



*Gather your friends,
come and meet new friends,
for games, socializing, and a chance to win.*

**EVERY
FRIDAY**

**12:45-
4:00 PM**

**DINING
ROOM**

**Refreshments Served
\$10 & \$13 Packets**

**B
12**

**B
12**

**N
44**

30

30

**N
44**



Enjoy a Fall-Free Summer Outdoors With Experts Emily Elsner and Sam Picciano

Summer offers opportunities to be active and enjoy natural beauty. Join us to learn how to do so safely and without falls that could easily end your enjoyment! Discover how devices like hiking poles can enhance your experience and simple strategies can keep picnic and campsites safe.

Join us for our Summer Falls Prevention Online Seminar

 Thursday, July 30, 2026

 12:00 – 1:00pm MDT | 11:00 – 12:00pm PDT

To Register:

<https://aging.idaho.gov/stay-healthy/falls-prevention/>

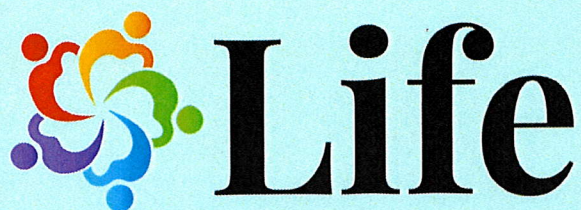
About the Presenters

Emily Elsner grew up in Idaho surrounded by the beautiful high desert of the Owyhees. She earned degrees in exercise Science and community health Education. Emily fosters her love of the outdoors through rock climbing, mountain biking, and skiing. Emily worked with the university outdoor program and started an afterschool outdoor program for local students, she realized the value of outdoor education that carried her through a decade of leading outdoor adventures. Emily is also Wilderness First Responder Certified.

Sam (Samantha) Picciano holds an MS in Visual Disabilities Education. She is a certified Mobility Specialist with more than a decade of experience supporting individuals across educational, nonprofit, and community-based settings. Sam focuses on expanding meaningful opportunities that help individuals build independence, confidence, and connection in their daily lives. Her activities often include her dog, Bramble.

Brought to you by the Falls Prevention Coalition of Idaho (FPC-ID), a program under the Idaho Commission on Aging. Additional information can be found at www.aging.idaho.gov/falls.





A Center for Independent Living

Presents

CommUNITY Festival

Celebrating the Americans
with Disabilities Act (ADA)

Celebrate community, inclusion, and independence with LIFE! Join us for our annual **CommUNITY Festival**, a free event featuring local vendors, community resources, food, music, family-friendly activities, and opportunities to connect while celebrating the Americans with Disabilities Act (ADA) and the strength of an inclusive community.

THURSDAY, JULY 30, 2026

12:00 PM – 2:00 PM

Mountain View Event Center

1567 Way to Grace Ave. Pocatello, ID

Free tickets are required for entry.

Pick up your tickets at the LIFE Center
for Independent Living before the event.

Questions? Call LIFE at (208) 232-2747

EVERYONE WELCOME!



SATURDAY BINGO



**SECOND SATURDAY
OF THE MONTH**

July 11 & August 8 (2026)



***DOORS OPEN AT 12PM
GAME STARTS AT 1PM***

FOOD AND DRINKS AVAILABLE FOR PURCHASE

**PACKETS \$10, 50/50 Raffle, Bonus Games
ASL Interpreter Available**

**MUST BE 18 TO PLAY. PURCHASE REQUIRED. CASH ONLY.
PROCEEDS BENEFIT THE SENIOR ACTIVITY CENTER.**

For more information call Adam at 208-360-7121





SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you may save money on your auto insurance!*

- 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

**Friday, August 14, 2026
8:45 AM - 4:00 PM**

LOCATION

**Senior Activity Center
427 N 6th Avenue
Pocatello, Idaho 83201**

REGISTER

Ann Jensen, (208) 589-9186

NOTES

Course Fee: Pay with cash or check only.

Lunch: Eat at the SAC for a \$6.00 donation or make other arrangements.

COST

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

TO FIND ADDITIONAL COURSES

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

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



LIVIN' LA VIDA YOGA

FREE FOR ALL AGES AND ABILITIES!!

ISU CADET FIELD

YOGA
8AM-9AM

HEALTH ROW
9AM-10AM



REGISTER HERE

BRING YOUR OWN WATER
BOTTLE & YOGA MAT

ALLOW EXTRA TIME FOR
PARKING AND WALKING

FIRST 100 PEOPLE WILL
GET A FREE YOGA MAT!



CELEBRATING 125 YEARS

WITH ISU & THE CHAMBER OF COMMERCE!

