

|               | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|---------------|--|---|--|---|---|
| <b>Weekly</b> | 9-10am Tai Chi<br>11-11:45am Matua*<br>12-12:45pm Nia Moving to Heal<br>12:30-5pm Bridge | 9:30-10:30am Stretch & Tone<br>10:30-11:30am Longevity Stick<br>10:30-11:30am Active Living*<br>10:30am-12pm Scrabble<br>12:30-1pm Chair Volleyball<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>1pm Games<br>1-3pm Watercolors*<br>1:15-2pm Intro to Zumba*<br><br>6-9pm Dance Instruction* | 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>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 |



# April 2019



**Billiards Room** is open  
8am-5pm, Monday-Friday



**AARP** tax help is offered on Tuesdays and Thursdays through April 11  
**Circuit Breaker** help is offered on Tuesdays through April 9

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|---|--|--|--|--|
| <b>1</b><br>1-2pm Stretch & Tone  | <b>2</b> 11am Movie Tuesday*<br>2pm Robbins Road Singers   | <b>3</b><br>11am Learn to Live Well to 100   | <b>4</b> 10am-3pm Invitational Bridge<br>10-11:15 BINGO with Jason   | <b>5</b><br>11:45 Senior Goldmine  |
| <b>8</b><br>12:45-1:45 Osteoporosis Support Group<br>1-2pm Stretch & Tone | <b>9</b><br>11am Your Housing Questions Answered   | <b>10</b><br>11am Welcome Tour & Orientation<br>2pm Legal Counsel*                 | <b>11</b> 10-11:15 BINGO with Amy<br>10-11:30 Chat-n-Chew: Judge Stephen Trott<br>3 pm -6:30 Fun & Friendly Bridge   | <b>12</b><br>9am-12pm Foot Clinic by Stonebridge<br>11:30 Birthday Friday! |
| <b>15</b>   | <b>16</b> 10am Legal Counsel*<br>10:30am-11:30 Wellness with Movement<br>11am-12pm Medicare Meet-up<br>2pm Robbins Road Singers      | <b>17</b><br>10:30am-12pm Blood Pressure Clinic<br>10:30am-12pm Spring Health Fair | <b>18</b><br><del>10am-12pm Blood Pressure Clinic</del><br>10am-3pm Invitational Bridge<br>10:30am-11:30 Wellness with Movement  | <b>19</b><br>11am Eating for Diabetes Prevention                           |
| <b>22</b><br><br><br><br><br><br><br><br><br><br><b>29</b>                | <b>23</b> 10:30am-11:30 Wellness with Movement<br>11am Honoring Choices Discussion<br><b>30</b> 10:30am-11:30 Wellness with Movement | <b>24</b><br>2pm Legal Counsel*  | <b>25</b> 10-11:15 BINGO with Loretta<br>10-11:30 Chat-n-Chew: Mike Fritz<br>10:30am-11:30 Wellness with Movement<br>3pm-6:30 Fun & Friendly Bridge<br>12:30- 1:30 Learn to Draw with Teresa | <b>26</b>  |

## Dick Eardley Boise Senior Center

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

\*These programs require you to register in advance. For more information, call 208-608-7580.



PARKS AND RECREATION