

DICK EARDLEY SENIOR CENTER

CITY of BOISE | AUGUST/SEPTEMBER 2025

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. 1, for Labor Day.

Mark your calendar and plan to visit our booth at the Senior Lifestyle Expo, 10 a.m. to 4 p.m. on Oct. 4.

We're teaming up with the American Red Cross for blood drives on Aug. 1 and Oct. 20. Schedule your donation by calling 208-608-7580.

The 44th Annual Holiday Bazaar will take place on Saturday, Nov. 22. Do you want to be a vendor? Turn to page 2 to learn how to sign up.

DID YOU KNOW?

Studies show that when they spend time with children and adolescents, seniors benefit from improved communication, enhanced self-esteem, improved memory, feeling appreciated and valued, and feeling that they are making a difference in a future society.

Young people benefit as well, particularly in improved academic achievement through mentoring, enjoying dedicated attention, gaining confidence through non-judgmental companionship, emotional bonding, and being exposed to the knowledge and demeanor of older adults, particularly if they do not have grandparents engaged in their daily lives.

Source: civicplus.com

LET'S CELEBRATE NATIONAL SENIOR CITIZENS DAY TOGETHER

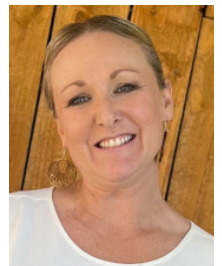
National Senior Citizens Day is a day to recognize and show appreciation for the value and contributions of older adults to American society.

President Ronald Reagan first declared the holiday on Aug. 21, 1988. He said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute."

Here at the Senior Center, we're

celebrating the day on Aug. 21 with goodies and fun photographs. Join us in the Robbins Nest Cafe at 11:30 a.m.

Decorations and special goodies will be provided by our event sponsor, Kelly Svevad of Healing Homestead. (Regular lunch charges apply.)



AUTUMNJAMBOREEFEATURESCHEATGRASSANDAGRAZINGTABLE

Tickets are on sale for the Autumn Jamboree Dance & Social on Thursday, Sept. 25, from 4-6 p.m. This annual event will herald the changing of the seasons with a live performance by Cheat Grass. Come to dance or just sit back, relax, and enjoy the show!

Ticket price of \$5 includes a trip to the "grazing table" and non-alcoholic beverages. A beer and wine bar will

also be available. FirstLight Home Care is helping us keep ticket prices low by sponsoring the event. Tickets are \$5 each and must be purchased in advance at the front desk or by phone with a credit card, 208-608-7580.



WE'RE BUILDING A GENERATION EXCHANGE, AND YOU'RE INVITED

Timberline Wolf Connection leadership students will begin visiting the Senior Center in November as part of an annual community service project that will culminate in the much-anticipated intergenerational "Senior Prom" next spring.

Generation Exchange (formerly Adopt-a-Student) gives students and seniors an opportunity to talk, share, and gain insight from one another. Intergenerational programs can strengthen communities through



mentorship and reciprocal learning, foster emotional and social well-being, and promote teamwork with benefits for all generations involved.

Generation Exchange continues on page 3

JOIN US FOR "COFFEEWITH CASTLE" AND EXPLORE ART, HISTORY, ARCHITECTURE AND MORE

Calling all art lovers, history buffs, architecture aficionados, and anyone who enjoys connecting with their local community. We have been offered a unique opportunity to host a James Castle House series right here at the Senior Center. We're calling it "Coffee with Castle," and of course, coffee will be included.

You'll enjoy conversation and connection with other attendees while learning about James Castle, his home and studio, and his life practice of making art. At the final meet-up, you will also have a hands-on



Source: Boise City Department of Arts & History

art experience creating with mostly repurposed materials, the way James Castle did.

This 4-part series will meet on Tuesdays, Sept. 9-30, from 10-11:30 a.m. The month is significant in that September is National Deaf Awareness

Month as well as James' birth month.

Space is limited and registration is required. Fee is \$2 per visit to cover the cost of materials that need to be purchased. To register, call 208-608-7580.

Who was James Castle?
Born in 1899, James Castle created thousands of artworks during his lifetime, the majority of which were made while he lived in the House, Shed, and Trailer at 5015 Eugene Street in Boise.
As a deaf man and a self-taught artist, he was afforded the rare opportunity to focus on a daily artmaking practice while he lived with his family. His unique experimentation and investigation of his environment provide us with an unparalleled story of twentieth-century American life and culture.

NEW TECHNOLOGY CLASSES AVAILABLE

Opportunities to enhance your technology skills are offered at the Senior Center, thanks to a partnership between LEARN Idaho and AARP's Senior Planet. Classes start at 10:30 a.m. and last approximately 75 minutes. Call at 208-608-7580 to reserve your spot.



