



# 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 
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2024  
March

We reserve the right to make mistakes occasionally

**New Members: Laura Brynes, Janet and Karl Smith, Debbie Moore, Alan and Karen Hilbert, Jackie Williams, Glenn Smith, Dustin Wolfensberger, Jeaniva Langston, Claire Bartlett, Janice Beadz, Linda Timothy.**

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	225.68
Non-Senior Hour	324.20
Board Member Hour	48.50
Work Detail Hours	19.50

—Total Hours **617.88**

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:**

**Anonymous-3 times equals \$95**

**\$ 0 - \$ 99—Don Yeager, Elizabeth & David Dahl, Gene & Sally Cook**

**\$100 - \$250— P.T. & Tanya Richardson, D.S. & S.O Brooks, Grant & Lynette Clifford**

**\$300—\$700 Lynn Rockhold, C.L. Parsons, Arthur Armstrong, and an anonymous donation**

**\$800-\$5,000— Barbara Reimann, Roxanne Stone Misc. Items - Dan and Sherry Nash**

**Thank You!**

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

**Bonneville County Employees**

**Frist Evangelical Lutheran Church**

**Johnson Brother's**



*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.*

# NEVER MISS OUR NEWSLETTER!

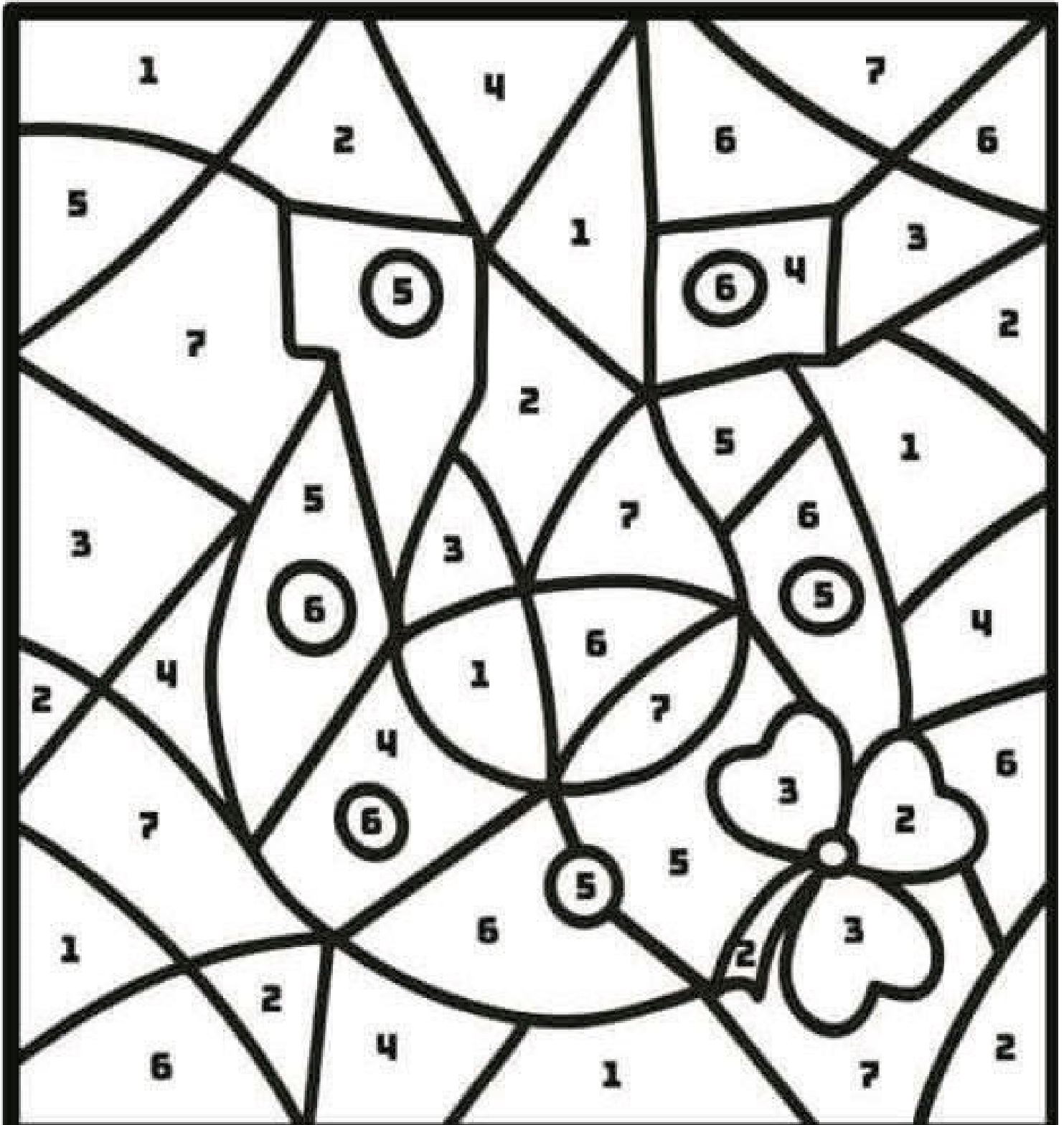
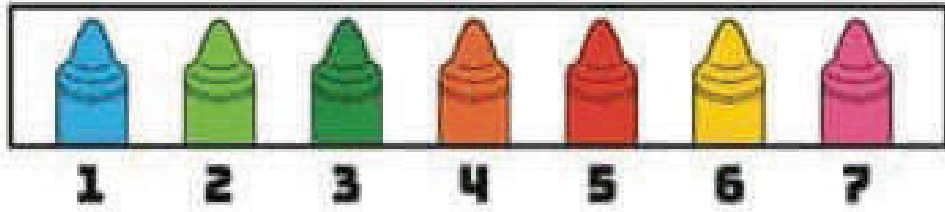
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## Caring for YOUR Nutrition

