

OCTOBER

Dick Eardley Senior Center
690 Robbins Rd
Boise, ID 83702
PH:208-608-7580

TTY: 711
Monday-Friday 9 a.m. - 5 p.m.
cityofboise.org/senior center



Lunch is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe from 12 - 12:30 p.m. The menu can be found on our website.

Billards Room
M-F, 9 a.m. - 5 p.m.



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



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



Lobby Sponsor
Kelly Svevad
Senior Living Advisor
Healing Homestead
Wednesdays & Fridays
10:30 a.m. - 1:30 p.m.



PARKS AND
RECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			1	2
			10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am Music: Cheatgrass 11 am-3 pm Rummikub 11:30 am-12:30 pm Drumming Divas 12:30-3 pm Stein Luminary* 1-4 pm Bridge	9:30 am-12 pm Pinochle 11:30 am Senior Goldmine 12:30-2 pm Senior Social at Library! at Cole & Ustick 1-2 pm Fit and Fall Proof 1-5 pm Intro to Pinochle 2-3 pm Line Dancing*
5	6	7	8	9
9 am-2 pm Nail & Foot Care of Boise with Sandy* (208-747-5797) 10:30-11:45 am Tech Lecture: iPhone Settings 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi & Qigong Int.* 2:30-3:30 pm Tai Chi & Qigong Beg.*	Treats by Life Care Centers of America for Treasure Valley and Boise 10:30-11:30 am Longevity Stick 11 am-12 pm Music: Mike Rutledge-Good Old-Time Sing-a-long 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong	Treats by All Ways Caring 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit & Crochet 10:30-11:30 am Gentle Yoga* 12-12:30 pm Pop-Up Library 12:15 pm NFL Pick'Ems with Don 1-5 pm Canasta	Treats by Edgewood Healthcare 10-11 am BINGO 10-11:30 am Chat-n-Chew 11-11:30 Generation Exchange Orientation* 11 am Music: Big Dave Walter 11 am-12:30 pm Blood Pressure Clinic 11 am-3 pm Rummikub 11:30 am-12:30 pm Drumming Divas 12:30-1:30 Origami 2* 1-4 pm Bridge	Birthday Cake by Connect Health 9:30 am-12 pm Pinochle 10-11:30 am Widow/Widower Support* 10:45-11:45 am Meditation for Optimal Health* 12 pm Birthday Friday 1-2 pm Fit and Fall Proof 1-5 pm Intro to Pinochle 1:30-5 pm Winery: The Cellars at River's Edge* 2-3 pm Line Dancing*
12	13	14	15	16
No Lunch Today! Meals on Wheels is Closed 10 am-3 pm Red Cross Blood Drive* 10:30-11:45 am Tech Lecture: Smartphone Photography 10:30 am-12 pm Joy of Watercolor* 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi & Qigong Int.* 2:30-3:30 pm Tai Chi & Qigong Beg.*	10 am-5:30 pm Scenic Fall Drive* 10:30 am-12 pm Health & Safety Fair 10:30-11:30 am Longevity Stick 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong	Treats by The Cottages 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit & Crochet 10:30-11:30 am Gentle Yoga* 11 am-12 pm Welcome Tour* 11 am-1 pm Legal Counsel* 12:15 pm NFL Pick'Ems with Don 1-2 pm Mid-Week Music: Ross Miller* 1-5 pm Canasta 2-4 pm Grief Support Group*	Treats by Harrison's Hope Hospice 10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am-3 pm Rummikub 11 am Music: Sing-a-long Bluegrass with the B-team 11:30 am-12:30 pm Drumming Divas 1-4 pm Bridge 4:45-10 pm Theatre & Dinner-Haunting of Hill House*	Treats by Brookdale Independent Living 9:30 am-12 pm Pinochle 12:30-2 pm Senior Social at Library! at Cole & Ustick 1-2 pm Fit and Fall Proof 1-5 pm Intro to Pinochle 2-3 pm Line Dancing* 2-3:30 Growing Old Ain't for Sissies* 4-5 pm Bae Brothers Origami School*
19	20	21	22	23
Treats by Heatherwood Senior Living 9 am-2 pm Nail & Foot Care of Boise with Sandy* (208-747-5797) 9 am-4 pm AARP Smart Driver* 10:30-11:45 am Tech Lecture: Listening to Podcasts 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi & Qigong Int.* 2:30-3:30 pm Tai Chi & Qigong Beg.*	Treats by Senior Helpers 9 am-2 pm Weiser Classic Candy* 10:30-11:30 am Making the Move: Understanding Independent Living Options* 10:30-11:30 am Longevity Stick 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong 1:30-3:30 pm BSU Nursing Health Fair: Health Screenings 7-8:30 pm Radio Days*	Treats by St. Alphonsus/Encompass Health 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit & Crochet 10:30-11:30 am Gentle Yoga* 11 am Music: Big Dave Walter 12:15 pm NFL Pick'Ems with Don 1-5 pm Canasta	Treats by Copper Falls Hospice 10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am-12 pm Generation Exchange* 11 am Music: David Ladines 11 am-12:30 pm Blood Pressure Clinic 11 am-3 pm Rummikub 11 am-5 pm Idaho City Hot Springs* 11:30 am- 12 pm Origami 1* 11:30 am-12:30 pm Drumming Divas 12:30-2 pm Origami 3* 1-4 pm Bridge	Treats by Complete Prosthetics & Orthotics 9:30 am-12 pm Pinochle 10-11:30 am Widow/Widower Support* 12:30-3:30 pm Lunch Club* 1-2 pm Fit and Fall Proof 1-5 pm Intro to Pinochle 2-3 pm Line Dancing*
26	27	28	29	30
Treats by Idaho Home Health & Hospice 9 am-2 pm Nail & Foot Care of Boise with Sandy* (208-747-5797) 10:30-11:45 am Tech Lecture: Tech Q&A 10:30 am-12 pm Joy of Watercolor* 11 am Music: Kathy McFadden & Friends 11 am-12 pm Book Club* 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi & Qigong Int.* 2:30-3:30 pm Tai Chi & Qigong Beg.*	10-11:30 am Collette Travel Meeting* 10:30-11:30 am Longevity Stick 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong	Treats by Arbor Village @ Hillcrest 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit & Crochet 10:30-11:30 am Gentle Yoga* 12:15 pm NFL Pick'Ems with Don 1-2:30 pm Conversations, Crafts, & Cultural Sites* 1-5 pm Canasta	10-11 am BINGO 10-11:30 am Chat-n-Chew 10:30-11:45 am LEARN: Scam Savvy Seniors* 11 am-3 pm Rummikub 11:30 am-12:30 pm Drumming Divas 11:30 am-1:30 pm BSU Nursing Health Fair: Health Promotion & Education 1-4 pm Bridge	9:30 am-12 pm Pinochle 11:30 am Halloween Celebration 1-2 pm Fit and Fall Proof 1-5 pm Intro to Pinochle 2-3 pm Line Dancing* 2-4 pm Free Movie Day*

*These programs require advanced registration.
Please call 208-608-7580