- Aug. 4 - Scam Awareness
- Aug. 11 - How to Use AI on a Smartphone
- Aug. 25 - Tech Q&A with Tina
- Sept. 8 - Banking & Finance Apps at a Glance
- Sept. 15 - Gmail Tips & Tricks
- Sept. 22 - Using Google Calendar
- Sept. 29 - Using Voice Assistants

One-on-One Tech Help Returning in Mid-August
Need help with your smartphone or laptop? Starting mid-August, we're partnering with a College of Western Idaho volunteer student digital navigator to offer one-on-one tech support right here at the Senior Center. Whether you're struggling with apps, settings, or just want to learn something new, a friendly student volunteer will be here to help.

We are also working on partnering once again with Boise State's Service Learning program for additional student-led tech help services this fall.

Stop by the front desk or call 208-608-7580 to schedule an appointment or get more information.

NEW SENIOR SOCIAL AT THE WEST BOISE LIBRARY!

We are partnering with the Library! at Cole and Ustick to offer opportunities for seniors in West Boise to participate in Senior Center programs. Join us at the library on the first and third Fridays of each month from 12:30-2 p.m. We'll bring no-cash Bingo and fun prizes. Come socialize, meet new people, and try out a free activity with the Dick Eardley Senior Center.

DO YOU WANT TO BE A VENDOR AT THE BAZAAR?

We are planning for the 44th Annual Holiday Bazaar, scheduled on Saturday, Nov. 22, from 10 a.m. to 3 p.m. If you are interested in renting a table at this year's event, please call the front desk at 208-608-7580 to request a vendor packet. Packets will be available in early September, and applications will be accepted starting in October.

LINE DANCING RETURNS IN SEPTEMBER

Are you looking for a fun, old-style country line dance class? Look no further! Dance instructor Annie Hocking will lead us in a variety of dances, including Boot Scootin' Boogie, Good Time, and many more. You don't need any experience or even a partner, just show up with a desire to have fun and learn (or get reacquainted with) line dancing.

Class will meet on Fridays from 2-3 p.m., September through November. Cost per 4-week session is \$28 for residents and \$42.85 for non-residents. Registration opens on Aug. 4 for residents and on Aug. 6 for non-residents. Register by phone with a debit or credit card at 208-608-7580.



CRAFT SUPPLY & FABRIC SALE IS AUG. 7

If you sew, quilt, knit, crochet, scrapbook, rubber stamp, or enjoy other crafts, you don't want to miss this year's Craft Supply and Fabric Sale on Thursday, Aug. 7, from 9 a.m.-1 p.m. We have been collecting quality donations of fabric, yarn, and other crafting supplies, and our storage cabinets are chock-full. Come load up on supplies and support the Senior Center while you shop. Bring a friend, because they don't want to miss this sale either!



FALL ACTIVITY REGISTRATION OPENS IN AUGUST

The Fall Activity Guide is live online and we have printed copies available at the front desk. Registration for fall activities opens on Aug. 4 for residents and on Aug. 6 for non-residents. Register by phone with a debit or credit card at 208-608-7580. Please have your list of classes/programs readily available.

GENERATION EXCHANGE continued from page 1

Meetings will be structured so that students and seniors will alternate in bringing discussion topics or activities to their visits. We are looking for seniors who are interested in participating in mentorship and learning from the younger generation. We ask that you be available to meet on all or most of the following dates: Oct 30, Nov. 13, Dec. 4, Jan. 8 & 22, and Feb. 5 & 19, from 11 a.m. to 12 p.m. February meetings will take place at Timberline High School. We will provide transportation, so all you have to do is get on the bus and be prepared to make some new high school memories! We're willing to bet that it will be your first school-related field trip in years.

To sign up, stop by the front desk or call 208-608-7580.

PENCIL DRAWING CLASS OFFERED MONTHLY

A free 90-minute pencil drawing class is being taught by artist Lance Warren on the second Thursday of each month from 1-2:30 p.m.



Instruction is geared toward beginning and intermediate levels. Students will learn the fundamentals of drawing, such as line, value, and shape to more advanced concepts like perspective, proportion, shading and texturing.

Materials will be provided, but anyone wishing to bring their own is welcome to do so. Space is limited and registration is required. Reserve your spot by calling 208-608-7580.

THINKING OF DOWNSIZING? WE HAVE A CLASS FOR YOU

Local realtor Tiffany Scudder will return to the Senior Center to offer her popular class, Life Transitions: Preparing to Downsize Your Home, on Aug. 21 from 10-11:30 a.m. Everyone is welcome to attend this free program.

Participants will delve into the practical real estate considerations that arise when individuals and couples prepare to downsize. You will explore strategies for selling your home and choosing your next one, learn the basic process for selling, and explore options for buying or transitioning to your next home. You'll also discuss researching neighborhoods, understanding market trends, and financial considerations.

