



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



2025
July

We reserve the right
to make mistakes
occasionally

New Members: Karen Stoddart, Gardell & Judith Cope, Arvid Bean, Marlin Griffith, Carol Teckmeyer, Betty Smith

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	226.18
Non-Senior Hour	318.40
Board Member Hour	12.00
Work Detail Hours	0.00
<hr/>	
—Total Hours	556.58

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— Bobby Dalling, John Long, Gloria Clawson, 1-Anonymous
\$100 - \$250— Kay & James Rose, Marianne Peterson, D.S. Brooks, Linda DeLia
\$300—\$700 -
\$800-\$8,000— Linda DeLia

Thank You!

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

Ball Ventures Legacy Foundation
Anonymous
PayPal giving fund



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

3

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

*Dave Nobles,
Steve Stowell, Marla Morgan, Jeffrey Socher, Moira Solle, Jordan Homer, Mirmy Cotto, Kristine M,
Hal & Deb Tobin, Don Yeager, Roger Kuhl, David Archer, Robert Pierce, Kathy Failor, Melissa Knight, Rick Dale, Debie Ball, Cyndi F., and Gerald Ondricek*

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



**SPONSORED
BY**



**SATURDAYS
AT 09:00AM**

- ▶ **JUNE 7, 2025**
- ▶ **JULY 12, 2025**
- ▶ **AUGUST 9, 2025**
- ▶ **SEPTEMBER 13, 2025**
- ▶ **OCTOBER 11, 2025**
- ▶ **NOVEMBER 8, 2025**
- ▶ **DECEMBER 13, 2025**

