



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



May
2026

We reserve the right
to make mistakes
occasionally

New Members: Lisa Heiss, Ken Retallic, James Folk, Cherie Laurance, Brenda Arthur, Kay Merrell, Jefferey Rappleye, Diana Walton, Jack & Golda Heidt, Derrell Webster, Mary Garbutte, Mike Groth

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	177.42
Non-Senior Hour	264.17
Board Member Hour	48.25
Work Detail Hours	0.00
Total Hours	489.84

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

Debbie Lyon and Alan Lively helped sell tickets for our Wine basket that brought in \$165. Thank you

****United Way****

****City Of Idaho Falls * Medicaid***

****Eastern Idaho Community Action Partnership****

****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, 2-Anonymous

\$100-\$250 M Lolo S. Chambers, Norman Kramer

\$300- \$800 Melanie Novak

\$1,000-\$31,000 N. & P. Komoda

Thank You!

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

****Falls Cabinet****

****T. Rowe Price Charitable Organization****

****Henrietta Chapter #21 EOS****

****Lincoln Court****



We could use more board members. If our cause is important to you come join the team to help keep the Programs alive.

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, Hal & Deb Tobin, Mr. & Mrs. Yeager, Gerald Ondricek, Roger Kuhl, Teri Sokolek, Debbie Ball, Debbie Bell, Springhill Hotel, Bidger Carpenter, Richard & Theresa Dixon, Emma Thomas, Tina Whitley, Sherrie Gouldthorpe, Desiree Lowney, Paul K., Bryant Gardner



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May 2026 Nutrition Article

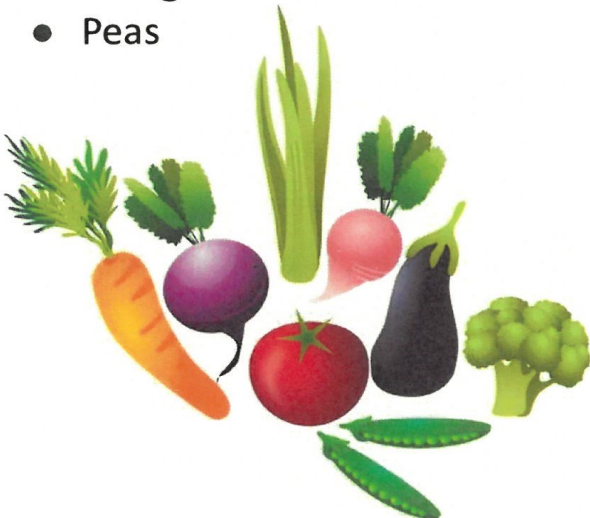
With warmer weather and sunnier days ahead, let's get out there and soap up some Vitamin D. The sun provides us with vitamin D and can help us feel happier; studies show that Vitamin D helps reduce levels of depression and regulate mood. Having adequate amounts of Vitamin C can also help our bodies to retain Calcium and Phosphorus, essential for bone maintenance and integrity.



- Sources of Vitamin D include:
 - Sun
 - Fish (Oily fish such as salmon, tuna, swordfish, oysters, etc)
 - Eggs
 - Orange juice, that has been FORTIFIED with Vitamin D
 - Dairy products that have been FORTIFIED with Vitamin D
 - Supplements
- Recommendations for supplement intake include:
 - 600 IU (international units) for adults 18-70 years old
 - 800 IU for adults over 70 years old

Seasonal foods in May?

- Pineapple
- Strawberries
- Mangos
- Peas



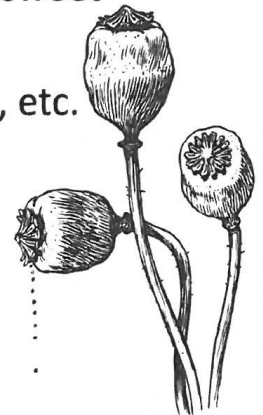
Seasonal Fruit Salad with Honey Poppy Seed Dressing

- 2 cups strawberries, cubed into bite size pieces
- 2 cups banana, cubed
- 1 cup blueberries
- 1 tbsp juice of lemon or lime
- ¼ cup honey
- 2 tsp poppy seeds

Rinse and cube all fruits (with the exception of blueberries), place in a large bowl, and set aside. In a small bowl or cup, mix in juice of lemon/lime, honey, and poppyseeds. Mix well. Pour honey mixture over the fruit and gently mix to coat all the fruit. Enjoy!

Store in an airtight container in the refrigerator for up to 3 days to avoid fruits getting mushy. Also, enjoy with a side of cottage cheese for a sweet and savory treat!

Optional substitutions: Raspberry, mango, grapes, pears, pineapple, etc.



FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. ***Ask your center staff for details today!***
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas

6



Amish Rhubarb Dream Bars

~ preheat oven to 350 degrees F. ~

Butter Shortbread Crust:

2 cups all purpose flour

1 cup sugar

1 cup butter, softened to room temperature

Mix all crust ingredients in a large mixing bowl until well combined. Press into a buttered, 9×13, glass baking dish. Bake in preheated oven for 15 minutes. The crust will still be pale in color at this point, and that's okay. While crust is baking, prepare the filling:

Rhubarb Custard Filling:

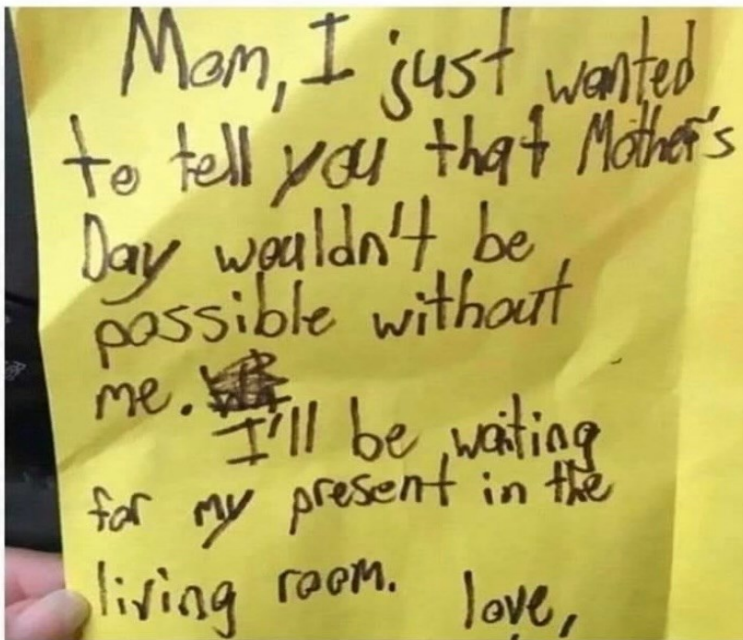
4 large or extra large eggs

½ cup all purpose flour

½ teaspoon salt

4 cup chopped rhubarb

This kid just cracked the Mother's Day secret



People with siblings have better survival skills because they've had experience in physical combat, psychological warfare, and sensing suspicious activity.

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Adults 55+
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Flexible Schedule
5 to 40 hours per week



(208) 522-2674
cmotloch@unitedwayif.org



Share your wisdom

• • • • •
Visit Our Website
www.unitedwayif.org/foster-grandparents

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.

EASTER

Word Search Puzzle

Answer Key
from April



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





	Monday	Tuesday	Wednesday	Thursday	Friday
	MENU SUBJECT TO CHANGE				1 Tater Tot Casserole Peaches Japanese Veggies Pie
	4 Fish Sticks Mandarin Oranges Squash Potato Wedges Cake	5 Pork Roast with Brown Gravy Mango Carrots Roasted Potatoes Roll	6 Salisbury Steak Apples Cauliflower Au gratin Potatoes Brownies	7 Chicken Alfredo Pineapple Zucchini Noodles	8 Turkey Chili Fruit Cocktail Breadstick Banana Bread
	11 Lemon Chicken Applesauce Peas Rice Pilaf Cottage Cheese	12 Spaghetti with meatballs Cherries Dinner salad Garlic Bread	13 Hot Dogs Orange Sauerkraut, Onion, Relish French Fries Mustard, Ketchup	14 Pancakes with Bacon Peaches Peppers and onions Potatoes Obrien Syrup, Butter	15 Sliced Turkey Kiwi Lettuce, Tomato, Onions Chips Cookies Mustard, Mayo
	18 Smothered Pork Chops Pineapple Green Beans, Mushrooms Scalloped Potatoes Roll	19 BBQ Chicken Mandarin Oranges Peas & Carrots Roasted Potatoes Whole Grain Bar	20 Chicken Fried Steak Banana Broccoli Potatoes & Gravy Garlic Bread Zucchini Bread	21 Taco Lettuce Wrap Watermelon Lettuce, Onion, Salsa Cilantro Lime Rice	22 Hamburgers Pears Lettuce, Tomato, Onion Chips Jell-O Mustard, Mayo
	25 CLOSED For MEMORIAL Day	26 Jambalaya Raspberries Balsamic Glazed Zucchini-squash Brown Rice Cookie	27 Roasted Fish Strawberries Asparagus Fried Potatoes Roll Cottage Cheese	28 Corn Dogs Berry Blend Carrots Tots	29 Biscuits & Sausage Gravy Peaches Peppers & Onions Potatoes Obrien Oatmeal Cookie

