

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

208-233-1212

www.pocatellosac.org



WORD FROM THE DIRECTOR

I have long held the core belief that we are more alike than we are different. This last year, serving the Senior Activity Center, has only confirmed this belief. We each come to the SAC for a variety of reasons. Despite the various reasons, gathered together in the dining room, we share a meal. Through conversations, observations, and actions, I see a room filled with people of various backgrounds, beliefs, socioeconomic status, interests, life experience, and heritage. Through all our differences, we gather together. In that room, strangers become friends. The cold are warmed. The hungry are fed. The lonely are not alone. Stories are shared. Memories are made. Community is built. I am reminded, yet again, we are more alike than we are different. Thank you for showing me just how true this statement is.

As this month is a time to give thanks, I want to extend my gratitude to each of you. Your efforts and dedication make the SAC the great organization that it is. At the core of it all is the Congregate Nutrition Program. This program provides those 60 and above to receive nutrition services in a congregate setting with the purpose of 1) to reduce hunger 2) to promote socialization and 3) promote the health and well-being of older individuals. These nutrition services are available for eligible consumers regardless of their ability or choice to contribute to the cost of meals. As a designated meal site, we ensure each consumer is provided the opportunity to make voluntary contributions in the form of time or money. With meals costing \$10-14/meal to make, it is vital we receive the reimbursement of \$4/meal from the Area Agency on Aging. Please remember to check in at the kiosk and confirm you have checked "Nutrition Program Congregate Meal". Thank you for doing your part to support this organization.

We all win, when you check in.

Thank you,
Tara Contreras - Director

Important Dates

Nov 11 Veterans Day Closed

Nov 26 Early Closure 1:00PM

Nov 27 & 28 Thanksgiving
Closed

Board Elections

Nov 5 Nominations Close

Nov 13 Meet the Candidates

Nov 19 Board Elections

Lunch Entertainment:

Nov 4 Roy McKee

Nov 6 Keith Ward Jazz

Nov 12 Farnes & Fronske

Nov 14 Boyd Murdock

Bingo
Every Friday

Dining Room, 12:45PM

Dance Lessons
Every Wednesday

Dining Room, 1:00PM



October

2180 Meals Served
115 Meals/Day

The menu, newsletter,
and activity calendar
may be found at
www.pocatellosac.org

Hours of Operation

Monday	9:30AM to 1:30PM
Tuesday	8:00AM to 5:00PM
Wednesday	8:00AM to 5:00PM
Thursday	8:00AM to 5:00PM
Friday	8:00AM to 5:00PM

Lunch Served

Tuesday-Friday, 11:30-12:30PM