

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

208-233-1212

www.pocatellosac.org

WORD FROM THE DIRECTOR

Over the Christmas break, I discovered this show called *Ripple*. As I watched each episode, I kept catching myself thinking of and seeing parallels with the Senior Activity Center. *Ripple* is about connection, loss, resilience, and found family through relatable characters dealing with personal struggles like grief and hope. If I may, I would like to share a brief dialogue between two main characters.

The character Nate, navigating cancer treatments, owns a popular wine bar and is needing a partner/investor to keep things going. Walter, an older gentleman, recently widowed, lives in the apartments above the bar. Walter has asked Nate if he could be the investor. This is their interaction.

Walter: *"I have had the privilege of sitting at the bar week after week. Couples meet. Friends laugh. Coworkers toast. People want to spend their time here. Now Brenda was the reason I first walked through that door. What you have built here is the reason that keeps me coming back. This place, I know it's yours. But it's not just yours."*

Nate: *"So Walter, what I need is a partner that loves this place as much as I do. And I don't think you love this place as much as I do. I think you love it more. Which I didn't think was possible."*

From my role here at the SAC, I see a similar scenario play out over and over. For example, not long ago a new member, let's call him Frank, came to the SAC to have lunch. With his wife passing a few months prior, his children had noticed he had lost a bit of weight. Concerned for their father, they encouraged him to come to the SAC to make friends and participate in the congregate meal. On that first day, he came for the meal.

To appease his children, he sent pictures of his meal each day. However, more was happening. He made connections with those around him. He found himself eager to join everyone for lunch, not just for the meal, but for relationships that were growing. Similar to Walter, Frank has now been coming to the SAC week after week. He spends his time here. Now, the meal is what first brought him here. This place and what he has built here is what keeps him coming back.

As we move into 2026, I ask you to keep doing what you are doing. Join us for a congregate meal and stay for all the other things. This place needs you. As shared with me by many of you, you need this place. I repeat the words of Nate, "I don't think you love this place as much as I do. I think you love it more."

Thank you,
Tara Contreras
Director

DECEMBER
1774 Meals Served
111 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	

We all win, when you check in.

Important Dates

Jan 14 Coffee with Veterans
Jan 16 Foot Clinic
Jan 19 CLOSED MLK Day
Jan 20 Reverse Mortgage 101
Jan 26 Travel Training
Jan 27 Blood Pressure Clinic

Lunch Entertainment:

Jan 7 Orla O'Connor
Jan 16 Boyd Murdock
Jan 28 Roy McKee

Bingo
Every Friday
Dining Room, 12:45PM

