

Monday

Tuesday

Wednesday

Thursday

Friday

# AUGUST 2017



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

**7** 9-10 am Tai Chi  
10 am Legal Counsel  
**Noon Meal:** **Beef & Bell Pepper Casserole**  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone

**8** 9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** **Turkey Bacon Wrap**  
1-2 pm Fit and Fall Proof

**9** 10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** **Pork Chop w/ Mushroom Gravy**  
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

**10** 9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
**10-11:30 am Chat-n-Chew: Yoga Overview**  
10 am-12 pm Blood Pressure  
11:30 am-12:30 pm Drumming Divas  
**11:45 am GrinWell for You**  
**Noon Meal:** **Frittata & Potato Cake**  
1-2 pm Medicare 101  
2-3 pm Tai Chi  
3-6:30 pm Fun & Friendly Bridge

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

**14** 9-10 am Tai Chi  
**Noon Meal:** **Smothered Chicken w/ Rice**  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone  
**1-3 pm Movie Monday: "The Sacketts"**

**15** 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:** **Breaded Fish w/ Tartar Sauce**  
1-2 pm Fit and Fall Proof

**16** 10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** **Hamburger Sliders**  
12:30-5 pm Bridge  
1:15-2 pm Senior Zumba  
2-3 pm Social Dance  
2-4 pm Spanish Scrabble

**17** 9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
10-11:30 am Chat-n-Chew  
10 am-12 pm Blood Pressure  
10 am-3 pm Advanced Bridge  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** **Hot Turkey Sandwich**  
2-3 pm Tai Chi

**18** **10-11 am Know Your Veteran Benefits**  
10:30 am-2 pm Pinochle  
**Noon Meal:** **Sweet & Sour Pork w/ Rice**  
12:30-5 pm Bridge  
1-2 pm Fit and Fall Proof  
**1-2 pm Make-n-Take Eclipse Viewers**  
2-4 pm Intro to Pinochle

**21** 9-10 am Tai Chi  
**10 am-1 pm Solar Eclipse Viewing!**  
**Noon Meal:** **Swedish Meatballs w/ Rice**  
**12:30-1:30 pm Technology 1-on-1**  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone

**22** 9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** **Enchilada**  
**1-2 pm Good4U Nutrition 101**  
1-2 pm Fit and Fall Proof

**23** 10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** **Beef & Cheddar Sandwich**  
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

**24** 9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
**10-11:30 am Chat-n-Chew: Greenbelt History**  
10 am-12 pm Blood Pressure  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** **BBQ Pork Riblet**  
**1-2 pm How to Save on Prescriptions**  
2-3 pm Tai Chi  
3-6:30 pm Fun & Friendly Bridge

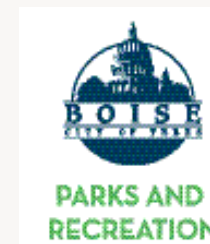
**25** 10:30 am-2 pm Pinochle  
**Noon Meal:** **Oven-Fried Chicken**  
12:30-5 pm Bridge  
1-2 pm Bunco  
1-2 pm Fit and Fall Proof  
2-4 pm Intro to Pinochle

**28** 9-10 am Tai Chi  
**Noon Meal:** **Spaghetti w/ Meat Sauce**  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone

**29** 9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** **Roast Turkey & Dressing w/ Gravy**  
1-2 pm Fit and Fall Proof

**30** 10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** **Honey Mustard Chicken Salad**  
12:30-5 pm Bridge  
1:15-2 pm Senior Zumba  
2-3 pm Social Dance  
2-4 pm Spanish Scrabble

**31** 9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
10-11:30 am Chat-n-Chew  
10 am-12 pm Blood Pressure  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** **Beef Tacos**  
2-3 pm Tai Chi



## Dick Eardley Senior Center

**690 Robbins Road**  
**Boise, ID 83702**  
**208-608-7580**  
**Hours: Monday-Friday 8 a.m.—5 p.m.**