DICK EARDLEY
SENIOR CENTER
CITY of BOISE | AUGUST/SEPTEMBER 2023

MISSION: To provide a safe and supportive environment where older adults can engage in activities that promote physical, intellectual, and social wellbeing.

Coming up ...

The Senior Center will be closed on Monday, Sept. 4 for Labor Day. No lunches will be served that day.

A Collette Travel presentation is slated for Sept. 12. Details are on page 11.

Senior Entrepreneurs is a newly forming support group to help older adults find small-business assistance. Details are on page 3.

Living Well with Chronic Pain series starts Aug. 8. Details are on page 12.

We’ve teamed up with the American Red Cross to host a blood drive on Aug. 11. Sign up at the front desk to donate.

WE’RE CELEBRATING NATIONAL SENIOR CITIZENS DAY ON AUG. 21

National Senior Citizens Day is a great time to let the older adults in our community know how much we value their contributions to our everyday lives.

President Ronald Reagan first declared the holiday on Aug. 21, 1988. Prior to that, many people observed the day on Aug. 14, the day President Franklin Roosevelt signed the Social Security Act in 1935. Here at the Senior Center, we'll celebrate the day on Monday, Aug. 21 with games, prizes, and fun photographs. The party starts at 11:30 a.m. Special goodies will be provided by our event sponsor, Saint Alphonsus Health Plan. We hope you'll attend!

AUTUMN JAMBOREE DANCE & SOCIAL SURE TO BE A FUN ONE!

You’ll want to get your tickets in advance (by 9/19) for the Autumn Jamboree Dance & Social on Sept. 21, from 4-6 p.m.

The event heralds the changing of the seasons with live music by members of CheatGrass, self-described as “an old-timey, bluegrass band,” and some of their talented friends. Music will include dance-able selections as well as a couple of fun sing-alongs - you’ll know the words! Enjoy light snacks on the house. Bring your dancing shoes, or plan to just sit back and enjoy great toe-tapping music.

Molina Healthcare of Idaho is helping us keep ticket prices low by sponsoring the event. Cost is $5 per person. Give us a call to learn more, 208-608-7580.

DID YOU KNOW?

Dancing can be a way to stay fit for people of all ages. It has a wide range of physical and mental benefits including:

• Improved condition of your heart and lungs.
• Increased muscular strength, endurance and motor fitness.
• Increased aerobic fitness.
• Stronger bones and reduced risk of osteoporosis.
• Better coordination, agility and flexibility.
• Improved balance and spatial awareness.
• Improved mental functioning.
• Improved general wellbeing.

Source: betterhealth.vic.gov.au
**Dawnee Goodman**

**VOLUNTEER SPOTLIGHT**

How did you start volunteering at the Senior Center? In 2012 I was teaching an acrylic painting class, going to lunches and doing stick class with Harold Kwan. I also started the knit & crochet group.

What do you enjoy most about it? I love the fun personalities in the knit & crochet group and the great discussions we have. The staff is very pleasant and there are so many great things to schedule and card groups available to join now.

What programs do you participate in? I have enjoyed local trips over the years. Lunches are great, and I appreciate all the programs that are provided. I really enjoyed the recent NASA presentation.

Are you a lifelong Idahoan or did you come from somewhere else? My family moved to Wyoming in 1948 from Idaho, so I grew up in a community of 350 in Cokeville. We didn’t have a movie theater, so my dad showed a movie every Friday night for the community at a local church.

What are your interests or hobbies? It was always my dream to become an artist but life detoured me a lot. I developed the first cable TV system in our area of Wyoming. My oldest son had an accident when he was 32 and was paralyzed from the neck down but lived 14 years with an in-home caretaker. My youngest son is CEO of ClickBank in Boise. My daughter is employed as an IT engineer at PBS in Washington, DC. My granddaughter is very proud of me.

If you could have a casual lunch with anyone in the world, alive or passed, who would it be? I would like to have lunch with Terry Redlin. I love his paintings. What else would you like us to know about you? I was a member and officer of the Idaho Watercolor Society for seven years and have been the volunteer leader and scheduler for the Happy Hoofers walking group for 10 years. I have purchased and helped develop programs like Lifetime and Leisure, Food For Life, and fitness classes.

**HALF-OFF SALE IN THE THRIFT STORE OCT. 9-13**

Mark your calendar and plan to visit the thrift store between Oct. 9-13. Clothing will be on sale for half off regular prices while we make room for our fall and winter inventory. Watch for details in the October/November newsletter.

