


Weekly

Monday	Tuesday	Wednesday	Thursday	Friday
9-10am Tai Chi 11-11:45am Matua* 12-12:45pm Nia Moving to Heal 12:30-2:30pm Games 12:30-5pm Bridge 1-2pm Stretch and Tone	9:30-10:30am Stretch and Tone 10:30-11:30am Longevity Stick 10:30am-12pm Scrabble 1-2pm Fit and Fall Proof	10am-12:30pm Canasta 10am-12:30pm Knit & Crochet 10:30-11:30am Gentle Yoga* 12:30-5pm Bridge 1-3pm Watercolors* 1:15-2pm Intro to Zumba*	9am-12pm Teddy Bear Factory 9:30-10:30am Stretch & Tone 10-11:15am BINGO 10-11:30am Chat-n-Chew 10am-12pm Blood Pressure Clinic 10:30-11:30am Active Living Every Day* 11:30am Drumming Divas 1-3pm Watercolors* 2-3pm Tai Chi	10:20am-2pm Pinochle 12:30-5pm Bridge 1-2pm Fit and Fall Proof 2-4pm Intro to Pinochle

NOVEMBER 2018

 Billiards Room is open 8am-5pm, Monday-Friday		1 10am BINGO with Jason 11:30am Medicare card laminating	2 9am-3pm SHIBA Medicare Enrollment Day 11:45am Senior Goldmine
5	6 ELECTION DAY 11am-3pm Scentsy tour*	7 1pm Bison: Champion of the Prairie	8 10am BINGO with Amy
12 Senior Center closes at 2 p.m. for VETERANS DAY 10:30am Medicare card laminating	13 11am Your Housing Questions Answered	14 11am Welcome Tour 2pm Legal Counsel*	15 10am BINGO with Dana 10am Chat-n-Chew: Tom Hadzor
19	20 10am Legal Counsel* 11am Dual Eligibility	21 12:30-3:30pm Festival of Trees*	22 CLOSED FOR THANKSGIVING
26	27 11am Medicare Open Enrollment	28 11am Nutrition for Skin& Oral Health 2pm Legal Counsel*	23 CLOSED FOR THANKSGIVING
		29 10am BINGO with Teresa	30

Dick Eardley Boise Senior Center
 690 Robbins Rd., Boise, ID 83702 | 208-608-7580 | seniorcenter.cityofboise.org | Monday-Friday 8am-5pm

* These programs require monthly registration or sign-ups. For more information, call 208-608-7580.