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 10:00a Rose's Coffee 10:00a Hand and Foot 6:00p Bingo-Doors open at 4pm	2 6:00p Bingo- Doors open at 4pm
3	4 10:00a MahJongg	5 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	6 10:15a Bingo 12:30p Pinochle 10:30p Information Table	7 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	8 10:00a Beading 10:00a Hand and Foot 6:00p Bingo-Doors open at 4pm	9 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
10	11 10:00a MahJongg 5:30p Idaho Falls Gem & Mineral Society	12 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	13 * 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	14 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	15 10:00a Beading 10:00a Hand and Foot 6:00p Bingo-Doors open at 4pm	16 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
17	18 10:00a MahJongg	19 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	20 10:15a Bingo 12:30p Pinochle 10:30p Information Table	21 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	22 10:00a Beading 10:00a Hand and Foot 6:00p Bingo-Doors open at 4pm	23 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
24	25 CLOSED	26 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	27 10:15a Bingo 12:30p Pinochle 10:30p Information Table	28 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	29 10:00a Beading 10:00a Hand and Foot 6:00p Bingo-Doors open at 4pm	30 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
31						

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

** 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

Come join our painting group every Thursday from 11:15am to 12:15pm. They have tons of fun!!



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.**

Help at the Push of a Button!



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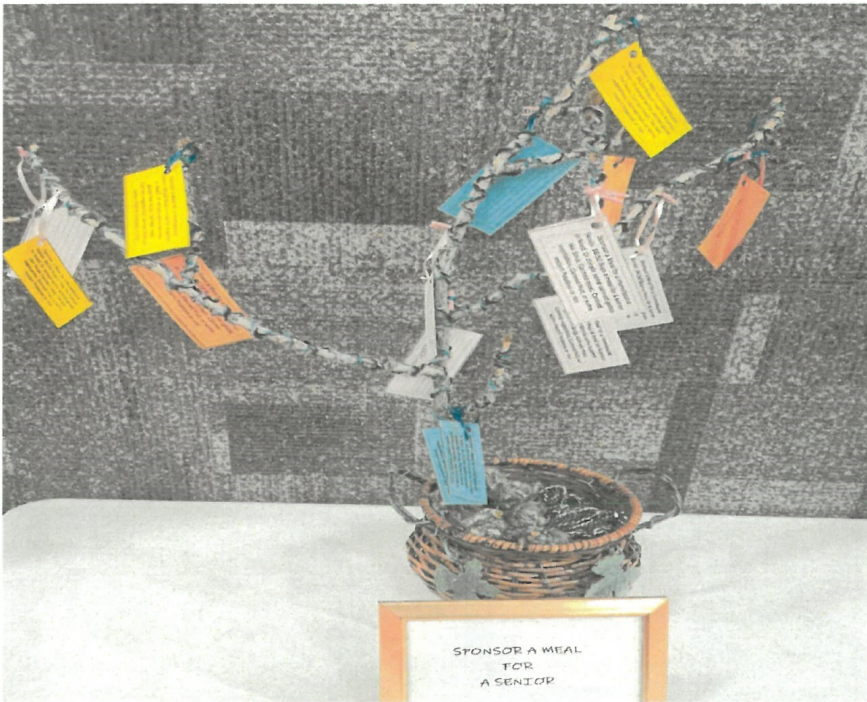
(208) 523-2704



Advertise Here!

Increase visibility in your community.





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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Advertise Here!

Increase visibility in your community.

YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Commissioner	CHAIR
Chanse Powell	Senior Solutions	VICE CHAIR
Jared Barclay	Eagle Rock Health & Rehab	Treasurer
Sherrie Gouldthorpe	Retired	Secretary
Kathleen Keyes	Member of POA	
Roy Matthews	Retired	
Benjamin McInelly	Cascadia Healthcare	
Mary Ledezma	Retired	
Jenny Martin	Senior Solutions	

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

John Radford	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

Also Known as **SENIOR ACTIVITY CENTER**

COMMUNITY BINGO

Guaranteed minimum **60%** payout

Every Saturday Evening 6 pm to 8 pm & Friday Evenings

Doors open at 4:30 pm

Also join us for **FUN BINGO on 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

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 also need more board members to join the board. 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 at 535 W 21st Street, Idaho Falls, ID 83402



SALE!

Don't miss out on your chance to help raise money for our programs! Most importantly Meals on Wheels!

Looking for gently used items for an upcoming Rummage Sale in a few months.



Date of event is pending

Can donate at 535 W 21st Street, Idaho Falls, ID. See times below:

10 A.M. – 2 P.M. (Monday – Friday)



Senior Citizens Community Center Inc./ Home Delivered Meals (Meals on Wheels)

535 W 21st Street | Idaho Falls, ID, 83402 | 208-522-4357 | <https://www.ifscce.org>

Bring items to the office, come in main entrance up the ramp and turn left down the hall.

