

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**3** 9-10 am Tai Chi  
**Noon Meal:** Polish Sausage w/ Sauerkraut  
 12:30-5 pm Bridge

**4 Independence Day**  
 Boise Senior Center is closed  
  
 The community is invited to watch Fourth of July fireworks at Expo Idaho, 5610 Glenwood St., beginning at approximately 10:15 p.m.

**5** 10-11 am Know Your Veteran Benefits  
 10 am-12:30 pm Canasta / Happy Hookers  
**Noon Meal:** Turkey Bacon Wrap  
 12:30-5 pm Bridge  
 1:15-2 pm Senior Zumba  
 2-3 pm Social Dance  
 2-4 pm Spanish Scrabble

**6** 9:30-10:30 am Stretch & Tone  
 10-11:15 am Chat-n-Chew / BINGO  
 10 am-12 pm Blood Pressure  
 10 am-3 pm Advanced Bridge  
 11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Sweet & Sour Chicken w/ Rice  
 2-3 pm Tai Chi

**7** 10:30 am-2 pm Pinochle  
**Noon Meal:** French Dip Sandwich  
 12:30-5 pm Bridge  
 1-2 pm Fit and Fall Proof  
**1-3 pm** City Hall Field Trip  
 2-4 pm Intro to Pinochle

**10** 9-10 am Tai Chi  
**Noon Meal:** BBQ Pork & Baked Beans  
 12:30-5 pm Bridge  
 1-2 pm Medicare 101  
 1-2 pm Stretch & Tone

**11** 9:30-10:30 am Stretch & Tone  
 10:30-11:30 am Longevity Stick  
 10:30 am-12 pm Scrabble  
**Noon Meal:** Veggie Lasagna  
 1-2 pm Fit and Fall Proof  
**1-3 pm** "Being Mortal" PBS Frontline documentary and discussion

**12** 10 am-12:30 pm Canasta / Happy Hookers  
**Noon Meal:** Citrus Salmon & Wild Rice  
 12:30-5 pm Bridge  
 1:15-2 pm Senior Zumba  
 2 pm Legal Counsel  
 2-3 pm Social Dance  
 2-4 pm Spanish Scrabble

**13** 9:30-10:30 am Stretch & Tone  
 10-11:15 am Chat-n-Chew / BINGO  
 10 am-12 pm Blood Pressure  
 11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Chef Salad w/ Ham & Turkey  
 2-3 pm Tai Chi  
 3-6:30 pm Fun & Friendly Bridge

**14** 9 am-12 pm Foot Clinic  
 10:30 am-2 pm Pinochle  
 11:30 am Birthday Party  
**Noon Meal:** Chicken Enchilada Pasta  
 12:30-5 pm Bridge  
 1-2 pm Fit and Fall Proof  
 2-4 pm Intro to Pinochle

**17** 9-10 am Tai Chi  
**Noon Meal:** Breaded Fish w/ Tartar Sauce  
 12:30-5 pm Bridge  
**1-2 pm** Dealing With Caregiver Stress  
 1-2 pm Stretch & Tone

**18** 9:30-10:30 am Stretch & Tone  
 10 am Legal Counsel  
 10:30-11:30 am Longevity Stick  
 10:30 am-12 pm Scrabble  
**Noon Meal:** Biscuits & Sausage Gravy  
 1-2 pm Fit and Fall Proof  
**2-3 pm** Nutrition for Bone Health

**19** 10 am-12:30 pm Canasta / Happy Hookers  
**Noon Meal:** Ham & Swiss Sandwich  
 12:30-5 pm Bridge  
 1:15-2 pm Senior Zumba  
 2-3 pm Social Dance  
 2-4 pm Spanish Scrabble

**20** 9:30-10:30 am Stretch & Tone  
 10-11:15 am Chat-n-Chew / BINGO  
 10 am-12 pm Blood Pressure  
 10 am-3 pm Advanced Bridge  
 11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Roast Beef & Mashed Potatoes  
 2-3 pm Tai Chi

**21** 10:30 am-2 pm Pinochle  
**Noon Meal:** Liver & Onions or Chicken Fried Steak  
 12:30-5 pm Bridge  
 1-2 pm Fit and Fall Proof  
 2-4 pm Intro to Pinochle  
**7-8:30 pm** Dance: Kings of Swing  
**22** Saturday, 10 am-3 pm Summer Fabric Sale & Quilt Show

**24** 9-10 am Tai Chi  
**Noon Meal:** Chicken Parmesan  
 12:30-5 pm Bridge  
**12:30-1:30 pm** Technology 101  
 1-2 pm Stretch & Tone

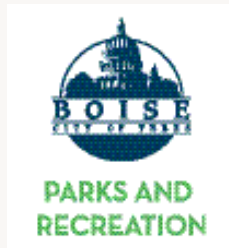
**25** 9:30-10:30 am Stretch & Tone  
 10:30-11:30 am Longevity Stick  
 10:30 am-12 pm Scrabble  
**Noon Meal:** Egg Salad Sandwich  
 1-2 pm Fit and Fall Proof

**26** 10 am-12:30 pm Canasta / Happy Hookers  
**Noon Meal:** Meatloaf & Mashed Potatoes  
 12:30-5 pm Bridge  
**1-2 pm** How to Save on Prescriptions  
 1:15-2 pm Senior Zumba  
 2 pm Legal Counsel  
 2-3 pm Social Dance  
 2-4 pm Spanish Scrabble

**27** 9:30-10:30 am Stretch & Tone  
 10-11:15 am Chat-n-Chew / BINGO  
 10 am-12 pm Blood Pressure  
 11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Ham & Pineapple  
 2-3 pm Tai Chi  
 3-6:30 pm Fun & Friendly Bridge

**28** 10:30 am-2 pm Pinochle  
**Noon Meal:** Potato-Crusted Cod  
 12:30-5 pm Bridge  
 1-2 pm Bunco  
 1-2 pm Fit and Fall Proof  
 2-4 pm Intro to Pinochle

**31** 9-10 am Tai Chi  
**Noon Meal:** Enchiladas & Mexican Rice  
 12:30-5 pm Bridge  
 1-2 pm Stretch & Tone



**Dick Eardley Senior Center**  
 690 Robbins Road  
 Boise, ID 83702  
 208-608-7580  
 Hours: Monday-Friday 8 a.m.–5 p.m.

**JULY 2017**

Billiards room open daily, 8 a.m.-5 p.m.