**BEGINNER BRIDGE CLASSES BEING OFFERED TWICE A WEEK IN AUGUST**

Learn the greatest card game ever invented! Instructor Nancy Feldman will share her lifetime of bridge-playing experience at this 4-week class, which she designed for beginners or those who haven’t played in many years and want to learn the game anew. Class will meet every Monday and Wednesday, Aug. 7-30, from 10 a.m. to 12 p.m.

We will be following the Audrey Grant Bridge Basics books 1 and 2, which will quickly have you playing the game. After eight lessons you will be ready to play party bridge or duplicate bridge with friends. There are recommended books to compliment the class. Visit the front desk for the book list and suggestions on where to purchase them. Cost for the series is $80/$123.45. Space is limited. Give us a call to reserve your spot, 208-608-7580.

**TAI CHI CLASSES FOR BEGINNER, INTERMEDIATE**

Learn the basic principles of Tai Chi and how to do a version of Yang Style Tai Chi as modified and taught by Cheng Manching. Students will also learn an 18-movement Qigong routine. Beginner and intermediate classes will begin on Sept. 7 and meet every Thursday for six weeks. Beginner class is from 3-4 p.m., and intermediate is from 2-3 p.m. Class is $40 for residents or $61.45 for non-residents. Registration begins Aug. 14 for residents and Aug. 16 for non-residents. Give us a call to reserve your spot, 208-608-7580.

**TRAVEL THE WORLD WITH MARIAN HERZ: NORTHERN AFRICA**

Take a photographic journey with us as we “visit” the Northern Africa countries of Tunisia and Algeria with award-winning photographer and world traveler Marian Herz. “These two countries have been extremely important throughout history, and are a crossroad for numerous civilizations,” she said. Participants will discover Roman ruins and see an American cemetery from World War II, experience a stroll through the markets, visit small villages, and see flowers and a few birds from the region. We’ll also visit Malta, a small European island nation. Situated in the Mediterranean Sea near Sicily, Malta has been home to numerous races and was conquered many times. We’ll discover the capital of Valletta, where the Knights of St. John defended the Island, then visit Gozo and Camino Islands, which are more nature-oriented, where we’ll view ruins from pre-Roman civilizations.

This free slideshow presentation is on Friday, Sept. 29 from 10:30 a.m. to 12 p.m. Advance registration is required. Call 208-608-7580 to reserve your spot.
The meal is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

### Meals on Wheels Metro Boise

Dining room sponsor, Aug. 14-25

Welcome, St. Alphonsus Health Plan

Thrift Store & Craft Boutique

Walk Your Socks Off

### August

#### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Beginner Bridge Lessons*</td>
</tr>
<tr>
<td>10-12 pm</td>
<td>Tech: MyChat*</td>
</tr>
<tr>
<td>1-5 pm</td>
<td>Mexican Train (Dominoes)*</td>
</tr>
</tbody>
</table>

#### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Tech: Email &amp; PayPal*</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Travel Talk with Denise*</td>
</tr>
<tr>
<td>1-5 pm</td>
<td>Mexican Train (Dominoes)*</td>
</tr>
</tbody>
</table>

#### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Tech: Using Fact-Checking Sites*</td>
</tr>
<tr>
<td>10-11 am</td>
<td>Longevity Stick</td>
</tr>
<tr>
<td>11 am-12 pm</td>
<td>Legal Cousin*</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>Chicken Club Pasta Salad</td>
</tr>
<tr>
<td>1-4 pm</td>
<td>Euchre</td>
</tr>
<tr>
<td>1-5 pm</td>
<td>Mahjong</td>
</tr>
<tr>
<td>2-4 pm</td>
<td>Arts &amp; Crafts Social Group</td>
</tr>
</tbody>
</table>

#### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Tech: Get Started with PayPal*</td>
</tr>
<tr>
<td>10-11 am</td>
<td>Longevity Stick</td>
</tr>
<tr>
<td>11 am-12 pm</td>
<td>Legal Cousin*</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>Chicken Club Pasta Salad</td>
</tr>
<tr>
<td>1-4 pm</td>
<td>Euchre</td>
</tr>
<tr>
<td>1-5 pm</td>
<td>Mahjong</td>
</tr>
<tr>
<td>2-4 pm</td>
<td>Arts &amp; Crafts Social Group</td>
</tr>
</tbody>
</table>

#### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am</td>
<td>Tech: Rideshare Apps*</td>
</tr>
<tr>
<td>10-11 am</td>
<td>Longevity Stick</td>
</tr>
<tr>
<td>11 am-12 pm</td>
<td>Legal Cousin*</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>Chicken Club Pasta Salad</td>
</tr>
<tr>
<td>1-4 pm</td>
<td>Euchre</td>
</tr>
<tr>
<td>1-5 pm</td>
<td>Mahjong</td>
</tr>
<tr>
<td>2-4 pm</td>
<td>Arts &amp; Crafts Social Group</td>
</tr>
</tbody>
</table>

### Dick Eardley Senior Center Newsletter

690 Robbins Road
Boise, ID 83702
208-608-7580

Monday-Friday 9 a.m.–5 p.m.
cityofboise.org/seniorcenter
**Dick Eardley Senior Center Newsletter**

960 Robbins Road
Boise, ID 83702
208-608-7580

Monday-Friday 9 a.m.-5 p.m.
cityofboise.org/seniortcenter

---

**September**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>The Senior Center is closed for LABOR DAY</td>
<td>5</td>
<td>6 Treats by Summers Funeral Homes</td>
<td>7 Treats by St. Alphonsus Health Plan</td>
</tr>
<tr>
<td>11</td>
<td>9 a.m.-1 p.m. Foot Clinic by Blue Bird, call 208-336-9898 for appt.</td>
<td>12</td>
<td>10-11 a.m.</td>
<td>8 Birthday Cake by Aeta</td>
</tr>
<tr>
<td>19</td>
<td>10:30-11:45 a.m.</td>
<td>10:15-11 a.m.</td>
<td>10:15-11 a.m.</td>
<td>9 a.m.-4 p.m.</td>
</tr>
<tr>
<td>25</td>
<td>11 a.m.-12 p.m.</td>
<td>10 a.m.-12 p.m.</td>
<td>10 a.m.-12 p.m.</td>
<td>10 am-2 pm</td>
</tr>
<tr>
<td>26</td>
<td>Treats by Home Instead</td>
<td>10 a.m.-12 p.m.</td>
<td>10 a.m.-12 p.m.</td>
<td>10 am-2 pm</td>
</tr>
<tr>
<td>4 Treats by Idaho Home Health &amp; Hospice</td>
<td>10-11 a.m.</td>
<td>10 a.m.-12 p.m.</td>
<td>10 a.m.-12 p.m.</td>
<td>2-5 pm</td>
</tr>
<tr>
<td>6 Treats by summers funeral homes</td>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
<td>10 am</td>
</tr>
<tr>
<td>7 Treats by St. Alphonsus Health Plan</td>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
<td>10 am</td>
</tr>
<tr>
<td>8 Birthday Cake by Aeta</td>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
<td>10 am</td>
</tr>
</tbody>
</table>

---

The noon meal is prepared on site by Meals on Wheels Metro Boise, 208-321-0035, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

**Billiards Room**
Open M-F, 9 a.m.-5 p.m.

**Walk Your Socks Off**
M, T, F, 9-11 a.m., 2-6 p.m.

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

---

*These programs require advanced registration. Call 208-608-7580.

**Registration for these activities opens Aug. 14 for Boise residents and Aug. 16 for non-residents.
MARY LOU’S NO-BAKE BANANA SPLIT CAKE

This holiday-worthy dessert combines a Nilla Wafer crust, summer fruits, and cream cheese for a cool, irresistible treat that’s just right for any occasion.

**Ingredients**

1 box Nilla Wafers
1 carton Cool Whip (or hand-whipped cream)
1 pkg cream cheese
1 cube (1/2 cup) butter, melted
3/4 cup white sugar, separated
3 bananas, sliced
1 can crushed pineapple, drained well
1 package frozen strawberries
2 cups powdered sugar
1 lb fresh strawberries, sliced
1 pint fresh blueberries

**Directions**

Use a rolling pin to crush the Nilla Wafers, then combine with melted butter and powdered sugar until it’s sauce-like. Let cool.

In a small saucepan, mix frozen strawberries with potato masher until it’s sauce-like. Let cool.

While cooling, blend cream cheese with 3/4 cup white sugar until creamy. Spread mixture, followed by a layer of drained strawberries.

Add the sliced bananas. Frost mixture, followed by a layer of drained strawberries.

Refrigerate for at least 4 to 6 hrs. Refrigerate for at least 4 to 6 hrs.

