



# 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



April  
2026

We reserve the right  
to make mistakes  
occasionally

**New Members: Larry Ingram, Jayne Campbell, Todd Morrison, Darlene Pasley, Leah Bitton, Scott & Rhonda Holverson**

AND FOR ALL OUR NEW MEMBERS... Please don't be a passive member! Get involved...Join in the daily activities. In most cases the daily activities are not created by the Center Management, they were created by members who asked "Can we do this?" Management is concerned with activities only in a support position.

Thank You to all of our Volunteers

Senior Hours	177.42
Non-Senior Hour	264.17
Board Member Hour	48.25
Work Detail Hours	0.00
<b>Total Hours</b>	<b>489.84</b>

We would like to thank the Board Members, Non Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running.

Warm Wishes To You All!

**Thank You!**

**Monthly Supporters**

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

***\*United Way\****

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

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

***\*Panera bread \****

***\*Humanitarian Center\* Molina***

***\*United Healthcare\****

**Thank You!**

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

**\$ 0 - \$ 99 3-Anonymous, Rebecca McFarland**

**\$100-\$250 PayPal-Anonymous**

**\$300- \$800 Therese Lloyd, L&F Electric**

**\$1,000-\$31,000 Anonymous-\$20,000**

**Thank You!**

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

***\*Kroger\****

***\*Bonneville County Employees\****

***\*In Memory of Patricia Johnson/ Charles Schwab\****

***\*Blackbaud Giving Fund\****



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

We want to say **thanks** to our **VOLUNTEER DRIVERS** for the Home Delivered Meals program. We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. You are a blessing to all.

**Dave Nobles, Steve Stowell, Marla Morgan, Jeffrey Socher, Jordan Homer, Hal & Deb Tobin, Mr. & Mrs. Yeager, Gerald Ondricek, Roger Kuhl, Teri Sokolek, Debbie Ball, Debbie Bell, Springhill Hotel, Bidger Carpenter, Richard & Theresa Dixon, Emma Thomas, Tina Whitley, Shrerrie Gouldthorpe, Desiree Lowney, Paul K., Bryant Gardner**



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# The Importance of Protein

## Protein is the building block of your body.

You need protein from the food you eat to build bones, muscles, and skin and keep them strong. Protein helps your body recover and heal from injuries too. It is important to every system of your body.

## Protein as You Age

Natural changes with aging may cause a decrease in appetite. You may eat less food than you once did. This can also mean that you are eating lower amounts of protein-rich foods. Aging can also change how your body digests and absorbs food. This can also impact how your body uses the protein that you eat.

### Go Lean with Protein

Many people eat plenty of protein, but often choose protein sources that are high in dietary fat.

While some fats are healthy, many animal-based protein sources can be higher in bad fats (saturated fat). It is important to choose lean (low-fat) sources of protein in your diet.

Lean protein food provides your body with a rich source of protein without all the bad fats.

**Lean (low-fat) protein foods are foods that have less than 10 percent of fat and less than 4 percent saturated fat per serving.**

Limiting the amount of fat you eat helps maintains your weight and can help manage chronic conditions you may have.



Lean Meat



Poultry



Fish



Shellfish



Peas



Nuts



Eggs



## What are Protein-Rich Foods?

**SEAFOOD**  
**MEAT**  
**POULTRY**  
**EGGS**  
**BEANS**

**PEAS**  
**LENTILS**  
**NUTS**  
**SEEDS**  
**SOY**

It is important to choose a variety of protein in your diet and look for lean (low-fat) options.

## Choose Protein that's Right for You



### Age 60+

**Need 5-6 ounces of protein daily**



Palm of your hand or deck of cards equals about 3 ounces of meat or fish protein

The amount of dietary protein a person needs varies. Talk with your health care provider or dietitian to determine what is best for you.

## Tips to Add Protein in Your Day

- Eat a variety of protein in your diet.
- Try to eat at least two servings of seafood each week. Seafood contains healthy fats.
- Include a protein source in your snacks. Nuts and seeds are perfect snacks if you are on-the-go.
- Include protein in your salad by adding grilled chicken or chickpeas.
- Choose lean cuts of beef. Try to select cuts with less marbling.

*Lean beef has less marbled fat.*



Food and Cooking &gt; Recipes

# Steak Lettuce Wraps with Peanut Sauce

Pass the peanut sauce, please!

