

Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2pm Bocce Ball*	10:30-11:30am Longevity Stick* 12:30-3pm Acrylic/Crafting Social Group* 1-2pm Fit and Fall Proof	9-11:30am Teddy Bear Factory 10am-12pm Happy Hookers Knit & Crochet* 10:30-11:30am Gentle Yoga** 1-4pm Canasta*	10-11am BINGO 10-11:30am Chat-n-Chew* 11:30a-12:30p Drumming Divas* 3-4pm Tai Chi and Qigong**	1-2pm Fit and Fall Proof 1-4pm Canasta*



October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Billiards Room* is open 9am-12pm & 1-4pm Monday-Friday. Registration is required.				1 11:30am Senior Goldmine Visit
4	5 10am-12pm Living Well with Chronic Pain**	6 9am-3pm - 1/2 Off Thrift Store Sale 11am-12pm Halloween Potion Jars 12-12:30 Pop-Up Library	7	8 11:45am Birthday Friday
11 9am-12pm Foot Clinic by Stonebridge—call 208-344-9228	12 10am-12pm Living Well with Chronic Pain**	13 10am-12pm Senior Health & Safety Fair	14 9:30-11am Fraud BINGO 10:30am-12pm Blood Pressure Clinic	15 11am Food for Life: Cancer Prevention**
18	19 10am-12pm Legal Counsel** 10am-12pm Living Well with Chronic Pain**	20	21 1-2pm Robbins Road Rhythm Makers	22
25 10a-3pm Pre-Holiday Fabric Sale	26	27	28	29

Dick Eardley Boise Senior Center
 690 Robbins Rd., Boise, ID 83702 | 208-608-7580 | seniorcenter.cityofboise.org | Monday-Friday 9am-4pm


* These programs require registration for each visit. Call up to 7 days in advance, 208-608-7580.

** These programs/series require registration. Call anytime, 208-608-7580.



October 2021 Menu

(Substitutions may be necessary without advanced notice.)

Mon	Tue	Wed	Thu	Fri
				1 Chicken Fried Steak or Liver & Onions (sites only) Mashed Potatoes / Gravy Peas & Onions Wheat Bread / Milk
4 White Chicken Chili Roasted Potatoes Brussels Sprouts Cornbread Milk	5 Turkey Florentine Carrots Lima Beans Green Salad Orange Juice Wheat Bread // Milk	6 Pork Roast & Gravy Sweet Potatoes Green Beans Chunky Applesauce Graham Crackers Multigrain Bread / Milk	7 Lemon Herb Cod Brown Rice Spring Blend Veggies Spiced Pears Parmesan Biscuit / Milk	8 Meatloaf & Gravy Baby Baked Potatoes Sunshine Carrots Spinach Salad Wheat Roll / Milk
11 Baked Potato & Chili Snap Peas Apples & Berries Granola Bar 9-Grain Bread Milk	12 Chicken Philly Sandwich Roasted Potatoes Corn Fresh Fruit Wheat Hoagie Roll Milk	13 Baked Herb Salmon Rice Pilaf Broccoli Coleslaw Pretzel Roll Milk	14 Pork Chops & Gravy Wild Rice Blend Harvard Beets Green Pea Salad Orange Juice Wheat Bread Milk	15 Turkey Cutlet & Gravy Mashed Potatoes Mixed Veggies Green Salad with Nuts & Cranberries Wheat Roll / Milk
18 Vegetarian Spaghetti Capri Blend Veggies Peaches Green Salad French Bread / Milk	19 Chicken & Dumplings Corn Pears & Blueberries Cookie Milk	20 Salisbury Steak & Gravy Mashed Potatoes Broccoli & Cauliflower Mandarin Oranges Wheat Roll / Milk	21 Mediterranean Tuna Casserole Stewed Tomatoes Cascade Veggies Spinach Salad Rye Bread Milk	22 Monterey Chicken Roasted Potatoes Green Beans Cornbread Milk
25 Breaded Chicken & Gravy AuGratin Potatoes Broccoli Wheat Roll Milk	26 Stuffed Pollock Mac & Cheese Peas White Bean Salad Wheat Bread Milk	27 Sweet & Sour Chicken Brown Rice Key West Veggies Asian Coleslaw Wheatberry Bread Milk	28 Alfredo Meatballs Wheat Pasta Chateau Blend Veggies Green Salad Wheat Bread Milk	31 Halloween Meal Pork Riblet  Cheesy Potatoes Baby Carrots Sandwich Bread Milk Halloween Cake