



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



2022
September

We reserve the right
to goof-up
occasionally

New Members: Crystal Bartleson, Allyson Gay ,Brenda Enberson, Mercedes Gariza ,Paul & Deon Reed, Rolie Leeper

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 8:45 AM for Wednesday Morning Coffee Break and . . .

NEW MEMBER GET-ACQUAINTED ! STAY FOR * BINGO AT 9:45 IF YOU WOULD LIKE

Thank You to all of our Volunteers

Senior Hours	226.50
Non-Senior Hour	142.00
Board Member Hour	132.60
Work Detail Hours	5.00

Total Hours 506.10
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

Thank You!

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

**\$ 0 - \$ 99 1 Anonymous, Dave & Kathy Nobles
\$100 - \$250**

\$300—\$700 Linda DeLia

\$800-\$3,000

Misc. items:

Thank You!

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

****Community Food Basket****

Come join us as a volunteer driver. We appreciate everyone that takes the time out of their busy schedule to help deliver meals to seniors 1 day a week for about an hour. Just give us a call at 208)522-4357 for more information!



*We want to say thanks to our
VOLUNTEER DRIVERS*

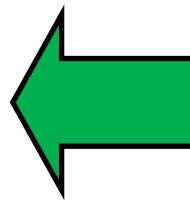
for the Meals on Wheels program.

*We appreciate so much the way you have opened your
hearts to help our seniors and*

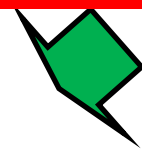
*disabled adults. Your willingness to give of your time has enabled us to
deliver our meals quicker, more timely and helps make sure that we
don't have a wait list. You are a blessing to all.*

*Dave Nobles, William Brotherson, John Burnside, Richard & Marion Myers,
C-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan, Whitney St.
Michael, Jeffrey Socher,
Moira Solle, Bob Schweiger, David Schrack,
Tyler Peterson, Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,
Erin Tucker, Don Yeager,
Carol Rogers,,*

Home, Sweet Home



Crossword
Solution from
July
Newsletter



- | | | | |
|-----------------------------------|--------------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> ATTIC | <input type="checkbox"/> FIRE | <input type="checkbox"/> PICTURE | <input type="checkbox"/> TELEPHONE |
| <input type="checkbox"/> BATH | <input type="checkbox"/> FLAT | <input type="checkbox"/> PANS | <input type="checkbox"/> TELEVISION |
| <input type="checkbox"/> BOOKCASE | <input type="checkbox"/> FLOOR | <input type="checkbox"/> POTS | <input type="checkbox"/> TOILET |
| <input type="checkbox"/> CARPET | <input type="checkbox"/> HALLWAY | <input type="checkbox"/> PLANTS | <input type="checkbox"/> VASE |
| <input type="checkbox"/> CELLAR | <input type="checkbox"/> IRON | <input type="checkbox"/> RADIO | <input type="checkbox"/> WALLS |
| <input type="checkbox"/> CHAIRS | <input type="checkbox"/> KITCHEN | <input type="checkbox"/> ROOF | <input type="checkbox"/> WARDROBE |
| <input type="checkbox"/> CLOCK | <input type="checkbox"/> LAMP | <input type="checkbox"/> ROOMS | <input type="checkbox"/> WINDOWS |
| <input type="checkbox"/> CUPBOARD | <input type="checkbox"/> LIGHT | <input type="checkbox"/> SINK | |
| <input type="checkbox"/> CUSHION | <input type="checkbox"/> LIVING ROOM | <input type="checkbox"/> SOFA | |
| <input type="checkbox"/> CUTLERY | | <input type="checkbox"/> STAIRS | |
| <input type="checkbox"/> DOORS | <input type="checkbox"/> LOUNGE | <input type="checkbox"/> TABLE | |



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.

AFTER SNOW WHITE RETIRED, SHE HIRED THE SEVEN SENIOR DWARFS

.....

- | | | |
|-------|----------|-------------|
| Nip | • Droopy | • Forgetful |
| Tuck | • Gassy | • Dizzy |
| Saggy | | |

Follow these easy steps to make sure you're protected.

Natural disasters, such as wildfires, floods, and blizzards, may force you to evacuate your home or shelter-in-place at short notice. It is important to know what to do in case of an emergency well before disaster strikes.

