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

**DICK EARDELY SENIOR CENTER**

**CITY of BOISE | JUNE/JULY 2023**

**Coming up ...**

The Senior Center will be closed:
- Monday, June 19 for the Juneteenth holiday.
- Tuesday, July 4 for Independence Day.

Looking to play **fun games with fun people**? We’ve got opportunities! Details are on page 2.

We’re hosting **Collette Travel** in June for a presentation on upcoming trips. Get the details on page 2.

**DID YOU KNOW?**
- The average American eats around 15 pounds of watermelon each year, most of it in the summer. Watermelons are 92% water, making them a great thirst quencher.
- The Eiffel Tower gets a little bit taller in the summer. That’s because the 1,062-foot monument experiences thermal expansion that causes the structure to grow during seasonal heat.
- The sun never sets during the six warmest months in the Arctic Circle. The earth is rotating at a tilted axis relative to the sun, and during the summer months, the North Pole is angled toward our star.
  
  *Source: Goodnet.org*

**GET YOUR TICKETS IN ADVANCE FOR 3RD ANNUAL CASINO NIGHT**

Put on your dancing shoes and come spend an evening with us at the 3rd Annual Casino Night Dinner & Dance on Thursday, June 22 from 6-9 p.m.

Purchase tickets in advance by June 16 for this fun-filled event. See all the details, plus information from our generous event sponsors, on pages 10-11.

**“MADE TO MOVE” AUTHOR OFFERING 4-PART SERIES IN JULY**

Author Joe Wegley, DPT, will offer a 4-part series based on his book, *Made to Move: Active Aging Benchmarks to Improve Balance, Posture, and Mobility for Seniors*. The 1-hour seminars will take place every Friday in July, from 2-3 p.m., and are free to attend.

Participants will learn about the nine active aging benchmarks and how to achieve them at home without the use of any special equipment.

Dr. Wegley is a certified Neurologic Physical Therapist, Exercise Physiologist, and Brain Injury Specialist. He obtained his Doctor of Physical Therapy degree from University of Montana in 2004 and practices at St. Luke’s Rehab Hospital, located next door to the Senior Center at the Idaho Elk’s Medical Plaza.

**CALLING ALL DADS! WE’RE CELEBRATING FATHER’S DAY ON JUNE 16**

It’s your day, Dad! Join us on Friday, June 16 for an event in your honor as we partner with our event sponsor, Home Instead, to show our appreciation for all that you do.

Home Instead staff will decorate the dining room and have a special treat for each dad in attendance. They are also bringing plenty of dessert to go around. The Metro Meals on Wheels kitchen staff will be serving a special Father’s Day meal of roast beef with mashed potatoes and gravy. Come hungry! Festivities start at 11:45 a.m. Everyone is invited and there’s no cost to attend (regular lunch charges apply). We hope you can make it!
JOIN US FOR MENTAL FITNESS MONTH IN AUGUST

Every Friday in August, we will explore tools and techniques to encourage cognitive fitness. Join us for Mental Fitness Month, a four-part series designed to teach you different ways to keep your brain fit and strong.

Class meets every Friday from 10-11:30 a.m. Cost is $12/$18.05NR. Space is limited. Pre-registration is required, 208-608-7580.

Aug. 4 – Food and Brain Health: Learn how eating certain foods can promote brain health. Take home samples and recipes!

Aug. 11 – The Music Connection: We’ll make music using percussion instruments and explore the benefits to the brain.

Aug. 18 – Create-A-Game: We’ll work together to invent a new game, then play it in teams. There will be prizes!

Aug. 25 – Brain Aerobics: Explore fun mental exercises and memory techniques you can do anywhere at any time.

WE’VE ADDED MORE GAMES DURING THE WEEK!

Based on your requests, we have added four new games to our weekly lineup of activities. Come give them a try. Everyone is invited!

• Monday 1-5 p.m. Mexican Train (Dominos)
• Tuesday 1-5 p.m. Mahjong
• Wednesday, 10 a.m.-12 p.m. Cribbage
• Thursday 1-5 p.m. Rummikub

Drop-in fee is $2. Please call to let us know you’re coming so we can set up accordingly, 208-608-7580.

HAVE YOU TRIED OUR NEW WEDNESDAY TRIVIA?

