

Friday, Sept 4
Monday, Sept 7



**WE ARE
CLOSED**

for Labor Day



JOIN THE *Senior Activity Center*

MUSEUM *of* CLEAN

• PRIVATE TOUR •

Where
History
Sparkles!



WEDNESDAY,
SEPTEMBER 9



1:30 PM



ADMISSION:

\$8



20%
SAVINGS



Sign up recommended
in SAC main office.

POCATELLO
SENIOR ACTIVITY CENTER

*We Need
YOU!*

VOLUNTEERS

Needed for

B I N G O

Help create smiles, connection,
and fun for our senior community!



Our Bingo events bring people together
for laughter, friendship, and memories
that last. You can be a part of it!

*Make a
DIFFERENCE!*

*Have Fun!
Meet Great People!*



Call Bingo
Numbers



Assist with Cards
& Supplies



Help with
Prizes



Greet & Welcome
Participants



We'd love to have you join us!



CONTACT BONNIE OR TARA
208-233-1212

*Your time can
make their day!*





HELP SHAPE POCATELLO'S FUTURE! ➤

THE CITY IS UPDATING ITS 5-YEAR CDBG CONSOLIDATED PLAN

Your input will help guide how federal Community Development Block Grant (CDBG) funds are invested in our community over the next 5 years.

WE WANT TO HEAR ABOUT:



Affordable Housing



Housing Repairs & Neighborhood Revitalization



Public Facilities & Infrastructure



Services for Seniors, Families & Youth



Accessibility & Community Needs

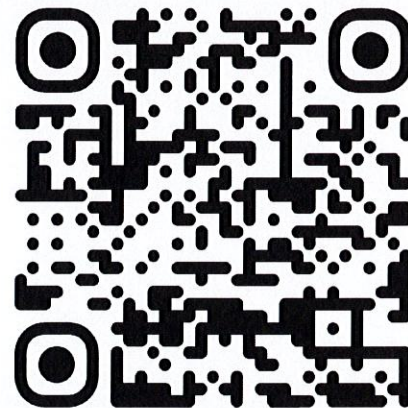


Economic Opportunity & Homeless Services



TAKE THE SURVEY!

Scan the QR code to share your priorities.



NO LOGIN
REQUIRED



ANSWERS ARE
ANONYMOUS



**TOGETHER, WE CAN BUILD
A STRONGER POCATELLO!**



Thank you for taking the time to make your voice heard.

Healthy Living 101:

Fall 2026

Join Healthy City, USA this fall for a series designed to support the general population. Classes will be held in person at 1001 N 7th Ave. Pocatello, ID 83201 and online as well. A light lunch is provided to those who are registered for in-person. Let's take charge of your health!



Tuesday, October 6th 12:00PM-1:00PM

Pillars of Prevention

What are the pillars, reducing risks of chronic disease, and SMART goals



Tuesday, October 13th 12:00PM-1:00PM

Nourishing Yourself & Your Family

Ensure the whole family is getting what they need nutritionally



Tuesday, October 20th 12:00PM-1:00PM

Motion is Lotion

How exercise and movement can empower you and your health



Tuesday, October 27th 12:00PM-1:00PM

Healthy Whole Self

Tying it all together, your health moving forward

Register for in person or Zoom!



QUESTIONS?

 208-239-1955

 info@portneufhealthtrust.org

portneufhealthtrust.org/healthy-living-education/

September 2026

Fall is just around the corner! Many of us have enjoyed gardening this summer and now have an abundance of produce. Begin the canning/freezing process now to save both time and money. Doing so early can also help avoid any food waste. Can fruits and vegetables such as asparagus, peaches, pears, apples, etc. Quickly blanch, dry, and freeze batches of corn on the cob, carrots, vegetable mixes, peppers, etc. Fruits that require little work include berries. Wash them, pat dry, place in a freezer-safe storage bag, and freeze! Take out minutes before enjoying on top or mixed in a cake, yogurt, cottage cheese, or smoothie. Fresh herbs such as parsley, thyme, mint, oregano, and basil can be rinsed, laid out to dry on a paper towel, crushed, and stored in an airtight container for months to be used at a later time.

September 16th is National Guacamole month! Take advantage of your fresh harvest and add them to avocados for a fresh, inexpensive, protein-packed snack! One avocado contains about 4 grams of protein, and is rich in fiber and vitamin C.

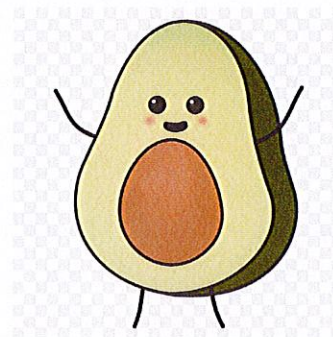
Guacamole

- 2 ripe avocados
- 2 roma tomatoes - minced
- 1 small onion (any color) - minced
- 1 pepper (jalapeno, serrano, anaheim, etc.) - minced
- 1 lime - juiced
- 3 tablespoons fresh cilantro - minced
- Salt & pepper to taste

Peel and smash avocados in a large bowl. Add in the rest of the ingredients and mix well, enjoy! Top guacamole on eggs, cottage cheese, salads, tacos, beans, or enjoy plain!

Notes:

- Peppers can be deveined or seeds taken out to reduce heat
- Store refrigerated in an airtight container up to 5 days





► FOOD AND PHYSICAL ACTIVITY CHECKLIST



- ☐ Eat foods from each food group each day.
- ☐ Use measuring cups to learn what 1 cup and $\frac{1}{2}$ cup look like.
- ☐ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ☐ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ☐ Visit a local farmers market to buy fruits and vegetables in season.
- ☐ Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- ☐ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- ☐ Use the Nutrition Facts label to find healthier foods at the grocery store.

- ☐ Play active games like tag or jump rope with children.
- ☐ Walk with the kids to school each day.
- ☐ Take the stairs, not the elevator.
- ☐ Be physically active for at least $2\frac{1}{2}$ hours per week. Take a walk or jog at lunchtime or in the evening.
- ☐ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:



United States
Department
of Agriculture

► BRAISED CHICKEN THIGHS WITH SPINACH

COOK TIME: 1 hour and 10 minutes

MAKES: four 4-ounce servings

INGREDIENTS:

- 4 (6-ounce) chicken thighs, bone-in, skin removed
- 1 teaspoon oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small onion, peeled, chopped
- 3 garlic cloves, peeled, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 cup water
- 1 10-ounce package frozen or 1 bunch fresh spinach



NUTRIENTS PER SERVING:

Calories 185, Protein 22 g, Dietary Fiber 2 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 112 mg, Sodium 423 mg.

DIRECTIONS:

1. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme, and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water, and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts. Serve right away.



For more recipes visit
WhatsCooking.fns.usda.gov.



November 2014
Food and Nutrition Service
*USDA is an equal opportunity
provider and employer.*