



Newsletter  
**October 2026**  
**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**

*Medical Equipment*  
Mon-Thurs 8:00- 10:30 &  
12:30 – 2:30

**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](http://www.sandpointareaseniors.org)  
a 501 (c) 3 non-profit corporation



# *Turkey Bingo Fundraiser*

**Fun For The Whole Family! Prizes, Raffles and More!**  
**Join Us for Sandpoint Area Seniors Inc. annual Turkey Bingo Fundraiser**

**Sat, November 7th at the Sandpoint Senior Center**  
**820 Main St. Sandpoint, ID 83864**

**Doors open at 12pm and Games begin at 1pm**  
**4 Cards for \$25 (\$5 per card after the first 4)**  
**Raffle tickets, Basket tickets and light refreshments sold separately**

**Turkey or Ham awarded to the first winner of each game.**  
**Any additional winners will receive a gift certificate for \$15**

**For information please call 208.263.6860**  
**or visit [www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)**



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# Our Monthly Breakfast Fundraiser

We want to thank everyone that helped make this years monthly breakfast fundraiser a success. This fundraiser took a lot of hands on deck and we can't express enough gratitude to everyone involved. We want to give a special thank you to Wendy Franck and Monica Lorenz for cooking for us. Please join us on Friday October 30th as we wrap up this years last Breakfast. Costumes are encouraged. Keep an eye out for next year and what SASi has planned for 2027.



Ted Farmin & Patti McDonnell



Judy McComish

**SANDPOINT AREA SENIORS INC.**

**MONTHLY BREAKFAST FUNDRAISER**

Guest Chef  
**Wendy Franck**  
from the Hoot Owl

Last Friday of Each Month \$10 Per Person

8:30 AM All Ages Welcome!

Reservations are required and will not be accepted after 3 pm on the Thursday before breakfast. Please call (208) 263-6860 to make your reservation today. Limited Seating.

[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)



Wendy Franck & Monica Lorenz



## Art Alive at the Panida

On September 12, we gathered at the Panida Theater to experience live art come to life and raise funds for SASi. It was a wonderful evening filled with creativity, connection, and community. A heartfelt thank you to our artists, pianist, emcee, and planning committee for helping make the night such a success. Together, we had a great time—and made a meaningful impact for local seniors.



# Donation from The Co-OP

SASi extends its heartfelt gratitude to The CO-OP for their generous donation of one pig and one steer. This contribution directly supports our homebound seniors and the weekly guests who visit our dining room. Thank you for your continued partnership and dedication to supporting our community.



SASi Development Director  
William Brasch & CO-OP Manager  
George Haley

## The CO-OP Gas & Supply Company

### Free Tech/A.I. Help

Lindy Flynn is hosting free general tech help here at SASi. Bring in your devices at a first come first serve basis. Lindy specializes in troubleshooting.

Next class will be Wed 10/14 & Thurs 10/15  
12:30-2:30

#### Board of Directors

Election Results will be in November's Newsletter



#### Current SASi Board & Recording Secretary

Back row L to R: Sue Poppino, Board President Lindsey Hughes, Robbie Gleason, Vice President Weslie Kary,  
Front row: Treasurer Kellie Dryden, Linda Zinn, Secretary Judy McComish, Joann Munch, Jane Evans, & Recording Secretary Adele Martin.

### SASi UPCOMING ACTIVITIES

- Art Class wed 10/7-11/18 12:30-2:30 acrylic paint
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Fit n Fall Proof Mon & Thurs 3:00-4:00
- Music with Dan-o Mon 11:00-11:30
- Open pool table Mon, Tues, Thurs 8:30– 10:30
- Piano music w/Richard Sandall Tues 11:00-11:30
- Pinochle Wed 9:30 –11:30 & 12:00-3:00
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- **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