Join us in the dining room at 12:15 p.m. every Wednesday for Wednesday Trivia. Name the astronaut who walked on the moon in 1969. Who sang the 1959 Billboard hit song Dream Lover? Baseball’s first all-pro team was founded in 1869. Who sang the 1959 Billboard hit song Dream Lover? Baseball’s first all-pro team was founded in 1869. What color is part of the team name? You know the answers, now come win a prize! Anyone can play.

COLLETTE TRAVEL PRESENTATION JUNE 27

On June 27 starting at 1 p.m., Collette Travel will be at the Senior Center to talk about two trips we have booked for 2024: Costa Rica in February and Scotland in May. Reserve your seat to learn about these trips and other destinations we have planned for 2024 and 2025, including Alaska, New England, Southern Charm Holiday, Tuscany and Mackinac Island. Call 208-608-7580.

WELCOMING WIDOWS INVITE GUEST SPEAKERS

The Welcoming Widows Support Group meets on the 2nd and 4th Friday of each month from 10-11:30 a.m. Upcoming topics include Cooking Healthy for One on June 9 and Family Dynamics & Changing Relationships on July 14. The group is open to anyone who has experienced the death of a partner. Have questions? Give us a call at 208-608-7580.

KICK YOUR CRAVINGS WITH HELP FROM CDHD

Whether you are ready to Kick Your Cravings, or only looking to know more about nicotine, Central District Health is here to help. Join us for a short presentation on Friday, June 23, from 11:15 a.m. until noon, about tobacco and nicotine use and learn about resources and coping skills to help yourself or a loved one quit. FREE materials such as journals, water bottles, tumbler, stress balls, gum, and sunflower seeds will be available to help a person get ready to quit. Space is limited. Please sign up at 208-608-7580.

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.

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

**Walk Your Socks Off**
9-11 a.m. - 2-5 p.m.
M, T, F, 9-11 a.m., 1-5 pm

**Dick Eardley Senior Center**
690 Robbins Road
Boise, ID 83702
208-608-7580

Monday-Friday 9 a.m.-5 p.m.
cityboise.org/seniorcenter

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

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

**Thrift Store Summer Blowout Sale begins!**

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**Mondays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
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<td>Acrylics Social Group</td>
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**June**

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

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

**Walk Your Socks Off**
9-11 a.m. - 2-5 p.m.
M, T, F, 9-11 a.m., 1-5 pm

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

The noon meal will be served curbside to go from the Robbins Road pull through from 12-12:30 pm.

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**Walk Your Socks Off**
9-11 a.m. - 2-5 p.m.
M, T, F, 9-11 a.m., 1-5 pm

**Dick Eardley Senior Center Newsletter**
June 2022
The senior meal program operates Monday through Friday from 11 a.m. to 1:30 p.m. The meal is served in the Robbins Nest Café and includes: a main course, a salad, a choice of beverage, and fruit. The cost for seniors 60 and older is $6.00. For those under 60, the cost is $12.00. Registration is required by 1:00 p.m. the previous day by calling 208-608-7580. For more information, visit cityofboise.org/seniorcenter.

**Monday**
- 9:15-10:15 a.m.: Bridge
- 10-11 a.m.: Happy Hookers Knit & Crochet
- 10 a.m.-2 p.m.: Pinochle
- 9:15-10:15 a.m.: Tai Chi & Qigong Intermediate*
- 10 a.m.-12 p.m.: Welcoming Widows*
- 10 a.m.-12 p.m.:  Blood Pressure Clinic
- 11 a.m.-12:30 p.m.: Drumming Divas
- 11 a.m.: Bingo with Dan Canfield
- 2:30-3:30 p.m.: Walking, Stretching & Balance
- 3:30-4:30 p.m.: Three Island Crossing Park*
- 5-6 p.m.: Yoga with Gin
- 6:30-7:30 p.m.: Tai Chi & Qigong Beginner*
- 6:30-8 p.m.: Card Games with Dan Canfield

**Tuesday**
- 9:15-10:15 a.m.: Bridge
- 10-11 a.m.: Happy Hookers Knit & Crochet
- 10 a.m.-2 p.m.: Pinochle
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**Thursday**
- 9:15-10:15 a.m.: Bridge
- 10-11 a.m.: Happy Hookers Knit & Crochet
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- 5-6 p.m.: Yoga with Gin
- 6:30-8 p.m.: Card Games with Dan Canfield

