



Hours of operation
Monday through Friday
10am—2pm
Closed some holidays

Telephone: (208) 522-4357
Website: ifscce.org
Circulation: 750

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.



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



September
2026

We reserve the right
to make mistakes
occasionally

Senior Communicator Newsletter

New Members: Carolene Call, Elva Rose, Ofilia & Paul Trumblay, Melinda Rankin, Susan Dalton

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	185.50
Non-Senior Hour	354.25
Board Member Hour	50.25
Work Detail Hours	3.5
Total Hours	593.50

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!



We need someone to volunteer to run Bingo on Wednesdays from 10am to about 12:45pm. You will need to be trained. Call 208-522-4357

Thank You!

Monthly Supporters

****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 1-Anonymous

\$100-\$250 2- 0.00

\$300- \$900 3- 0.00 Anthony Luu

\$1,000-\$31,000 4- Arlene & David Sargis

Mike moore

Thank You!

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

Senior Solutions

Fraternal Order of the eagles

Citizens community bank

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, Sherrie Gouldthorpe, Desiree Lowney, Paul K., Bryant Gardner, Toma Matule



Compassionate Care as It Should Be.

Community Non-profit.

1810 Moran, Idaho Falls, ID 83401

208-529-0342

www.hospiceofeasternidaho.com

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for Americans

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

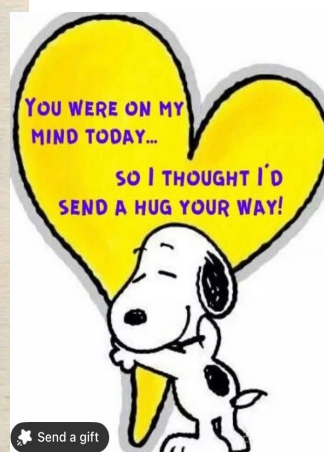
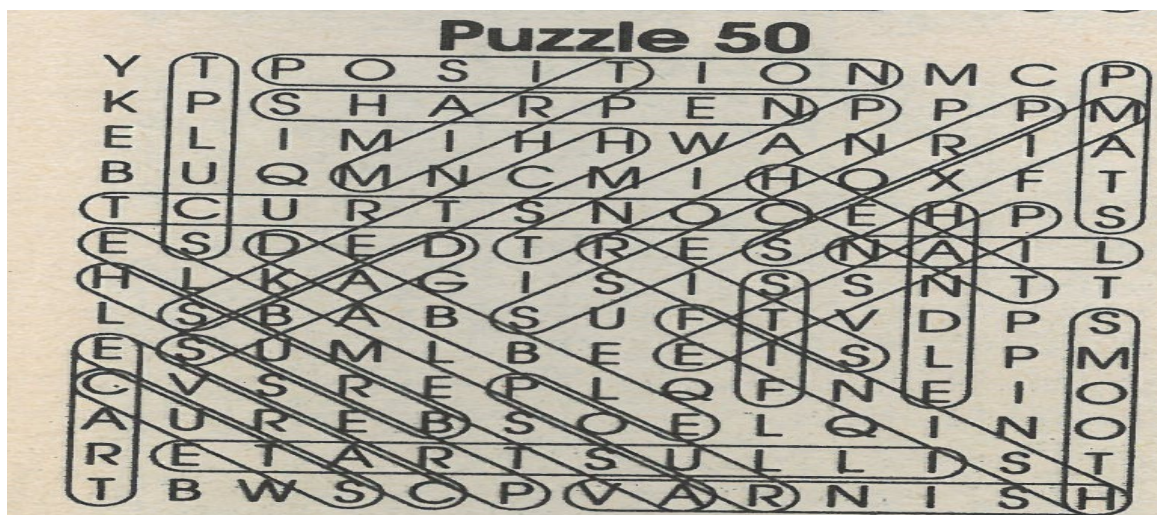
9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Ask for water instead of ordering other beverages, which add to the bill.

Answer key
from August to
the left



AARP

SAFER DRIVING MAY SAVE YOU MONEY

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- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE IS A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

DATE & TIME

**Wednesday, September 23,
2026
9:00 AM - 4:00 PM**

LOCATION

**Idaho Falls Senior Center
Conference Room (Down-
stairs)
535 W 21st Street
Idaho Falls, Idaho 83402**

REGISTER

Ned: (503) 816-0790

NOTES

**Bring your AARP membership
card for the \$20 price. Cash or
check only. No credit cards.
Lunch provided at the center
for a \$5 donation.**

COST

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit **aarp.org/driving36**
or call **1-888-773-7160**