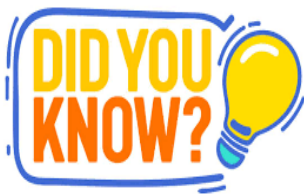
JUST A REMINDER

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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 pay-ing for your Medicare healthcare costs, call your Area Agency on Aging, at (208) 522-5391, to learn more about your op-tions, including the Medicare Savings Programs and “Extra Help”. The Medicare Savings Programs are state programs, through Health & Welfare, that help pay for some Medi-care 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.



Things You Probably Didn't Know About Idaho

(Here are 10 of the 50 listed by Kris Norton)

1. People outside of Idaho eat more Idaho potatoes than the people in Idaho.
2. Idaho grows one third of America's potatoes, which totals to about 27 billion starchy vegetables annually.
3. The capital city of Boise was named when French-Canadian trappers arrived in the early 1800s and were so relieved to see the forest and river that they exclaimed "Les bois! Les bois!" ("The trees")
4. In 2004, the Mayor of Wallace, Idaho—a town with a population under 800 people—declared the town as the Center Of The Universe, complete with a manhole cover painted to mark the site.
5. Idaho shares a border with Canada, Montana, Nevada, Oregon, Utah, Wyoming, and Washington.
6. Idaho is also called The Gem State and produces 72 types of precious and semi-precious stones. It's believed that the largest diamond found on U.S. soil was discovered in Idaho.
7. The Boise State University Broncos play on the world's only blue football field, known as The Smurf Turf.
8. Along with potatoes, Idaho is also the top producer of lentils. Moscow (Idaho, not Russia) is part of the Palouse region known as The Lentil Capital Of The World.
9. Idaho is home to the largest hops farm in the world, Elk Mountain Farms, which grows hops for parent company Anheuser-Busch on 1,800 acres of land.
10. At around 7,900 feet, Idaho's Hell's Canyon is the deepest gorge in the United States, even deeper than the Grand Canyon.



Facts # 1 & 2—Idaho Potatoes



Fact #7—Smurf Turf at BSU



Fact #10—Hell's Canyon

FYI

During the month of March our capable KITCHEN AND DELIVERY PERSONNEL served 293 meals at the center, and produced and Delivered 4566 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,859)

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)



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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.

Advertise in Our Newsletter!

Contact Shannon Miller
smiller1@4LPi.com
(800) 950-9952 x2257



- Our Services At A Glance**
- Companionship
 - Personal Care
 - Housekeeping
 - Transportation
 - Meal Preparation
 - Pet Care & More!

Tyrel Nelson
Area Manager
208.559.1884
tyrel@southernidahoshs.com
Idaho Falls, Pocatello, Rexburg



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Who doesn't love tips that make everyday tasks a little simpler, or that help us save time and money? We all do! That's why we've compiled a list of handy hints that will free up your time and mental energy – and maybe even save you a little cash.

Food tips


Slow down, banana! Pull your bananas apart after you buy them. They ripen more slowly when not attached to each other by the stem, and will therefore last longer as singletons.

A sweeter sweet pepper. Yellow, red or orange sweet peppers with three bumps on the bottom are sweeter than those with four bumps. The ones with four bumps tend to be crunchier though, so choose wisely!

Don't waste that sauce! If you don't use up an entire can of tomato paste or tomato sauce when you're making a recipe, freeze the leftovers in ice cube trays. Once frozen, pop into a freezer bag and keep for the next time you want to make a sauce. Small cubes thaw much faster than a big block of sauce, and they can be easily added to soups and stews for a burst of flavor.

Reheat pasta faster. If you're using a microwave to reheat your leftover spaghetti, put it on a plate and make a hole in the center (like a giant spaghetti donut). It'll heat more evenly without you having to stir it several times like you would if it was in a bowl.

Medicare Information

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

Beading	\$41
Bingo Charity Wed, Fri, & Sat	\$3,304.50
Congregate Lunch	\$379.50
Congregate Beverage	\$0
Ladies Coffee	\$38.95
Fit & Fall Exercise	\$144
Mah-Jongg: Individual Donations	\$100
Painting Group	\$11
Pinochle	\$68
Pinochle (Bev Only)	\$10
Pool	\$55
Rose's Gentlemen's Group	\$158.95
Woodcarvers	\$14
Misc. fundraiser	\$
Other/ individual Donation	\$11,900.40
Total	\$16,225.30



"The United States Department of Agriculture (USDA) does not discriminate on 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, audiotape, 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!