**Friday**
- 9:15-10:15 a.m.: Bridge
- 10-11 a.m.: Happy Hookers Knit & Crochet
- 10 a.m.-2 p.m.: Pinochle
- 9:15-10:15 a.m.: Tai Chi & Qigong Intermediate*
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- 5-6 p.m.: Yoga with Gin
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* These programs require advanced registration. Call 208-608-7580.
Directions
Preheat oven to 350°F. Wrap potato in aluminum foil and bake until fork-tender, 25 to 30 minutes. Remove potato from foil and cut in half lengthwise. Place in the refrigerator to cool. Once the potato is cool, cut into large pieces.

In a large cast-iron skillet, heat olive oil over high heat until it’s very hot—almost to the smoke point. Add potatoes and cook for a few minutes on each side until golden brown. Then add onion, bell pepper, squash and sausage. Cook, stirring occasionally, until the onions begin to caramelize, about 5 to 7 minutes. Add garlic and oregano, stir, and cook for 1 minute. Season with salt and pepper to taste and serve.

Yield: 2-4

A tattoo
In same place

2 Chant
1 Small amounts
51 E.g. Baldwin or Barrasso
50 Kind of computer data store
49 Gardener’s stamping ground
48 Journey’s end forecast
47 Pulitzer winner Jennifer
46 Total
43 Old Peruvian native
42 Without paying much attention
41 Comparative phrase
40 As a piano is
39 Former Alaska Governor — Palin
38 The police
37 Trenbles
36 Flags
35 Military greeting
34 Flags
33 Top celebrities
32 Promise
31 One ringing?
30 Large Arctic plain
29 Even-handedness
28 Gunfighter actor Jack
27 File
26 Like firm pasta
24 Bow wood
23 Donnybrook
22 California
21 Bill Cosby’s late son
20 Cambodian e.g.
18 The Beatles’ lovely meter maid
17 Rough
16 Sally Field
15 Matinee idol — Novello
14 Off-roader
13 Therefore
12 Flintstone pet
11 Genetic component of
10 grp.
9 Tennessee Williams lizard
8 Give up!
4 Reside
3 Intellectual
2 Chant

TRAVEL TALK WITH DENISE STARTS JUNE 12
Come learn about upcoming travel opportunities through the Senior Center and offer input on destinations. We’ll meet from 11:11:30 a.m. on June 12 and July 17. Space is limited, so please save your seat by calling the front desk at 208-608-7580.

DO YOU ENJOY FIXING STUFF? REPAIR CAFÉ IS LOOKING FOR VOLUNTEER REPAIR SPECIALISTS
Are you a tinkerer? Do you have a knack for fixing or mending things? If so, your help is needed. The City of Boise and JUMP are teaming up to host two Repair Café events this summer, on June 8 and Aug. 10 from 5:30-8 p.m. at JUMP.

Repair Cafés promote repair as an alternative to throwing things away. Community members are invited to bring certain household items in need of repair to these free community events where they will fix their broken items with the help of volunteer Repair Specialists equipped with tools, materials, and expertise. By volunteering, you will help reduce waste, share valuable skills, and connect with your community. Give us a call to get signed up as a Repair Specialist, 208-608-7580.

TECH LECTURES & WORKSHOPS CONTINUE
Opportunities to enhance your technology skills continue this month, thanks to a partnership between LEARN Idaho and AARP’s Senior Planet. Classes and lectures begin at 10:30 a.m. and go roughly 75 minutes. Space is limited. Give us a call at 208-608-7580 to reserve your spot!

Monday Lectures: July 10-Online Fraud & Scams, July 17-All things Zoom, July 24-How to Choose a Computer, July 31-Using an iPhone/iPad.

Tuesday Workshops: July 11-Staying Safe Online, July 18-Video Chat with Zoom, July 25-Finding Information Online.

Puzzle made available by our sponsor, Jim Starr

Jim also sponsors the Senior Center’s weekly Bingo game and calls Bingo on the 3rd Thursday of each month. Give Jim a call if you have questions regarding Medicare or want to compare notes about this month’s puzzle, 208-713-3166.