If you are an older adult living in the community, you may face some challenges during an emergency. For example, you may have mobility problems, or chronic health conditions, or you may not have any family or friends nearby to support you. Support services that are usually available, such as help from caregivers or in-home health care and meal delivery services, may be unavailable for a period of time. In addition, older adults may experience challenges that come with advanced age, such as hearing or vision problems or cognitive impairment, which may make it difficult to access, understand, and respond to emergency instructions.

You or the person you care for can be prepared for emergency situations by creating a plan, reviewing or practicing it regularly, and keeping an emergency supply kit.

Creating a Plan

The first step in preparing for an emergency is creating a plan. Work with your friends, family, and neighbors to develop a plan that will fit your needs.

- Choose a contact person who will check on you during a disaster, and decide how you will communicate with each other (for instance, by telephone, knocking on doors). Consider speaking with your neighbors about developing a check-in system together.
- Create a list of contact information for family members and friends. Leave a copy by your phone(s) and include one in your Emergency Supply Kit.
- Plan how you will leave and where you will go during an evacuation. If you are living in a retirement or assisted living community, learn what procedures are in place in case of emergencies. Keep a copy of exit routes and meeting places in an easy-to-reach place.
- Create a care plan and keep a copy in your Emergency Supply Kit. Try out the CDC's easy-to-use [care plan template](#).
- If you have medical, transportation, or other access needs during an emergency, consider signing up for SMART911, Code Red, or your local county registry, depending upon which service your area

uses to help first responders identify people who may need assistance right away.

Creating an Emergency Supply Kit

After an emergency, you may not have access to clean water or electricity. Make sure you are prepared with your own supply of food, water, and other items to last for at least 72 hours.

- Visit [Ready.gov](https://www.ready.gov) for a list of basic items to gather for your Disaster Supply Kit.
- Medical-Related Items:
 - A 3-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs available.
 - ID band (full name, contact number for family member/caregiver, and allergies)
 - Hearing aids and extra batteries
 - Glasses and/or contacts and contact solution
 - Medical supplies like syringes or extra batteries
 - Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vendor.
- Documents (Keep physical copies in a waterproof bag and take photos of each document for backup):
 - [Your Care Plan](#)
 - Contact information for family members, doctors, pharmacies and/or caregivers
 - List of all medications, including the exact name of the medicine and the dosage, and contact information for pharmacy and doctor who prescribed medicine
 - List of allergies to food or medicines
 - Copies of medical insurance cards
 - Copies of a photo ID
 - Durable power of attorney and/or medical power of attorney documents, as appropriate.

Taking these steps will put you and/or your caregivers in a better position to deal with emergencies that may require you to evacuate or shelter in place. Contact your local [Area Agency on Aging](#) for information on senior services and resources in your area.

I'm not
FAT.

I'm just
so freakin'

SEXY

it overflows.



Idaho 2023 Community Needs Assessment Survey

Take the survey
to help improve
health services in
your community

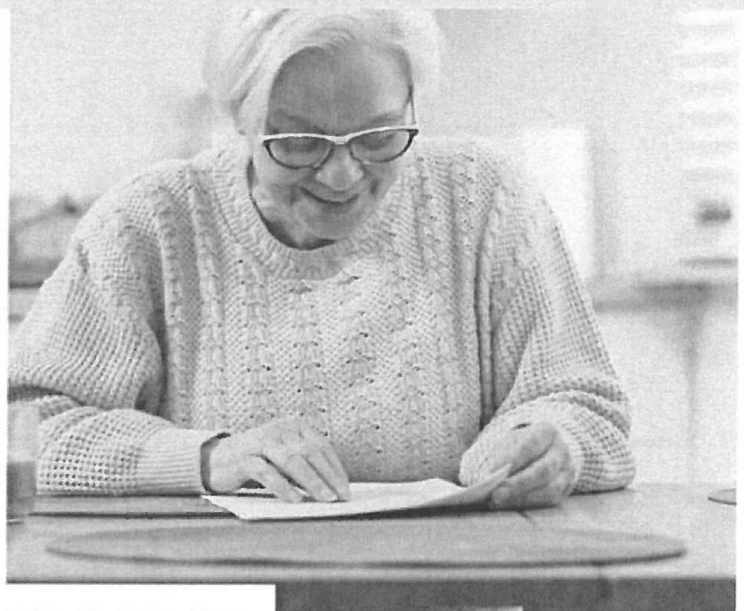
Access the survey by scanning
the QR code with your phone.