"By the end of class, you'll be equipped with the knowledge, wisdom and tools to navigate your future housing and life transitions," Tiffany said. Give us a call to reserve your spot, 208-608-7580.



BOCCE LEAGUE PLAYS THROUGH SEPTEMBER

The Senior Summer Bocce League at Kristin Armstrong Park is geared toward anyone age 50 and over. It runs for four weeks per session, with two games played each evening. Playoff games are held the final week. Put together your team of four players, then give us a call!

- Aug. 4-25, Mondays, 5:30-7:30 p.m.
- Sept. 8-29, Mondays, 5:30-7:30 p.m.

Team fee is \$40R/\$61.45NR. Sub fee is \$5R/\$7.75NR (play not guaranteed for subs). Fees are per 4-week session. Register online at cityofboise.org or give us a call at 208-608-7580.

AUGUST

Dick Eardley Senior Center

690 Robbins Road
Boise, ID 83702

208-608-7580

Monday-Friday 9 a.m.-5 p.m.

cityofboise.org/seniorcenter



The noon 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. This month's menu was not available at the time of printing.

Billiards 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.



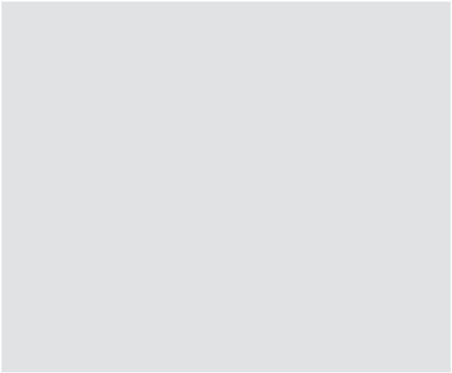
Lobby Sponsor
Kelly Svevad, broker/owner
Clarity Insurance Solutions
August 6 and 20, from 10:30 am-1:30 pm



PARKS AND RECREATION

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

MONDAY



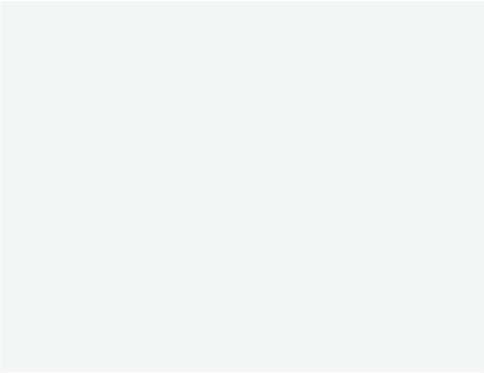
4	
10-11:30 am	Collette Travel Meeting*
10:30-11:45 am	Tech: Scam Awareness
Noon Meal	Chicken Cordon Bleu
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

11	Treats by Arbor Valley of Cascadia
9 am-2 pm	Nail and Foot Care of Boise with Sandy*-call to schedule appointments,208-747-5797
10:30-11:45 am	Tech: How to Use AI on a Smartphone
Noon Meal	Spaghetti w/ Meat Sauce
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

18	
9 am-4 pm	AARP Smart Driver*
Noon Meal	Lemon Baked Fish
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

25	
9 am-2 pm	Nail and Foot Care of Boise with Sandy*- call to schedule appointments,208-747-5797
10:30-11:45 am	Tech Q&A with Tina
11 am	Music: Kathy McFadden & Friends
11 am-12 pm	Book Club*
Noon Meal	Breaded Chicken Breast
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

TUESDAY



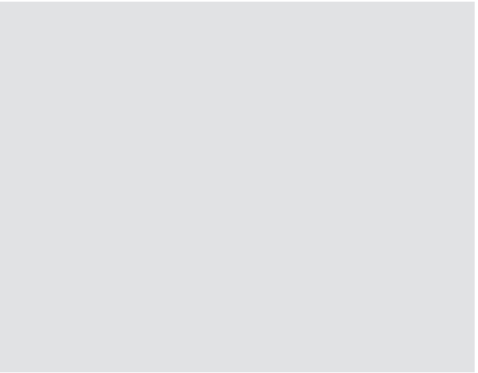
5	
10 am-12 pm	Bocce*
10 am-12 pm	Living Well with Chronic Pain*
10:30-11:30 am	Longevity Stick
Noon Meal	Swedish Meatballs
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

12	Treats by The Village at Crystal Springs
10 am-12 pm	Living Well with Chronic Pain*
10:30-11:30 am	Longevity Stick
11 am	Music: Rick Kartes
11 am-12 pm	Housing 101 with Paige Doyle
Noon Meal	Herb Crusted Salmon
12:30-4 pm	Basque Museum*
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

19	Treats by Senior Helpers
10 am-12 pm	Living Well with Chronic Pain*
10:30-11:30 am	Longevity Stick
Noon Meal	Baked Potato w/Chili, Cheese & Sour Cream
12-4 pm	Western Idaho Fair*
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

