


Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11am Walk Your Socks Off 1-5pm Bridge 2-5pm Walk Your Socks Off	10:30-11:30am Longevity Stick 10:30am-12pm Tech Lecture or Workshop* 1-2pm Fit and Fall Proof 2-3pm Walk With Ease* 2-4pm Arts & Crafts Social	9-11:30am Teddy Bear Factory 10am-12pm Happy Hookers Knit & Crochet 10:30-11:30am Gentle Yoga* 1-3pm Acrylics Social Group 1-5pm Canasta 1:15-2pm Intro to Zumba*	10-11am BINGO 10-11am Tai Chi & Qigong* 10-11:30am Chat-n-Chew 11:30a-12:30pm Drumming Divas 1-5pm Bridge 1-5pm Hand & Foot 2-3pm Walk With Ease*	9-11am Walk Your Socks Off 10am-2pm Pinochle 1-2pm Fit and Fall Proof 1-5pm Intro to Pinochle 2-3pm Walk With Ease* 2-5pm Walk Your Socks Off



August, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 10am-12pm Living Well w/ Pain* 10:30am-12pm Tech Lecture : How to Choose a Computer	3 12-12:30pm Pop-Up Library	4 11:50am-3pm Fujishin Winery Tour*	5 12pm Senior Goldmine Visit
8 9am-4pm Foot Clinic by Stonebridge* - call 208-344-9228	9 10am-4pm Day at Bogus* 10:30am-12pm Tech Workshop: Finding Information Online* 11am-12pm Housing 101	10 10:30am Western Pleasure Tours Travel Meeting* 11am Welcome Tour & Lunch*	11 10am-3pm Indian Creek Plaza* 10:30am-12pm Blood Pressure Clinic 12pm Serve Our Seniors Day 1-3pm Recreating Memories* -call 208-422-1000, ext. 7974	12 10:30am-12pm Travel the World with Marian* 12pm Birthday Friday
15 12-3pm Boise Train Depot* **Activity Guide registration starts for residents	16 9:45-10:15am Meditation for Pain* 10:30am-12pm Tech Workshop: Online Health Resources	17 **Activity Guide registration starts for non-residents	18 10:30am-12pm Blood Pressure Clinic 12pm Senior Citizens Day Event 1-3pm Recreating Memories*	19 1-2pm Rock Art Craft with Sherri* 2-3pm ZenDoodle*
22	23 10:30am-12pm Tech Lecture : Smartphone Photography* 11am-1pm Legal Counsel*	24	25 11am-12:30pm Pet Therapy: Joann with Taco & Patches 1-3pm Recreating Memories*	26
29 11am-12pm Book Club	30 10:30am-12pm Tech Workshop: Shopping on Amazon*	31	Billiards Room* is open 9am-5pm Monday-Friday. 	

Dick Eardley Boise Senior Center
 690 Robbins Rd., Boise, ID 83702 | 208-608-7580 | seniorcenter.cityofboise.org | Monday-Friday 9am-5pm
 Thrift Store & Craft Boutique Hours: Tuesday-Friday 10am-2pm

* Registration required. Call to sign up and for information on any related costs. 208-608-7580.



PARKS AND RECREATION