



	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	9:30-10:30am Stretch & Tone 10:30-11:30am Longevity Stick 10:30-11:30am Wellness with Movement* 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*	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 Wellness with Movement* 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



MAY 2019



 Billiards Room is open 8am-5pm, Monday-Friday	1	2	3
6 11am Brain Boot Camp	7	8 11am Welcome Tour & Orientation 2pm Legal Counsel*	9 10-11:15am BINGO with Jason 10am-3pm Invitational Bridge 11am-2pm Genetic Cancer Testing*
13	14 11am Your Housing Questions Answered	15	16 10-11:15am BINGO 10am-3pm Invitational Bridge 11:30am Elephant Seals**
20	21 10am Legal Counsel* 11am-12pm Medicare Meet-up	22 2pm Legal Counsel*	23 10-11:15am BINGO with Loretta 10am CnC: Monarchs & Milkweeds 3pm -6:30 Fun & Friendly Bridge
27 Closed for Memorial Day 	28 9am-4pm AARP Driver Refresher*	29 1-3pm Dual Eligibility Blue Cross	30 10-11:15am BINGO with Teresa
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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.

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



PARKS AND RECREATION