Or visit-

<https://tinyurl.com/24ntxzwv>

**If you have questions or concerns
please contact-**

Vanessa Fry at
vanessafry@boisestate.edu
208-426-2848



**Scan this
code to open
the survey!**

We need your help to identify
strengths and gaps in health
services in your community!
Survey is anonymous.

THANK YOU FOR PARTICIPATING

APPLE-STUFFED CHICKEN ROLLS

- Vegetable cooking spray
- $\frac{1}{4}$ cup finely chopped green onions
- 1 cup unsweetened apple juice, divided
- $\frac{1}{2}$ cup finely chopped, peeled apple
- $\frac{1}{2}$ cup soft rye breadcrumbs
- 2 tablespoons minced fresh parsley
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon caraway seeds
- 4 (4-ounce) skinned, boned chicken breast halves
- 2 teaspoons reduced-calorie margarine
- 2 tablespoons brandy
- 1 tablespoon cornstarch

1 Coat a nonstick skillet with cooking spray; place over medium-high heat until hot. Add onions; sauté until tender. Remove from heat. Stir in 2 tablespoons apple juice and next 5 ingredients. Remove from skillet.

2 Place chicken between 2 sheets of wax paper; flatten to $\frac{1}{4}$ -inch thickness, using a meat mallet. Spoon breadcrumb mixture onto center of each chicken breast half. Roll up lengthwise, tucking ends under. Secure with wooden picks.

3 Coat skillet with cooking spray; add margarine, and place over medium-high heat until hot. Add chicken rolls, and cook until browned on all sides. Add 2 tablespoons apple juice and brandy. Cover, reduce heat, and simmer 45 minutes or until chicken is tender. Transfer chicken to a serving platter; remove wooden picks, and keep warm.

4 Add cornstarch to pan juices in skillet; stir until smooth. Stir in remaining $\frac{3}{4}$ cup apple juice. Bring to a boil; cook 1 minute. Spoon juice mixture over chicken rolls. Yield: 4 servings.

YIELD: 4 servings

EXCHANGES PER SERVING:

4 Very Lean Meat
1 Starch

PER SERVING:

Calories 203
Carbohydrate 15.8g
Protein 27.1g
Fat 3.1g
Cholesterol 66mg
Fiber 1.2g
Sodium 210mg

September

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Meal for Wednesday 28 th in house only (in the next box)	Salad bar for in house	Turkey Goulash Little Cuties Roll	Swiss Steak Chatteau blend Plums Rice pilaf muffin	
4	5 Closed	6 Hot Turkey Sandwich Fresh spinach Salad Mashed & Gravy	7 Beef Tip w/noodles Apricots Chalet Garlic Veg	8 Sausage Egg Burrito Green Grapes Fajita blend	9 Chicken Alfredo Orange fluff salad Winter blend w/cheese	1
11	12 Tuna Sandwich Pears Mac Salad	13 Turkey,Egg Muffin Fajita Blend Hashbrown Patty Nectarines	14 Chicken Patty Sandwich Waldorf Salad Chips	15 Lasagna Pineapple Green Salad Strawberry Jello	16 Navajo Tacos Chili Scones Tropical Fruit	1
18	19 Ham & Beans Corn Bread Muffin Green Apples W/Peanut Butter	20 Chicken Enchiladas Southwest Blend Spanish Rice Cantalope	21 Cheeseburger w/saute mushrooms Tator Tots Pears	22 Turkey Wrap W/Cheese Chips Watermelon	23 BBQ Pork Sandwich Cole Slaw Baked Beans Strawberries	2
25	26 Chicken Fried Steak Mashed & Gravy Red Grapes	27 Beef Stew Banana Biscuit	28 Turkey Chef Salad Fruit Cocktail Ranch	29 Pork Chops Augratin Potatoes Winter Blend W/Cheese	30 Beef Taco Salad Doritos Kiwi Yogurt	
						10

