

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly	9-10am Tai Chi 11-11:45am Matua* 12-12:45pm Nia Moving to Heal 12:30-5pm Bridge 1-2pm Stretch and Tone	9:30-10:30am Stretch and Tone 10:30-11:30am Longevity Stick 10:30-11:30am Active Living* 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 1pm Games 1-3pm Watercolors* 1:15-2pm Intro to Zumba* 6-9pm Dance Instruction*	9:30-10:30am Stretch & Tone 10-11:15am BINGO 10-11:30am Chat-n-Chew 10am-12pm Blood Pressure Clinic 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



JANUARY 2019



 Billiards Room is open 8am-5pm, Monday-Friday	1 CLOSED FOR NEW YEAR'S DAY	2 (No Watercolors, Games, or Zumba today)	3 10am Stewart's Gem Shop 10am BINGO with Jason (No Watercolors today)	4 11:45am Senior Goldmine
7	8 11 am Movie Tuesday* 11am Your Housing Questions Answered 12:30pm Chair Volleyball Demo 2:30pm Singing Group	9 11am Welcome Orientation & Tour 2pm Legal Counsel*	10 10am Caring Transitions 10am BINGO with Amy 12:45pm Advanced Directives & Blood Sugar Testing	11 9am-12pm Foot Clinic* 11:30am Birthday Friday!
14 1pm A Century in Boise	15 10am Legal Counsel*	16	17 10am BINGO with Dana 12:30pm Native Plant Activity	18 11am Wellness Workshop
21 CLOSED FOR MARTIN LUTHER KING JR DAY	22	23 2pm Legal Counsel*	24 10am BINGO	25
28	29	30	31 10am BINGO with Teresa	

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.



**PARKS AND
 RECREATION**