



Newsletter
April 2025

SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Mon-Thurs 8:00-3:00
Fri 8:00- 12:00
208-263-6860

The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational site for social, recreational, and wellness programs.

Need a meal delivered to your home or connecting elder services in the area? Call for more information!

Check out our website

www.sandpointareaseniors.org
a 501 (c) 3 non-profit corporation

April is Volunteer Appreciation month.

To say we couldn't complete our day to day work without our volunteers is an understatement. We appreciate every single one of our volunteers. Pictured below are just a few of our volunteers. Thank you!



Beryl Ryan



Craig Royer



Skip Young



Donna Branstetter



Dan Haley

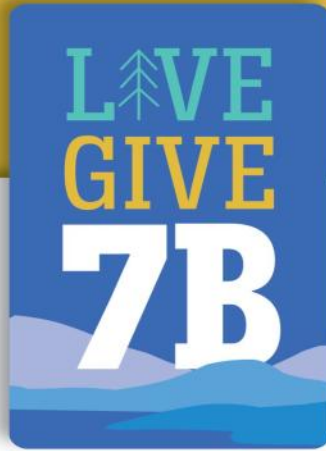


Betty Overland

Are you thinking about volunteering but don't know where to start?

Currently SASi is in need of a dining room volunteer on Mondays and Tuesdays during the hours of 8:00- 1:00. We are also needing a Thursday Home Delivered Meal Driver 10:30- 12:30. You can visit our website at sandpointareaseniors.org or come in person at 820 Main St to fill out a volunteer application. We can't wait to meet you.





Join us for a community inspired giving campaign, supporting everything we love about living in 7B!

APRIL 14-18

7BGIVES.org

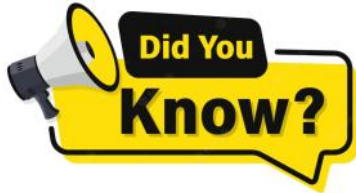
Live Give 7B is a 5-day fundraising fiesta that inspires community-wide giving and showcases the vital work of Bonner County nonprofits. This truly local nonprofit giving week is brand new and unites over 60 nonprofits!

GIVE WHERE YOU LIVE.

Kicking off April 14th and culminating in a community celebration at Matchwood Brewing on April 18th, this entire campaign shines a light on the local businesses, nonprofits, and organizations that keep our community strong and connected.

Follow our campaign stories on Facebook , at SASi and on our website throughout the giving week.

Stay tuned for more details coming soon!



The Senior Center is a place you can rent for your next upcoming activity! Do you have a family reunion, game night, baby shower that you are planning and don't have the space? Call us at 208-263-6860 or stop by in person at 820 Main St in



SASi now has an Amazon Wish List. You can find this on our website or just search for "SASi Wish List" on amazon.com



General Tech Help at SASi

Join Chris Watson in April on Wednesdays 12:00- 1:00 for free general technology help. First come first serve. Call 208-263-6860 for more

Medical Equipment

Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Bring us your gently used medical equipment as long as its clean and during business hours! Mon-Thurs 8-10:30 am or 12:30-2:30 pm.

Thank you for your support.



Board of Directors

President: Loris Michael
Vice President: Weslie Kary
Secretary: Judy McComish
Treasurer: Kellie Dryden

Sue Poppino
Jane Evans
Paige McMaster
Lindsey Hughes

Sasi Staff

Director: Lisa Bond
Finance Manager: Nancy Savage
Administrative Assistant: Arie Sykes
Head Chef: Brenda Curtis
Sous Chef: Melissa Headrick
Custodian: Brad Webb
Meal Coordinator: Jessie Vachon
Nutritional Assistants: Nova Dodd, Kristi Coldsnow
Volunteer Coordinator: Sue Poppino

SASI UPCOMING ACTIVITIES

- Art Classes- Wed 12:30- 2:30 water colors
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Fit n Fall Proof Mon & Thurs 3:00
- Library Thurs 4/3 & 4/17 10:30- 12:30
- Music with Dan-o Mon 11:00
- Open pool Table Thurs 8:30 am
- Piano Music and with Betty Overland Tues & Thurs 11:00
- Pinochle Wed 9:30
- **Tech Help Wed 12:00-1:00 (NEW)**
- Yoga inspired Chair Exercises Tue 2:00
- Do you have a game you like to play but need a bigger space to host? We have the space. If interested please call 208-263-6860.