Note: Dessert does not keep well beyond the for stars. Refrigerate for at least 4 to 6 hrs.

**FOOD FOR LIFE CLASSES RETURN SEPT. 15**

Monthly Food For Life classes will return to the Senior Center in September. Students will learn dietary strategies that are both budget-friendly and accessible. Each free class features a cooking demonstration with samples of health-promoting dishes, along with handouts of easy and affordable recipes.

Join us on Sept. 15, 11 a.m.-12 p.m. for Immune-Boosting Foods. The featured recipe is Zippy Yams and Collards.

Registration opens on Aug. 14 for Boise residents and Aug. 16 for non-residents. Call 208-608-7580 to sign up.

**TECH LECTURES & WORKSHOPS CONTINUE**

Opportunities to enhance your technology skills continue, thanks to a partnership between LEARN Idaho and AARP’s Senior Planet. All classes and lectures begin at 10:30 a.m. and go roughly 75 minutes. Space is limited. Give us a call at 208-608-7580 to reserve your spot!

**Monday Lectures:**


**Tuesday Workshops:**


**CONGRATS TO OUR MONTHLY HIGH SCORERS!**

**PINOCHLE**

<table>
<thead>
<tr>
<th>Month</th>
<th>Name</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>Catherine</td>
<td>5,490</td>
</tr>
<tr>
<td>June</td>
<td>Pam</td>
<td>6,080</td>
</tr>
</tbody>
</table>

**BRIDGE**

<table>
<thead>
<tr>
<th>Month</th>
<th>Name</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>Sandy A.</td>
<td>4,240</td>
</tr>
<tr>
<td>June</td>
<td>Ann</td>
<td>2,830</td>
</tr>
</tbody>
</table>

**ASK THE DOC** MONTHLY Q&A OPPORTUNITY STARTS IN AUGUST

Dr. Kara Kuntz, a board-certified family medicine physician and medical director of the Saint Alphonsus Memory Center and Geriatric Program Development, will lead a monthly question-and-answer hour at the Senior Center starting in August. Join us on Aug. 18 and Sept. 15 at 2 p.m. to ask your medical questions. Discussion will be informal and based on questions rather than a pre-determined presentation. There is no cost to attend, but please RSVP so we can plan enough space. 208-608-7580.

**COME FOR LUNCH & LEARN SOMETHING NEW!**

Please join us on Sept. 21, beginning at 12 p.m. as we welcome Christine Soza, an end-of-life doula who will share information on what a doula does and why you might want one.

“An end-of-life doula is a non-medical professional who offers additional support to a person with a terminal diagnosis and their loved ones. Similar to a birthing doula who assists mother and child at the beginning of life, an end-of-life doula offers support at the end of life,” she said. “Hospice care is essential for someone at the end of life but is limited in the amount of time they can spend at the bedside. An end-of-life doula can bridge the gap by offering extra needed time for support and guidance by reinforcing education, and acting as the eyes and ears for hospice and family/caregivers.”

Lunch & Learns are free to attend. Regular lunch charges apply. The menu is Hearty Egg Scramble with roasted potatoes, bagel and cream cheese, apple sauce and a banana.

More details can be found on our website at edgewoodhealthcare.com.

Anyone can enjoy artistic soul collage

You don’t have to be an artist to make artistic SoulCollage cards. Everyone is invited to come and try this relaxing class taught by instructor Marilyn Watkins on Aug. 18 and again on Sept. 15 from 1-3 p.m. Drop-in fee is $2. All materials are provided. Sign up in advance at 208-608-7580.

**CONGRATS TO OUR MONTHLY HIGH SCORERS!**

**PINOCHLE**

<table>
<thead>
<tr>
<th>Month</th>
<th>Name</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>Catherine</td>
<td>5,490</td>
</tr>
<tr>
<td>June</td>
<td>Pam</td>
<td>6,080</td>
</tr>
</tbody>
</table>

**BRIDGE**

<table>
<thead>
<tr>
<th>Month</th>
<th>Name</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>Sandy A.</td>
<td>4,240</td>
</tr>
<tr>
<td>June</td>
<td>Ann</td>
<td>2,830</td>
</tr>
</tbody>
</table>
FOOD, FUN, FRIENDS ... WE HAD A BLAST AT THIS YEAR’S CASINO NIGHT DINNER & DANCE!

