**Weekly**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>9-11am Walk Your Socks Off</td>
<td>9-11am Walk Your Socks Off</td>
<td>9-11:30am Teddy Bear Factory</td>
<td>9:30-10:30am Tai Chi &amp; Qigong Int*</td>
<td>9-11am Walk Your Socks Off</td>
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<tr>
<td>10am-12pm Beginner Bridge*</td>
<td>10am-12pm Living Well with Chronic Pain (Aug 8-Sept 12)*</td>
<td>10am-12pm Happy Hookers Knit &amp; Crochet</td>
<td>10-11am BINGO</td>
<td>10-11:30am Mental Fitness Month*</td>
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<tr>
<td>1-5pm Bridge</td>
<td>10:30-11:30am Longevity Stick</td>
<td>10:30-11:30am Gentle Yoga*</td>
<td>10-11:30am Chat-n-Chew</td>
<td>10am-2pm Pinochle</td>
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<tr>
<td>1-5pm Mexican Train</td>
<td>1-2pm Fit and Fall Proof</td>
<td>10:30-11:45am Computer Practice*</td>
<td>10:30-11:30am Tai Chi &amp; Qigong Beg*</td>
<td>1-2pm Fit and Fall Proof</td>
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<tr>
<td>2-5pm Walk Your Socks Off</td>
<td>1-4pm Euchre</td>
<td>1-3pm Acrylics Social Group</td>
<td>(Tai Chi until Aug. 24)</td>
<td>2-5pm Intro to Pinochle</td>
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<tr>
<td>11am</td>
<td>1-5pm Mahjong</td>
<td>1-5pm Canasta</td>
<td>11:30a-12:30p Drumming Divas</td>
<td>1-5pm Bridge</td>
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<tr>
<td></td>
<td>2-4pm Arts &amp; Crafts Social</td>
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<td>1-5pm Rummikub</td>
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<td></td>
<td>2-5pm Walk Your Socks Off</td>
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**AUGUST, 2023**

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<tr>
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<tr>
<td>10:30-11:45am Tech Workshop: Smartphone Photography*</td>
<td>5-11:30pm Starlight Theater*</td>
<td>10am-4pm Day at Bogus*</td>
<td>12pm Senior Goldmine Visit</td>
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<tr>
<td>10:30-11:45am Tech Lecture: Rideshare Apps*</td>
<td>10:30-11:45am Tech Workshop: Get Started with Lyft*</td>
<td>10am-12pm Beginner Bridge*</td>
<td>9:30am-12:30pm Warhawk Museum*</td>
<td>10-11:30am Welcoming Widows*</td>
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<td>11am-12pm Housing 101</td>
<td>11am Welcome Tour &amp; Lunch*</td>
<td>11am-12:30pm Blood Pressure Clinic</td>
<td>12:00pm Birthday Friday</td>
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<td></td>
<td>11am-1pm Legal Counsel*</td>
<td>12-12:30pm Pop-Up Library</td>
<td>1-2:30pm Senior Entrepreneurs*</td>
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<tr>
<td>9am-4pm Foot Clinic (Stonebridge, Call 208-344-9228 for appt.)*</td>
<td>10:30-11:45am Tech Workshop: Getting Started with PayPal*</td>
<td>10am-12pm Beginner Bridge*</td>
<td>8:30am-3pm Idaho City History Tour*</td>
<td>1-3pm Soul Collage*</td>
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<tr>
<td>10-30-11:45am Tech Lecture: eBay &amp; PayPal*</td>
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<td>2-3pm Ask the Doc*</td>
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<td>11-11:30am Travel Talk with Denise*</td>
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<td>3:30-6pm Payette Brewery Tour*</td>
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<td><strong>Fall Activity Guide registration begins for Boise residents!</strong></td>
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<td>10:30-11:45am Tech Lecture: MyChart*</td>
<td>9:15am-12pm Camille Beckman Tour*</td>
<td>10am-12pm Beginner Bridge*</td>
<td>11am-12:30pm Blood Pressure Clinic</td>
<td>10-11:30am Welcoming Widows*</td>
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<tr>
<td>12pm Senior Citizens Day</td>
<td>10:30-11:45am Tech Workshop: Online Health Resources*</td>
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<td>12:00pm Serve Our Seniors!</td>
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<td>11am-1pm Legal Counsel*</td>
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<td>1-2:30pm Senior Entrepreneurs*</td>
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<td>10:30-11:45am Tech Lecture: Protect Your Personal Info Online*</td>
<td>10-11:30am Cemetery Tour*</td>
<td>10am-12pm Beginner Bridge*</td>
<td>11am-12:30pm Pet Therapy Visit</td>
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<td>11am-12pm Book Club*</td>
<td>10:30-11:45am Tech Workshop: Using Fact Checking Sites*</td>
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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: Monday-Friday 10am-2pm  
* Registration required. Call to sign up and for information on any related costs. 208-608-7580.