- Felt Class Thurs 10/1 12:30 \$10
- Old Time Fiddler Jam Sat 10/3 2:00-4:00
- Geezer Forum Tue 10/13 2:30 at Marigold Bistro & Cafe
- Tech /A.I. Help Wed 10/14 & Thurs 10/15 12:30-2:30
- Board Meeting is on Fri 10/23 at 10:30  
Open to the public.
- Halloween Lunch Thurs 10/29 11:30  
Costumes encouraged.
- Birthday Thursday 10/29 at 11:30  
50/50 Results announced.
- Fraud prevention presentation from the Library Thurs 10/29 12:30-1:30
- Breakfast Fundraiser Fri 10/30 8:30 with  
reservations \$10 charge. Halloween costumes encouraged.
- Bingo Sat 10/31 Doors Open 12:30 Play begins 1:00. Halloween costumes encouraged. Prize for best costume.
- Turkey Bingo Sat 11/7 Doors Open 12:00  
Play begins 1:00. See Flyer.

Like us on Facebook!

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



#### SASi Staff

Operations Manager & Meal Coordinator: **Jessie Vachon**  
Development Director: **William Brasch**  
Finance Manager: **Nancy Savage**  
Administrative Assistant: **Arie Sykes**  
Head Chef: **Brenda Curtis**  
Sous Chef: **Lisa Tucker**  
Custodian: **Brad Webb**  
Nutritional Assistants: **Nova Dodd, Kristi Coldsnow**  
Volunteer Coordinator: **Sue Poppino**

## 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](http://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 Marigold Bistro 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:** Registered Seniors 60yrs and older: \$7 suggested donation. NON-registered and guests under age 60: \$10 charge (mandatory)

**Salad bar Mon- Wed at 11:00**

**Next breakfast is *Fri Oct 30th* at 8:30**

**MONTHLY BREAKFAST FUNDRAISER**

Guest Chef

**Wendy Franck**

from the Hoot Owl

Last Friday of Each Month

8:30 AM

All Ages Welcome!

Reservations are required and will not be accepted after 3 pm on the Thursday before breakfast. Please call (208) 263-6860 to make your reservation today. Limited Seating.

[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)

Ghosts and goblins  
Spooks galore  
Scary witches  
At your door  
Jack-o-lanterns  
Smiling bright  
Wishing you a  
Haunting night



Linda Diffey 10/3  
Malcom Moore 10/4  
Craig Nelson 10/4  
Gordy Carpenter 10/6  
Clayton Nichols 10/6  
Desiree Hood 10/7  
Doug Penrod 10/7  
Carole Smith 10/8  
Barb Kaiser 10/11  
Rose Kalb 10/11  
Riley Shelley 10/14  
Pamela Bell 10/15  
Jeffrey Dunham 10/16  
Vicky Johnson 10/16  
Cathe Rosenberg 10/16  
Lindy Flynn 10/18  
Barbara Miller 10/20

Cindy Miller 10/20  
Bob Howard 10/19  
Lary Thomas 10/19  
Abby Helander 10/22  
Nikki Klein 10/22  
Dale Snipes 10/23  
Kristi Coldsnow 10/24  
Dick Creed 10/24  
Marythea Grebner 10/24  
Christina Charland 10/25  
LuAnne Matthias 10/25  
Lynda Townsend 10/25  
Dennis Luce 10/26  
Aletha Boyce 10/28  
Jim Smith 10/28  
Maurice Sbertoli 10/28  
Cathy Phillips 10/30  
Dottie Hazelton 10/31

## GEEZER FORUM

**Katie Cox with Kaniksu Land Trust**

Katie will join us on Tue 10/13 at 2:30 at Marigold Bistro & Cafe for a conversation about the work of Kaniksu Land Trust and the role conservation and land stewardship play in our community.