More Info →



Location:
Community Park
455 E 25th St, Idaho Falls

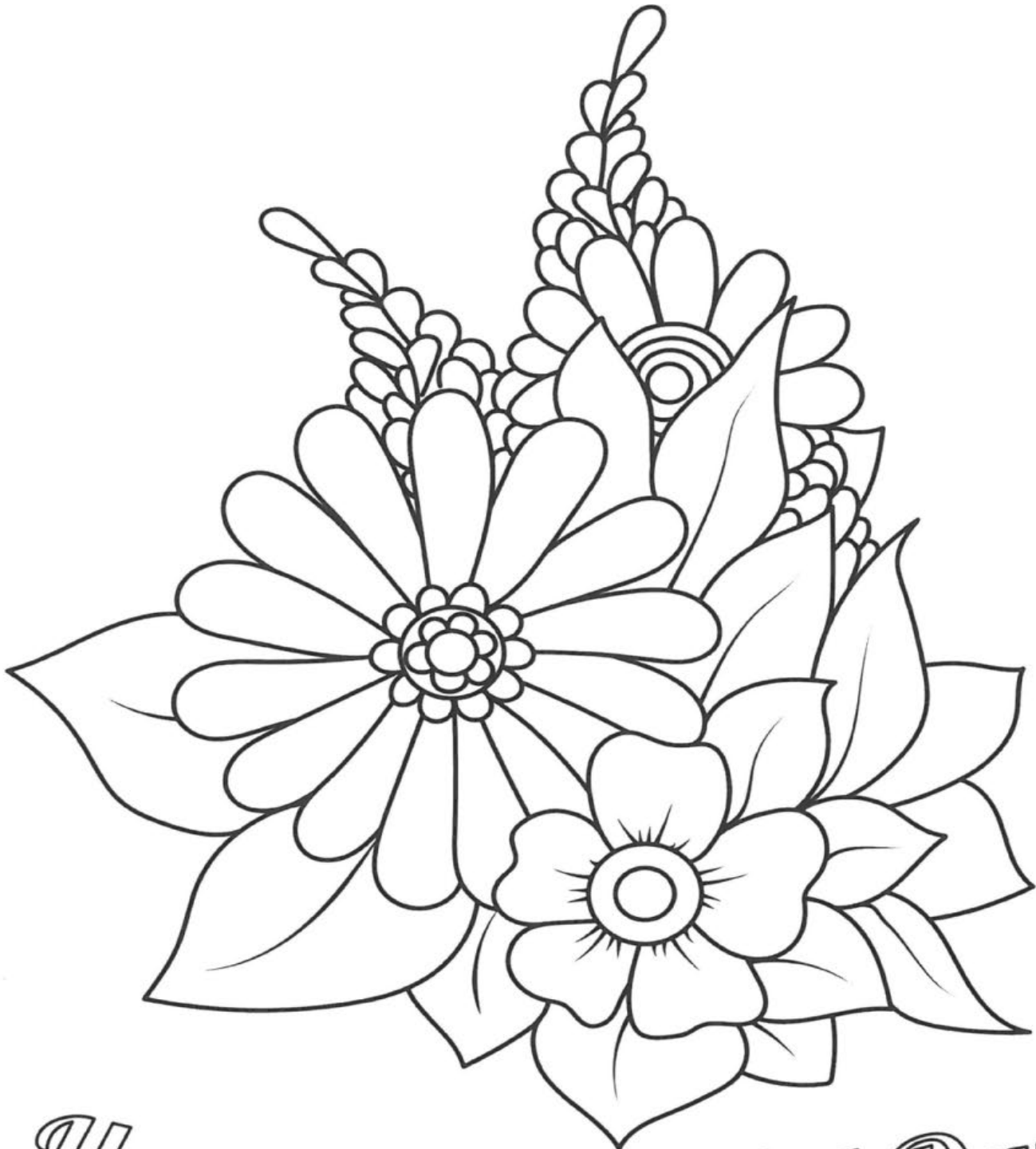


208-701-2777



Website:
transformativehealth.clinic

**Lace Up for Fun and Fitness as
we "Walk with a Doc"!**



Have a Beautiful Day

**INGREDIENTS:**

- 2 (3oz) packages strawberry gelatin
- 2 cups boiling water
- 24 oz Strawberries thinly sliced
- 2 (3oz) packages Blueberry Gelatin
- 16 oz Blueberries about 3 cups
- 3 cups heavy cream
- 2 cup powdered Sugar
- 1 (8-oz) package Cream Cheese, at room temp
- 2tsp Vanilla extract
- 1(16oz) pound cake loaf

DIRECTIONS:

1. **1**In a medium bowl, stir together the strawberry gelatin and 1 cup of the boiling water, scraping down the sides of the bowl as needed, until the gelatin is dissolved, about 2 minutes. Mix in 1 cup ice water, then stir in the strawberries.
2. **2**In a second medium bowl, stir together the blueberry gelatin and remaining 1 cup boiling water, scraping down the sides of the bowl as needed, until the gelatin is dissolved, about 2 minutes. Mix in 1 cup ice water, then stir in the blueberries.
3. **3**Refrigerate both bowls of gelatin until softly set but still spoonable, 35 to 45 minutes.
4. **4**In the bowl of a stand mixer fitted with the whisk attachment, beat the heavy cream and powdered sugar on medium-high speed until stiff peaks form, about 3 minutes. Transfer the mixture to a large bowl.
5. **5**Fit the mixer with the paddle attachment and add the cream cheese and vanilla to the bowl (no need to wipe it clean). Beat on medium-high speed until light, fluffy, and smooth, about 2 minutes. Remove the bowl from the mixer and mix in 1 cup of the whipped cream with a rubber spatula, then gently fold in the remaining whipped cream.
6. **6**Thinly slice the pound cake into 24 slices (about 1/3-inch thick). Arrange 12 slices in a single layer in the bottom of a 9-by-13-inch baking dish.
7. **7**Spoon the strawberry gelatin mixture over the cake and spread to cover. Dollop half of the cream cheese mixture over the top and carefully spread to cover. Arrange the remaining 12 pieces of cake over the cream cheese mixture. Spoon the blueberry gelatin mixture over the cake slices and spread to cover. Finish with the remaining cream cheese mixture. Decorate the top with sliced strawberries and blueberries. Refrigerate for at least 4 hours and ideally overnight.



There are over 70 documented cases of transplant patients experiencing the same thoughts and feelings as their organ donors did in life. People report everything from craving the donors' favorite foods, to inheriting their talents. It's posed a theory that the cells in our body can store memories.

