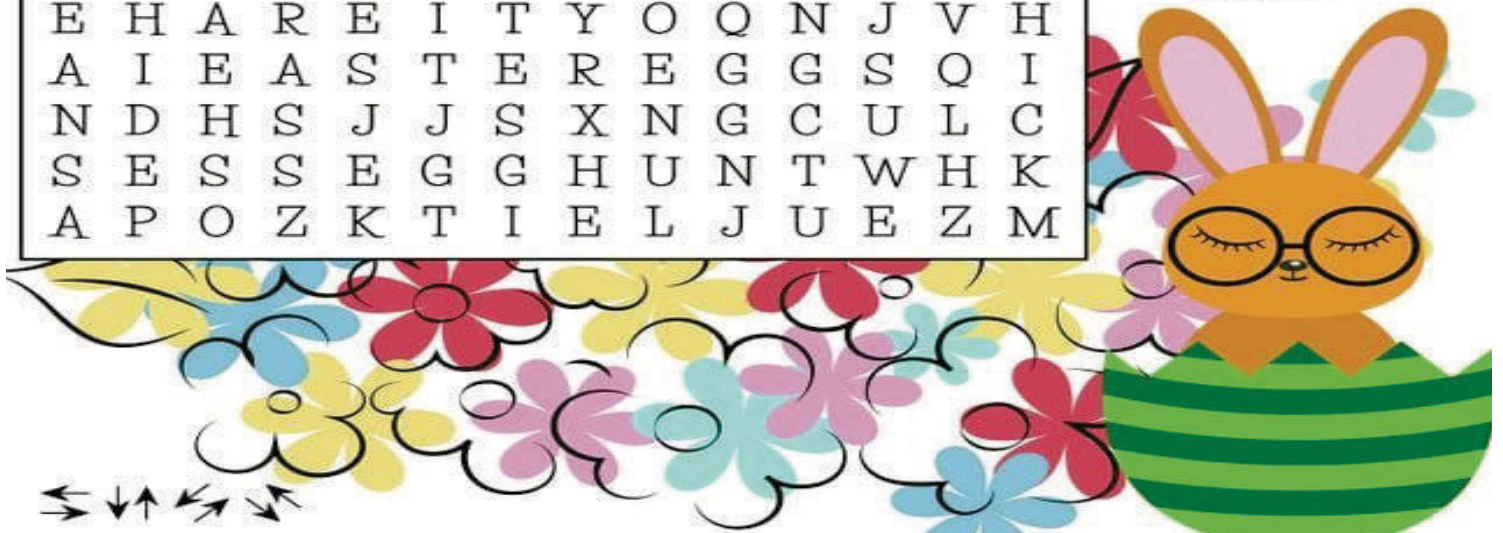


EASTER

Word Search Puzzle

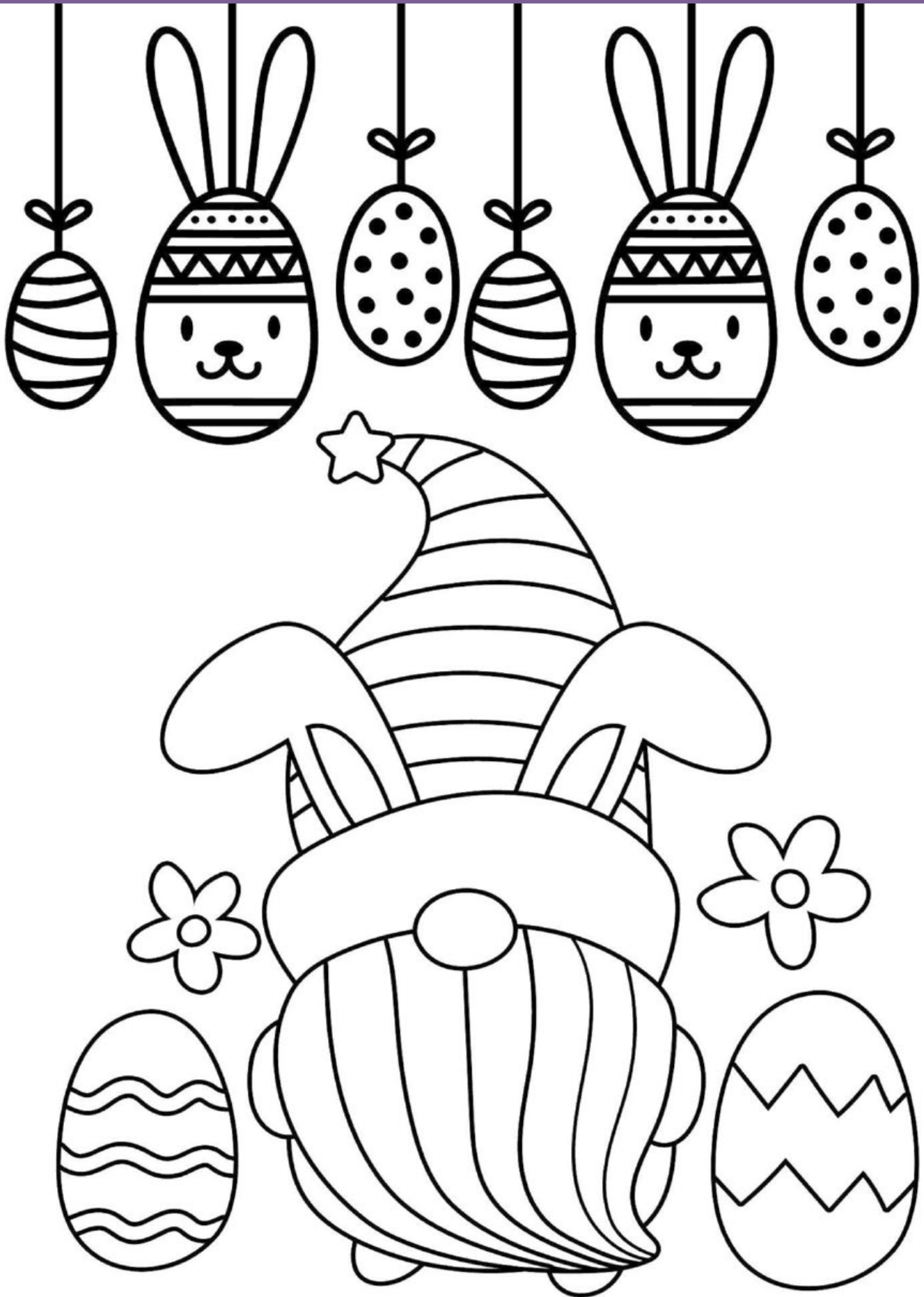
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BUNNY
 LAMBS
 APRIL
 EGG HUNT
 EASTER
 DYE
 RESURRECTION
 SPRING
 CHICK
 BASKET
 DAFFODIL
 HOP
 SUNDAY
 GRASS
 HIDE
 JELLYBEANS
 EASTER EGGS
 CANDY



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 us at (208) 522-5391.