MEDITATION FOR HEALTH & WELLNESS
Meditation instructor Michelle Wood will offer a seated, guided meditation class on Friday, Sept. 8, from 11:15 to 11:45 a.m. The focus of this visualization will be staying in balance. There is no cost to attend. Space is limited. Give us a call at 208-608-7580 to sign up.

WE’RE PLANNING THE SENIOR CENTER’S 42ND ANNUAL HOLIDAY BAZAAR - WATCH FOR DETAILS!
Deck the halls and get your Christmas shopping off to a solid start at the 42nd Annual Holiday Bazaar on Saturday, Nov. 18, from 10 a.m. to 2 p.m.
We’ll host dozens of crafters, artists, and distributors so you can find what you need to decorate for the holidays and give the perfect gift to everyone on your list. Be sure to visit our thrift store and craft boutique while you’re here. Lunch items, popcorn and beverages will be available to purchase. Watch for more details in the October/November newsletter.
If you are interested in renting a table at this year’s event, call Erika at 208-608-7579 to request a vendor packet.

HOUSING 101 REAL ESTATE HELP AVAILABLE
Certified Seniors Real Estate Specialist Paige Doyle will offer Housing 101 on Aug. 8 and again on Sept. 12 from 11 a.m. to 12 p.m. Anyone can stop in during the hour to ask questions and get information related to local housing. There’s no need to register for this free service offered on the second Tuesday of every month.

COLLETTE TRAVEL WILL VISIT IN SEPTEMBER TO SHARE ABOUT UPCOMING DESTINATIONS
Join us on Sept. 12 at 10 a.m. for a Collette Travel presentation on trips we have booked in 2024, including Alaska Discovery (July 2024), Colors of New England (October 2024), and Southern Charm Holiday (December 2024). RSVP to reserve your spot, 208-608-7580.

MEDITATION FOR HEALTH & WELLNESS
Meditation instructor Michelle Wood will offer a seated, guided meditation class on Friday, Sept. 8, from 11:15 to 11:45 a.m. The focus of this visualization will be staying in balance. There is no cost to attend. Space is limited. Give us a call at 208-608-7580 to sign up.

WE’RE PLANNING THE SENIOR CENTER’S 42ND ANNUAL HOLIDAY BAZAAR - WATCH FOR DETAILS!
Deck the halls and get your Christmas shopping off to a solid start at the 42nd Annual Holiday Bazaar on Saturday, Nov. 18, from 10 a.m. to 2 p.m.
We’ll host dozens of crafters, artists, and distributors so you can find what you need to decorate for the holidays and give the perfect gift to everyone on your list. Be sure to visit our thrift store and craft boutique while you’re here. Lunch items, popcorn and beverages will be available to purchase. Watch for more details in the October/November newsletter.
If you are interested in renting a table at this year’s event, call Erika at 208-608-7579 to request a vendor packet.

HOUSING 101 REAL ESTATE HELP AVAILABLE
Certified Seniors Real Estate Specialist Paige Doyle will offer Housing 101 on Aug. 8 and again on Sept. 12 from 11 a.m. to 12 p.m. Anyone can stop in during the hour to ask questions and get information related to local housing. There’s no need to register for this free service offered on the second Tuesday of every month.

COLLETTE TRAVEL WILL VISIT IN SEPTEMBER TO SHARE ABOUT UPCOMING DESTINATIONS
Join us on Sept. 12 at 10 a.m. for a Collette Travel presentation on trips we have booked in 2024, including Alaska Discovery (July 2024), Colors of New England (October 2024), and Southern Charm Holiday (December 2024). RSVP to reserve your spot, 208-608-7580.

MEDITATION FOR HEALTH & WELLNESS
Meditation instructor Michelle Wood will offer a seated, guided meditation class on Friday, Sept. 8, from 11:15 to 11:45 a.m. The focus of this visualization will be staying in balance. There is no cost to attend. Space is limited. Give us a call at 208-608-7580 to sign up.

WE’RE PLANNING THE SENIOR CENTER’S 42ND ANNUAL HOLIDAY BAZAAR - WATCH FOR DETAILS!
Deck the halls and get your Christmas shopping off to a solid start at the 42nd Annual Holiday Bazaar on Saturday, Nov. 18, from 10 a.m. to 2 p.m.
We’ll host dozens of crafters, artists, and distributors so you can find what you need to decorate for the holidays and give the perfect gift to everyone on your list. Be sure to visit our thrift store and craft boutique while you’re here. Lunch items, popcorn and beverages will be available to purchase. Watch for more details in the October/November newsletter.
If you are interested in renting a table at this year’s event, call Erika at 208-608-7579 to request a vendor packet.