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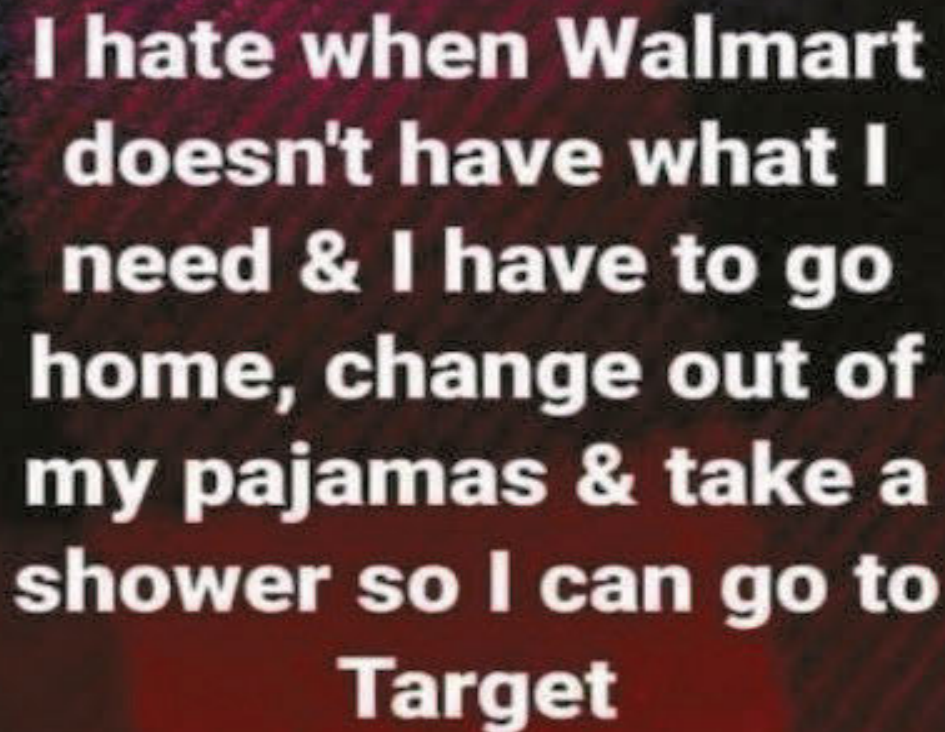
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

B 4C 05-1113



**I hate when Walmart
doesn't have what I
need & I have to go
home, change out of
my pajamas & take a
shower so I can go to
Target**

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.

NUTRITION



A BALANCED DIET

- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

WATER

Our bodies are 70% water.



CARBOHYDRATES

They give us energy. Carbohydrates are split into sugars (fast burning) and starches (long lasting).

Sugars



Starches



PROTEINS

They help growth and repair cells, including teeth and nails.



FIBRE

It is not absorbed into the body but helps digestion and excretion.



VITAMINS & MINERALS

They provide protection against illness and keep the body healthy.



FATS

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.

Exercise is also an important element of staying healthy.