26	Treats by A Special Touch Home Care
8:30 am-5:30 pm	Payette Lake Cruise*
10 am-12 pm	Living Well with Chronic Pain*
10:30-11:30 am	Longevity Stick
Noon Meal	Cowboy Pasta Salad
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

WEDNESDAY



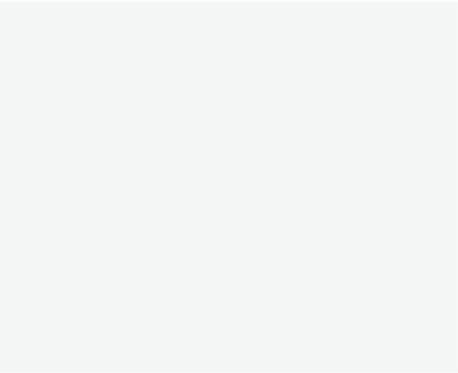
6	Treats by Summers Funeral Homes
10 am-12 pm	Cribbage
10 am-12 pm	Happy Hookers Knit & Crochet
10:30-11:30 am	Gentle Yoga*
Noon Meal	Baked Ham w/ Pineapple
12-12:30 pm	Pop-Up Library
1-5 pm	Canasta

13	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	Welcome Tour & Lunch*
Noon Meal	Roast Pork w/ Brown Gravy
1-5 pm	Canasta

20	Treats by St. Alphonsus/Encompass
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
11 am-1pm	Legal Counsel*
Noon Meal	Tuna Salad Sandwich
1-5 pm	Canasta

27	Treats by Idaho Home Health & Hospice
10 am-12 pm	Cribbage
10 am-12 pm	Happy Hookers Knit & Crochet
10:30-11:30 am	Gentle Yoga*
Noon Meal	Roast Beef w/ Mushroom Gravy
1-5 pm	Canasta

THURSDAY



7	Treats by Serengeti Care
8:30 am-12:30 pm	Fruit Picking - Peaches*
9 am-1 pm	Craft Supply & Fabric Sale
9:30-10:30 am	Tai Chi&QigongIntermediate*
10-11 am	Bingo with Kelly
10-11:30 am	Chat-n-Chew Social Group
10:30-11:30 am	Tai Chi & Qigong Beginner*
11 am	Music: CheatGrass
11 am-12:30 pm	Mobile Market
11 am-3 pm	Rummikub
11:30 am-12:30 pm	Drumming Divas
Noon Meal	Chicken Club Pasta Salad
1-4 pm	Bridge

14	Treats by Edgewood Healthcare
9:30-10:30 am	Tai Chi & Qigong Intermediate*
10-11 am	Bingo with Dan
10-11:30 am	Chat-n-Chew Social Group
10:30-11:30 am	Tai Chi & Qigong Beginner*
11 am	Music: Big Dave Walter
11 am-12 pm	Advanced Funeral Planning*
11 am-12:30 pm	Blood Pressure Clinic
11 am-12:30 pm	Mobile Market
11 am-3 pm	Rummikub
11:30 am-12:30 pm	Drumming Divas
Noon Meal	Chicken Mushroom Piccata
1-2:30 pm	Pencil Drawing Class*
1-4 pm	Bridge
1-5 pm	Sandy Point Picnic*

21	Treats by Healing Homestead
9:30-10:30 am	Tai Chi & Qigong Intermediate*
10-11 am	Bingo with Carter
10-11:30 am	Chat-n-Chew Social Group
10-11:30 am	Life Transitions*
10:30-11:30 am	Tai Chi & Qigong Beginner*
11 am	Music: The B Team
11 am-12:30 pm	Mobile Market
11 am-3 pm	Rummikub
11:30 am-12:30 pm	Drumming Divas
11:30 am-12 pm	NationalSeniorCitizensDay
Noon Meal	Alpine Burger
1-4 pm	Bridge

28	Treats by Copper Falls Hospice
9:30-10:30 am	TaiChi&QigongIntermediate*
10-11 am	Bingo with Andre
10-11:30 am	Chat-n-Chew Social Group
10:30-11:30 am	Tai Chi & Qigong Beginner*
11 am-12:30 pm	Blood Pressure Clinic
11 am-12:30 pm	Mobile Market
11 am-12:30 pm	Pet Therapy Visit
11 am-3 pm	Rummikub
11:30 am	Music: David Ladines
11:30 am-12:30 pm	Drumming Divas
11:30 am-2 pm	Origami & Int. Paper Crafts
Noon Meal	Sweet & Sour Chicken
1-4 pm	Bridge

FRIDAY

1	
10 am-2 pm	Pinochle
10 am-3 pm	Red Cross Blood Drive*
11:30 am	Senior Goldmine Visit
Noon Meal	Monterey Chicken
12:30-2 PM	Senior Social at Cole/Ustick Library!
1-2 pm	Fit and Fall Proof
2-5 pm	Intro to Pinochle
2	Saturday
9 am-12 pm	Saturday Market*