HOUSING 101 REAL ESTATE HELP AVAILABLE
Certified Seniors Real Estate Specialist Paige Doyle will offer Housing 101 on Aug. 8 and again on Sept. 12 from 11 a.m. to 12 p.m. Anyone can stop in during the hour to ask questions and get information related to local housing. There’s no need to register for this free service offered on the second Tuesday of every month.

COLLETTE TRAVEL WILL VISIT IN SEPTEMBER TO SHARE ABOUT UPCOMING DESTINATIONS
Join us on Sept. 12 at 10 a.m. for a Collette Travel presentation on trips we have booked in 2024, including Alaska Discovery (July 2024), Colors of New England (October 2024), and Southern Charm Holiday (December 2024). RSVP to reserve your spot, 208-608-7580.

MEDITATION FOR HEALTH & WELLNESS
Meditation instructor Michelle Wood will offer a seated, guided meditation class on Friday, Sept. 8, from 11:15 to 11:45 a.m. The focus of this visualization will be staying in balance. There is no cost to attend. Space is limited. Give us a call at 208-608-7580 to sign up.

WE’RE PLANNING THE SENIOR CENTER’S 42ND ANNUAL HOLIDAY BAZAAR - WATCH FOR DETAILS!
Deck the halls and get your Christmas shopping off to a solid start at the 42nd Annual Holiday Bazaar on Saturday, Nov. 18, from 10 a.m. to 2 p.m.
We’ll host dozens of crafters, artists, and distributors so you can find what you need to decorate for the holidays and give the perfect gift to everyone on your list. Be sure to visit our thrift store and craft boutique while you’re here. Lunch items, popcorn and beverages will be available to purchase. Watch for more details in the October/November newsletter.
If you are interested in renting a table at this year’s event, call Erika at 208-608-7579 to request a vendor packet.

HOUSING 101 REAL ESTATE HELP AVAILABLE
Certified Seniors Real Estate Specialist Paige Doyle will offer Housing 101 on Aug. 8 and again on Sept. 12 from 11 a.m. to 12 p.m. Anyone can stop in during the hour to ask questions and get information related to local housing. There’s no need to register for this free service offered on the second Tuesday of every month.

COLLETTE TRAVEL WILL VISIT IN SEPTEMBER TO SHARE ABOUT UPCOMING DESTINATIONS
Join us on Sept. 12 at 10 a.m. for a Collette Travel presentation on trips we have booked in 2024, including Alaska Discovery (July 2024), Colors of New England (October 2024), and Southern Charm Holiday (December 2024). RSVP to reserve your spot, 208-608-7580.

WITH THE SAINT ALPHONSO MEDICARE PLAN, BACKED BY MEDIGOLD (HMO/ PPO), YOU GET MORE THAN JUST MEDICARE. YOU GET A LOCAL, ALL-IN-ONE MEDICARE ADVANTAGE PLAN DESIGNED BY DOCTORS TO MAKE HEALTHCARE WORK BETTER FOR YOU. IT’S COMPREHENSIVE COVERAGE COMBINED WITH COMPASSIONATE CARE THAT YOU WON’T FIND ELSEWHERE.

CALL FOR MORE INFORMATION:
Mandi Hansen
208-367-5841
Living Well with Chronic Pain

A free 6-week workshop designed to help you ‘Live Well’ with an ongoing health condition. Learn self-management tools such as: physical activity and exercise, managing difficult emotions, communication skills, action-planning and much more!

Tuesdays
Dick Eardley Senior Center
690 Robbins Road, Boise
August 8 - September 12
10:00 AM - 12:00 PM

To register please see the front desk or contact:
Natalie at 208-860-9053
natalie.nathan@a3ssa.com

BIRTHDAY CORNER

Happy birthday to everyone who celebrated June and July birthdays with us!

June
Nancy Campbell
Michele Hendryx
Marcie Lansford
Penny McAndrew
Ann Koeplin
Dawnee Goodman
Raelene Viste
Honora Petrovic

July
Jan Spencer
Bev Fleisher
Jim Wheeler
Georges Pelletier
Anna Skipworth

Celebrate your special day with us on the second Friday of every month beginning at 12 p.m.

A big thank you to our Birthday Friday sponsor: aetna™