Remember: **KEEP HEALTHY!**

July

2025



	Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Tatar tot Casserole Pears Mixed Veggies Pudding	2 Oven Baked Chicken Orange Diced potatoes and cheese Cinnamon Roll	3 Hot Dogs Melon Celery & Carrot Sticks Fries Strawberry/ Blue Shortcake	4 CLOSED	
	7 Turkey Meatballs Noodles Pineapple Cali Blend Oreo Cheesecake	8 Marry Me Fish Berry Mix Spring Blend/ Spinach Cilantro Lime Rice Jello Cake	9 Spaghetti & Meatballs Kiwi Caesar Salad Breadstick	10 Creamy Lemon Chicken Watermelon Broccoli Garlic Bread Muffins	11 Beef Rotini Orange Chalet Blend	
	14 Tuna Fish Pasta Strawberries Cucumber Salad Croissant	15 White Chicken Chili Mixed Fruit Tomato, corn, black beans Cornbread Brownies	16 Mongolian Beef Grapes Broccoli, Zucchini White Rice Cookies	17 Turkey Sloppy Joe Casserole Kiwi WG Bread Jello	18 Chicken Bacon Pizza Nectarine Artichoke, Sun Dried Tomato, Spinach	
	21 Cowboy Mac Apple Sauce Fajita Blend Cornbread Rice Krispy Treat	22 Crispy Chicken Ranch Wrap Cantaloupe Lettuce, Tom, Onion Chips	23 Pulled Pork Sandwich Peaches Coleslaw Yogurt	24 Italian Pasta Salad Cranberries Bell Pepper, Onion, Cucumber	25 Ham Fried Rice Tropical Fruit Peas, Carrots, Green Onion Rice Fortune Cookie	
	28 Loaded Taco potato Apple Onion, Tomato, Lettuce Multi grain Bar	29 Chicken Cordon Bleu/Pineapple Carrots Scalloped Potatoes Melba & Lemon Cheesecake	30 Chicken Fried Steak Mandarin Oranges Mixed Veggies Mashed Potatoes Sugar Cookie	31 Salisbury Steak Blueberries Winter blend Au Gratin Potatoes Garlic Bread		

Menu Subject To Change.

July 2025

Community

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

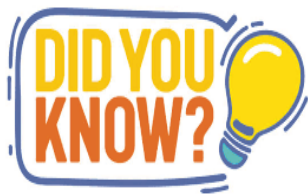
The hours are 10AM to 2PM Monday, Tuesday, Thursday, & Friday. 10AM to 4PM on Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

Thank you and enjoy the Senior Community Center!

All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.

Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At IFSCCC.ORG

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



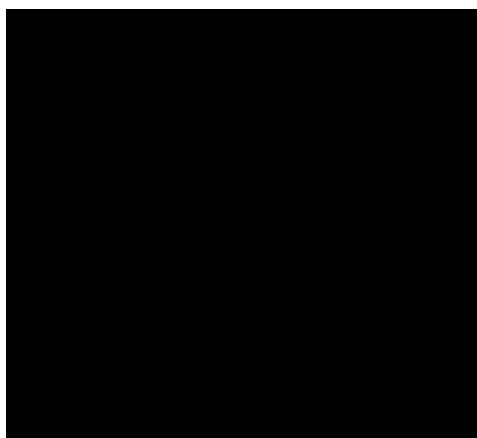
The first public 4th of July event at the White House took place in 1801.

Thomas Jefferson was president, and, [according to the White House Association](#), the day was filled with music, food and even horse racing.

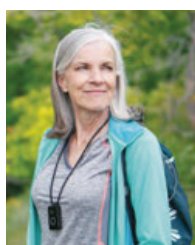
Francis Hopkins designed the American flag.

Or, more specifically, he claimed his did, but this claim has not been officially [verified with evidence](#)

When the Revolutionary War broke out in 1775, few colonists wanted complete independence from Great Britain.



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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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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 PEO	
Roy Matthews	Retired	
Shane Christensen	Life Care Centers of Idaho	

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

Jim Frances	Mayor's Office Liaison
Sarah Ryner	Executive Director
	Associate Director

The Board meets on the
4th Tuesday of each month,
from 10:30 AM to 11:55 AM
All meetings are open to the public

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

Caregivers Support Group

EICAP Caregivers Support Group

A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. We meet on the 2nd Tuesday of the month, from: 1pm- 3pm at EICAP [935 E. Lincoln Rd.](#) I.F. 208-522-5370 ext-203 Emily(call for zoom information)

See you there.....