April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chicken Caesar Thigh Berries Chalet Blend Vegis Mashed Tators/Roll Pudding	2 Turkey Spaghetti Tropical Salad Dinner Salad Marshmallow Dessert Salad	3 Beef Ravioli w/ Tomato Sauce & Cheese Pineapple Bread Sticks	4 Hot Dog w/ Bun Oranges Sauerkraut Tator Tots Cookie	5 Ham & Cheese Sandwich Peaches Carrots/Celery Stix Chips	
	8 Sausage Kielbasa Mac and Cheese Grapes Fajita Blend Vegis	9 Beef Stroganoff Kiwi Peas Cottage Cheese Cookie	10 Chicken Fried Steak Pears Brocc./Cauli. Mashed Tators w/ Gravy & Roll Fruit Pie	11 Orange Chicken Pineapple Stir Fry Vegis Brown Rice Rice Krispy Treat	12 Chili Dog w/ bun &cheese Cantaloupe Coleslaw/ Diced Onions	
	15 Chicken & Rice Applesauce Raisins Broccoli Cake	16 Salisbury Steak Mixed fruit Zucchini Mashed Tators W/ Gravy & roll	17 Pulled pork Nachos Plums Let., Onion,, Tom, Banana Peppers Muffin	18 Turkey Goulash Orange Peas and Carrots Roll Brownie	19 Tuna Mushroom Pasta w/ Cream Sauce Tropical Fruit Spinach Salad Oatmeal Cookie	
	22 Hawaiian Pizza Pineapple Canadian Bacon Green Salad	23 Creamy Chicken Quesadilla Pears Peppers and onion Nutrigrain Bar	24 Meatloaf Cinnamon Apple Slices Winter Blend Augratin Tators Pop Tart	25 Club Sandwich Turkey & Ham & Cheese Apple Letf.,Tom., onion Chips Peach Crisp	26 Shredded Pork Wrap Peaches Cucumber salad Jojos Jello	
	29 Sloppy Joes Kiwi Fajita Blend Tator Tots Cinnaomon Roll	30 Fish and Chips Strawberries Carrots & Celery Chips Cheese				

April 2024

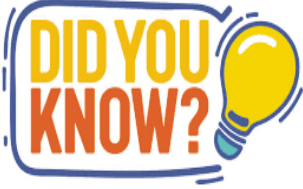
Community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	2 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	3 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	4 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	5 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	6 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
8 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	9 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	10 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	11 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	12 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	13 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
15 10:00a MahJongg/ DS 10:00a Rose's Coffee Group 10:00a Stay Young And Healthy class	16 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	17 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	18 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	19 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	20 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
22 10:00a MahJongg/ DS 10:00a Rose's Coffee Group 10:00a Stay Young And Healthy class	23 10:00a SCCC Ex Brd 10:00a Roses Coffee 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg 11:00a Ladies Coffee 12:00p Double deck Pinocle	24 10:15a Bingo 11:00a Fruits Of Virtue Class. First session 12:30p Pinochle 10:00a Roses Coffee Group	25 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	26 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	27 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
29 10:00a MahJongg/ DS 10:00a Rose's Coffee Group 10:00a Stay Young And Healthy class	30 9:00a AARP safe driving course 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle	Bridge will be @ 12:00 as usual on the 23rd and the 30th. Just did not show on the calendar.			

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 IFSGCC.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.



In April 2011, The world's largest chocolate egg was made in Italy. It was measured in at 34 feet and 1.05 inches in length and weighed approximately 15,873 pounds.



Americans will consume more than 16 million jelly beans around Easter.

There are religious connections between Easter and pastel colors.

Pastel colors are bright and pretty, and we often connect them to springtime. However, each color also has religious symbolism for Lent, Good Friday, and Easter



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Ingredients:

- 1 bunch of asparagus
- 2 tbsp. Olive oil
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- Red pepper flakes, optional
- 1 lemon, halved.

Grilled Asparagus

1. Wash the asparagus and pat dry thoroughly. Using a sharp knife, cut about 1-inch from the base of the asparagus stalks and discard.
2. Combine the trimmed asparagus, olive oil, salt, and pepper in a large bowl or on a rimmed sheet pan. Toss until the asparagus is well coated.
3. Preheat the grill to medium high heat (400 to 450°). Add the asparagus to the grill, placing them crosswise on the grill grates so that they don't fall through. Grill, turning as needed, until grill marks form, 3 to 4 minutes per side.
4. Transfer the asparagus to a serving platter; squeeze one lemon half over the asparagus. Sprinkle with red pepper flakes and more salt and pepper, if you like.