SAVE THE DATES

- Old Time Fiddler Jam Sat 4/5 2:00
- **Geezer Forum Tue 4/8 Marigold Bistro & Cafe Estate planning**
- Chair massage by appointment Wed 4/9
- Guest Chef Lynn Harpe Wed 4/9 11:30 Chicken and Dumplings
- **Live Give 7B. 5 Day fundraising fiesta. Mon 4/14 – Fri 4/18. More info to come**
- CDA Casino Mon 4/14 8:30 depart with reservations
- Easter Lunch Thurs 4/17 11:30 Chicken
- Musical Life Story Thurs 4/17 12:15. Patsy Cline
- Felt making class Thurs 4/17 12:30 Bunny clips
- Birthday Thursday 4/24 11:30 50/50 Winner announced
- Medicare presentation 4/24 12:00
- **Breakfast Fri 4/25 8:30 with reservations \$15 charge (price increase)**
- Board Meeting is on Fri 4/25 at 10:30 Open to the public
- Bingo Sat 4/26 Doors open 12:30 play 1:00-3:00
- Home Horticulture Gardening workshop "as we age" Wed 4/30 3:00-5:00
- Personal Memoir workshop by Sara Jane Ruggles Thurs 5/8 12:15 . Call 208-263-6860 for info
- Mother's Day Brunch Sat 5/10 11:00 – 1:00 Reservations required. Limited seating \$ 50 per person. Call 208-263-2860 for more info. Flyer coming soon.

Senior Companion Program

The Senior Companions Program is a volunteer program that provides companionship and respite care to the elderly and disabled. Sponsored by Panhandle Health District, it serves the five northern counties: Benewah, Bonner, Boundary, Kootenai, and Shoshone. It allows low income senior volunteers an opportunity to assist those who need minor help to continue living independently. Senior Companions visit clients in their homes, but it is not an in-home care program. We are always seeking volunteers to assist with companionship for this fun and rewarding program!

If interested in becoming a senior companion or are needing a companion please contact Dan Perry at 208-415-5177 or www.seniorcompanionsidaho.org

Alzheimer's Support Groups

For Families, Caregivers and Friends of those with Dementia, Alzheimer's, and memory challenges meet on the 1st and 3rd Thursdays, 1 - 2:30 pm at the Tango Café Meeting Room located at 414 Church St. Call Facilitator, Jan Griffiths 208.290.1973

SASI Dining Room Lunch

Lunch is served Mon-Thurs at 11:30

As always, call the day before or no later than 9:30 am the day of Mon- Thurs to reserve your meal.

Lunch Price: Seniors 60 yrs and older: \$7 suggested donation. Guests under age 60: \$10 charge (mandatory)

We have salad bar Mon- Wed at 11:00!

Next breakfast is Fri April 25th at 8:30

UPDATE: Due to the rising cost of groceries, especially eggs we have made the decision to increase our Breakfast cost to \$15 per person. Thank you for understanding .

Sandpoint Area 208-263-6860
Seniors Inc. www.sandpointareaseniors.org



MONTHLY BREAKFAST FUNDRAISER

LAST FRIDAY OF EACH MONTH

8:30 AM

\$15 PER PERSON
ALL AGES WELCOME!

- EGGS
- BREAKFAST POTATOES
- YOUR CHOICE OF BREAKFAST MEATS
- PANCAKES
- FRESH FRUITS
- FRUIT JUICE AND COFFEE

Reservations are required and will not be accepted after 3pm on the Thursday before breakfast. Please call 208-263-6860 to



Rain
Upon the pane,
The silver rain
Is making music gay ;
And in a heap
The cat will sleep
Beneath the stove all day

-Anonymous



Leslie Ferris 4/3
Vickie Labelle 4/6
Patti Stark 4/9
Robert Bussey 4/12
Lisa Heinsen 4/12
Joyce Shaffer 4/12
Sadie Johnston 4/13
Barbara Rolph 4/13
Herbert Klein 4/14
Ellen Martin 4/14
Diane Gow 4/15
Terry Oneal 4/15
Almira Sadewic 4/15
Kevin Savage 4/16
Murry Butler 4/17

Suzi Marshall 4/17
Brad Webb 4/18
Hart Gleason 4/21
Fred Olsen 4/21
Linda Marks 4/22
Ralph Merrick 4/22
RoseMary Fitzhenry 4/23
Ketty Musson 4/23
Betty Johnson 4/23
Leona McCawley 4/25
Albert Gunter 4/25
Douglas Moe 4/25
Arleen Erland 4/28
Dave Pietz 4/30

SASi Wish List

11" or 12" white square napkins
Shipping Labels #ST18066
Store bought cookies
Cake mixes yellow, white & chocolate
Individually packaged chips
Individually wrapped candy esp chocolate
Individually wrapped Tea packets
Ground Folgers Coffee
Grocery bags
ink cartridge color coloworld 211XL and black 210XL

