

September 2025

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

208-233-1212

www.pocatellosac.org



SEPTEMBER 8-12

MALNUTRITION AWARENESS WEEK

Important Dates

Sept 10 Coffee w/ Veterans
Dining Room, 10:00AM

Sept 23 Blood Pressure Clinic
Room 11, 11:00AM

Sept 2 & 26 Info Table
Seniors Serving Seniors
Dining Room, 11:30AM

Lunch Entertainment:

Sept 10 Farnes & Fronske

Sept 12 Boyd Murdock

Sept 16 Roy McKee

Sept 23 Neil Fetzer

WORD FROM THE DIRECTOR

I am not sure what happened to August. It was there and then it wasn't. As I write this, the Eastern Idaho State Fair is in full swing, our Stayin' Alive Golf Tournament is days away (get your raffle tickets, prizes are incredible), NKA is back with Fall classes, and I am still trying to reconcile with my brain that it is no longer August.

Through the month of August, we saw amazing support and a surge in volunteers stepping up to fill in the gaps. The kitchen never skipped a beat due to the efforts of those that answered the call for help. Individuals have helped in the dining room by gathering water pitchers and cups, wiping down tables, and even doing the small things such as pushing in chairs after each lunch. At the end of the day, some have run vacuums through the building. In short, you have seen what needed to be done and jumped in to do it. Class facilitators have taken on the responsibility of leaving rooms better than they found them. For some, a monetary donation came as their way to show support. Each and every effort is welcomed and appreciated. Because of you, we are able to do great things for the seniors in our community. I anticipate that September will be even

better.

Thank you,

Tara Contreras - Director

AUGUST

1727 Meals Served
101 Meals/Day

Bingo
Every Friday
Dining Room, 12:45PM



Dance Lessons
Every Wednesday
Dining Room, 1:00PM



The menu, newsletter, and activity calendar are posted to our website.
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