Are you a family caregiver? You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day.<sup>1</sup> That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.

Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnutrition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you do this to your full list of items on your "to do" list? A good way to start a new habit is to take the first few steps first. Begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals. Ways you can add protein to your day include:

- At meals, eat your protein first
- Snack on cheese
- Replace cereal with eggs
- Top your food with chopped almonds
- Choose Greek yogurt
- Have a protein shake
- Eat low/no fat dairy products
- Include a high-protein food like fish, chicken, beef, eggs with every meal
- Pair peanut butter or yogurt with fruit
- Try a variety of plant proteins like nuts, peanut butter, beans and tofu
- Drink a liquid supplement like Ensure or Glucerna

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, review this [National Institute on Aging resource](#), consult your healthcare provider, contact a [dietitian](#), or go to reliable websites like the [Academy of Nutrition and Dietetics](#), [US Department of Agriculture](#) and the [National Council on Aging](#).

This message is part of ACL's focus on malnutrition, during Malnutrition Awareness Week, October 5-9, 2020. To find out more about these topics go to the [American Society for Parenteral and Enteral Nutrition](#) or [DefeatMalnutrition.Today](#).

<sup>1</sup> Schneider J, Murray J, Banerjee S, Mann A. EURO CARE: a cross-national study of co-resident spouse carers for people with Alzheimer's disease: I--Factors associated with carer burden. *Int J Geriatr Psychiatry*. 1999 Aug; 14(8):651-61

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## News Release

**For Immediate Release:** Jan. 5, 2024

**Media Contact:** [Jan.Roeser@labor.idaho.gov](mailto:Jan.Roeser@labor.idaho.gov)



### Idaho's 2023 population growth outpaces the nation

Idaho's population growth in 2023 was over double the national average of 0.5%. The U.S. added 1.6 million people, bringing its population estimate to 334,914,895 — higher than the growth rate of 0.4% in 2022 and 0.2% in 2021.

The U.S. Census estimates Idaho's July 2023 population at 1,964,726 — an increase of 1.3% from July 2022 — ranking it fourth nationally in percentage growth. Despite the state's position as 17th in numerical growth and falling from its top 10 status of the past two years, Idaho still outpaces the national population growth rate.