8	Birthday Cake by Connect Health
10-11:30 am	Widow/WidowerSupportGroup*
10 am-2 pm	Pinochle
11:30 am	Music: Cattywampus
Noon Meal	Meatloaf
12 pm	Birthday Friday
12:30-3:30 pm	Lunch Club*
1-2 pm	Fit and Fall Proof
2-5 pm	Intro to Pinochle

15	Treats by Brookdale Independent Living
10 am-2 pm	Pinochle
10:30 am-12 pm	In the Moment Improv Theater*
Noon Meal	BBQ Pulled Chicken Sandwich
12:30-2 PM	Senior Social at Cole/Ustick Library!
1-2 pm	Fit and Fall Proof
1:30-4:30 pm	Winery - Dude DeWalt*
2-5 pm	Intro to Pinochle

22	Treats by Oasis Senior Advisors
10-11:30 am	Widow/WidowerSupportGroup*
10 am-2 pm	Pinochle
Noon Meal	Orange Chicken
1-2 pm	Fit and Fall Proof
2-5 pm	Intro to Pinochle

29	Treats by Home Helpers
10 am-2 pm	Pinochle
10:30-11:45 am	AndyRunton,BoiseComicArts*
Noon Meal	Country Fried Steak & Gravy
1-2 pm	Fit and Fall Proof
2-5 pm	Intro to Pinochle
6:30-10 pm	Spirit of Boise*

SEPTEMBER

Dick Eardley Senior Center

690 Robbins Road
Boise, ID 83702

208-608-7580

Monday-Friday 9 a.m.-5 p.m.

cityofboise.org/seniorcenter



The noon 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. This month's menu was not available at the time of printing.

Billiards 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, broker/owner
Clarity Insurance Solutions
Every Wednesday and Friday in September, from 10:30 am-1:30 pm



PARKS AND RECREATION

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

MONDAY

1

The Senior Center is closed for
[Labor Day](#)



8 Treats by Arbor Valley of Cascadia

9 am-2 pm Nail and Foot Care of Boise with Sandy*- call to schedule appointments,208-747-5797

10:30-11:30 am Smart & Secure Retirement Financial Series*

10:30-11:45 am Tech:Banking&FinanceApps at a Glance

Noon Meal Menu not available

1-4 pm Bridge

1-4 pm Mexican Train

5:30-7:30 pm Senior Bocce League*

15

10:30-11:30 am Smart & Secure Retirement Financial Series*

10:30-11:45 am Tech: Gmail Tips & Tricks

Noon Meal Menu not available

1-4 pm Bridge

1-4 pm Mexican Train

5:30-7:30 pm Senior Bocce League*

22

9 am-2 pm Nail and Foot Care of Boise with Sandy*- call to schedule appointments,208-747-5797

9 am-4 pm AARP Smart Driver*

10:30-11:30 am Smart & Secure Retirement Financial Series*

10:30-11:45 am Tech: Using Google Calendar

11 am [Music: Kathy McFadden & Friends](#)

Noon Meal Menu not available

1-4 pm Bridge

1-4 pm Mexican Train

5:30-7:30 pm Senior Bocce League*

29

10:30-11:45 am Tech: Using Voice Assistants

11 am-12 pm Book Club*

Noon Meal Menu not available

1-4 pm Bridge

1-4 pm Mexican Train

5:30-7:30 pm Senior Bocce League*

TUESDAY

2

10 am-12 pm Living Well with Chronic Pain*

10:30-11:30 am Longevity Stick

Noon Meal Menu not available

1-2 pm Fit and Fall Proof

1-4 pm Bridge

1-4 pm Euchre

1-4 pm Mahjong

9 Treats by The Village at Crystal Springs

8:30-11 am Watershed*

10-11:30 am Coffee with Castle*

10 am-12 pm Living Well with Chronic Pain*

10:30-11:30 am Longevity Stick

11 am [Music: Rick Kartes](#)