By [Ree Drummond](#) Published: Feb 18, 2025

YIELDS:  
4 - 6 serving(s)

PREP TIME:  
20 mins

TOTAL TIME:  
1 hr

## Ingredients

- 5 Tbsp. soy sauce

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- 1/4 cup hoisin sauce

---

- 1 Tbsp. chili-garlic sauce

---

- 1 Tbsp. grated fresh ginger

---

- 1 Tbsp. unseasoned rice vinegar

---

- 1 tsp. toasted sesame oil

---

- 1/2 cup chunky peanut butter

---

- 1 1/2 lb. flank steak

---

- 1 tsp. vegetable oil

---

- 2 oz. thin rice noodles

---

- 2 heads butter lettuce, leaves separated

---

- 1 1/2 cups matchstick-cut carrots

---

- 1 English cucumber, sliced into matchsticks

---

- 1/2 cup fresh mint leaves

[See Nutritional Information](#) ▾

Keep screen awake

## Directions

- 1 | Whisk together the soy sauce, hoisin sauce, chili-garlic sauce, ginger, vinegar, and sesame oil in a large bowl. Remove 1/4 cup to a medium bowl and whisk in the peanut butter and 1/4 cup hot water. Cover and set aside for serving.
- 2 | Put the steak in a shallow dish and pour the remaining marinade on top, flipping to coat. Cover and refrigerate for at least 30 minutes and up to 2 hours.
- 3 | Brush a grill or grill pan with the vegetable oil and heat over medium-high heat. Remove the steak from the marinade and pat dry with paper towels. Grill 4 to 6 minutes per side for medium-rare (a thermometer inserted into the center should read 135°F).
- 4 | Transfer the steak to a cutting board and let rest 5 minutes. Meanwhile, cook the rice noodles according to the package directions. Slice the steak against the grain. To serve, fill the lettuce leaves with the noodles, steak, carrots, cucumber, and mint and drizzle with some of the peanut sauce. Serve any remaining peanut sauce on the side.



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AmeriCorps  
Seniors



(208) 522-2674  
cmotloch@unitedwayif.org



*Share your wisdom*



Visit Our Website

[www.unitedwayif.org/foster-grandparents](http://www.unitedwayif.org/foster-grandparents)

## Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partnership—EICAP) is an essential resource in the community, working to maintain the

independence and dignity of Eastern Idaho's seniors and caregivers. We do this by connecting seniors with services and community resources. We are a non-profit that receives federal, state, and local funds to run our programs. Area Agency on Aging offers several types of services and support for senior and caregivers including home and community-based services, supportive services, and advocacy programs. Many of our services are at a no-cost or low-cost for consumers. It's easy to get help. Give us a call us at (208) 522-5391.

# EASTER

## Word Search Puzzle

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

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



# April 2026

MENU SUBJECT TO CHANGE



	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Sloppy Joes Pears Carrots & Peas Tots Lemon Bar	2 Combination Pizza Strawberries Onions, Peppers, Olives Dinner Salad	3 Corn Dogs Banana Stir Fry Veg Wedges Cookie	
	6 Turkey taco Apricots Onion, Tomato, lettuce, Salsa Brown Rice Sour Cream	7 Chicken Fried Steak Raisins California Blend Potatoes & Gravy	8 Split Pea & Ham Soup Pineapple Onion, Carrots, Bread & Butter Pudding	9 Baked Fish Juice Onion, Peas, Carrots, Olives Mac Salad Muffin/ Cottage Cheese	10 Hot Roast Beef Sandwich Fruit Cocktail Beets & Onions Potato Wedges & gravy Sliced Bread	
	13 Beef Chili Applesauce Onion, tomatoes Cornbread Crackers Shredded Cheese Yogurt	14 Chicken Cordon Blu Tropical Fruit Green Beans Tater Tots Bread & Butter	15 Fish Sticks Banana, cranberries Broccoli Salad, Sunflower Seeds French Fry's Rice Krispy treats	16 Sweet & Sour Pork Berry Blend Japanese Blend Fried Rice Fruit Cobbler	17 Turkey Tetrazine Pineapple Carrots & Onions Garlic Bread	
	20 Pork Egg Roll Mixed Berries Broccoli, Onion, Peppers Brown Rice Roll	21 Salisbury Steak Apple Corn and Peas Scalloped Potatoes Roll Cottage Cheese	22 Garlic Chicken Grapes Green Salad Cheddar Biscuit Nutra grain Bars	23 Sliced Hot Turkey Cranberries Green Beans Potatoes & Gravy Sliced Bread Peanut Butter Bar	24 BBQ Pork Chops Applesauce Cauliflower Roasted Potatoes Breadstick	
	27 Meatloaf Mixed Berries Broccoll, Onion, peppers Scalloped Potatoes	28 Chicken veggie Soup Fruit Cocktail Potatoes, peas, onions, carrots Garlic Bread Jell-o	29 Pork Burritos Juice Onions, pepper, tomatoes, olives, salsa, sour cream Mexican Rice	30 Sausage Breakfast Sandwich Mandarin Oranges Mushrooms, peppers, onions Hash brown patty Pudding		