<https://www.thepioneerwoman.com/food-cooking/recipes/a40188918/how-to-grill-asparagus/>, Josh miller, Jul. 20, 2022

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

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YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Sheriff Office	Chair
Chanse Powell	Senior Solutions	Vice Chair
Chris Mendel	Lincoln Court	Treasurer
Linda DeLia	Retired	Secretary
Kathleen Keyes	Member of PEO	
Carmen Ramos	Fairwinds Retirement	
Mary Ledezma	Retired	

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

Jim Francis	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 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

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**SENIOR
ACTIVITY CENTER**

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BINGO**

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payout**

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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

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AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

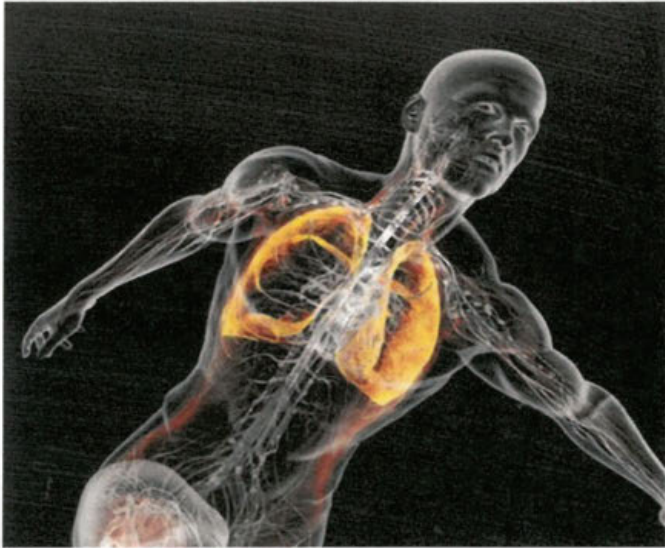
Eastern Idaho Area Agency on Aging: Information & Assistance

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

Stay Young and Healthy for Life

Class #1: The Human Body Can Make It's Own Medicine

We have a "built-in pharmacy!" Come and learn more.



"Our bodies want to be healthy, we just need to give them nourishment and a healthful environment, and they will repair themselves."

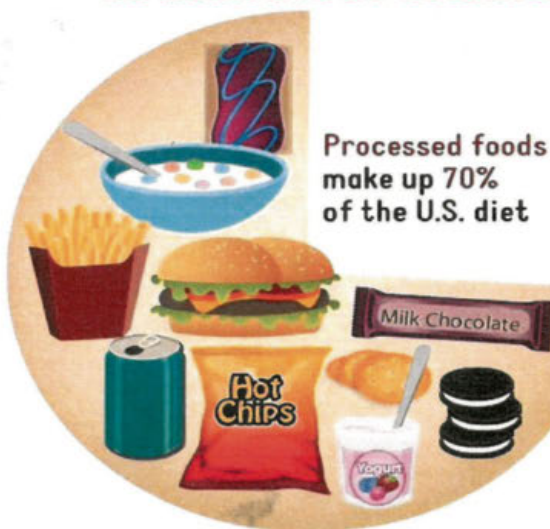
-Leland Stillman, MD -

Class #2: Make Health Your Hobby: Overcoming Oxidation, Inflammation, Glycation



- 1. Decline in physical and mental health is NOT an inevitable condition of aging.
- 2. Many current health problems can be halted.
- 3. And many health problems can be reversed.

Class #3: Ultra-process foods are devastating to our health and can be as addictive as cocaine.



Processed foods make up 70% of the U.S. diet

Come join us on April 15th, 22nd, and the 29th and May 6th. The class times are from 10 a.m. to 11:15

Exactly what are "ultra-processed" foods?
What do ultra-processed foods do to the body?
Which are the worst for health?

Class 4: MOVE IT:

The remarkable value of exercise

"If there were a drug that could do for human health everything that exercise can, it would likely be the most valuable pharmaceutical ever developed."

