


Weekly

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

# DECEMBER 2018

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|---|---|--|--|--|
| <b>3</b><br>12:45pm Reverse Mortgage Seminar  | <b>4</b><br>11:15am Christmas Songs Sing-Along    | <b>5</b><br>1pm Hearst Castle Tour** (online)  | <b>6</b><br>10am BINGO with Jason<br>10am Chat-n-Chew: Birds of Prey | <b>7</b><br>11:45am Senior Goldmine                            |
| <b>10</b>   | <b>11</b><br>11am Your Housing Questions Answered | <b>12</b><br>11am Nutrition for Gut/Bone/ Muscle Health<br>11am Welcome Tour<br>2pm Legal Counsel* | <b>13</b>  | <b>14</b><br>9am-12pm Foot Clinic*<br>11:30am Birthday Friday! |
| <b>17</b>   | <b>18</b><br>10am Legal Counsel*                  | <b>19</b><br>12pm Christmas Meal & Party   | <b>20</b><br>10am BINGO with Dana<br>10am & 12:30pm Paint & Ponder   | <b>21</b>  |
| <b>24</b><br> <b>CLOSED FOR CHRISTMAS</b> | <b>25</b><br><b>CLOSED FOR CHRISTMAS</b>          | <b>26</b><br>(No Legal Counsel today)  | <b>27</b>  | <b>28</b>  |
| <b>31</b><br>(No Nia Moving to Heal today)<br><b>Senior Center closes at 2 p.m.</b>   |   |  |  |  |

**Dick Eardley Boise Senior Center**  
 690 Robbins Rd., Boise, ID 83702 | 208-608-7580 | [seniorcenter.cityofboise.org](http://seniorcenter.cityofboise.org) | Monday-Friday 8am-5pm

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

\*\* Senior Learning Network programs are live online interactive presentations.

