


Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:30-11:30am Longevity Stick* 1-2pm Fit and Fall Proof 2-3pm "You Can Do It" Crafting* Jan. 11-Leather Tooling Jan. 18-Paper Toile Jan. 25-Bob Ross Painting	9-11:30am Teddy Bear Factory* 10am-12pm Happy Hookers Knit & Crochet* 10:30-11:30am Gentle Yoga** 1-3pm Painting Social Group* 1-4pm Canasta*	10-11am BINGO 10-11:30am Chat-n-Chew* 11:30a-12:30p Drumming Divas* 3-4pm Tai Chi & Qigong**	1-2pm Fit and Fall Proof



# January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED FOR NEW YEAR'S DAY	4 5-7pm Bean Bag League**	5 12-12:30pm Pop-Up Library 2-4pm Carpet Bowling**	6	7 11:30am Senior Goldmine Visit
10 9am-12pm Foot Clinic by Stonebridge**—call 208-344-9228 10:30-11am Meditate w/Michelle** 11a-12pm Protecting Your Brain During a Pandemic**	11 10am-12pm Living Well with Diabetes** 11am-12pm Housing 101 5-7pm Bean Bag League**	12 11am Welcome Tour & Lunch** 2-4pm Carpet Bowling**	13 10:30am-12pm Blood Pressure Clinic 12-1pm Lunch & Learn: Important Documents 1-2pm Marian Herz: Far East Russia** 2-5pm Murder at the Disco**	14 11:45am Birthday Friday 2-4pm Yahtzee Tournament**
17 CLOSED FOR MARTIN LUTHER KING JR. DAY	18 10am-12pm Living Well w/ Diabetes** 10am-12pm Legal Counsel** 5-7pm Bean Bag League**	19 2-4pm Carpet Bowling**	20 12-1pm Lunch & Learn: Long Term Care Planning 1-2pm Robbins Road Music Makers	21 11am-12pm Food for Life: Kickstart Your Health**
24 11a-12pm Book Club*	25 10am-12pm Living Well w/ Diabetes**	26	27 10:30am-12pm Blood Pressure Clinic 1-2pm Protecting Your Brain During a Pandemic**	28
31	 <b>Billiards Room*</b> is open 9am-12pm & 1-4pm Monday-Friday. Registration is required.			

## Dick Eardley Boise Senior Center

690 Robbins Rd., Boise, ID 83702 | 208-608-7580 | [seniorcenter.cityofboise.org](http://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.