September 2022

Community

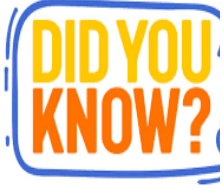
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise	2 10:00a Beading 10:00a Rose's Coffee Group	3 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
4	5 8:00a CLOSED FOR LABOR DAY 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	6 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinocle 12:00p Bridge	7 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	8 10:15a Fit & Fall Exercise	9 10:00a Beading 10:00a Rose's Coffee Group	10 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
11	12 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	13 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinocle 12:00p Bridge 1:00p Zumba	14 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	15 10:15a Fit & Fall Exercise	16 10:00a Beading 10:00a Rose's Coffee Group	17 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
18	19 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	20 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinocle 12:00p Bridge 1:00p Zumba	21 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	22 10:15a Fit & Fall Exercise	23 10:00a Beading 10:00a Rose's Coffee Group	24 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
25	26 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	27 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise Group 10:30a SCCC Brd Mtg 12:00p Double deck Pinocle	28 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	29 10:15a Fit & Fall Exercise	30 10:00a Beading 10:00a Rose's Coffee Group	

The Center will be open July 1st as of right now we have some programs scheduled, but at different times due to time constraints with new hours. The hours are 10AM to 2PM. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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 IFSCCE.ORG

Right now there are limited programs due to volunteers not continuing to run them. 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.



Drum Circles take place in parks, on beaches, community centers, music stores and homes. All kinds of people participate in community drum circles, from those who have some drumming experience and want to play their drum, to those who are looking for a doorway into the world of music making and find drumming both intriguing and accessible.

Benefits of community drum circles include

- New opportunities for socializing and making friends;
- An outlet for creativity and a forum for community music making;
- An open door to people who may not otherwise play music;
- A setting for spiritual growth and practice;

To learn more, please call our Community Drumming Facilitator, Casey Hill (208) 313-7896



YOUR BOARD OF DIRECTORS

Linda DeLia	Retired Medical Editor	Chair
Karl Casperson	Bonneville County Sheriff Office	Vice Chair
Arianne Holt	Idaho Legal Aid Service	Secretary
		Treasurer
Machelle Bergman	Fairwinds Retirement	
Chanse Powell	Senior Solutions	
Alecia Coburn	Lincoln Court Retirement	
Nancy Carpe	Retired	
William Brotherson	Retired	

-----Non Voting Members-----		
John Radford	Mayor's Office Liaison	
Sarah Ryner	Executive Director	
Heidi Nelson	Office Support	

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

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
	HIGH	2ND	3RD
	HIGH	2ND	3RD

Tuesday Double Deck			
1st	Faye	1st	Polly
2nd			
1st			
2nd			
Bridge			
	1st	2ND	3RD
1st			
2nd			

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.

-Community Drumming Circle-

At the Senior Citizens Center

Come join us as we play with different sounds and rhythms that bring out that inner child we all have within us. All ages welcome.



Thursday, September 22nd

2:30 PM to 4:00 PM.

Suggested donation of \$10.00 in support of our Meals on Wheels program.

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)

FYI

During the month of July your capable KITCHEN AND DELIVERY PERSONNEL served 220 meals at the center , and produced and Delivered 4983 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals:5203

Find Seven words for each name. Can only use one letter from each name for your word.

James Baker

Find 10 four-letter words:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Pablo Picasso

Find 7 five-letter words:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Meryl Streep

Find 10 four-letter words:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Petula Clark

Find 7 five-letter words:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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 FROM CENTER FOR THE MONTH OFAugust

Beading	\$31.00
Bingo / Wed,Fri,Saturday	\$4120.27
Bridge	\$26.00
Bridge—(Bev Only: Both)	\$4.00
Double Deck Pinochle	\$27.00
Double Deck Pinochle (Bev.)	\$7.00
Fit & Fall Exercise	\$92.00
Country Line Dancing	\$0.00
Mah-Jongg	\$15.00
Pinochle	\$18.00
Pinochle (Bev Only)	\$1.00
Pool	\$0.00
Rose's Gentlemen's Group	\$120.00
Ladies Morning Coffee	\$36.00
Congregate lunch (Beverage only)	
Other Beverage	\$6.00
Total	\$4,503.27



"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



The Senior Citizen Activity Center, Inc.

Is a United Way Agency. Thanks to you, it continues to work for all of us!