11 am-12 pm Housing 101 with Paige Doyle

Noon Meal Menu not available

1-2 pm Fit and Fall Proof

1-4 pm Euchre

1-4 pm Mahjong

16 Treats by Senior Helpers

10-11:30 am Cemetery Tour*

10-11:30 am Coffee with Castle*

10:30-11:30 am Longevity Stick

Noon Meal Menu not available

1-2 pm Fit and Fall Proof

1-4 pm Euchre

1-4 pm Mahjong

1:30-2:30 pm Tai Chi & Qigong Intermediate*

2:30-3:30 pm Tai Chi & Qigong Beginner*

23 Treats by A Special Touch Home Care

10-11:30 am Coffee with Castle*

10:30-11:30 am Longevity Stick

Noon Meal Menu not available

12:30-3:30 pm Lunch Club*

1-2 pm Fit and Fall Proof

1-4 pm Euchre

1-4 pm Mahjong

1:30-2:30 pm Tai Chi & Qigong Intermediate*

2:30-3:30 pm Tai Chi & Qigong Beginner*

30

10-11:30 am Coffee with Castle*

10:30-11:30 am Longevity Stick

11 am-5 pm Idaho City Hot Springs*

Noon Meal Menu not available

1-2 pm Fit and Fall Proof

1-4 pm Euchre

1-4 pm Mahjong

1:30-2:30 pm Tai Chi & Qigong Intermediate*

2:30-3:30 pm Tai Chi & Qigong Beginner*

WEDNESDAY

3 Treats by Summers Funeral Home

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

Noon Meal Menu not available

12:15 pm NFL Pick 'Em with Don

1-5 pm Canasta

10 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 Welcome Tour & Lunch*

Noon Meal Menu not available

12:15 pm NFL Pick 'Em with Don

1-5 pm Canasta

17 Treats by St. Alphonsus/Encompass

9 am-5 pm Shoshone Falls*

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](#)

11 am-1 pm Legal Counsel*

Noon Meal Menu not available

12:15 pm NFL Pick 'Em with Don

1-5 pm Canasta

24 Treats by Idaho Home Health & Hospice

10 am-12 pm Cribbage

10 am-12 pm Happy Hookers Knit & Crochet

10:30-11:30 am Gentle Yoga*

Noon Meal Menu not available

12:15 pm NFL Pick 'Em with Don

1-5 pm Canasta

THURSDAY

4 Treats by Serengeti Care

9:30-10:30 am Tai Chi&QigongIntermediate*

10-11 am Bingo with Kelly

10-11:30 am Chat-n-Chew Social Group

10:30-11:30 am Tai Chi & Qigong Beginner*

11 am [Music: CheatGrass](#)

11 am-12:30 pm Mobile Market

11 am-3 pm Rummikub

11:30 am-12:30 pm Drumming Divas

Noon Meal Menu not available

1-4 pm Bridge

11 Treats by Edgewood Healthcare

10-11 am Bingo with Dan

10-11:30 am Chat-n-Chew Social Group

11 am [Music: Big Dave Walter](#)

11 am-12:30 pm Mobile Market

11 am-12:30 pm Blood Pressure Clinic

11 am-3 pm Rummikub

11:30 am-12:30 pm Drumming Divas

Noon Meal Menu not available

12:30-4:30 pm Erma Hayman*

1-2:30 pm Pencil Drawing Class*

1-4 pm Bridge

18 Treats by Home Helpers

10-11 am Bingo with Carter

10-11:30 am Chat-n-Chew Social Group

11 am [Music: The B Team](#)

11 am-12:30 pm Mobile Market

11 am-3 pm Rummikub

11:30 am-12:30 pm Drumming Divas

Noon Meal Menu not available

1-4 pm Bridge

25 Treats by Copper Falls Hospice

10-11 am Bingo with Andre

10-11:30 am Chat-n-Chew Social Group

11 am-12:30 pm Blood Pressure Clinic

11 am-12:30 pm Mobile Market

11 am-12:30 pm Pet Therapy Visit

11 am-3 pm Rummikub

11:30 am [Music: David Ladines](#)

11:30 am-12:30 pm Drumming Divas

11:30 am-2 pm Origami & Int. Paper Crafts

Noon Meal Menu not available

1-4 pm Bridge

4-6 pm [Autumn Jamboree*](#)

FRIDAY

5

10 am-2 pm Pinochle

11:30 am [Senior Goldmine Visit](#)

Noon Meal Menu not available

12:30-2 PM Senior Social at Cole/Ustick Library!

1-2 pm Fit and Fall Proof

2-3 pm Line Dancing*

2-5 pm Intro to Pinochle

1-5 pm Art in the Park*

12 Birthday Cake by Connect Health

10-11:30 am Widow/WidowerSupportGroup*

10 am-2 pm Pinochle

11-11:45 am Meditation for Optimal Health*

11:30 am [Music: Cattywampus](#)

Noon Meal Menu not available

12 pm [Birthday Friday](#)

1-2 pm Fit and Fall Proof

1:30-5 pm Laissez Faire Winery*

2-3 pm Line Dancing*

2-5 pm Intro to Pinochle

19 Treats by Brookdale Independent Living

10 am-2 pm Pinochle

10:30 am-12 pm In the Moment Improv Theater*

Noon Meal Menu not available

12:30-2 PM Senior Social at Cole/Ustick Library!

