MISSION: To provide a safe and supportive environment where older adults can engage in activities that promote physical, intellectual, and social wellbeing.

WE’RE CELEBRATING NATIONAL SENIOR CITIZENS DAY ON AUG. 21

National Senior Citizens Day is a great time to let the older adults in our community know how much we value their contributions to our everyday lives.

President Ronald Reagan first declared the holiday on Aug. 21, 1988. Prior to that, many people observed the day on Aug. 14, the day President Franklin Roosevelt signed the Social Security Act in 1935. Here at the Senior Center, we’ll celebrate the day on Monday, Aug. 21 with games, prizes, and fun photographs. The party starts at 11:30 a.m. Special goodies will be provided by our event sponsor, Saint Alphonsus Health Plan. We hope you’ll attend!

DID YOU KNOW?

Dancing can be a way to stay fit for people of all ages. It has a wide range of physical and mental benefits including:

• Improved condition of your heart and lungs.
• Increased muscular strength, endurance and motor fitness.
• Increased aerobic fitness.
• Stronger bones and reduced risk of osteoporosis.
• Better coordination, agility and flexibility.
• Improved balance and spatial awareness.
• Improved mental functioning.
• Improved general wellbeing.

Source: betterhealth.vic.gov.au

We’re celebrating National Senior Citizens Day on Aug. 21

Fun photo props will be available during the event. You can pick up prints the following week.

AUTUMN JAMBOREE DANCE & SOCIAL FEATURING CHEATGRASS

Be sure to get your tickets in advance (by 9/19) for the Autumn Jamboree Dance & Social on Sept. 21, from 4-6 p.m.

The event heralds the changing of the seasons with live music by CheatGrass, self-described as “an old-timey, bluegrassy band.” The group plays every first Thursday in the dining room from 11 a.m.-12:30 p.m. and usually incites clapping and dancing.

Enjoy light snacks on the house and a no-host beer and wine bar. Bring your dancing shoes, or plan to just sit back and enjoy great toe-tapping music.

Molina Healthcare of Idaho is helping us keep ticket prices low by sponsoring the event. Cost is $5 per person. Give us a call to learn more, 208-608-7580.
Dawnee Goodman

How did you start volunteering at the Senior Center?
In 2012 I was teaching an acrylic painting class, going to lunch and doing stick class with Harold Kwan. I also started the knit & crochet group.

What do you enjoy most about it?
I love the fun personalities in the knit & crochet group, and the great discussions we have. The staff is very pleasant and there are so many great things to schedule and card groups available to join now.

What programs do you participate in?
I have enjoyed local trips over the years. Lunches are great, and I appreciate all the programs that are provided. I really enjoyed the recent NASA presentation.

Are you a lifelong Idahoan or did you come from somewhere else?
My family moved to Wyoming in 1948 from Idaho, so I grew up in a community of 350 in Cokeville. We didn’t have a movie theater, so my dad showed a movie every Friday night for the community at a local church.

What are your interests or hobbies?
I have always wanted to become an artist but life detoured me a lot. I really enjoyed local trips over the years. Lunches are great, and I appreciate all the programs that are provided. I really enjoyed the recent NASA presentation.

Tell us a little bit about your family.
My father developed the first cable TV system in our area of Wyoming. My oldest son had an accident when he was 32 and was paralyzed from the neck down somewhere in Wyoming. He was a member and officer of the Idaho Watercolor Society for seven years and have been the volunteer leader and scheduler for the Happy Hoofers walking group for 10 years. I have purchased and helped restore three homes, including the one I currently live in. My daughter and I have taken trips to Hawaii, London and Italy. Absolutely loved Italy.

What else would you like us to know about you?
I would like to have lunch with Terry Redlin. I love his paintings.

TAI CHI CLASSES FOR BEGINNER, INTERMEDIATE
Learn the basic principles of Tai Chi and how to do a form of Yang Style Tai Chi as modified and taught by Cheng Manching. Students will also learn an 18-movement Qigong routine. New beginner and intermediate sessions will begin on Sept. 7 and meet every Thursday for six weeks. Beginner class is from 3-4 p.m., and intermediate is from 2-3 p.m. Cost is $40 for residents or $61.45 for non-residents. Registration begins Aug. 7 and meet every Thursday for six weeks. Begin class is from 3-4 p.m., and intermediate is from 2-3 p.m. Cost is $40 for residents or $61.45 for non-residents. Registration begins Aug. 14 for Boise residents and Aug. 16 for non-residents. This includes programs like Lifetime and Leisure, Food For Life, and fitness classes.

HALF-OFF SALE IN THE THRIFT STORE OCT. 9-13
Mark your calendar and plan to visit the thrift store between Oct. 9-13. Clothing will be on sale for half off regular prices while we make room for our fall and winter inventory. Visit the front desk for details in the October/November newsletter.

BEGINNER BRIDGE CLASSES BEING OFFERED TWICE A WEEK IN AUGUST
Come learn the greatest card game ever invented! Instructor Nancy Feldman will share her lifetime of bridge-playing experience at this 4-week class, which she designed for beginners or those who haven’t played in many years and want to learn the game anew. Class will meet every Monday and Wednesday, Aug. 7-30, from 10 a.m. to 12 p.m.