## KUDOS



- Gordy Carpenter for taking photos at our breakfast fundraiser & Art Alive.
- Lindsey Hughes, Sue Poppino, Nancy Savage & Murry Butler for help covering the front desk.
- Sally Sacht, Patti Stark, Murry Butler & Linda Diffey for helping with office tasks.
- Lola Rainey for the food containers.
- Molly O'Reilly for the air purifiers.
- Patti Stark for the wish list items.
- Judy McComish, Murry Butler & Patti Stark for the labels.
- Weslie Kary for the disposable cups.
- Food bank for the potatoes and cake mixes.
- Matt Thompson for making our Turkey Bingo flyer.
- Mark Remmetter, Linda Diffey & Patti Stark for the chocolate candy.
- Bob Gooby for sharpening our knives.
- Jackie Bowman for the fresh produce.
- CO-OP for donating one pig and one steer.
- Carol Smith/ 7th Adventist Day Church for the 50lb bag of onions.
- Pam & Jim Allen for sponsoring our last breakfast.
- Linda Diffey for decorating our CO-OP poster.
- Congrats to our 50/50 winner!



SASi has an Amazon Wish List. You can find this on our website, search for "SASi Wish List" on amazon.com or type in <https://a.co/0haa9cf7>

### 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 generous supporters!! Find names and logos from donor organizations at [www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)

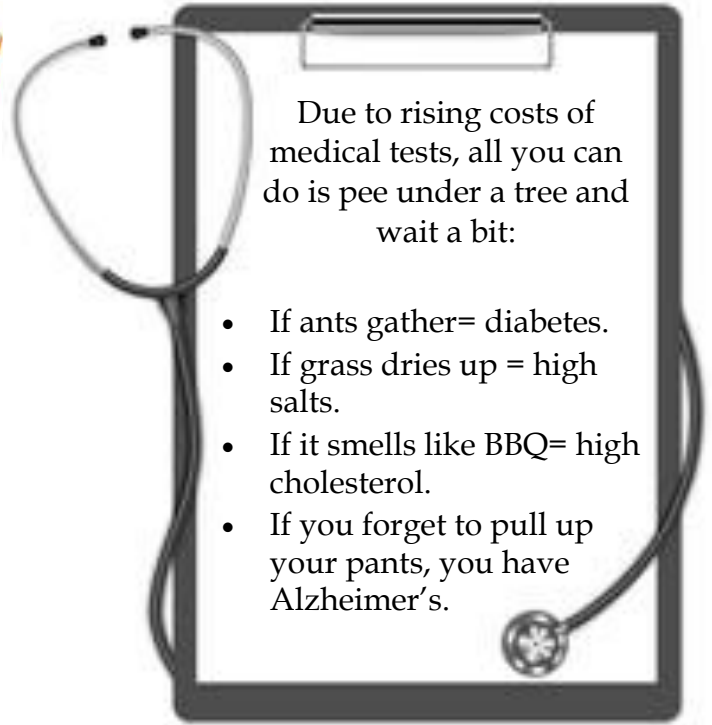
**Shop at Yokes and support SASi!**



**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](http://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**



Due to rising costs of medical tests, all you can do is pee under a tree and wait a bit:

- If ants gather= diabetes.
- If grass dries up = high salts.
- If it smells like BBQ= high cholesterol.
- If you forget to pull up your pants, you have Alzheimer's.

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](http://www.sandpointareaseniors.org) We can mail it to you for \$24/year to cover printing and mailing.



## SUDOKU

Fill the 9x9 grid so every row, column, and 3x3 box contains digits 1–9 without repetition.

For strategies on solving Sudoku, Visit [Sudoku.org.uk](http://Sudoku.org.uk). Level Easy

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



## Fraud Prevention Presentation

Thurs Oct 29th 12:30- 1:30

Don't Take the Bait: Protect Yourself from Digital Scams

Location: SASi

Host: Tyler Thomas

Scammers use convincing emails, text messages, phone calls, websites, and even artificial intelligence to trick people into sharing personal information or sending money. This practical, jargon-free program will explain how common technology scams work, the warning signs to watch for, and what to do when something does not feel right. Attendees will learn how to recognize phishing attempts, fake security alerts, tech-support scams, impersonation schemes, fraudulent payment requests, and other digital threats. The program will also cover simple steps for protecting accounts, devices, money, and personal information. Designed for adults of all technical skill levels; teens are also welcome.