1-2 pm Fit and Fall Proof

2-3 pm Line Dancing*

2-5 pm Intro to Pinochle

26 Treats by Oasis Senior Advisors

10-11:30 am Widow/WidowerSupportGroup*

10 am-2 pm Pinochle

Noon Meal Menu not available

1-2 pm Fit and Fall Proof

2-3 pm Line Dancing*

2-5 pm Intro to Pinochle

20 Saturday

9:30 am-1 pm Potato Days*



BEEF & BLACK BEAN BURGERS

Be bold! Add black beans to your burger. Boost the flavor and number of servings with this top-notch grilled burger.

Ingredients:

- 1 1/2 pounds Ground Beef (93% or leaner)
- 10 (2 ounce) whole-grain hamburger buns
- 1 (15 ounces) can no-salt added black beans, rinsed, drained
- 1/4 cup tomato paste
- 1 cup minced onion
- 1/4 cup finely chopped fresh cilantro leaves
- 1 to 2 fresh jalapeno peppers, minced
- 1 1/2 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 ripe avocado, sliced
- Toppings (optional): Ranch dressing, sour cream, yogurt or salsa

Cooking:

- Cut two hamburger buns into 1/4-inch cubes. Combine cubed buns, beans and tomato paste in large bowl; using a potato masher; mash to slightly chunky consistency. Add ground beef, onion, cilantro, jalapeño pepper, cumin, salt and pepper, mixing lightly but thoroughly. Lightly shape into eight 3/4-inch thick patties.
- Place patties on rack of broiler pan so surface of beef is 3 to 4 inches from heat. Broil 12 to 14 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning once.
- Place burgers on bottoms of buns. Top burgers evenly with avocado slices. Top with dressing, sour cream, yogurt or salsa, if desired. Close sandwiches.

Cook's Tips: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

This burger may be served on a bed of mixed greens topped with your favorite salsa.

Credit: Idaho Beef Council

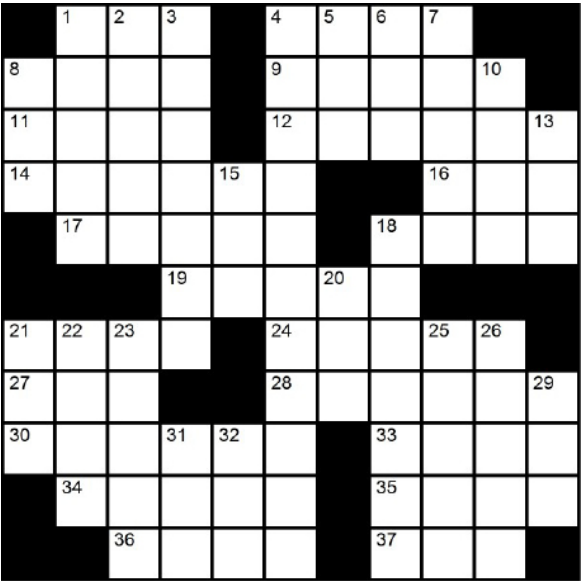
CROSSWORD PUZZLE

ACROSS

- 1 Fortify
- 4 Turnpike fee
- 8 Entreaty
- 9 Creative flashes
- 11 Claim on a property
- 12 Where Muhammad went after Mecca
- 14 Legally bind
- 16 Floor covering
- 17 Son of Abraham
- 18 Verge
- 19 Shows approval
- 21 Apple pie makers
- 24 Mexican moolah
- 27 Org. with a flowery seal
- 28 IKEA's homeland
- 30 Eerie sense of recurrence
- 33 Short letter
- 34 Dynamite inventor
- 35 Yucky buildup
- 36 Charge per unit
- 37 Psychic "gift"

DOWN

- 1 Proof of being elsewhere
- 2 Staggers
- 3 Nuts
- 4 Item exhumed years after burial
- 5 Lyric poem
- 6 Took control
- 7 Scottish landowner



- 8 Org. once led by Arafat
- 10 Cozy
- 13 Period of human life
- 15 Hoedown female
- 18 Spirit
- 20 Cathedral fixture
- 21 School leader's degree
- 22 Golf tourney
- 23 Kind of suit
- 25 They're known to noses
- 26 Organization
- 29 "Game of Thrones" patriarch --- Stark
- 31 Lawyers' gp.
- 32 Old soldier

Solution available at the front desk

Puzzle made available by our sponsor, Jim Starr

Jim also sponsors Birthday Friday and the center's weekly Bingo game, and he calls Bingo on the 3rd Thursday of each month. Give Jim a call if you have questions regarding Medicare or want to compare notes about this month's puzzle, 208-713-3166.



CONNECT HEALTH



FINANCIAL EDUCATION SERIES FOCUSES ON RETIREMENT PLANNING AND PROTECTION



Smart & Secure Retirement, a three-part financial education series designed specifically for the senior community, is being offered for free in September by Sherri French-Waddell of Waddell Enterprises.