While most states experienced a population rebound from 2022 to 2023, only eight saw a decline — a contrast to the 18 declining states from 2021 to 2022.

Breaking down Idaho's 2023 population growth reveals a shift, with 78% attributed to in-migration, primarily domestic, and 22% from natural change (births minus deaths) compared to 10% in 2022. International migration increased from 5% in 2022 to 18% in 2023.

Despite a slowdown in domestic migration from 2021, Idaho's estimated increase of 15,389 still places it fourth in percentage change.

The U.S. Census Bureau expects to release population estimates for Idaho's metropolitan statistical areas, counties and cities in Spring 2024. Full tables are accessible at <https://lmi.idaho.gov/census>.

**Eggs and bacon  
walk into a  
restaurant.**

Answer key from February's game.

## BOXING MATCH 1

1. Skillet, 2. Trinity, 3. Weekday, 4. Drought, 5. Paisley,  
6. Boneless, 7. Inventor, 8. Canister, 9. Moonbeam,  
10. Solarium.

The host says,  
“We don’t serve  
breakfast here.”



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**OUR COMMUNITY  
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OCTOBER EDITION



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LOCALLY**

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## Celebrate the Senior Nutrition Program

2024 . CONNECTION IN EVERY BITE

ENTIRE MONTH OF MARCH- 2024

DONATE A CAN OF SOUP FOR A COMPLETE MEAL OR, STARCH, PROTIEN, FRUIT, & VEGETABLE. HELP FEED A HOMEBOUND SENIOR TODAY!!!

ALL CONTRIBUTIONS WILL FEED A HOME DELIVERED MEAL PARTICIPANT IN OUR COMMUNITY.

QUESTIONS CAN BE DIRECTED TO THE IDAHO FALLS SENIOR CENTER AT

208)522-4357

THANK YOU

Donation locations below:



Sunnyside road

fresh foods



rediscover reading



Idaho Falls Public Library



2 locations  
17th & Holmes  
& Broadway



Solutions

### 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.

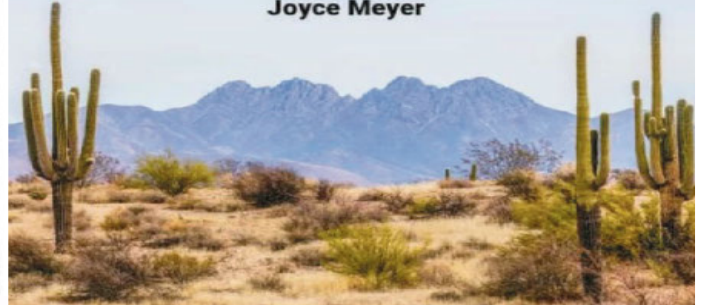




1994 United Feature Syndicate, Inc.

**Being negative only makes a journey more difficult. You may be given a cactus, but you don't have to sit on it.**

Joyce Meyer



"We're not wasting the day Eeyore, We're recovering from yesterday"



# March

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Soft Shell Taco Pico, Romaine, Tomatoes, Onion Cheese Sour Cream	
	4 Finger steaks Apricots Lettuce, Tomatoes, Onion, pickles. Tator Tots Pudding	5 Garlic Lemon Tuna Pasta Banana Broccoli Garlic Bread	6 Sausage and Waffles Strawberries Spring Blend vegis, Hashbrown Pop Tart	7 Chicken Pot Pie Grapes Stuffing Cupcake	8 Creamy Garlic Pork Bites Golden Raisins Chalet Blend/Mushrooms Rolls	
	11 Breakfast Pizza Bagels Cutie Oranges Spinach, Onion, Tom	12 Shepards Pie Apple Mixed Vegis Jello	13 Steak and cheese Garlic Bread sandwich Tropical Fruit Roasted Corn and peppers	14 Pork Sausage Cannelloni Cranberries Butternut Squash Cake	15 Chicken Strips Waffle Frys Pears Carrot & Celery Sticks Yogurt	
	18 Corned Beef & Cabbage Red Potatoes Peaches Jello	19 Chicken Fajitas Refried beans Mixed fruit, Fajita blend vegis Spanish Rice	20 Mushroom Pork Chops w/Onion Blueberries Roll Augratin Potatoes No Back Cookie	21 Teriyaki Turkey Pears Stir Fry blend Vegis White Rice	22 Tuna Noodle Casserole Apples Peas Pudding	
	25 Chicken and Shrimp Alfredo Tropical Fruit Broccoli Breadstick	26 Pork and Beans Plums Peas and carrots Chocolate cookies	27 Chicken fried steak & Mashed Tators Banana Winter blend veggies Roll Banana Oat Muffin	28 Bacon & Pancakes Figs Malibu Blend Veggies Hashbrowns Pineapple cake	29 Spaghetti Fruit Cocktail Normandy Blend Vegis Breadsticks	