# April 2026

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

All of the programs in the Center are run by volunteers  
 At times the Volunteer may need to cancel the program.  
 Thank you in advance for your understanding.  
 Visit our Facebook page for latest Center activities.  
 See more info At IFSGCC.ORG

\*\* Call for an appointment or to sign up  
 \*\*\* Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.  
 \*\*\*\* Play 16 games of bingo for as little as \$3.50

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

**Contrary to popular belief, duct tape is not the solution to every household problem**



**Grandparents Corner**

**EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP**

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the **4th Tuesday of every month from 12:00pm – 1:30pm at EICAP 935 E. Lincoln Road, IF, 83402, Phone: 208-522-5391.**

**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

**Help at the Push of a Button!**

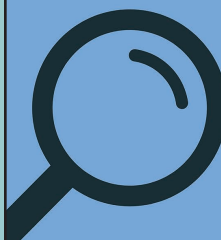


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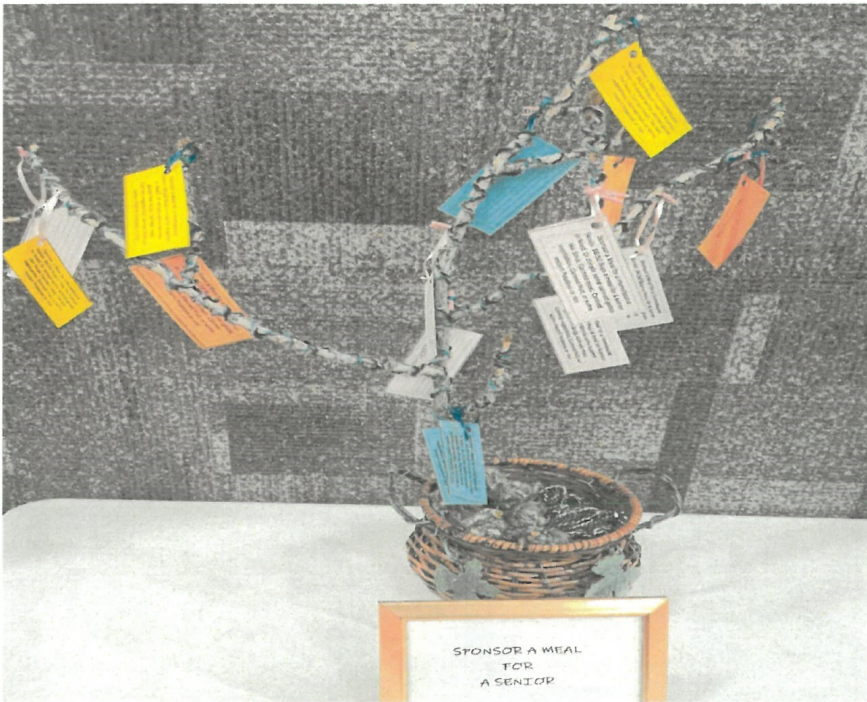
**(208) 523-2704**



**Advertise Here!**

Increase visibility in your community.





Please consider sponsoring a meal for one of our Senior Citizens. We have a tree with tags for \$6.50 on it at the Senior Center. Come in and buy a tag. We will display the tags proudly in thanks to those who help our Seniors for your generous donation.



