



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: ifsccc.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2023
January

We reserve the right
to goof-up
occasionally

New Members: Ron Metcalf, Fred & Sandra Stoddard, Robert Bradford

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	279.75
Non-Senior Hour	79.00
Board Member Hour	22.50
Work Detail Hours	44.00

Total Hours 425.25

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 7 Anonymous Donors

\$100 - \$250 Jeffery & Mickey Towers, Danny B

*\$300—\$700 E & D Nicholas, Access Controlled
Storage*

*\$800-\$3,000 First Evangelical Lutheran Church,
Newcomers Club Of Idaho Falls, Retired Eagles
Activity Club*

Misc. items: Ole Smith

Thank You!

**Many thanks to the following entities for their
recent**

grants and donations!

♦ *Westmark credit Union**

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!

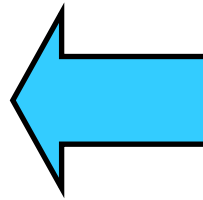


*We want to say thanks to our
VOLUNTEER DRIVERS*

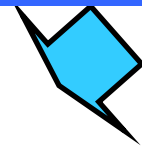
for the Meals on Wheels program.

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



Crossword
Solution from
December
Newsletter



AULD LANG SYNE	CONFETTI	MIDNIGHT	SPARKLERS
BALL DROPPING	FIREWORKS	NEW BEGINNING	TIMES SQUARE
BALLOONS	FRESH START	PARTY	TOAST
CELEBRATION	FUTURE	POPPERS	TOP HAT
CHAMPAGNE	HORNS	REMEMBER	TRADITION
CHEERS	HURRAH	RESOLUTION	TRIBUTE

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 at (208) 522-5391.



5 Tips for Seniors to Stay Warm this Winter

As the body ages, its ability to regulate its own temperature, as well as sense other temperature fluctuations, changes. This can be dangerous for Seniors in any extreme temperature, but the cold can be especially insidious. In fact, hypothermia is a real danger for Seniors, with over half of all hypothermia deaths occurring among individuals 60 and older, according to the CDC. Many believe that only extreme cold is to blame for hypothermia, when in actuality, mild hypothermia can set in at an outdoor temperature of just 60 degrees. Here are 4 tips for Seniors to stay warm and safe when the weather turns chilly.

Don't skimp on heat

It might be tempting to save money by keeping the heat low, but anything lower than a thermostat set at 68 degrees in a poorly insulated house can be dangerous for Seniors, especially during fall and winter months. Drops in body temperature often cannot be felt, so a Senior may not know that they are too cold or be able to take proper action before it's too late.

Seniors should keep the thermostat at a minimum of 68-70 degrees and should take care to properly insulate drafty windows and doors. For those who are concerned about heating costs, state assistance may be available to specifically help Seniors with these bills.

Avoid heating dangers

It's tempting to want to stay warm by use of space heaters, fires or electric blankets, but Seniors should take extra care when using these amenities. Space heaters should always be in a well-ventilated space and at least two feet away from furniture, walls or other flammable objects. It's best to use a space heater that has a timer, as well, just in case turning it off is forgotten. Be careful of any cords, and never rest or hang clothing or other objects on heaters.

Seniors should also avoid using electric blankets at night, since it can be difficult to adjust settings if it gets too warm. Instead, use more blankets, especially down, wool or flannel.

Wear layers

During colder months, Seniors should wear several layers of clothing. Start with a layer that lies a little closer to the body and made of a fabric that wicks away moisture. For outer layers, wool, flannel or thick sweatshirt material is ideal.

Make sure clothing stays dry throughout the day, as wet fabric will do little to ward off chill. If returning inside after snow or rain, change out of damp layers immediately and replace with dry ones, especially if socks or inner layers have gotten wet.

Bundle up when going outdoors

Seniors should be careful to bundle up when heading outdoors during colder months. Wear a coat or jacket and pay careful attention to also cover the head (where the most heat escapes), the neck and hands. Wear waterproof or weatherproof shoes or boots to keep feet warm and dry.

Seniors often have trouble regulating temperatures in their extremities and can lose blood circulation to hands and feet quickly. So warm, dry gloves, socks and boots are a must when venturing outside.

Following these steps will help keep you or your loved one safe and warm even in tricky Idaho weather. If they get too cold, however, Seniors may begin to experience symptoms of hypothermia such as confusion, shaking, slowed breathing or slurred words. Seniors may also have symptoms that present as difficulty in walking, or uncharacteristic, irritable mood swings.