# March 2024

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	2 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
3	4 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	5 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinoche 12:00p Bridge	6 10:15a Bingo 12:30p Pinoche <b>10:00a Roses Coffee Group</b>	7 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	8 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	9 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
10	11 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	12 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinoche 12:00p Bridge	13 10:15a Bingo 12:30p Pinoche <b>10:00a Roses Coffee Group</b>	14 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	15 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	16 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
17	18 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	19 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinoche 12:00p Bridge	20 10:15a Bingo 12:30p Pinoche <b>10:00a Roses Coffee Group</b>	21 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	22 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	23 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
24	25 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	26 * 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 Bridge	27 10:15a Bingo 12:30p Pinoche <b>10:00a Roses Coffee Group</b>	28 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	29 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	30 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
31						

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.

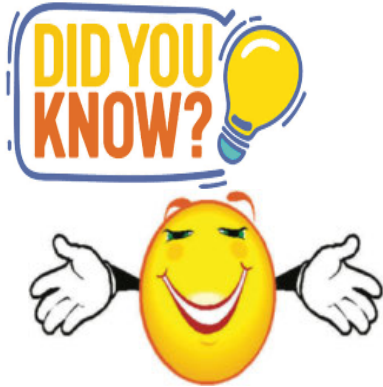
Thank you and enjoy the Senior Community Center!

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](http://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.**



Chicago has dyed their rivers green on St. Patrick’s Day since 1962.

Corned Beef and cabbage was an American Innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan inn the late 19th century and early 20th purchased leftover corned beef from ships returning from the tea trade in China.

### Senior Citizens Center Survey 2024

We are looking for suggestions to help everyone get out and have more fun. What groups or things might interest you? What Food items would you like to see on the menu? Do you know someone that might be willing to teach a class or share a hobby? We would love to hear your ideas. You can contact us by telephone at 208-522-4357 or come in and talk to us. You can mail this back to us as well. Our address is 535 W 21<sup>st</sup> street, Idaho Falls, ID 83402.

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**(208) 523-2704**

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Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

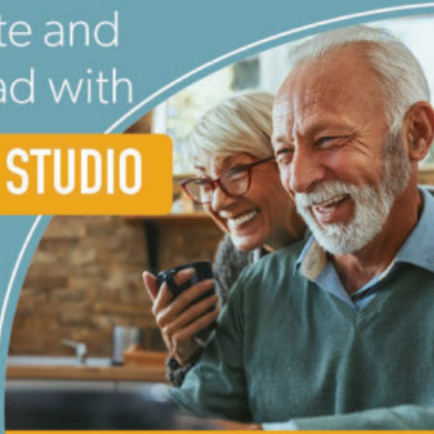


Comic courtesy of Scott Nickel from <https://scoutlife.org/features/140330/10-funny-st-patricks-day-jokes/>

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**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)

(800) 950-9952 x2635

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**FREE**  
AD DESIGN  
with purchase  
of this space



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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 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 Nook

EICAP Caregivers Support Group  
A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. We meet on the 1st & 3rd Tuesday of the month, from: 12:00-1:30 at EICAP [935 E. Lincoln Rd.](#) I.F. 208-522-5370 ext-203 Jodi (call for zoom information)

See you there.....