We will be following the Audrey Grant Bridge Basics books 1 and 2, which will quickly have you playing the game. After eight lessons you will be ready to play party bridge or duplicate bridge with friends. There are recommended books to compliment the class. Visit the front desk for the book list and suggestions on where to purchase them. Cost for the series is $80/$123.45. Space is limited. Give us a call to reserve your spot, 208-608-7580.

TRAVEL THE WORLD WITH MARIAN HERZ: NORTHERN AFRICA
Take a photographic journey with us as we “visit” the Northern Africa countries of Tunisia and Algeria with award-winning photographer and world traveler Marian Herz. “These two countries have been extremely important throughout history, and are a crossroad for numerous civilizations,” she said.

Participants will discover Roman ruins and see an American cemetery from World War II, experience a stroll through the markets, visit small villages, and see flowers and a few birds from the region. We'll also visit Malta, a small European island nation. Situated in the Mediterranean Sea near Sicily, Malta has been home to numerous races and was conquered many times. We’ll discover the capital of Valletta, where the Knights of St. John defended the Island, then visit Gozo and Camino Islands, which are more nature-oriented, where we’ll view ruins from pre-Roman civilizations.

This free slideshow presentation is on Friday, Sept. 29 from 10:30 a.m. to 12 p.m. Advance registration is required. Call 208-608-7580 to reserve your spot.

FALL ACTIVITY GUIDE DUE OUT IN AUGUST
The Boise Parks and Recreation Activity Guide is brimming with activities for people of all ages, and the fall edition is on its way. The guide will feature classes and activities from September through December. Pick up a copy from the Senior Center or view it online the week of Aug. 7.

Registration opens on Aug. 14 for Boise residents and Aug. 16 for non-residents. This includes programs like Lifetime and Leisure, Food For Life, and fitness classes.

SENIOR ENTREPRENEURS GROUP FORMING
Everyone is invited to join us for an introductory meeting of Senior Entrepreneurs, a support group aimed at bringing together aspiring older adults and professional advisors who can help guide efforts at entrepreneurship and small-business management.

The group is spearheaded by Shelie Wood, a local author, photographer, wellness teacher and cottage industry owner who wants to learn new ways to do business and share the experience with like-minded people. “I would like to see an ongoing club or group where seniors could meet and support each other in the ins and outs of running a home business,” she said.

Once the group has formed and individual interests are taken into account, a list of monthly topics will be developed and senior center staff will invite speakers and presenters with expertise in those areas. Come and offer your input. The first meeting is scheduled for Thursday, Aug. 10 from 1:30 p.m. The group will meet twice a month, on the second and fourth Thursdays.

Not a small-business owner? You don’t have to be. If you’re curious about ways to use a skill or talent to supplement your income, this group is for you. Sign up in advance so we plan enough space, 208-608-7580.

SelectHealth Medicare has you covered.

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### August

**Dick Eardley Senior Center** 690 Robbins Road Boise, ID 83702 208-608-7580 Monday-Friday 9 a.m.-5 p.m. cityofboise.org/seniorcenter

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**Dining room sponsor, Aug. 14-25**

- **Thrift Store & Craft Boutique**
  - M, T, F, 9-11 a.m., 2-5 p.m.
  - Walk Your Socks Off registration. Call 208-608-7580.
  - * These programs require advanced notice without advanced notice.

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**Welcome, St. Alphonsus Health Plan** Dining room sponsor, Aug. 14-25

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**Dick Eardley Senior Center Newsletter**

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**Billiards Room**

Open M-F, 9 a.m.-5 p.m.

**Walk Your Socks Off** M, T, F, 9-11 a.m., 2-5 p.m.

**Thrift Store & Craft Boutique**

Open M-F, 10 a.m.-2 p.m.

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**Saint Alphonsus HEALTH PLAN**

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**MEALS WHEELS METRO BOISE**

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**Walk Your Socks Off** M, T, F, 9-11 a.m., 2-5 p.m.

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**Dick Eardley Senior Center Newsletter**

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**Dick Eardley Senior Center Newsletter**

690 Robbins Road
Boise, ID 83702

208-608-7580

Monday-Friday 9 a.m.-5 p.m.

cityofboise.org/seniorcenter

The noon meal is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

**Billiards Room**
Open M-F, 9 a.m.-5 p.m.

**Walk Your Socks Off**
M, T, F, 9-11 a.m., 2-5 p.m.

**Thrift Store & Craft Boutique**
open M-F, 10 a.m.-2 p.m.

**PARKS AND RECREATION**

*These programs require advanced registration. Call 208-608-7580.

**Registration for these activities opens Aug. 14 for Boise residents and Aug. 16 for non-residents.
MARY LOU’S NO-BAKE BANANA SPLIT CAKE
This holiday-worthy dessert combines a Nilla Wafer crust, summer fruits, and cream cheese for a cool, irresistible treat that’s just right for any occasion.

Ingredients
1 box Nilla Wafers
1 carton Cool Whip (or hand-whipped cream)
1 pkg cream cheese
1 can crushed pineapple, drained well
1 pkg cream cheese
1 carton Cool Whip (or hand-whipped cream)
1 box Nilla Wafers

Directions
Use a rolling pin to crush the Nilla Wafers, then combine with melted butter and 1/2 cup white sugar. Mix well with a fork and press into a 9x13” Pyrex or metal cake pan. Refrigerate for 1 hour.

In a small saucepan, mix frozen strawberries with 1/4 cup white sugar and boil until strawberries are soft, then mash with potato masher until it’s sauce-like.

While cooling, blend cream cheese with powdered sugar until creamy. Spread on top of Nilla Wafer crust. Refrigerate for an hour to set the cream cheese.

Assembling the Split Cake:
1. Layer: Nilla Wafer crust
2. Layer: Cream cheese mixture
3. Layer: Drained crushed pineapple
4. Layer: Canned strawberries and 1/2 cup white sugar.
5. Layer: Cream cheese mixture
6. Layer: Cool Whip (or hand-whipped cream)
7. Layer: Nilla Wafer crust

Let cool.

To assemble:
1. Add a layer of strawberries over the cream cheese layer.
2. Add a layer of crushed pineapple over the strawberries.
3. Add another layer of cream cheese mixture.
4. Add another layer of Cool Whip (or hand-whipped cream).

Refrigerate for at least 4 to 6 hrs.

SPLIT CAKE
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FOOD, FUN, FRIENDS ... WE HAD A BLAST AT THIS YEAR’S CASINO NIGHT DINNER & DANCE!

WE’RE PLANNING THE SENIOR CENTER’S 42ND ANNUAL HOLIDAY BAZAAR - WATCH FOR DETAILS!

Deck the halls and get your Christmas shopping off to a solid start at the 42nd Annual Holiday Bazaar on Saturday, Nov. 18, from 10 a.m. to 2 p.m.

We’ll host dozens of crafters, artists, and distributors so you can find what you need to decorate for the holidays and give the perfect gift to everyone on your list. Be sure to visit our thrift store and craft boutique while you’re here. Lunch items, popcorn and beverages will be available to purchase. Watch for more details in the October/November newsletter.

If you are interested in renting a table at this year’s event, call Erika at 208-608-7579 to request a vendor packet.

HOUSING 101 REAL ESTATE HELP AVAILABLE

Certified Seniors Real Estate Specialist Paige Doyle will offer Housing 101 on Aug. 8 and again on Sept. 12 from 11 a.m. to 12 p.m. Anyone can stop in during the hour to ask questions and get information related to local housing. There’s no need to register for this free service offered on the second Tuesday of every month.

MEDITATION FOR HEALTH & WELLNESS

Meditation instructor Michelle Wood will offer a seated, guided meditation class on Friday, Sept. 8, from 11:15 to 11:45 a.m. The focus of this visualization will be staying in balance. There is no cost to attend. Space is limited. Give us a call at 208-608-7580 to sign up.

COLLETTE TRAVEL WILL VISIT IN SEPTEMBER TO SHARE ABOUT UPCOMING DESTINATIONS

Join us on Sept. 12 at 10 a.m. for a Collette Travel presentation on trips we have booked in 2024, including Alaska Discovery (July 2024), Colors of New England (October 2024), and Southern Charm Holiday (December 2024). RSVP to reserve your spot, 208-608-7580.

Planning for Medicare?

With the Saint Alphonsus Medicare Plan, backed by MediGold (HMO/PPO), you get more than just Medicare. You get a local, all-in-one Medicare Advantage plan designed by doctors to make healthcare work better for you. It’s comprehensive coverage combined with compassionate care that you won’t find elsewhere.

Call for more information:

Mandi Hansen
208-367-5841

FOOD, FUN, FRIENDS ... WE HAD A BLAST AT THIS YEAR’S CASINO NIGHT DINNER & DANCE!
The Dick Eardley Senior Center and The Southwest Idaho Area Agency on Aging present:

Living Well with Chronic Pain

A FREE 6-week workshop designed to help you ‘Live Well’ with an ongoing health condition. Learn self-management tools such as: physical activity and exercise, managing difficult emotions, communication skills, action-planning and much more!

TUESDAYS
DICK EARDLEY SENIOR CENTER
690 ROBBINS ROAD, BOISE
AUGUST 8 - SEPTEMBER 12
10:00AM -12:00PM

To register please see the front desk or contact: Natalie at 208-860-9053
natalie.nathan@a3ssa.com

BIRTHDAY CORNER

Happy birthday to everyone who celebrated June and July birthdays with us!

**June**
- Nancy Campbell
- Michele Hendryx
- Marcie Lansford
- Penny McAndrew
- Ann Koeplin
- Dawnee Goodman
- Raelene Viste
- Honora Petrovic

**July**
- Jan Spencer
- Bev Fleisher
- Jim Wheeler
- Georges Pelletier
- Anna Skipworth

Celebrate your special day with us on the second Friday of every month beginning at 12 p.m.

A big thank you to our Birthday Friday sponsor: 💌 aetna™