

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**2**  
9-10 am Tai Chi  
10 am Legal Counsel  
**Noon Meal:** Hamburger Sliders  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone

**3**  
9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** French Toast, Eggs & Sausage  
1-2 pm Fit and Fall Proof  
2-3 pm Active Living Every Day

**4**  
10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** Scalloped Chicken  
12:30-5 pm Bridge  
**1-2:30 pm** Hearing/Vision Imp Support Grp  
1-3 pm Watercolors  
**1-3:30 pm** Humana Movie Day  
2-4 pm Spanish Scrabble

**5**  
9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
10-11:30 a.m. Chat-n-Chew  
10 am-12 pm Blood Pressure Clinic  
10 am-3 pm Advanced Bridge  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Taco Salad  
1-1:30 pm Intro to Zumba  
1-3 pm Watercolors  
2-3 pm Tai Chi

**6**  
**10 am** Coffee, Conversation & Culture  
10:30 am-2 pm Pinochle  
**Noon Meal:** Cheesy Cod  
12:30-5 pm Bridge  
1-2 pm Fit and Fall Proof  
**1-3 pm** Fall Craft: Pine Cone Owls  
2-4 pm Intro to Pinochle

**9**  
9-10 am Tai Chi  
**Noon Meal:** Malibu Chicken  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone  
**1-3 pm** Movie Monday: Western

**10**  
9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** Sweet & Sour Pork  
1-2 pm Fit and Fall Proof  
1-2 pm Medicare Changes & Review  
2-3 pm Active Living Every Day

**11**  
**9 am-12 pm** Senior Health & Safety Fair  
10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** Breaded Fish, Tartar Sauce  
**12 pm** Serve Our Seniors Day  
12:30-5 pm Bridge  
1-3 pm Watercolors  
2 pm Legal Counsel  
2-4 pm Spanish Scrabble

**12**  
9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
10-11:30 a.m. Chat-n-Chew  
10 am-12 pm Blood Pressure Clinic  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Salisbury Steak, Gravy  
1-1:30 pm Intro to Zumba  
1-3 pm Watercolors  
2-3 pm Tai Chi  
3-6:30 pm Fun & Friendly Bridge

**13**  
**9 am-12 pm** Foot Clinic by Stonebridge  
10:30 am-2 pm Pinochle  
**11:30 am** Birthday Friday!  
**Noon Meal:** Chicken & Dumplings  
12:30-5 pm Bridge  
1-2 pm Fit and Fall Proof  
2-4 pm Intro to Pinochle

**16**  
9-10 am Tai Chi  
**Noon Meal:** Biscuits & Gravy, Eggs  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone  
**1-2 pm** Faces of Hope Victim Advocacy

**17**  
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:** Citrus Salmon, Tartar Sauce  
1-2 pm Fit and Fall Proof  
2-3 pm Active Living Every Day

**18**  
10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** White Chicken Chili  
12:30-5 pm Bridge  
1-2 pm Medicare Changes & Review  
1-3 pm Watercolors  
2-4 pm Spanish Scrabble

**19**  
9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
**10-11:30 am** Chat-n-Chew: Author Gail Chumbley  
10 am-12 pm Blood Pressure Clinic  
10 am-3 pm Advanced Bridge  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Veggie Lasagna  
1-1:30 pm Intro to Zumba  
**1-2 pm** Medicare-Covered Services  
1-3 pm Watercolors  
2-3 pm Tai Chi

**20**  
10:30 am-2 pm Pinochle  
**Noon Meal:** Pork Roast, Gravy  
12:30-5 pm Bridge  
1-2 pm Fit and Fall Proof  
2-4 pm Intro to Pinochle

**23**  
9-10 am Tai Chi  
**Noon Meal:** Alfredo Ravioli  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone

**24**  
9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** Scalloped Potatoes w/ Ham & Peas  
1-2 pm Fit and Fall Proof  
2-3 pm Active Living Every Day

**25**  
10 am-12:30 pm Canasta  
10 am-12:30 pm Happy Hookers  
**Noon Meal:** Swedish Meatballs  
12:30-5 pm Bridge  
**1-2 pm** Meet Lou Dean, Author & Speaker  
1-3 pm Watercolors  
1:15-2 pm Senior Zumba  
2 pm Legal Counsel  
2-4 pm Spanish Scrabble

**26**  
9:30-10:30 am Stretch & Tone  
10-11:15 am BINGO  
**10-11:30 am** Chat-n-Chew: Dr. Chu, Heart Health  
10 am-12 pm Blood Pressure Clinic  
11:30 am-12:30 pm Drumming Divas  
**Noon Meal:** Oven Fried Chicken  
1-1:30 pm Intro to Zumba  
**1-2 pm** "Time for the Talk"  
1-3 pm Watercolors  
2-3 pm Tai Chi  
3-6:30 pm Fun & Friendly Bridge

**27**  
10:30 am-2 pm Pinochle  
**Noon Meal:** Fish Tacos  
12:30-5 pm Bridge  
1-2 pm Bunco  
1-2 pm Fit and Fall Proof  
2-4 pm Intro to Pinochle

**30**  
9-10 am Tai Chi  
**Noon Meal:** Stuffed Chicken, Gravy  
12:30-5 pm Bridge  
1-2 pm Stretch & Tone

**31**  
9:30-10:30 am Stretch & Tone  
10:30-11:30 am Longevity Stick  
10:30 am-12 pm Scrabble  
**Noon Meal:** "Blood & Guts" (Spaghetti w/Sausage)  
1-2 pm Fit and Fall Proof  
2-3 pm Active Living Every Day



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



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

**OCTOBER 2017**