If you suspect that you or a loved one is experiencing hypothermia symptoms, slowly warm them by wrapping them in blankets and adjusting the indoor temperature, if needed. Never rub the individual's hands or feet, give them a hot bath or shower, or have them drink alcohol. Instead, take the individual's temperature, and if it is 96 degrees or below, call 911 immediately.



Weather Closures: Weather Closures: The Senior Center may be closed when School District #91 or #93 closes for inclement weather. Inclement weather includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure. As always, all television and radio stations will be notified by 6:00 a.m. Thank you for your cooperation.





YIELD: 8 SERVINGS

Turkey Biscuit Stew

Turkey Biscuit Stew is comfort food!

PREP TIME

15 minutes

COOK TIME

20 minutes

TOTAL TIME

35 minutes



Ingredients

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 3/4 cup milk
- 2 cups cubed cooked turkey
- 1 cup cooked peas
- 1 cup cooked, sliced carrots
- 1 tube (10 ounces) refrigerated buttermilk biscuits, not flaky

Instructions

1. In a 10-inch ovenproof skillet (like cast iron), add butter and sauté onion until tender over medium heat. Stir in flour, salt and pepper until well blended. Add broth and milk and bring to a boil. Stir for 2 minutes or until thickened and bubbling. Add the turkey, peas and carrots and heat through. Open refrigerated biscuits and separate. Gently place and arrange biscuits over the stew.
2. Bake at 375° for 20-25 minutes or until biscuits are golden brown and puffy.

January

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
	Taco Salad Banana Doritos Milk	Chicken Nuggets Fruit Cocktail Carrot sticks Fries Milk	Baby Back Ribs Pineapple Coleslaw Scalloped Potatoes Milk	Open Face sloppy Joe Oranges Tator tots Milk	Tuna casserole Apple Milk Cookie	
8	9	10	11	12	13	14
	Chicken Enchiladas Plums Spinach Salad Milk	Stir Fry w/Beef Mandarine Orange Emperors Blend Rice	Pancake Breakfast Tropical Fruit Sausage Fajita Blend Milk	Turkey Pot Pie Pineapple Milk Ice Cream	Cheese burger Peaches Fries Milk Orange Jello	
15	16	17	18	19	20	21
	Salisbury Steak Pears Beets Augratin Potatoes Cottage Cheese	Hot Turkey Banana Winter Blend/Cheese Mashed/Gravy	Pork Chops Applesauce Baked Beans Oriental Blend Banana Pudding	Spaghetti Fruit Salad Garlic Bread Milk	Chicken & Dumplings Mandarine Oranges Rice Pudding Milk	
22	23	24	25	26	27	28
	Walking Tacos Kiwi Doritos Milk	Sausage Gravy & Biscuits Apple Fajita Blend Hashbrown patty	Chicken Sandwich Pear & Peaches mix Chips Milk	Turkey w/Stuffing Casserole Green Grapes Scandinavian Blend Milk	Beef Stew Pineapple cubes Roll Milk Strawberry Jello Salad	
29	30	31				
	Chicken & Rice Blueberries Milk	Sloppy Joe Casserole Strawberries Milk				

January 2023

Community

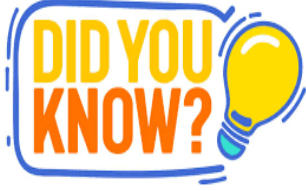
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	3 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinoche 12:00p Bridge	4 10:15a Bingo 12:30p Pinoche 10:00a Roses Coffee Group	5 10:15a Fit & Fall Exercise	6 10:00a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

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.



The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting.

About 1 million people gather in New York City's Times Square to watch the ball drop. The Times Square New Year's Eve ball drop came about because of a ban on fireworks. The first ball in 1907 was 700 pounds and was lit with 100 25-watt lights. The current ball puts the old one to shame (thanks to technology). Today, it is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.

Forty-five percent of Americans make New Year's resolutions. The top resolutions are: to lose weight, get organized, to spend less and save more, to stay fit and healthy, and to quit smoking. While nearly half of all Americans make resolutions, 25 percent of them give up on their resolutions by the second week of January.





Securing today
and tomorrow

Dear Colleague,

Starting January 1, 2023, the start dates for Medicare Part B coverage will change. Coverage will start **the first day** of the month after a person signs up, if they sign up during the last three months of their Initial Enrollment Period (IEP) or during the General Enrollment Period (GEP).

Before this change, if your clients signed up during the last three months of their IEP, their Medicare Part B coverage started two to three months after they enrolled. If your client doesn't sign up for Medicare Part B during their IEP, they have another chance every year during GEP which runs from January 1 through March 31.

