

Monday

Tuesday

Wednesday

Thursday

Friday

1

HAPPY NEW YEAR!
The Senior Center is closed today



2

9:30-10:30 am Stretch & Tone
10:30-11:30 am Longevity Stick
10:30 am-12 pm Scrabble
Noon Meal: 1-2 pm
Breaded Chicken w/ Gravy
Fit and Fall Proof

3

9:30-10:30 am Gentle Yoga
10 am-12:30 pm Canasta
10 am-12:30 pm Happy Hookers
Noon Meal: 12:30-5 pm
2-4 pm
Sweet & Sour Meatballs
Bridge
Spanish Scrabble

4

9:30-10:30 am Stretch & Tone
10-11:15 am BINGO
10-11:30 a.m. Chat-n-Chew: Travel opportunities
10 am-12 pm Blood Pressure Clinic
10 am-3 pm Advanced Bridge
11:30 am-12:30 pm Drumming Divas
Noon Meal: 1-3 pm
2-3 pm
Beef Tacos
Memoir Writing
Tai Chi

5

10:30 am-2 pm Pinochle
Noon Meal: 12:30-5 pm
1-2 pm
2-4 pm
Polish Sausage w/ Sauerkraut
Bridge
Fit and Fall Proof
Intro to Pinochle

8

9-10 am Tai Chi
11-11:45 am Matua
Noon Meal: 12:30-5 pm
1 pm
1-2 pm
Vegetable Lasagna
Bridge
Movie Monday: Action
Stretch & Tone

9

9:30-10:30 am Stretch & Tone
10:30-11:30 am Longevity Stick
10:30 am-12 pm Scrabble
Noon Meal: 1-2 pm
2-3 pm
Beef Stew
Fit and Fall Proof
Active Living Every Day

10

9:30-10:30 am Gentle Yoga
10 am-12:30 pm Canasta
10 am-12:30 pm Happy Hookers
Noon Meal: 12:30-5 pm
1-3 pm
1:15-2 pm
2 pm
2-2:45 pm
2-4 pm
Open-Fried Chicken
Bridge
Watercolors
Intro to Zumba
Legal Counsel
Line Dancing
Spanish Scrabble

11

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: 1-3 pm
1-3 pm
2-3 pm
3-6:30 pm
BBQ Pork Sandwich
Watercolors
Memoir Writing
Tai Chi
Fun & Friendly Bridge

12

9 am-12 pm Foot Clinic by Stonebridge
10:30 am-2 pm Pinochle
11:30 am
Noon Meal: 12:30-5 pm
1-2 pm
2-4 pm
Birthday Friday!
Shepherd's Pie
Bridge
Fit and Fall Proof
Intro to Pinochle

15

MARTIN LUTHER KING JR. DAY
The Senior Center is closed today



16

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: 1-2 pm
1-2 pm
2-3 pm
Chicken Enchiladas Pasta
Laughter is the Best Medicine
Fit and Fall Proof
Active Living Every Day

17

9:30-10:30 am Gentle Yoga
10 am-12:30 pm Canasta
10 am-12:30 pm Happy Hookers
Noon Meal: 12:30-5 pm
1-3 pm
1:15-2 pm
2-2:45 pm
2-4 pm
Cheesy Cod over Rice
Bridge
Watercolors
Intro to Zumba
Line Dancing
Spanish Scrabble

18

9:30-10:30 am Stretch & Tone
10-11:15 am BINGO
10-11:30 am Chat-n-Chew: Boise Water Renewal
10 am-12 pm Blood Pressure Clinic
10 am-3 pm Advanced Bridge
11:30 am-12:30 pm Drumming Divas
12:30-1:30 pm
Noon Meal: 1-3 pm
1-3 pm
2-3 pm
Relax With a Rescue
Chili Baked Potato
Watercolors
Memoir Writing
Tai Chi

19

10:30 am-2 pm Pinochle
Noon Meal: 12:30-5 pm
1-2 pm
2-4 pm
6-8 pm
Chicken Parmesan
Bridge
Fit and Fall Proof
Intro to Pinochle
Dance: Kings of Swing Trio

22

9-10 am Tai Chi
11-11:45 am Matua
Noon Meal: 12:30-5 pm
1-2 pm
Breaded Fish, Tartar Sauce
Bridge
Stretch & Tone

23

9:30-10:30 am Stretch & Tone
10:30-11:30 am Longevity Stick
10:30 am-12 pm Scrabble
11-11:45 am
Noon Meal: 1-2 pm
2-3 pm
Paper-Folding Class: Flowers
Honey Garlic Pork Chop - NEW!
Fit and Fall Proof
Active Living Every Day

24

9:30-10:30 am Gentle Yoga
10 am-12:30 pm Canasta
10 am-12:30 pm Happy Hookers
Noon Meal: 12:30-5 pm
1-3 pm
1:15-2 pm
2 pm
2-2:45 pm
2-4 pm
Orange Chicken over Rice
Bridge
Watercolors
Intro to Zumba
Legal Counsel
Line Dancing
Spanish Scrabble

25

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: 1-2 pm
1-3 pm
1-3 pm
2-3 pm
3-6:30 pm
Spaghetti & Meat Sauce
Fitness For Fun
Watercolors
Memoir Writing
Tai Chi
Fun & Friendly Bridge

26

10:30 am-2 pm Pinochle
Noon Meal: 12:30-5 pm
1-2 pm
2-4 pm
Hot Roast Beef Sandwich
Bridge
Fit and Fall Proof
Intro to Pinochle

29

9-10 am Tai Chi
11-11:45 am Matua
Noon Meal: 12:30-5 pm
1-2 pm
Chicken Tetrazzini
Bridge
Stretch & Tone


30

9:30-10:30 am Stretch & Tone
10:30-11:30 am Longevity Stick
10:30 am-12 pm Scrabble
Noon Meal: 1-2 pm
2-3 pm
Pork Riblet Sandwich
Fit and Fall Proof
Active Living Every Day

31

9:30-10:30 am Gentle Yoga
10 am-12:30 pm Canasta
10 am-12:30 pm Happy Hookers
12 pm
Noon Meal: 12:30-5 pm
1-3 pm
1:15-2 pm
2-2:45 pm
2-4 pm
Bring Your Grandchildren Day
Idaho Meatloaf
Bridge
Watercolors
Intro to Zumba
Line Dancing
Spanish Scrabble

JANUARY 2018



PARKS AND RECREATION

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