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# YOUR BOARD OF DIRECTORS

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

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

John Radford	Mayor's Office Liaison
Sarah Ryner	Executive Director

The Board meets on the 4th Tuesday of each month, sometimes changes, or is canceled.

from 10:30 AM to 11:55 AM

All meetings are open to the public

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

## Caregivers Support Group

EICAP Caregivers Support Group  
A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. We meet on the 1st & 3rd Friday, from: 1pm-3pm at EICAP 935 E. Lincoln Rd. I.F. (208) 522-5391 ext-203 Emily (call for zoom information)

See you there.....

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

Also Known as  
SENIOR  
ACTIVITY CENTER



Every Saturday Evening  
6 pm to 8 pm

& Friday  
Evenings

Doors open at 4:30 pm

Also join us for FUN BINGO on WEDNESDAY MORNINGS  
STARTS AT 9:45AM - 16 games for as little as \$3.50

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

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

### \*URGENT\*

Give back to your community by donating to your local charity right here in Idaho Falls. You can donate money, your time, or needed items. We also need more board members to join the board.

Some of our funding has dropped off and we need more funding to take its place.

**WE NEED THE COMMUNITIES  
SUPPORT RIGHT NOW! PLEASE  
COME SUPPORT US!!!**

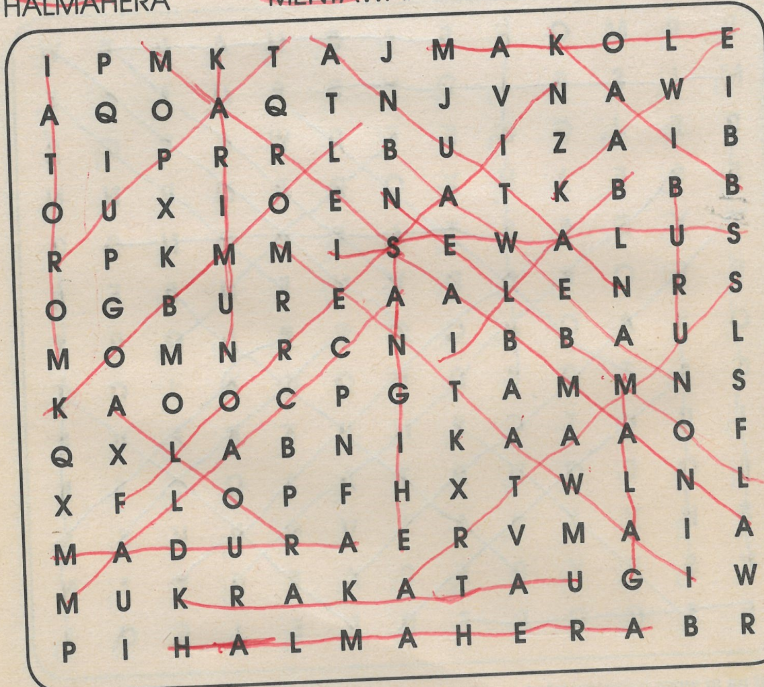
Call 208)522-4357 for questions, or visit in person  
at 535 W 21st Street, Idaho Falls, ID  
83402



**Puzzle #39**

*Indonesia's Islands*

- |                      |                     |                     |
|----------------------|---------------------|---------------------|
| <del>ALOR</del>      | <del>KARIMUN</del>  | <del>MOROTAI</del>  |
| <del>ANAMBAS</del>   | <del>KAWI</del>     | <del>NATUNA</del>   |
| <del>BALI</del>      | <del>KRAKATAU</del> | <del>NIAS</del>     |
| <del>BAWEAN</del>    | <del>LOMBLEN</del>  | <del>RUPAT</del>    |
| <del>BIAK</del>      | <del>LOMBOK</del>   | <del>SANGIHE</del>  |
| <del>BURU</del>      | <del>MADURA</del>   | <del>SERAM</del>    |
| <del>FLORES</del>    | <del>MAKOLE</del>   | <del>SULAWESI</del> |
| <del>GALAM</del>     | <del>MALACCA</del>  | <del>SUMATRA</del>  |
| <del>HALMAHERA</del> | <del>MENTAWAI</del> |                     |



Answer Key From March NL to the left



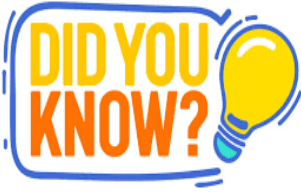
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Thanks.....  
your Board of Directors