SMOKED SAUSAGE, CABBAGE, AND POTATO SOUP

- | | |
|--|---|
| 2 Tbsp. cooking oil | 2 c. canned low-sodium |
| 1 onion, chopped | chicken broth or |
| 1 $\frac{3}{4}$ lb. green cabbage (about | homemade stock |
| $\frac{1}{2}$ head), shredded (about | 1 bay leaf |
| 1 $\frac{3}{4}$ qt.) | 1 $\frac{1}{2}$ tsp. dried thyme |
| 1 lb. baking potatoes (about | 1 $\frac{1}{2}$ tsp. salt |
| 2), peeled, halved | $\frac{3}{4}$ lb. smoked sausage (such as |
| lengthwise, and cut | kielbasa), quartered |
| crosswise into $\frac{1}{2}$ inch | lengthwise and thinly |
| slices | sliced crosswise |
| 1 qt. water | |

In a large pot, heat the oil over moderately low heat. Add the onion; cook, stirring occasionally, until translucent, about 5 minutes. Add the cabbage, potatoes, water, broth, bay leaf, thyme, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, until the cabbage and potatoes are tender, about 20 minutes.

Meanwhile, put a large nonstick frying pan over moderate heat. Add the sausage and cook, stirring occasionally, until browned, 2 to 3 minutes. Remove the sausage from the pan and drain on paper towels. Just before serving, remove the bay leaf from the soup and stir in the sausage. Makes 4 servings.

Variation: In a separate pan, cook $\frac{3}{4}$ pound of sausage links, cut into slices, and stir them into the soup instead of the smoked sausage.

APPLE A DAY

• • • • •

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Immediate Openings:

- Head Start Centers
- YMCA Sports & Youth Programs
- Boys & Girls Clubs
- Local Schools
- Libraries
- & More!



**It's never too late to
make a difference**

- Flexible schedule- start quickly
- No experience required- training provided
- 5 to 40 hours per week
- Income-eligible stipend & benefits