CONGRATS TO OUR PINOCHELLE WINNERS!

March 3
High Score: Jim 5,530
Double Pinochle: Pat

March 10
High Score: Peggy 6,130
Double Pinochle: Phyllis & Linda

March 17
High Score: Rose 7,670
Double Pinochle: Linda & Pat

March 24
High Score: Peggy B.
Double Pinochle: Peggy B.

March 31
High Score: Peggy B.
Double Pinochle: Bob

April 7
High Score: Linda 5,100
Double Pinochle: Pat

April 14
High Score: Ann 5,130
Double Pinochle: Pam & Bob

April 21
High Score: Linda 5,520
Double Pinochle: Steve & Bob

April 28
High Score: Peggy G. 6,360
Double Pinochle: John & Linda

Come for Lunch & Learn Something New!
Senior Services State Plan,
June 8, 12 p.m. As part of the Idaho Commission on Aging’s outreach state plan, they are seeking feedback about their senior programs and invite you to participate. Staff will be at the Senior Center on Thursday, June 8 to discuss the plan and gather feedback. Plan to come for lunch (beans & ham with cornbread) and stay for a brief meeting.

Summer Hydration, July 12, 12 p.m. Ashley Revaul from Home Instead will talk about the signs of dehydration, recommendations on how much water to drink and how often, and being mindful of activity and sun exposure during the summer months.

Don’t Miss Our Huge Summer Blowout Sale!
We have been inundated with large donations of quality summer apparel and we have no room for it all, so we’re marking it down to half of our already super-low prices. The sale starts at 10 a.m. on Monday, June 5, and goes all week. Sale is on all clothing, shoes and accessories storewide. (Does not include jewelry). Store hours are M-F, 10 a.m.-2 p.m.

The Comforts of home, balanced with care.

Senior Living | Home Health | Hospice

CONNECT HEALTH

Dick Eardley Senior Center Newsletter
Welcome to the 3rd Annual Casino Night, made possible by our generous sponsors

Thanks to the generosity of our 3rd Annual Casino Night sponsors, we are able to cover the costs of this great annual event. That means the proceeds from ticket sales can go toward other things, such as new senior programming, special events, and Silver Scholarships that help older adults access recreational activities at a reduced rate.

Back by popular demand at this year’s event, the Boise Vista Lions Club’s no-cash casino will be offered in two rooms. Come try your luck at Roulette, Craps, Texas Hold’em, and Black Jack. All event-goers can start the evening with $5,000 in chips, which will get “cashed in” for raffle tickets toward a prize drawing near the end of the evening.

We are also bringing back free souvenir photographs, thanks to a special donation from SelectHealth.

The drinks will be flowing at the no-host beer and wine bar, where you’ll also find soft drinks for sale (iced tea and water are included in the ticket price).

Get your song requests ready because the dance hits will be playing all evening long.

Advanced ticket purchase is required by 5 p.m. on June 16. Cost is $10 each or $15 for two. Call 208-608-7580.
SOUL COLLAGE CLASS BEING OFFERED MONTHLY

You don’t have to be an artist to make artistic SoulCollage cards. Everyone is invited to come and try this one-hour class, offered on the 3rd Friday of each month this summer, (June-September) from 1-3 p.m.

SoulCollage is an expressive arts activity that can be done individually or in a group setting. It will be taught by Marilyn Watkins, who has a BA in art education, an MA in special education, and an MFA in Arts and Consciousness. Marilyn is a teacher, painter, professional artist, and SoulCollage facilitator. “SoulCollage is a process of using cut-out magazine images to access our intuition to create a card with deep personal meaning,” she explains. “It is a relaxing activity that anyone can do.”

Drop-in fee is $2. All materials are provided. Space is limited, so please sign up in advance at 208-608-7580.

BIRTHDAY CORNER

Happy birthday to everyone who celebrated April and May birthdays with us!

APRIL
Gayle Cunningham
Terrie Dempsay
Scott Dowdle
Bonnie Jones
Heidi Marino
Darrell Redwine
Leanna Riddle
Debbie Seiferth

MAY
Edward Fisher
Judi Hansen
Vicki Jones
Louise Paz
Phyllis Ross
Ann Warner

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