The series is built to educate, empower, and protect adults age 55+ by focusing on practical, easy-to-understand strategies around income planning, legacy protection, and scam prevention. The one-hour sessions include:

- Making Your Money Last - Retirement Income Strategies
- Protecting What You've Built - Insurance & Legacy Planning
- Avoiding Scams & Making Smart Financial Decisions

Each session includes a short slide presentation, take-home handout, and a conversational script to keep it engaging and interactive. Class meets on Sept. 8, 15, and 22 from 10:30-11:30 a.m. Space is limited, so reserve your seat by calling 208-608-7580.

FUNERALPLANNING(WITHCOFFEEANDDONUTS!)

Funeral planning doesn't need to be a last-minute stressor for you or your loved ones, according to Brad Hessing, an advanced planning specialist with Relyea Funeral Chapel in Boise. "All of us will walk through that inevitable door, and it's best to be prepared for when the time comes."

Brad is offering a relaxed presentation on the importance of planning ahead. Join us on Thursday, Aug. 14 at 11 a.m. to learn what a funeral consists of, the difference between burial and cremation, and a look at market prices and how to lock those in now. "Pre-planning for that last day allows us to leave one final gift for our loved ones," he said.

Brad will provide coffee and donuts for attendees. Please reserve your spot in advance at the front desk or give us a call at 208-608-7580.

SLIGHT TIME ADJUSTMENT FOR PAPER CRAFTS

Paper Craft instructor Sunmi Choi will teach free origami classes on Aug. 28 and Sept. 25 from 11:30 a.m. to 12 p.m., and \$2 intermediate paper craft classes on the same days from 12:30 to 2 p.m. Projects include a firefly, whale, polka dot t-shirt, koala, lucky pouch, and persimmon case. Samples are on display in the Senior Center's main hallway. Please register in advance at 208-608-7580.



MEDITATION FOR OPTIMAL HEALTH

By popular request, meditation instructor Michelle Wood will focus on the science and power of Group Meditation. We will use this technique to facilitate our own health and wellness and those around us. The first session is on Friday, Sept. 12, from 11 to 11:45 a.m. Participants will be seated in chairs. There is no cost to attend. Space is limited, so please call to reserve your spot, 208-608-7580.



COLLETTETRAVELWILLBEONHANDTO SHARE INFORMATION ABOUT UPCOMING TRIPS

Collette Travel will visit the Senior Center on Aug. 4 from 10-11:30 a.m. to share details and answer questions about the following upcoming trips: Discover South Pacific Wonders, Alpine Lakes & Scenic Trains of Switzerland, and Wonders of Ancient Greece. Reserve your spot at the meeting by calling 208-608-7580.

CONGRATSTOOURMONTHLYHIGHSCORERS!

PINOCHLE

May
High Score:
Not available
June
High Score:
Pam 6,410



BRIDGE

May
Monday: Meghan 3,680
Thursday: Steve 3,370
June
Monday: Ann 3,500
Thursday: Steve 3,120



First job: I worked building foundations.
Last job: My last job won't be for a while.
Most proud of: My family and friends.
If I met my 18-year-old self, I would tell him:
To keep working hard and remember:

- God #1
- Family #2
- Work #3



First job: Topping corn in Melba, ID, age 13.
Last job: Business analyst for St. Luke's Health System.
Most proud of: I was the first woman in the NW states to join the local labor union 294 and became a certified lineman.
If I met my 18-year-old self, I would tell her:
Save or invest 10% of your earnings, give 10% to charity, and live on the rest.



Dick Eardley Senior Center
690 Robbins Road, Boise, ID 83702

PARKS AND RECREATION

Phone: 208-608-7580

Hours: Monday-Friday 9 a.m.-5 p.m.

Website: cityofboise.org/seniorcenter



MEET COMIC ARTIST ANDY RUNTON ON SEPT. 29

Visit the Senior Center on Sept. 29 at 10:30 a.m. for an opportunity to meet Andy Runton, the award-winning creator of Owly, the kind-hearted little owl who's always searching for new friends and adventures. Andy will demonstrate the comic creation process and share the importance of comics for struggling readers.



Andy's work has earned him multiple awards, including the Eisner Award for Best Publication for a Younger Audience. His visit is part of the Boise Public Library's 13th Annual Boise Comic Arts Festival weekend at the Boise Centre.

Please give us a call to RSVP for the Senior Center presentation, 208-608-7580.

BIRTHDAY CORNER



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

June

Nancy Campbell
Kathy Dzuck
Michele Hendryx
Jerry Kourouyan
Haley P.
David (DJ) Shuffman
Raelene Viste
Helen Young

Am. Heritage Girls
Clementine, age 11
Fiona, age 10

July

Terry Bassuney
Walton Benjamin
Carolee Griggs
Jody Hill
Enola Hoyt
James McGarney
Gerry Nunn
Luanne Ostrow
Jackie Richey
Jan Spencer

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

A big thank you to our
BirthdayFridaysponsor:



**CONNECT
HEALTH**