Bottled water
Fruit cups
Frosting
White out tape
Pudding Cups
8.5x 11 copy paper

KUDOS

- Thank you Adele Martin for the post it notes.
- Thank you Sally Sacht, Frankie Roberson & Jo Brewer for your help assembling newsletters.
- Thank you Shakura Young, Annette Braun, Betty Overland, Lindsey Hughes, Miss Headrick, Loris Michael, John & Rita Chellman for the candy.
- Thank you Sue & Mick Poppino for the tea.
- Thank you Betty Overland for the to go containers.
- Thank you Nikki Klein for the wish list items.
- Thank you Patti Stark for the post it notes and Tea.
- Thank you Jo Brewer & Frankie Roberson for the coffee and to go containers.
- Thank you Bud & Paulette Britain for our wish list items and the cute bunny napkin holders.
- Thank you Betty Overland for the chair booties.
- Thank you Bob Gooby for sharpening our knives.
- Thank you to our SASi Volunteers and the First Presbyterian Church committee for the successful St. Patrick's Day dinner. Pic below
- Congrats to Wilbur Shaffer our 50/50 Winner.



Would you like to receive this newsletter *at home*?
 Help us save paper and receive it free through *email*.
 Please provide your email address.
 Newsletters, menu, and activity calendar are also on our website at www.sandpointareaseniors.org We can mail it to you for \$24/year to cover printing and mailing.



Like us on Facebook!

<https://www.facebook.com/SASiSeniors/>



Thank you generous supporters!! Find names and logos from donor organizations at www.sandpointareaseniors.org/community-support/

Shop at Yokes and support SASI!



Support Sandpoint Area Seniors with a Yoke's eScrip community card.

- Visit Yoke's Market & request a Yoke's eScrip Community Card.
- Activate your card by calling 1.800.931.6258 or visit www.escrip.com/yokes.jsp
- Present your card to the cashier every time you shop at Yoke's.
- Simply swiping your card generates contributions from Yoke's to Sasi.
- The more you shop, the higher the contribution. For every dollar you spend, Yoke's will contribute up to 5% of your purchase amount.

Sandpoint Senior Center Inc Group ID# 500043338

SUDOKU

Complete the grid so each row, Column and 3-by-3 box (in bold borders) Contains every digit from 1-9.
 For strategies on solving Sudoku, visit Sudoku.org.uk. Level Easy



| | | | | | | | |
|----------|----------|--|----------|----------|----------|----------|----------|
| 1 | | | 3 | | | | 6 |
| | | | 5 | 2 | | | 9 |
| 7 | | | 6 | | | | 4 |
| 2 | 7 | | 6 | | 4 | | |
| 3 | 6 | | 4 | | 7 | 5 | |
| 8 | | | | | | | 3 |
| 5 | | | 3 | | 1 | | |
| 6 | | | 5 | | | | 8 |



Kitchen Korner

Hello SASi

Time Flies when you are having fun.

We have invited Lynn Harpe, our former chef to host a lunch. She has a famous, well loved recipe for Chicken and Dumplings and is going to share it with us on Wed April 9th.

We love to have old faithful recipes and encourage everyone to make suggestions in the suggestion box, located in the lobby near the candy bin. We love new menu ideas and are happy to cook like grandma!...Lots of summertime fun coming so stay connected!

Health and Happiness

Chef Brenda

Special Thank you to RefrigerShawn Service Co who donated to fix our commercial fridge for free!!!!

What a blessing,



Geezer Forum

Tue April 8th 2:30
at Marigold Bistro & Café

Come hear experts in the field of estate planning. They will be offering things to think about as you plan your retirement.

ESTATE PLANNING



Sandpoint Library at SASi



The Library hosted by Kim Bevers will be at SASi on Thurs 4/3 & 4/17 10:30- 12:30. Come check out anything from movies, books on CD, large print books and more!

DONATE TODAY!

Did you know you can make an instant donation by scanning this QR code?



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1-800-786-5536 ext 4071
Or email smp@nic.edu**

This project was supported, in part by grant number 90MPPG0034-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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 Zinger, Elmer

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 Bunco Babes
 Community Assist. League
 Dover Community Church
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*Thank you to all of our anonymous & Individual donors !!
 If we have missed listing you, please notify us*

Special Thanks To



Many thanks to all of our donors, we couldn't do it without you!!!

**SASi is a 501(c)3 non profit organization. Your donations are tax deductible!!
 We appreciate all of your contributions, any size!**

Sandpoint Area Seniors, inc. (SASi) is funded primarily through grants and *your donations!* We receive only partial reimbursement from the Area Agency on Aging of North Idaho. This funding covers approximately 1/3 the cost of our nutrition programs. SASi currently provides approximately 2,300 meals a month, both in-house and home-delivered throughout Bonner County.
 The Senior Center is a Center for Social, Health, Educational Classes, and Events.



Name _____ Email _____

Address _____ Donation Amount \$ _____

**I/We want to help Sandpoint Area Seniors, Inc. keep the doors open! Drop off or mail to:
 SASI, 820 Main Street, Sandpoint, Idaho 83864**