

	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 12:30-1pm Chair Volleyball 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

FEBRUARY 2019

Billiards Room is open 8am-5pm, Monday-Friday				1 11:45am Senior Goldmine
4 1pm International Travel Meeting	5 11 am Movie Tuesday* 2pm Robbins Road Singers	6	7 10am BINGO with Jason 10am-3pm Invitational Bridge* 12pm Museum of Natural History*	8 9am-12pm Foot Clinic* 11:30am Birthday Friday!
11 11am A Century in Boise 12:45pm Osteoporosis Group	12 11am Your Housing Questions Answered Canceled this month	13 11am Welcome Orientation & Tour 2pm Legal Counsel*	14 10am BINGO with Amy 10am Boise PD: Tax Scams 1pm Health-Healthy Cooking 3-6:30pm Fun & Friendly Bridge*	15
18 CLOSED FOR PRESIDENTS' DAY	19 10am Legal Counsel* 12-12:45pm Nia Moving to Heal 2pm Robbins Road Singers	20 1:30pm Capital City Mulligan Band	21 10am BINGO with Dana 10am-3pm Invitational Bridge*	22 8:40am Elk Herd Sleigh Ride*
25	26 Lunch Bunch*	27 12:30p Spring Bird Feeders* 2pm Legal Counsel*	28 10am BINGO 10am Advanced Clinical Research 3-6:30pm Fun & Friendly Bridge*	

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.*