*What is **not** changing:*

If your client is eligible at age 65 for Medicare, their IEP will still:

- begin three months before their 65th birthday.
- include the month of their 65th birthday.
- end three months after their 65th birthday.

If your client is automatically enrolled in Medicare Part B, or if they sign up during the first three months of their IEP, their coverage will start the month they're first eligible. If your client signs up the month that they turn 65, their coverage will start the first day of the following month. This will not change with the new rule.

You and your clients can learn more about these updates on our Medicare webpage at www.ssa.gov/medicare and our Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please share this important information with your clients. Thank you for your continued support.

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
Chris Mendel	Lincoln Court	Treasurer
Chanse Powell	Senior Solutions	
Alecia Coburn	Lincoln Court Retirement	
Nancy Carpe	Retired	
Kathleen Keyes	Member of PEO	

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

John Radford	Mayor's Office Liaison
Sarah Ryner	Executive Director
Heidi Nelson	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

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

Tuesday Double Deck			
1st	Mary	Mary	
2nd	Polly	Faye	
1st	Linda	Barb	
2nd	Donna	Gene	
Bridge			
	1st	2ND	3RD
1st	Lloyd	Kathy	
2nd	Bill M		

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.

Social Security Column

THIS NEW YEAR, LEARN ABOUT SOCIAL SECURITY ONLINE



Social Security programs touch the lives of more than 70 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal *my* Social Security account at www.ssa.gov/myaccount. Once you create an account, you can:

- Apply for retirement, spouses, or disability benefits.
- Apply for Medicare.
- Check your application status.
- Request a replacement Social Security number card.

If you do not receive Social Security benefits, you can use your personal *my* Social Security account to:

- Get personalized retirement benefit estimates.
- Get your *Social Security Statement*.

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 November
your capable KITCHEN AND
DELIVERY
PERSONNEL served 201 meals
at the center , and produced and
Delivered 4,190 meals to
home-bound
seniors and disabled adults
through our Meals On Wheels
program (Total meals:4,391***

News Release

For Immediate Release: Nov. 28, 2022

Media Contact: Pam.Rogers@labor.idaho.gov



Navigators guide Idahoans through filing for unemployment insurance claims

Unemployment insurance navigators are now available at Idaho Department of labor locations across the state to guide people through filing a claim for benefits.

Unemployment insurance is an eligibility program that replaces part of a worker's lost income when they become unemployed through no fault of their own. Eligible claimants are paid these benefits through tax accounts to which their former employers have contributed.

As Labor employees, the navigators are assigned to help people identify and avoid mistakes that result in a delayed benefit payment, an overpayment that needs to be paid back, or fraud.

Unemployment insurance navigators can answer questions about the claims process, from first filing to continued claims. They are available in seven local labor offices, from Post Falls to Idaho Falls, and in mobile locations like Mountain Home, Kuna, Meridian, Payette, Emmett, Blackfoot, Preston, Malad City and more.

Find or call your nearest location at labor.idaho.gov/officedirectory.

Part of a \$2.28 million Unemployment Insurance Equity grant through the U.S. Department of Labor is funding the program. The grant's purpose is to make unemployment insurance more accessible to underserved populations in Idaho.

For more information about unemployment insurance and other job seeker services, go to labor.idaho.gov.

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 OFOctober

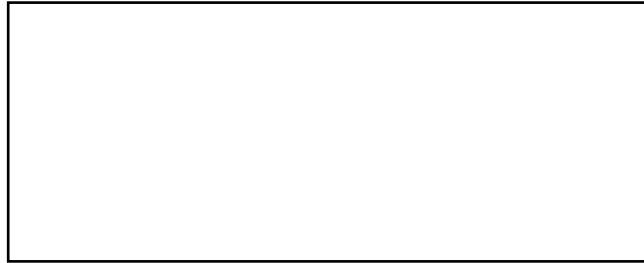
Beading	\$15.00
Bingo / Wed,Fri,Saturday	\$2,642.03
Beading -(Beverage)	\$10.85
Bridge	\$33.00
Bridge—(Bev Only: Both)	
Double Deck Pinochle	\$17.00
Double Deck Pinochle (Bev.)	\$7.00
Fit & Fall Exercise	\$7.00
Spanish Class	
Woodcarvers	\$17.00
Mah-Jongg	\$26.00
Pinochle	\$33.00
Pinochle (Bev Only)	\$12.00
Zumba	\$1.00
Rose's Gentlemen's Group	\$141.00
Ladies Morning Coffee	\$37.00
Congregate lunch (Beverage only)	\$6.00
Fit & Fall (Beverage)	\$16.00
Total	\$3,020.88



"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!