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

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

Guaranteed
minimum
60%
payout

**Every Saturday Evening
6 pm to 8 pm**

Doors open at 4:30 pm

Also join us for **10 AM** **TUESDAY MORNINGS**
STARTS AT 9:45AM - 16 games for as little as \$3.50

- * **FOR EVERYONE** - Not just for seniors
- * **Must be 18 years old or older to play**
- * **Win CASH**

**WE ARE A SMOKE-FREE
AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION**

Eastern Idaho Area Agency on Aging: Information & Assistance

The Information and Assistance Program, within the Area Agency on Aging, bring people and services together. Information and Assistance provides current information on services available in the communities, links people to opportunities that are available, and provides follow-up to ensure people receive the services needed. Think of it as a local resource hub for everything senior. Call us to be connected to programs and services that you may need at (208) 522-5391

Puzzle #19**Diwali**

CELEBRATE
CLAY LAMPS
DHARMA
EVIL DEMON
FESTIVAL
HARVEST
HINDUS
INDIA
JAINS

KRISHNA
LAKSHMI
LANTERNS
LIGHTS
NARAKA
NEPAL
NEW CLOTHES
OIL
PRAY

RAMA
RITUAL
SPIRITS
SRI LANKA
SWEETS
TRADITION
TRIUMPH

H	S	L	R	I	A	S	L	A	U	T	I	R
T	L	A	P	E	N	I	I	S	X	S	M	N
R	M	V	O	C	G	T	U	N	R	Q	H	E
A	L	I	S	H	L	D	S	I	D	E	S	W
D	L	T	T	W	N	A	L	E	T	I	K	C
I	A	S	O	I	E	A	Y	A	V	D	A	L
T	N	E	H	H	N	E	R	L	H	R	L	O
I	T	F	Y	K	P	B	T	A	A	T	A	T
O	E	A	A	V	E	M	R	S	K	M	V	H
N	R	I	L	L	F	M	U	O	N	A	P	E
P	N	G	E	Q	A	S	P	I	R	I	T	S
T	S	C	S	A	N	H	S	I	R	K	A	G
N	O	M	E	D	L	I	V	E	V	T	I	J

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Large Print Word-Find**JUST A REMINDER**

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

Thanks.....
your Board of Directors

Eastern Idaho Area Agency on Aging: Help with Medicare Costs

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

ARCHERY • BASKETBALL SHOOT • BILLIARDS • BOCCE BALL • BOWLING • WII BOWLING • CHESS

CHAIR VOLLEYBALL • CORN HOLE • CYCLING • SENIORS GOT TALENT • DARTS • DISC GOLF • FIVE CROWNS • FUN RUN/WALK

GOLF • HAND & FOOT • HORSESHOES • MAHJONG • MEXICAN TRAIN • MINIATURE GOLF • PINOCCHLE • PICKLEBALL

Portneuf Medical Center

Southeast Idaho Senior Games

July 9-19 2025

REGISTRATION:

Online: seidahoseniorgames.org
or in-person



208-233-2034
214 E. Center St. Suite 30
Pocatello, ID 83201

 **Portneuf**
MEDICAL CENTER

SHUFFLEBOARD • SWIMMING • TABLE TENNIS • TRACK AND FIELD • TRAP SHOOTING

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 May
your capable **KITCHEN AND
DELIVERY**
PERSONNEL served **337 meals**
at the center, produced and
Delivered **4,542 meals** to
home-bound
seniors and disabled adults
through our Meals On Wheels
program (Total meals: 4,879)*



Care that moves you



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
- Alzheimer's 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.



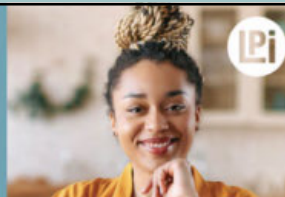
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113



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 to the CENTER FOR THE MONTH OF ...May

Beading	\$43
Bingo / Wed, Fri, Saturday	\$3,925.72
Beading -(Beverage)	\$9
	\$0
Lunch (Beverage)	\$.00
Congregate Lunch	\$418
Water color Art Class	\$12
Fit & Fall Exercise	\$151
Pool	\$5
Woodcarvers	\$35
Mah-Jongg	\$0
Pinochle	\$80
Pinochle (Bev Only)	\$16
Painting Group	\$18
Rose's Gentlemen's Group	\$108.33
Ladies Morning Coffee	\$58.87
Misc. Fundraiser	\$105
Total	\$4,984.92



"The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication of program information (Braille, large print, 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 COMMUNICATOR
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



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