Cheiska Motloch- Volunteer Coordinator

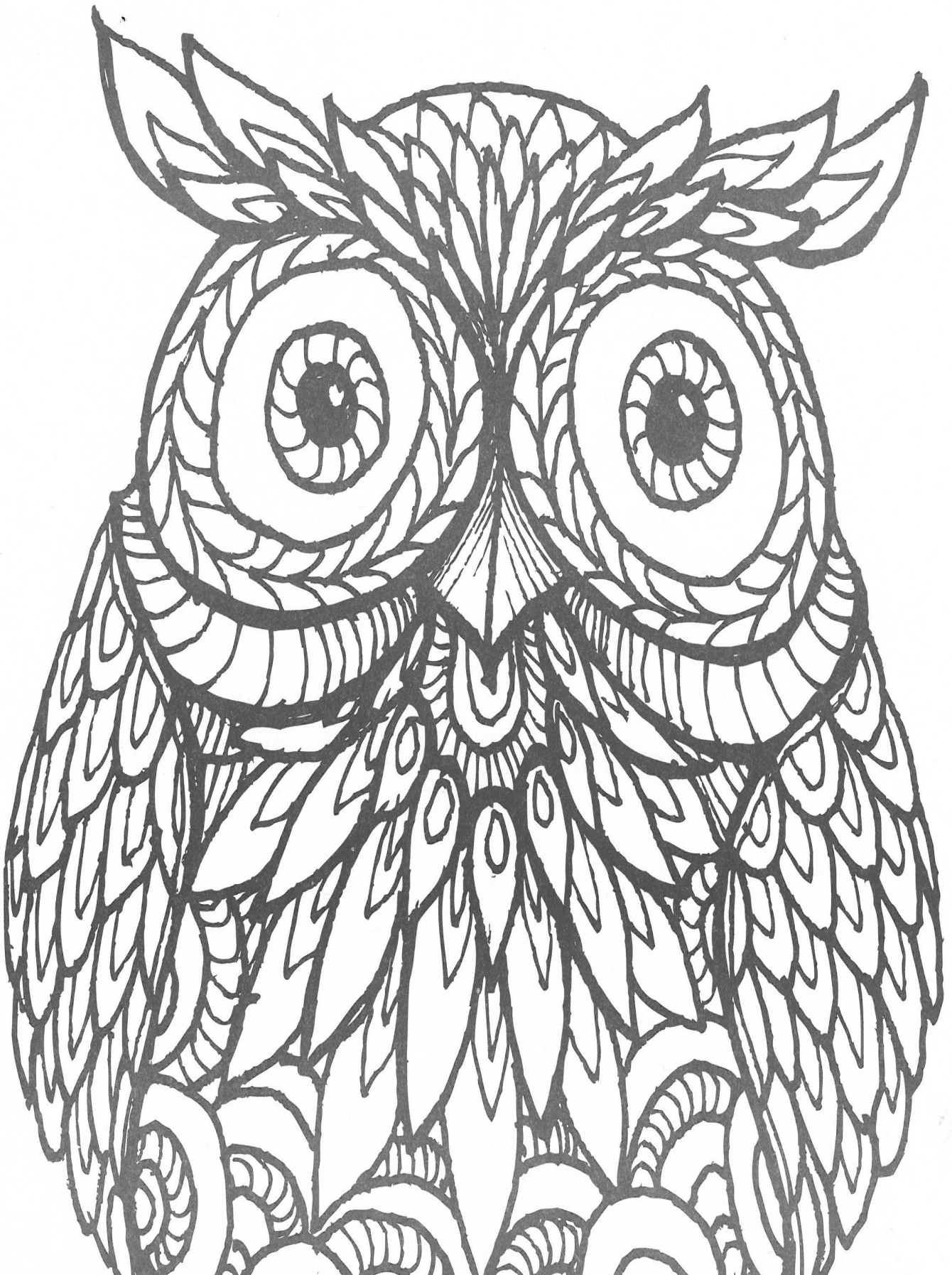
● cmotloch@unitedwayif.org

● 208-881-6211

Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partner-ship—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.



September

2026



	Monday	Tuesday	Wednesday	Thursday	Friday
		09/01/2026 Beef Stroganoff Berry Blend Cauliflower	09/02/2026 Cheeseburger Kiwi Broccoli Tater Tots Cottage Cheese	09/03/2026 Ham & Cheese Sandwich Cantaloupe Carrots, celery Chips	09/04/2026 Chicken Fried Chicken Oranges Succotash Mashed Potatoes Ice cream
	09/07/2026 CLOSED LABOR DAY	09/08/2026 Creamy Turkey pasta Tropical Fruit Oriental Blend Breadstick	09/09/2026 Tuna Pasta Salad Juice Bread & Butter Cottage Cheese	09/10/2026 Farmers Casserole Peaches Winter Blend Country Potatoes Toast & Butter Rice Krispy	09/11/2026 Goulash Pears Green Beans Fruit Snack
	09/14/2026 Bagel Sandwich Plums Lettuce, Tom, Onion Muffin Mayo, Mustard	09/15/2026 Mac & Cheese with hot dogs Blueberries Peas Cookie	09/16/2026 Salisbury Steak Apples Broccoli Mashed Potatoes & Gravy Roll Yogurt	09/17/2026 Turkey Meatball Sandwich Cranberries Celery & Celery Sticks Chips Marinara Sauce	09/18/2026 Tuna Sandwich Bananas Chips Bread Mayo, Cheese
	09/21/2026 Chili Dogs Fruit Cocktail Chuckwagon Blend Sweet Potato tots Jello	09/22/2026 Chicken Quesadillas Mandarin Oranges Onion & Pepper Blend, Salsa French Fries Cherry Fluff Salad	09/23/2026 Chicken Fried Steak Pineapple Green Beans Mashed Potatoes & Gravy	09/24/2026 Grilled Ham & Cheese W/ Tomato Soup Strawberries	09/25/2026 Tater Tot Casserole Apricots California Blend Cookie
	09/28/2026 Smothered Pork Chops Raisins Yellow Squash, Mushrooms Rice Pilaf Roll, Fruit Snack	09/29/2026 Baked Potato & BBQ Pulled Pork Applesauce Peas Sour Cream, Cheese Cake	09/30/2026 Beef Ravioli W/ red Sauce Mango Carrots Garlic Bread Nutri-Grain Bars		

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	2 10:15a Bingo 12:30p Pinochle 10:30p Information Table	3 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	4 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	5 6:00p Bingo- Doors open at 4pm
		10:00a Rose's Coffee				
6	7 Closed for Labor Day	8 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	9 10:15a Bingo 12:30p Pinochle 10:30p Information Table	10 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	11 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	12 6:00p Bingo- Doors open at 4pm
		10:00a Rose's Coffee				
13	14 10:00a MahJongg 5:30p Idaho Falls Gem & Mineral Society	15 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	16 10:15a Bingo 12:30p Pinochle 10:30p Information Table	17 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	18 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	19 6:00p Bingo- Doors open at 4pm
		10:00a Rose's Coffee				
20	21 10:00a MahJongg	22 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	23 9:00a AARP Safe Driving Class 10:15a Bingo 12:30p Pinochle 10:30p Information Table	24 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	25 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	26 6:00p Bingo- Doors open at 4pm
		10:00a Rose's Coffee				
27	28 10:00a MahJongg	29 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	30 10:15a Bingo 12:30p Pinochle 10:30p Information Table			
		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**

Come join our Fit and Fall Proof
Class Every Tuesday and Thursday
at 10am. All are Welcome!!



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

Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

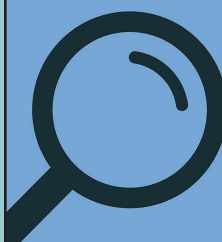
A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the **4th Tuesday of every month** from **12:00pm – 1:30pm** at **EICAP**
935 E. Lincoln Road, IF, 83402,
Phone: 208-522-5391.