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

Also Known as  
**SENIOR ACTIVITY CENTER**

**COMMUNITY BINGO**

Guaranteed minimum  
**60% payout**

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

**Doors open at 4:30 pm**

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

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

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

**CARD GAMES INFORMATION**

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



Bridge			
	1st		
Roy M			
Double Deck Pinochle			
	1st	2ND	3RD

**JUST A REMINDER**

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

Thanks.....  
your Board of Directors

**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.

How are we supposed to get all of these sheep out of here?



DOCTORS WITHOUT BORDER COLLIES



## 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 January your capable KITCHEN AND DELIVERY PERSONNEL served 195 meals at the center , and produced and Delivered 3516 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 3711)***



**SYNERGY HomeCare**  
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**Care**  
on your own terms

**A FEW WAYS WE CARE:**

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- 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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Idaho Falls, ID 83404  
208-522-1591**

**morningstarseniorliving.com**



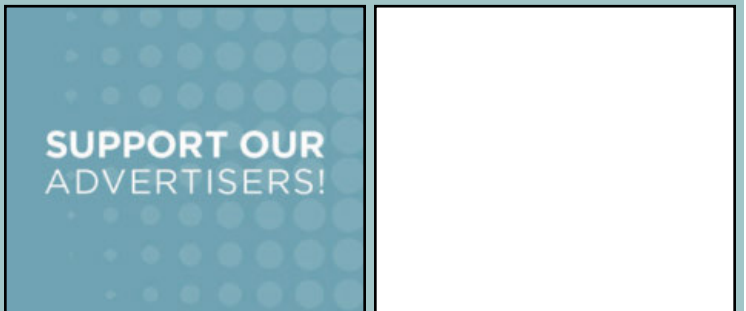
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- Full-Time with benefits
- Serve your community

Contact us at **careers@4lpicommunities.com** or **www.4lpicommunities.com/careers**



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## Baked Lentils with Cheese

- 2 c. (12 oz.) lentils, rinsed
- 2 c. water
- 1 whole bay leaf
- 2 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. crumbled thyme leaves
- 2 large onions, chopped
- 2 cloves garlic, minced
- 2 c. canned tomatoes
- 2 carrots, thinly sliced
- 1/2 c. chopped celery
- 1/2 c. chopped green pepper
- 2 Tbs. finely chopped parsley
- 3 c. shredded sharp cheddar cheese

In a 9-inch by 13-inch by 3-inch baking-serving dish, mix lentils, water, bay leaf, salt, pepper, sage, thyme, onions, garlic, and tomatoes. Cover tightly with foil and bake in a 375 degree oven for 30 minutes. Uncover, stir in carrots and celery; replace cover and bake 40 minutes more, or until vegetables are tender. Stir in green pepper and parsley; sprinkle with cheese. Bake, uncovered, 5 minutes or until cheese melts. Makes 12 servings.

### **Medicare Information**



- To learn about Medicare eligibility or to apply, visit [www.ssa.gov/medicare/mediinfo.html](http://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](http://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](http://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 OF .....January	
Beading	13.00
Bingo / Wed, Fri, Saturday	2720.60
Beading -(Beverage)	15.00
Bridge	21.89
Bridge—(Bev Only: Both)	2.00
Double Deck Pinochle	18.00
Double Deck Pinochle (Bev.)	8.00
Fit & Fall Exercise	86.82
Pool	16.00
Woodcarvers	16.00
Mah-Jongg	120.00
Pinochle	20.00
Pinochle (Bev Only)	20.00
Woodcarvers ( Bev Only )	0
Rose's Gentlemen's Group	180.96
Ladies Morning Coffee	39.47
Congregate lunch (Beverage only)	0
<b>Total</b>	<b>3297.74</b>

**Idaho Legal Aid**  
[www.idaholegalaid.org](http://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  
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Center, Inc.**  
Is a United Way Agency. Thanks to you, it continues to work for all of us!

