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

Coming up ...

We’ve teamed up with the American Red Cross to host a blood drive on Aug. 2. Call or stop by the front desk to schedule your donation.

Free Living Well with Chronic Pain series starts Aug. 20. Details are on page 12.

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

Travel presentations are scheduled in September and October. Get all the details on page 3.

The Holiday Bazaar will take place on the third Saturday in November. Want to be a vendor? Turn to page 2 to learn how to sign up.

DID YOU KNOW?
- Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers.
- The first Labor Day was celebrated in New York in 1882. There was a lot of beer involved, and many workers gave up a day’s pay to attend.
- It was once a fashion faux pas to wear white clothing after the summer officially ended on Labor Day, but the tradition isn’t really followed anymore.
- Labor Day is the unofficial end of hot dog season. Between Memorial Day and Labor Day, Americans eat 7 billion hot dogs.

Sources: census.gov, constitutioncenter.org

HELP US CELEBRATE NATIONAL SENIOR CITIZENS DAY AUG. 21

National Senior Citizens Day is a day to recognize and show appreciation for the value and contribution of older adults to the family and society as a whole.

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 Wednesday, Aug. 21 with games, prizes, and fun photographs. The party starts at 11:30 a.m. Decorations and special goodies will be provided by our event sponsor, MultiCare. We hope you’ll attend.

AUTUMN JAMBOREE WILL KICK OFF A FESTIVE FALL SEASON

Tickets are on sale now for the Autumn Jamboree Dance & Social on Sept. 19, 4-6 p.m. This annual event will herald the changing of the seasons with a live performance by Tom Wayne, the “perfect entertainment package.” Tom has been performing for audiences for more than 50 years and covers a wide range of music genres spanning multiple eras.

Music will include danceable selections as well as a few tunes you will want to sing along to. Or, plan to sit back, relax, and just enjoy the show.

Ticket price includes snacks and non-alcoholic beverages. A cash-only beer and wine bar will also be available. Affinity at Nampa is helping us keep ticket prices low by sponsoring the event. Cost is $5 each in advance or $6 at the door. Tickets can be purchased at the front desk or by phone with a credit card, 208-608-7580.
MEALS ON WHEELS

is proud to partner with the Dick Eardley Senior Center.

• Lunch served weekdays: 12:00-12:30 p.m.
• $5 for ages 60+ (suggested donation)
• $8 under age 60

MetroMealsOnWheels.net

JOIN US FOR LUNCH

MEALS ON WHEELS

METRO BOISE

a

EVENING BRIDGE LESSONS START IN SEPTEMBER

Learn the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards. After eight classes or less, jump right in and play at the local club or with friends at home or online. Instructor Nancy Feldman will teach bridge lessons on Mondays and Thursdays from 6:30 to 8:30 p.m., Sept. 5-30. The series will be available again Nov. 4-21. Cost is $109 for residents or $168.40 for non-residents. Give us a call to register, 208-608-7580.

AGE-FRIENDLY CARE IS THE FOCUS OF THIS YEAR’S 14TH ANNUAL THOMAS GERIATRIC SYMPOSIUM

Idaho State University’s Kasiska Division of Health Sciences will sponsor the 14th Annual Ginny Thomas Geriatric Symposium on Oct. 16 from 9 a.m.-1 p.m. This year’s theme is “Building Age-Friendly Communities.” It will explore the 4 Ms of age-friendly care: What Matters, Medications, Mind, and Mobility.

“This event aims to bring together older adults from the community, health care professionals, students, and experts in the field to discuss what is most important to individuals.”

This free event takes place at the ISU Meridian campus. It includes speakers, a panel discussion, roundtable discussions, and lunch. The Senior Center will provide transportation at no cost. You must register in advance - stop at the front desk or call 208-608-7580.

HALF-OFF SALE IN THE THRIFT STORE OCT. 7-11

Mark your calendar and plan to visit the thrift store between Oct. 7-11. All clothing will be on sale for 50% off regular prices while we make room for our fall and winter inventory. Watch for details in the October/November newsletter.
**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](http://cityofboise.org/seniorcenter)

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**MEALS@WHEELS**

**METRO BOISE**

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. Substitutions may be necessary without advanced notice.

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

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

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

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**Dick Eardley Senior Center Newsletter**

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**PARKS AND RECREATION**

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

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<thead>
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<th>MONDAY</th>
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<td><strong>5 Treats by Mutual of Omaha</strong></td>
<td><strong>6 Treats by Brookdale Senior Living</strong></td>
<td><strong>7 Treats by Summers Funeral Homes</strong></td>
<td><strong>8 Treats by Edgewood Healthcare</strong></td>
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<td><strong>12 Treats by Mutual of Omaha</strong></td>
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<td><strong>15 Treats by Advanced Neuropathy Center</strong></td>
<td><strong>16 Treats by Senior Helpers</strong></td>
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<td><strong>10 Treats by Brookdale Senior Living</strong></td>
<td><strong>21 Treats by MultiCare, event sponsor</strong></td>
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<td><strong>30 Treats by Senior Helpers</strong></td>
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**Parks and Recreation**