### Bio:

Tyler Thomas is the IT Manager for the East Bonner County Library District. He has been in the IT industry for 16 years and oversees technology systems, network security, and digital services across multiple library locations and regularly helps community members navigate the practical side of staying safe online. Tyler specializes in translating complex cybersecurity topics into clear, actionable advice that works for people of all ages and tech comfort levels.

## Felt Class

Next felting class

with host Rae Lin

Aller from Creations

will be making this  
mushroom scenery!!

Thurs Oct 1st 12:30.

Cost is \$10. Rsvp by  
calling 208-263-6860



Art Class with host CJ Kovalchuk from POAC

will begin again starting Wed 10/7- 11/18 from  
12:30-2:30. Acrylic painting for beginners to  
experienced abilities. Limited seating.

Call 208-263-6860 to rsvp. Suggested \$2 donation.



Hello SASi!

## Kitchen Korner

Brrrrr.... winter is in the air. Fall harvest is underway. We have gotten an overwhelming response to our steamed cabbage, so here it is folks, the recipe. Enjoy!

Health and Happiness!

Chef Brenda



### Brenda Bran Cabbage

#### Ingredients

1 head of cabbage

1/2 cup melted butter

Salt and Pepper

Steam cabbage in large pot  
of water.

Drain

Add melted butter

Stir in salt and pepper to  
taste



# Thank You

Thank you to our advertisers for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.

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**We can help you  
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Call your North Idaho Senior Medicare Patrol  
**1-800-786-5536 ext 4071**  
Or email [smp@nic.edu](mailto: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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Jess Wolfrum  
Licensed  
Denturist

## DID YOU KNOW?

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



**ADVANCED CARE  
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450626 N Highway  
95, Sandpoint, ID  
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**Information & Assistance**



**Main (208) 667-3179**  
Toll Free (800) 786-5536  
Fax (208) 667-5938  
[infoassist@nic.edu](mailto:infoassist@nic.edu)  
[www.aaani.org](http://www.aaani.org)

402 W. Canfield Ave., Ste. 1  
Coeur d'Alene, ID 83815

# Thank You Donors

## Individual Donors

Anonymous Donors  
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Cameron, Barda  
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Carrier, Richard  
Castro, Joseph  
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Mitchell, Linda  
Munch, Joann  
Nadeja, Mary  
Nelson, Bob  
Nickle, Steven  
Norsby, Debra  
Papagni, John  
Parent, Barbara  
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Peine, Carol  
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Marathon Bridge Group  
Newman Comm Bible Church  
Priest River Happy Agers, Inc  
St. Joseph Alter Society  
Ting  
Tues Morning Ladies Bridge Group  
Washington Trust Bank  
Wed Morning Womens Golf League  
West Bonner County Food Bank  
**In Memory Of**  
Cox, Alamae & Lloyd  
Gartrell, Diane  
Kinder, Deannie  
Marshall, Leslie  
Michael, Loris  
Robertson, Marilyn  
Stockman, Geraldine

## SASi Wish List

### Labels 1.75"x .5" PLS339

Shipping Labels #ST18066

Address labels # 5160

### Business cards ST12522 3.5X 2in

Copy Paper 8.5 x 11

Stockstock paper

Scotch thermal laminating pouches 3mil letter size

Individually wrapped chocolate candy for lobby

Individually wrapped hot chocolate packets

Individually wrapped granola and fig bars

Thanksgiving, Christmas & New Years themed disposable place mats

Individually wrapped variety flavored tea packets

### Fruit cups

Store bought cookies

Ground folgers coffee

Individually wrapped chips

Single size flavored coffee creamers

Individually wrapped apple cider packets

Donate  
Today



Thank you to all of our anonymous & individual donors! If you are not listed, please notify us.



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