Dr. Mark Tarnopolsky



Learn about all of the amazing physical and mental benefits that come from aerobic exercise and strength training

Classes taught by Debbie Vanderniet, Certified Health Coach

Note: These classes are entirely free and without obligation. I am not selling any products or services.

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)**

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FYI

During the month of February your capable KITCHEN AND DELIVERY PERSONNEL served 438 meals at the center , and produced and Delivered 4149 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 4587)



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on your own terms

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- Companionship
- Fall & Injury Prevention
- Transportation
- Medication reminder
- Grocery shopping
- Laundry
- Meal preparation
- Grooming/hygiene
- Vacuuming
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- Dementia care
- Post-surgical care
- Pet care
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- Organization
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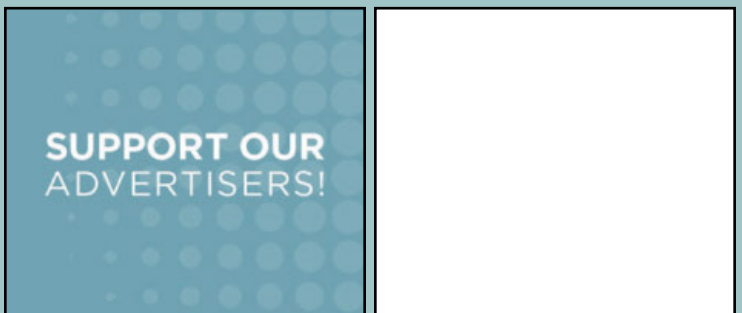


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April Symbii Social With Schuijt, NP

symbii
provider services mobile physicians



Where: Idaho Falls Senior Center

When: April 17th at 1 PM

With: Tim Schuijt, Nurse Practitioner

What: Information on in home primary care, home health, and Q&A

In conjunction
with our partners:

symbii
home health and hospice

AARP®

AARP will be holding a safe driving class here at the Senior Citizens Center for all seniors. There is a charge to attend however the funds will need to be paid to the AARP class not the senior center. This class will have three dates that you could attend. The dates are going to be Tuesday, April 30 @ 9:00 a.m. to approximately 4 p.m.

Wednesday May 29 @ 9:00 a.m. to approximately 4 p.m.

Tuesday, June 18 @ 9:00 a.m. to Approximately 4 p.m.

Contact information for the class can be obtained via the center.

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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OFFebruary 2024	
Beading	\$21.00
Bingo / Wed, Fri, Saturday	\$2727.73
Beading -(Beverage)	\$9.00
Bridge	\$8.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$16.00
Double Deck Pinochle (Bev.)	\$18.00
Fit & Fall Exercise	\$118.00
Pool	\$60.25
Woodcarvers	\$32.00
Mah-Jongg	\$5.00
Pinochle	\$55.00
Pinochle (Bev Only)	\$25.00
Woodcarvers (Bev Only)	\$1.00
Rose's Gentlemen's Group	\$ 74.45
Ladies Morning Coffee	\$ 65.00
Congregate lunch (Beverage only)	\$0 .00
	\$0.00
Total	\$3235.43

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)

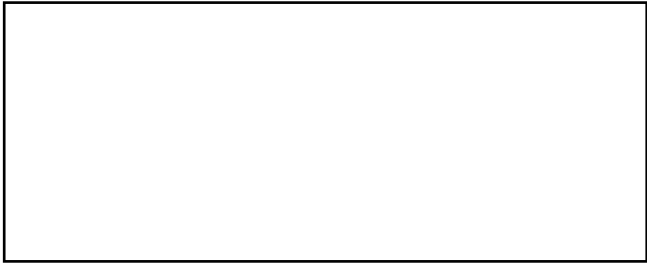
Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) *Excluding holidays and other office Closures.)



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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!

LIFE ADVICE
DON'T WORRY ABOUT THE
GRAY HAIRS,
JUST REMEMBER
ALL THE GOOD TIMES
YOU HAD PUTTING
THEM THERE.

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