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Dick Eardley Senior Center Newsletter

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Dick Eardley Senior Center Newsletter
**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. The January 2024 menu was not available at the time of printing.**

**Dick Eardley Senior Center Newsletter**

### September

#### Monday

- **9:** 10:30-11:45 am Tech: Chatting with A.I.*
  - Menu not available
  - Mexican Train (Dominoes)
  - Senior Bocce League*
  - Bridge Lesson*

- **10:** 10:30-11:30 am Premier Travel Meeting* Living Well with Chronic Pain* Longevity Stick Tech Help Drop-In Music: Rick Kartes
  - Housing 101
  - Menu not available
  - Fit and Fall Proof
  - Euchre
  - Mahjong

- **11:** 10-11 am Noon Meal
  - Menu not available
  - Tai Chi & Qigong Intermediate
  - NFL Pick ’Em Challenge
  - Tai Chi & Qigong Beginner*
  - Acrylics Social Group
  - Canada

#### Tuesday

- **2:** The Senior Center is closed for LABOR DAY

- **3:** 10 am-12 pm 10:30-11:30 am 10:30-11:45 am
  - Noon Meal
  - Menu not available
  - Tech Help Drop-In
  - Fit and Fall Proof
  - Euchre
  - Mahjong
  - Bridge

- **4:** Treats by Summers Funeral Homes
  - Cribbage
  - Happy Hookers Knit & Crochet
  - Teddy Bear Factory Sewing Gentle Yoga* Music: King Pon
  - Pop-up Library
  - Menu not available
  - NFL Pick ’Em Challenge
  - Acrylics Social Group
  - Bridge
  - Lesson*

- **5:** Treats by Serenegeti Care
  - Bingo with United Healthcare Chat-n-Chew Social Group
  - Music: CheatGrass
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Lesson*

#### Wednesday

- **6:** 10 am-2 pm Noon Meal
  - Menu not available
  - Senior Goldmine Visit
  - Fit and Fall Proof
  - Art in the Park*
  - Intro to Pinhole

- **7:** 2-6 pm Macks Creek*

- **8:** 10 am-12 pm 10:30-11:30 am 10:30-11:45 am
  - Noon Meal
  - Menu not available
  - Tech Help Drop-In
  - Fit and Fall Proof
  - Euchre
  - Mahjong

- **9:** 11 am-12:30 pm Blood Pressure Clinic
  - Menu not available
  - Bridge
  - Lesson*

#### Thursday

- **10:** 10 am-2 pm Noon Meal
  - Menu not available
  - Senior Helpers
  - Fit and Fall Proof
  - Intro to Pinhole

- **11:** 10:30-11:30 am 10 am-2 pm 11 am-12 pm
  - Bingo with Dan Chat-n-Chew Social Group
  - Music: Big Dave Walter
  - Blood Pressure Clinic
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Little Theater* Bridge Lesson*

- **12:** Treats by Edgewood Healthcare
  - Bingo with Dan Chat-n-Chew Social Group
  - Music: Big Dave Walter
  - Blood Pressure Clinic
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Little Theater* Bridge Lesson*

#### Friday

- **13:** 10:30-11:30 am 10:30-11:30 am
  - Bingo with Dan Chat-n-Chew Social Group
  - Music: The B Team
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Paper Crafts with Summ*
  - 1-2 pm
  - Autumn Jamboree* Bridge Lesson*

- **14:** 10 am-2 pm 11 am
  - Bingo with Jack Chat-n-Chew Social Group
  - Music: The B Team
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Lesson*

- **15:** 10 am-2 pm 11 am
  - Bingo with Jack Chat-n-Chew Social Group
  - Music: The B Team
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Lesson*

- **16:** 10 am-2 pm 11 am
  - Bingo with Andrea Chat-n-Chew Social Group
  - Blood Pressure Clinic
  - Pet Therapy Visit
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Lesson*

- **17:** 10:30-11:30 am 10:30-11:30 am
  - Bingo with Andrea Chat-n-Chew Social Group
  - Blood Pressure Clinic
  - Pet Therapy Visit
  - Rummikub
  - Drumming Divas
  - Menu not available
  - Bridge
  - Lesson*

- **18:** Treats by St. Alphonse/Encampass
  - Robbins Nest Cafe until 12:30 p.m.
  - The January 2024 menu was not available at the time of printing.

- **19:** Treats by Advanced Neuropathy Center
  - Robbins Nest Cafe until 12:30 p.m.
  - The January 2024 menu was not available at the time of printing.

- **20:** Treats by Senior Helpers
  - Menu not available
  - Fit and Fall Proof
  - Intro to Pinhole

- **21:** Treats by Oasis Senior Advisors
  - Menu not available
  - Fit and Fall Proof
  - Intro to Pinhole

### Miscellaneous

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

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

- **Thrift Store & Craft Boutique**
  - Open M-F, 9 a.m.-5 p.m.