**Eastern Idaho Area Agency on Aging: Help with Medicare Costs**

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



**In April 2011, The world's largest chocolate egg was made in Italy. It was measured in at 34 feet and 1.05 inches in length and weighed approximately 15,873 pounds.**

**Americans will consume more than 16 million jelly beans around Easter.**

**There are religious connections between Easter and pastel colors.**

**Pastel colors are bright and pretty, and we often connect them to springtime. However, each color also has religious symbolism for Lent, Good Friday, and Easter**



**FYI**

**During the month of February our capable KITCHEN AND DELIVERY PERSONNEL served 228 meals at the center, and produced and Delivered 4,086 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,314)**

**Grandparents Corner**

**EICAP Grandparents Raising Grandchildren Support Group**

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the 4th Tuesday of every month  
From: 12:00 pm–1:30pm at EICAP  
935 E Lincoln Road, IF, 83402  
Phone: 208)522-5370 ext-203. (Call for Zoom Information)



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- Organization
- & more!

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and tomorrow

Dear Colleague,

As more services move online, we recognize that accessing these services can sometimes be challenging for your clients. We want to share information about the Federal Communications Commission (FCC) and the Universal Service Administrative Company (USAC) Lifeline program, which may be helpful to the people you serve.

This federal initiative is designed to make phone and internet services more affordable for low-income households, ensuring that more individuals have the connectivity needed to access important resources and services online. Eligible consumers can receive a monthly discount of up to \$9.25. Consumers living on Tribal lands are eligible for an enhanced discount of up to \$34.25 per month, making it even easier to stay connected and access essential services.

Individuals receiving Supplemental Security Income, Supplemental Nutrition Assistance Program, Medicaid, and other Federal Assistance programs, as well as households with income of 135 percent or less than the Federal Poverty Guidelines are eligible.

Your clients can visit [Home - Universal Service Administrative Company](#) to check their eligibility and submit an application.

Once enrolled, encourage your clients to create a personal [my Social Security](#) account, ensuring safe, secure, and convenient access to their Social Security records and online services. We continue to make more services available with an account.

Thank you for helping us connect your clients with the services and information they need.

Sincerely,

Nick Perrine  
Chief Communications Officer  
[External.Relations@ssa.gov](mailto:External.Relations@ssa.gov)


 SSA.gov with images of social media channels

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## Medicare Information

- To learn about Medicare eligibility or to apply, visit [www.ssa.gov/med](http://www.ssa.gov/med)  **Medicare** or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- For questions about Medicare coverage and billing, visit [www.Medicare.gov](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.

Don't be a target of Healthcare fraud! Learn how to prevent Healthcare Fraud by contacting your local Senior Medicare Patrol at 208)522-5391 ext. 202

**Eastern Idaho Area Agency on Aging:  
Senior Medicare Patrol**

The Senior Medicare Patrol (SMP) under the Eastern Idaho Area Agency on Aging, helps Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud, errors, and abuse. SMP trained staff and volunteers provide free counseling and education to the community. Remember to protect your Medicare card and only share your Medicare number with your trusted healthcare provider. Check your statements and bills for inaccuracies such as services you didn't receive, double billing, or services not ordered by your doctor. If you ever have questions about our Medicare summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. (208) 522-5391

**Idaho Legal Aid**  
[www.idaholegalaid.org](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.

**PROGRAM DONATIONS FROM CENTER  
FOR THE MONTH OF February**

Beading	\$26
Bingo Charity Wed, Fri, & Sat	\$3,548.24
Congregate Lunch	\$242
Congregate Beverage	\$0
Ladies Coffee	\$39
Fit & Fall Exercise	\$137.23
Mah-Jongg: Individual Donations	\$2,000
Painting Group	\$12
Pinochle	\$61
Pinochle (Bev Only)	\$11.00
Pool	\$62
Rose's Gentlemen's Group	\$84.90
Woodcarvers	\$17.00
Misc. fundraiser	\$
Other/ individual Donation	\$20,000
<b>Total</b>	<b>\$26,240.37</b>



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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  
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!

### LIFE ADVICE

DON'T WORRY ABOUT THE  
**GRAY HAIRS,**  
JUST REMEMBER  
**ALL THE GOOD TIMES**  
YOU HAD PUTTING  
THEM THERE.



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# HAPPY EASTER



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