Help at the Push of a Button!



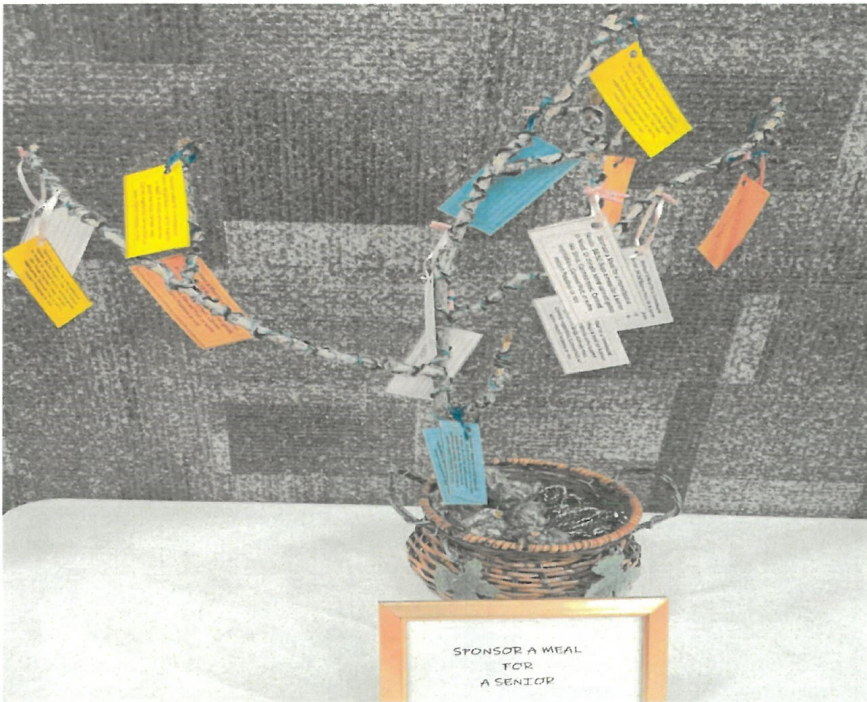
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community.



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	
Jennifer Goddard	DL Evans Bank	
Benjamin McInelly	Cascadia Healthcare	
Mary Ledezma	Retired	
Jenny Martin	Senior Solutions	
Cara Fitzgerald	Comfort Homecare	
-----Non Voting Members-----		
John Radford	Mayor's Office Liaison	
Sarah Ryner	Executive Director	
Ashley Barzee	Associate 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**

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BINGO**

Guaranteed
minimum
60%
payout

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

**& Friday
Evenings**

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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 #66*Horsing Around*

ARENA	GALLOP	SHOW
BRIDLE	GROOMING	STABLES
BRUSH	JUDGE	STALL
CANTER	PONY	TRAIL
CLYDESDALE	REINS	TRAINING
COACH	RIDER	WITHERS
CROSS-COUNTRY	RING	
FARM	SADDLE	

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

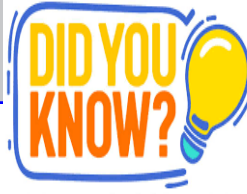
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Thanks.....
your Board of Directors

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.



Thank you for the donations, from all that were able to give. We raised **3,000.00** for our seniors!

We would not have been able to reach that goal without the help of our patrons, our staff, & volunteers.

We appreciate everything you have done to help us with this fundraiser, and hope to see you next year! You are all AMAZING!

Thank you

~ Senior Citizens Community Center



FYI

During the month of July our capable KITCHEN AND DELIVERY PERSONNEL served 409 meals at the center, and produced and Delivered 4,850 meals to home-bound seniors through our Meals On Wheels program (Total meals: 5,259)

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)

Our community wouldn't be the same without you!

Advertise in Our Newsletter!

Contact Shannon Miller

smiller1@4LPi.com
(800) 950-9952 x2257



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IMMEDIATELY 

I think one of my favorite
feelings is laughing with
someone and realizing
half way through how
much you enjoy them and
their existence.

Unknown | Soul in Ink



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.

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

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 July

Crafters	\$14
Bingo Charity Wed, Fri, & Sat	\$4490.88
Congregate Lunch	\$373.23
Congregate Beverage	\$0
Ladies Coffee	\$31.60
Fit & Fall Exercise	\$129
Hand & Foot Cards	\$13
Mah-Jongg: Individual Donations	\$0
Painting Group	\$23
Pinochle	\$113
Pinochle (Bev Only)	\$5
Pool	\$74
Rose's Gentlemen's Group	\$112.
Woodcarvers	\$19
Misc. fundraiser	\$0
Other/ individual Donation	\$1,500
Total	\$6,897.71

**United
Way**



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