- **Dining Room Sponsor**
  - United Healthcare, Sept. 30-Oct. 11
Jim also sponsors the Senior Center’s weekly Bingo game and calls Bingo on the 3rd Thursday of each month.

Puzzle made available by our sponsor, Jim Starr

AUTUMN ROASTED POTATOES
AND ROOT VEGETABLES

Ingredients
2 lbs. Idaho® russet potatoes, washed and cut into 1-inch chunks
8 oz. turnips, peeled, cut into 1/2-inch chunks
8 oz. parsnips, cut into 1/2-inch chunks
4 oz. melted butter
4 oz. olive oil
1 Tbs. kosher salt
1 tsp. fresh cracked pepper
2 sprigs of rosemary
6 sprigs of thyme

Directions
1. Par boil vegetables until cooked halfway; strain.
2. Mix olive oil and butter together.
3. Toss vegetables in 1/2 of oil mixture; spread remaining oil onto 1/2 sheet pan.
4. Spread vegetables onto pan.
5. Sprinkle with salt and pepper; lay herbs over all.
6. Cook at 375°F until lightly browned.
7. Turn, cook until browned, remove herbs.
8. Serve hot.

Recipe: Idaho Potato Commission
Photo: Wai Leng Loke (photo contest winner)

Puzzle made available by our sponsor, Jim Starr

Can you find a mistake in this month’s newsletter? Despite our best efforts to be error-free, it’s possible that we overlooked something. If you can find an error, point it out to us and receive a mini candy bar at the front desk!
FRESH PRODUCE MARKET COMING AUG. 1

Beginning Aug. 1, the Mobile Market will bring fresh fruits and veggies from local farms to the Senior Center every Thursday in August and September. Watch for the green market van in the Senior Center parking lot from 11:15 a.m. to 12 p.m.

Each visit will include free and reduced-price items, as well as discounts for seniors and veterans. Shoppers can pay with SNAP/EBT, cash, credit/debit, Produce RX, and more.

PAPER CRAFTS WITH SUNMI: INTERMEDIATE & ADVANCED CLASSES

Paper craft instructor Sunmi Choi will offer an intermediate paper-folding class on Aug. 15 and Sept. 19, as well as an advanced class Aug. 29 for those who feel ready to take on more detail. Classes are from 12:30-2:30 p.m.

Sunmi is formally trained in origami and paper art. The art of folding paper has been shown to have many benefits, including improved cognitive function, stress reduction, and improved fine motor skills.

Cost is $3 per person per class. All materials are provided. Space is limited. You must register and pre-pay to reserve your spot. Stop at the front desk or call 208-608-7580.

CASINO NIGHT DINNER & DANCE WAS ONE TO REMEMBER!

Jerry

First job: Grocery store helper, age 10-11
Last job: Corporate accountant; tax preparer
Most proud of: My family
If I met my 18-year-old self, I would tell him: You have a bright future - leader, teacher, and friend. Be positive in your outlook.

Becky

First job: Babysitter at age 11
Last job: Sold tires at Walmart
Most proud of: My 3 great-grandchildren
If I met my 18-year-old self, I would tell her: Have more fun! Follow your own dreams and never mind what others might think.

MEDITATION FOR OPTIMAL HEALTH

Meditation instructor Michelle Wood will offer free meditation instruction on the 2nd Friday of every month, from 11-11:45 a.m., beginning Sept. 13. Everyone is invited to take this opportunity to explore different styles of meditation proven to reduce stress and promote general health. Find one that works for you.

Among the techniques will be walking meditation, visualizations, seated attention-focus, and several techniques of breathing with mindfulness. Bring a pen and notebook to record your experiences.

Sign up in advance at the front desk or call 208-608-7580.

Elevating Your Quality of Life

Are you or a loved one in need of personalized, compassionate care? Look no further! Serengaeti’s dedicated caregivers can provide top-notch in-home care tailored to your unique needs.

- Compassionate Caregivers
- Comfort at Home
- Independence
- One-on-One Attention
- Skilled Professionals

Your comfort and happiness are our priorities. Contact us today to learn more about how we can make a difference in your life.

(986) 888-1832
serengaeticare.com
care@serengaeticare.com
A FREE 6-week workshop designed to help you live well with an ongoing health condition.

Living Well with Chronic Pain

“Living Well with Chronic Pain” is a workshop that will teach you self-management tools such as:

- Physical activity and exercise
- Evaluating treatment options
- Managing difficult emotions
- Action planning
- Much more!

Tuesdays: Aug. 20 - Sept. 24
10 a.m. - 12 p.m.
Dick Eardley Senior Center
690 Robbins Road, Boise

Register at the Senior Center front desk at 208-608-7580, or call Natalie at 208-860-9053.

BIRTHDAY CORNER

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

**June**
- Kathy Dzuck
- Ann Koeplin
- Raelene Viste
- Sharon Pike
- Ann Hart
- Carol Moonier
- DJ Shuffman
- Diane Bailey

**July**
- Terry Bassuney
- Pat Bloxham
- Sheena Dangel
- Jo Forsythe
- Jody Hill
- Jan Spencer
- Victor Walbuck

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: