

DICK EARDLEY SENIOR CENTER

CITY of BOISE | APRIL/MAY 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 ...

Creative writing classes start April 14. See page 11 to learn more.

Radio Days returns! See the back page for details about your FREE TICKET and how to claim it.

Widows/Widowers Support Group launches afternoon meetings. Details are on page 9.

Casino Night is right around the corner! Turn to page 2 to learn when and how you can get tickets to this popular summertime event.

The Senior Center will be closed on May 26 for Memorial Day.

DID YOU KNOW?

Season swim passes are free for Boiseans age 62+ and are valid at all four outdoor city pools:

- Borah Pool
801 Aurora St.
- Fairmont Pool
7929 W. Northview St.
- Ivywild Pool
2250 S. Leadville Ave.
- Natatorium
1811 E. Warm Springs Ave.

To claim your pass, call Fort Boise Community Center at 208-608-7680, or request one in person at the pool of your choice beginning at 1 p.m. on May 28.

MOTHER'S DAY LUNCH WILL INCLUDE A FLOWER FOR YOU, MOM

Moms, we hope you will join us on Friday, May 9 beginning at 12 p.m. for a special Mother's Day celebration. This annual event is once again being sponsored by Blue Cross of Idaho, and they'll have a long-stem carnation for every mom in attendance.

Meals on Wheels Metro Boise is planning a crowd favorite of breaded chicken with

mashed potatoes and country gravy (regular lunch charges apply).

This year's Mother's Day event coincides with our monthly Birthday Friday celebration, so all attendees will get a slice of cake, too!



STARBELLY SCHOOL OF DANCE WILL PERFORM HERE IN APRIL



The Starbelly School of Dance will bring a free performance and interactive session to the Senior Center dining room on Friday, April 11 starting at 2 p.m. The 1-hour event will feature a dynamic dance performance, a mini class for attendees to learn basic steps from a seated position, and a dance party to foster community and joy. Thanks to the support of the Boise City Department of Arts and History and Starbelly School of Dance, this event is free to the community. Please RSVP by calling 208-608-7580.

SPRING HEALTH & RESOURCE FAIR and drug take-back event

The annual spring health fair that is coordinated by LEARN will return to the Senior Center this year, so mark your calendar for April 22 from 10:30 a.m. to 12 p.m. and plan to join us for this free event.



Many of our vendors will bring door prizes. Be sure to stop at every booth to be entered into the drawings that start at 11:45 a.m.

Boise Police will be on site with a drug take-back booth where attendees can



safely and conveniently dispose of unwanted prescription and over-the-counter medications for people and pets.

Albertsons pharmacy will also be here offering vaccines, including COVID-19 booster, pneumonia, shingles, RSV, and tetanus. Please call the Senior Center in advance if you would like a vaccine, 208-608-7580. We will need your full name and date of birth. Please bring your medical insurance card(s) to the vaccine clinic.

CASINO NIGHT TICKETS GO ON SALE APRIL 14



The 5th Annual Casino Night event is shaping up to be a memorable one, so get your tickets early before they sell out.

Tickets go on sale at 9 a.m. on April 14. Cost is \$10 for one or \$18 for two. Buy with a friend and you both save! The event will be on Thursday, June 26 from 6-9 p.m. Watch for event details in the June/July newsletter.

YOU MIGHT BE ELIGIBLE FOR FREE GROCERIES

More than half of Idaho’s seniors are eligible for the state’s Supplemental Nutrition Assistance Program but are not



enrolled. The Idaho Hunger Relief Task Force will visit the Senior Center on April 17 and May 15 from 11 a.m.-12:30 p.m., to share information and help people get signed up. The Task Force has a goal to enroll 1,500 seniors in the program so that they can begin using their SNAP card (like a debit card) to pay for eligible food items when they shop.

EXPLORE AI WITH HANDS-ON OPPORTUNITIES

We're offering two opportunities this spring to explore artificial intelligence and get hands-on instruction.

April 15, 11 a.m.-12 p.m.

Dr. Margaret Sass, a lecturer at Boise State University, will visit the Senior Center to share information about a new online tool available to seniors. “Join me for a hands-on workshop where we’ll explore the new, free online course, 'AI Tools for Seniors.' This course is designed to help seniors discover how AI can enhance their daily lives through companionship, cognitive stimulation, and practical assistance. I’ll walk through key features of the course. Also, I’ll discuss essential online safety and privacy tips to ensure seniors can navigate AI tools with confidence.” Attendees will have a chance to win prizes. Please call to reserve your seat, 208-608-7580.

May 2, 10 a.m.-12 p.m.

Are you curious about AI but don't know where to start? Join us for "Beginner's Day: Exploring AI Together" where LEARN and HP volunteers will guide you through interactive demonstrations of everyday AI tools that can simplify your life. From virtual assistants to online safety features, discover the friendly side of technology in this hands-on learning experience! Please register in advance at 208-608-7580.



JOIN US FOR CARDS & GAMES EVERY WEEKDAY

We offer cards and other games every day of the week, and all groups are welcoming new participants. Below is a guide to help you find a group that’s right for you. Drop-in fee is \$2 per visit.

- MONDAYS**

 - **Mexican Train** (dominoes): 1-4 p.m.
 - **Bridge**: 1-5 p.m.
- TUESDAYS**

 - **Euchre**: 1-4 p.m.
 - **Mahjong**: 1-4 p.m.
- WEDNESDAYS**

 - **Cribbage**: 10 a.m.-12 p.m.
 - **Canasta**: 1-5 p.m.
- THURSDAYS**

 - **Bingo**: 10-11 a.m.
 - **Rummikub**: 11 a.m.-3 p.m.
 - **Bridge**: 1-5 p.m.
- FRIDAYS**

 - **Pinochle**: 10 a.m.-2 p.m., with a break for lunch. *Geared toward experienced players.*
 - **Intro to Pinochle**: 2-5 p.m.

FREE TAX HELP CONTINUES THROUGH APRIL 10

AARP tax preparation volunteers will continue to offer free tax help through April 10. The service is available on Tuesdays and Thursdays, from 9 a.m. to 2 p.m., on a first-come, first-serve basis. Bring all of your needed tax documents.

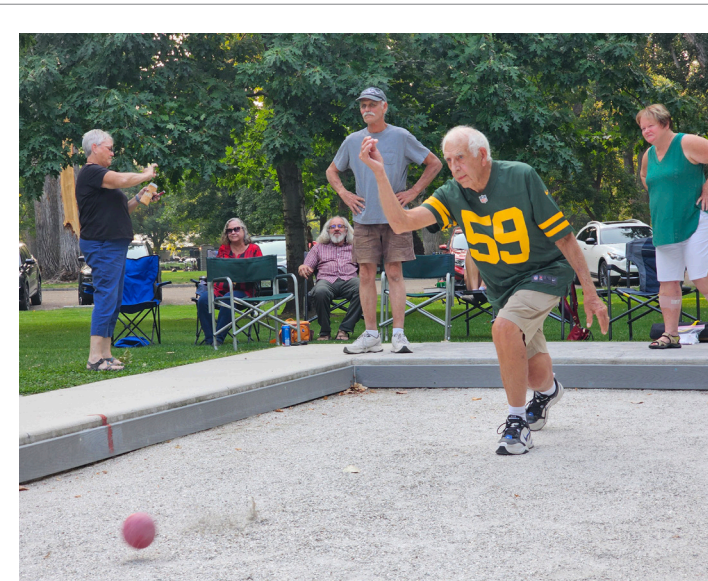
HOUSING 101 AVAILABLE ON 2ND TUESDAYS

Certified Seniors Real Estate Specialist Paige Doyle offers Housing 101 on the second Tuesday of every month, 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.

"NAME THAT TUNE" CONTINUES THROUGH APRIL

Meet us in the dining room during lunch every Wednesday in April for "Name That Tune," a weekly challenge coordinated by volunteer Don Smart.

"Name That Tune" brings contestants to the Senior Center stage to win prizes for correctly naming the most song titles of the music being played on the overhead speakers. Audience members will enjoy reminiscing with some old favorites, but are asked to not "Name That Tune" until contestants have had a chance to answer. Anyone can participate!



SUMMER BOCCE LEAGUE BEGINS ON JUNE 2

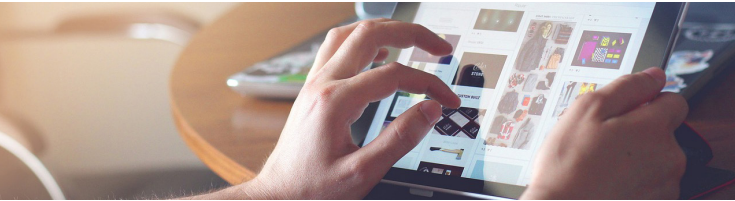
If you’re age 50 or better, you’re invited to join the Senior Summer Bocce League at Kristin Armstrong Park. The league runs for four weeks, with two games played each evening. Playoff games are held the final week. Put together your team of four players, then pick your month or play all three! (Fees are per 4-week session.)

- **June 2-23**, Mondays, 5:30-7:30 p.m.
- **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). Register online at cityofboise.org or give us a call at 208-608-7580.



April is National Volunteer Month and the perfect time to acknowledge the many volunteers who share their time and talents with the Senior Center. These generous individuals help us maintain a safe, friendly, supportive and enjoyable place for all who visit and participate, and we can’t thank them enough for all they do.



NEW TECHNOLOGY CLASSES AVAILABLE

Weekly opportunities to enhance your technology skills are available, thanks to a partnership between LEARN Idaho and AARP’s Senior Planet. Topic-specific classes and lectures are offered on Mondays, and an open help lab is available on Tuesdays. All classes, lectures and labs begin at 10:30 a.m. and last approximately 75 minutes. Call at 208-608-7580 to reserve your spot.

- April 7 - Intro to Digital Wallets
- April 14 - Digital Scrapbooking Tools
- April 21 - AI Exploration
- April 28 - Intro to Photo Editing Tools
- May 5 - Cloud Storage
- May 12 - Intro to Selling Online
- May 19 - Google Workspace Free Tools

You can also get 1-on-1 help with your device

One-on-one tech help is available by appointment with BSU Service Learning students. Give us a call to schedule, 208-608-7580. Be sure to bring your mobile device with you.

Edward Jones

> edwardjones.com | Member SIPC

Job change?

Whether retiring or changing jobs, you’ll want to know your retirement account options.

There are four potential options for your 401(k) when leaving an employer:

- Leave it in your former employer’s 401(k) plan, if allowed by the plan.
- Move it to your new employer’s 401(k) plan, if you’ve changed employers and your new employer plan allows for it.
- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.

We can talk through your financial goals and find the option that works best for you.

Kory V Gaona
Financial Advisor

9050 W Overland Rd Ste 125
Boise, ID 83709
208-362-3299

IRT-1948M-A AECSPAD 24623078

APRIL

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.

AARP Tax Aide
T&Th April 1-10, 9 a.m.-2 p.m.



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
Wednesdays, 10 am-1 pm



PARKS AND RECREATION

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

MONDAY

MARCH 31		
7 am		Activity Guide registration opens for residents

7		
10:30-11:45 am	Tech:	Intro to Digital Wallets
Noon Meal		Stuffed Chicken w/ Cheese Sauce
12-3 pm	Tech Help Drop-In	
1-4 pm	Mexican Train	
1-5 pm	Bridge	

14 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:	Digital Scrapbooking Tools
Noon Meal		Philly Beef Sandwich
1-3 pm	Writing Your Story*	
1-4 pm	Mexican Train	
1-5 pm	Bridge	

21		
10:30-11:45 am	Tech:	AI Exploration
Noon Meal		Spaghetti w/ Meat Sauce
12-3 pm	Tech Help Drop-In	
1-4 pm	Mexican Train	
1-5 pm	Bridge	

28		
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*	
10:30-11:45 am	Tech:	Intro to Photo Editing Tools
11 am	Book Club*	
Noon Meal		NEW - Pizza Pasta Casserole
1-4 pm	Mexican Train	
1-5 pm	Bridge	

TUESDAY

1		
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
Noon Meal		Swiss Steak
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	

8 Treats by The Village at Crystal Springs		
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
10:30 am-1:30 pm	Avery #2*	
11 am		Music: Rick Kartes
11 am-12 pm	Housing 101 with Paige Doyle	
Noon Meal		BBQ Beef Sandwich
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	

15 Treats by Senior Helpers		
8:45-11:30 am	BONUS: Coffee and Brunch*	
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
11 am-12pm	AI with Dr. Sass*	
Noon Meal		Chicken Florentine Pasta
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	
7-8 pm		Radio Days: The Great Gildersleeve*

22		
9-10 am	Tech Q&A (note time change due to event schedule)	
10:30-11:30 am	Longevity Stick	
10:30 am-12 pm		Spring Health & Resource Fair with LEARN
10:30 am-12 pm		Drug Take-Back with Boise PD
Noon Meal		Roast Beef w/ Brown Gravy
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	

29		
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
Noon Meal		Orange Chicken w/ Brown Rice
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	
1-4:45 pm	Gutierrez Family Farm*	

WEDNESDAY

2 Treats by Summers Funeral Homes		
7 am	Activity Guide registration opens for non-residents	
10 am-12 pm	Cribbage	
10 am-12 pm	Happy Hookers Knit & Crochet	
10:30-11:30 am	Gentle Yoga*	
Noon Meal		Breaded Chicken Breast, Gravy
12:15 pm	Name That Tune	
12-12:30 pm	Pop-Up Library	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

9 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*	
Noon Meal		Baked Ham & Pineapple
12:15 pm	Name That Tune	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	

16 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*	
10:30 am-12 pm	Downsizing Your Home*	
11 am		Music: Big Dave Walter
11 am-1pm	Legal Counsel*	
Noon Meal		Roast Pork, Mushroom Gravy
12:15 pm	Name That Tune	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

23 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*	
11 am		Music: Dakota Dave
Noon Meal		Sherry Mushroom Chicken
12:15 pm	Name That Tune	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

30		
10 am-12 pm	Cribbage	
10 am-12 pm	Happy Hookers Knit & Crochet	
10:30-11:30 am	Gentle Yoga*	
Noon Meal		Cheese Manicotti w/ Marinara
12:15 pm	Name That Tune	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

THURSDAY

3 Treats by Serengeti Care		
10-11 am	Bingo with Dan	
10-11:30 am	Chat-n-Chew Social Group	
11 am		Music: CheatGrass
11 am-3 pm	Rummikub	
11:30 am-12:30 pm	Drumming Divas	
Noon Meal		BBQ Chicken Wings
1-5 pm	Bridge	
1-3 pm	Tech Help Drop-In	
4:15-10 pm	BONUS: Joseph and the Amazing Technicolor Dreamcoat*	

10 Treats by Edgewood Healthcare		
10-11 am	Bingo with Kelly	
10-11:30 am	Chat-n-Chew Social Group	
11 am		Music: Big Dave Walter
11 am-12:30 pm	Blood Pressure Clinic	
11 am-3 pm	Rummikub	
11:30 am-12:30 pm	Drumming Divas	
Noon Meal		Cheesy Taco Pasta
1-5 pm	Bridge	

17 Treats by Home Helpers		
10-11 am	Bingo with Jim	
10-11:30 am	Chat-n-Chew Social Group	
11 am		Music: The B Team
11 am-12:30 pm	ID Hunger Relief Task Force	
11 am-3 pm	Rummikub	
11:30 am-12:30 pm	Drumming Divas	
11:50 am-12:20 pm	Origami: Ladybug & Rabbit*	
Noon Meal		Swedish Meatballs
12:30-2:30 pm	Paper Craft: Happy Easter*	
1-3 pm	Tech Help Drop-In	
1-5 pm	Bridge	
5-10 pm	BLT - Keep on Laughing*	

24 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-3 pm	Rummikub	
11 am-12:30 pm	Pet Therapy Visit	
11:30 am		Music: David Ladines
11:30 am-12:30 pm	Drumming Divas	
11:30 am-2:30 pm	Amazon Tour*	
Noon Meal		Chili & Cheese Baked Potato
1-5 pm	Bridge	

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FRIDAY

4 Treats by Borchers Insurance		
9 am-3 pm	Tech Help Drop-In	
10 am-2 pm	Pinochle	
11:30 am		Senior Goldmine Visit
Noon Meal		Vegetarian Penne
1-2 pm	Fit and Fall Proof	
1-4 pm	Scheels*	
2-5 pm	Intro to Pinochle	

11 Birthday Cake by Connect Health		
9 am-3 pm	Tech Help Drop-In	
10-11:30 am	Widow/Widower Support Group*	
10 am-2 pm	Pinochle	
11 am		Music: Cattywampus
11-11:45 am	Meditation for Optimal Health*	
Noon Meal		Herb-Crusted Salmon, Rice Pilaf
12 pm		Birthday Friday
1-2 pm	Fit and Fall Proof	
1-2:30 pm	Widow/Widower Support Group*	
2-3 pm		Starbelly School of Dance event
2-5 pm	Intro to Pinochle	

18 Treats by Brookdale Independent Living		
9 am-3 pm	Tech Help Drop-In	
10 am-2 pm	Pinochle	
10:30 am-12 pm	In the Moment Improv Theater*	
Noon Meal		Lemon-Herb Fish, Rice Pilaf
1-2 pm	Fit and Fall Proof	
2-5 pm	Intro to Pinochle	

25 Treats by Oasis Senior Advisors		
9 am-3 pm	Tech Help Drop-In	
10-11:30 am	Widow/Widower Support Group*	
10 am-2 pm	Pinochle	
Noon Meal		Ham & Beans
1-2 pm	Fit and Fall Proof	
1-2:30 pm	Widow/Widower Support Group*	
2-5 pm	Intro to Pinochle	

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MAY

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
Wednesdays, 10 am-1 pm



PARKS AND RECREATION

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

MONDAY

5		
10:30-11:45 am	Tech: Cloud Storage	
Noon Meal	Cheese Enchilada	
1-3 pm	The Art of Fiction*	
1-4 pm	Mexican Train	
1-5 pm	Bridge	

12	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: Intro to Selling Online	
Noon Meal	BBQ Cheeseburger on a Whole Wheat Bun	
1-4 pm	Mexican Train	
1-5 pm	Bridge	

19		
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*	
10:30-11:45 am	Tech: Google Workspace Free Tools	
11 am	Book Club*	
Noon Meal	Ham & Swiss Sandwich	
1-4 pm	Mexican Train	
1-5 pm	Bridge	

26	The Senior Center is closed for Memorial Day	
		

TUESDAY

6		
9 am-2 pm	Weiser Candy Co*	
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
Noon Meal	Chef's Salad	
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	

13	Treats by The Village at Crystal Springs	
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
11 am	Music: Rick Kartes	
11 am-12 pm	Housing 101 with Paige Doyle	
Noon Meal	Chicken Salad Sandwich	
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	

20	Treats by Senior Helpers	
8 am-8 pm	Election Day Polling Location	
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
Noon Meal	Country Fried Steak with Country Gravy	
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	

27		
9:30 am-12:30 pm	NIFC Tour*	
10:30-11:30 am	Longevity Stick	
10:30-11:45 am	Tech Q&A	
11:45 am	Music: Local Harmony	
Noon Meal	Polish Sausage with Sauerkraut	
1-2 pm	Fit and Fall Proof	
1-4 pm	Euchre	
1-4 pm	Mahjong	
1-5 pm	Bridge	

WEDNESDAY

7	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*	
Noon Meal	Orange Chicken with Brown Rice	
12-12:30 pm	Pop-Up Library	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

14	Treats by The Cottages	
9:30-11 am	Travel Meeting with Collette Travel*	
10 am-12 pm	Cribbage	
10 am-12 pm	Happy Hookers Knit & Crochet	
10:30-11:30 am	Gentle Yoga*	
11 am	Welcome Tour*	
Noon Meal	Roast Pork with Mushroom Gravy	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

21	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	Chicken Mushroom and Noodle Casserole	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	
2-3 pm	Tai Chi & Qigong Intermediate*	
3-4 pm	Tai Chi & Qigong Beginner*	

28	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*	
11 am	Music: Dakota Dave	
Noon Meal	Roast Beef with Mashed Potatoes & Gravy	
1-3 pm	Self-Led Acrylics	
1-5 pm	Canasta	

THURSDAY

1	Treats by Serengeti Care	
10-11 am	Bingo with Dan	
10-11:30 am	Chat-n-Chew Social Group	
11 am	Music: CheatGrass	
11 am-3 pm	Rummikub	
11:30 am-12:30 pm	Drumming Divas	
Noon Meal	Chicken Penne Alfredo	
1-5 pm	Bridge	

8	Treats by Edgewood Healthcare	
10-11 am	Bingo with Kelly	
10-11:30 am	Chat-n-Chew Social Group	
11 am	Music: Big Dave Walter	
11 am-12:30 pm	Blood Pressure Clinic	
11 am-3 pm	Rummikub	
11:30 am-12:30 pm	Drumming Divas	
11:50 am-12:20 pm	Origami: Carnation & Ribbon*	
Noon Meal	Chili Macaroni	
12:30-2:30 pm	Paper Craft: Carnation Bouquet*	
1-5 pm	Bridge	

15	Treats by Home Helpers	
10-11 am	Bingo with Jim	
10-11:30 am	Chat-n-Chew Social Group	
11 am	Music: The B Team	
11 am-12:30 pm	ID Hunger Relief Task Force	
11 am-3 pm	Rummikub	
11:30 am-12:30 pm	Drumming Divas	
Noon Meal	Spaghetti with Meat Sauce	
1-4 pm	Gourmet Marshmallows*	
1-5 pm	Bridge	

22	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-3 pm	Rummikub	
11:30 am	Music: David Ladines	
11:30 am-12:30 pm	Drumming Divas	
Noon Meal	Smothered Pork Chop	
1-5 pm	Bridge	

29		
10-11 am	Bingo with Tammy	
10-11:30 am	Chat-n-Chew Social Group	
11 am-3 pm	Rummikub	
11 am-12:30 pm	Pet Therapy Visit	
11:30 am-12:30 pm	Drumming Divas	
Noon Meal	Lemon Baked Fish with Rice Pilaf	
1-5 pm	Bridge	
5-10 pm	BLT - Little Women*	

FRIDAY

2		
10 am-12 pm	"Beginner's Day: Exploring AI"	
10 am-2 pm	Pinochle	
10 am-3 pm	Red Cross Blood Drive*	
11:30 am	Senior Goldmine Visit	
Noon Meal	Cranberry Meatballs with Brown Rice	
1-2 pm	Stroke Prevention Author Talk*	
1-2 pm	Fit and Fall Proof	
2-5 pm	Intro to Pinochle	

9	Birthday Cake by Connect Health	
10-11:30 am	Widow/Widower Support Group*	
10 am-2 pm	Pinochle	
11 am	Music: Cattywampus	
11-11:45 am	Meditation for Optimal Health*	
Noon Meal	Breaded Chicken Breast with Mashed Potatoes & Gravy	
12 pm	Mother's Day Event	
12 pm	Birthday Friday	
1-2 pm	Fit and Fall Proof	
1-2:30 pm	Widow/Widower Support Group*	
2-5 pm	Intro to Pinochle	

16	Treats by Brookdale Independent Living	
10 am-2 pm	Pinochle	
10:30 am-12 pm	In the Moment Improv Theater*	
Noon Meal	Monterey Chicken	
12:30-3:30 pm	MK Nature Center*	
1-2 pm	Fit and Fall Proof	
2-5 pm	Intro to Pinochle	

23	Treats by Oasis Senior Advisors	
10-11:30 am	Widow/Widower Support Group*	
10 am-2 pm	Pinochle	
Noon Meal	Salisbury Steak with Mashed Potatoes & Gravy	
1-2 pm	Fit and Fall Proof	
1-2:30 pm	Widow/Widower Support Group*	
2-5 pm	Intro to Pinochle	

30		
10 am-2 pm	Pinochle	
Noon Meal	Sicilian Chicken with Buttered Noodles	
12-5 pm	Macks Creek*	
1-2 pm	Fit and Fall Proof	
2-5 pm	Intro to Pinochle	



LOADED BAKED POTATO SALAD

This creamy potato salad is easy to stir together, and even easier to pack up for the ultimate Memorial Day picnic side dish.

Ingredients

- 4 lb. Russet potatoes
- 2 Tbsp. finely chopped dill pickles, plus ¼ c. juice from the jar
- 1 ¼ cups sour cream
- ½ cup mayonnaise
- 1 Tbsp. ranch seasoning
- 2 tsp. yellow mustard
- 1 tsp. kosher salt
- 1 tsp. ground black pepper
- 8 slices cooked bacon, chopped, divided
- 1 ½ cups shredded sharp cheddar
- ¼ cup thinly sliced green onions, plus more for serving

Instructions

1. Preheat the oven to 400°F.
2. Place the potatoes on a baking sheet. Using a fork, prick the potatoes all over. Bake until fork tender, about 1 hour. Let cool for 15 to 20 minutes, or until able to handle comfortably.
3. Peel the potatoes, chop into 1-inch pieces, and transfer to a large bowl (It’s OK if they crumble a bit! Add all of the little pieces to the bowl.) Drizzle the chopped potatoes with the pickle juice and let them sit until the potatoes have cooled completely, about 1 hour.
4. In a small bowl, stir together the sour cream, mayonnaise, pickles, ranch seasoning, mustard, salt, and pepper until fully combined.

5. Pour the sour cream mixture over the cooled potatoes. Add the chopped bacon (reserving 2 tablespoons), cheese, and green onion and stir gently to combine. Refrigerate until ready to serve. Top with more green onion and the remaining 2 tablespoons of bacon just before serving.

Recipe and photo by thepioneerwoman.com

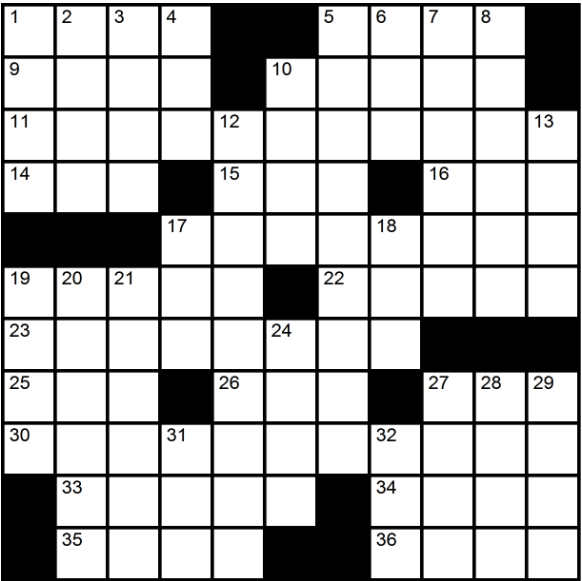
CROSSWORD PUZZLE

ACROSS

- 1 Start of Operation Overlord
- 5 Banned pollutants
- 9 Former Soviet ruler --- Andropov
- 10 Acute
- 11 Watch
- 14 When one is supposed to get there
- 15 Metal container
- 16 Period of history
- 17 Judicial restraint
- 19 Variable

DOWN

- 1 Embankment
- 2 Musical composition for two
- 3 Extent of space
- 4 Pup’s cry
- 5 Remarkable events
- 6 Reef



- 7 Cattle classifications
- 8 Puffball emissions
- 10 Obstacle
- 12 Scholarly centers
- 13 Not any
- 17 Light rowboat
- 18 Slender bar
- 19 Ran away
- 20 Occupy
- 21 Worldwide cultural org.
- 24 South African monetary unit
- 27 Tokyo legislature
- 28 Small thing
- 29 Nose-in-the-air sort
- 31 Your, old style
- 32 Domestic channels for news, education, entertainment and rubbish

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



WIDOW GROUP OPENS AFTERNOON MEETINGS

The Widow/Widower Support Group has expanded its meeting times to include afternoons, from 1-2:30 p.m. on the second and fourth Friday of every month. Anyone who has experienced the death of a partner is invited to attend. Please sign up in advance at 208-608-7580.

CONSIDERING DOWNSIZING YOUR HOME?

Idaho Realtor Tiffany Scudder is offering “Life Transitions—Downsizing Your Home,” a class to help you make informed decisions about your housing choices. "By the end of this class, you'll be equipped with the knowledge, wisdom and tools to navigate your future housing and life transitions.” The class is on April 16 from 10:30 a.m. to 12 p.m. Register in advance at 208-608-7580.

WE'RE HOSTING A BLOOD DRIVE ON MAY 2

Every 2 to 3 seconds, someone in the U.S. needs a unit of blood, and only volunteer donors can fulfill that need for people in our community. In response to the ongoing need, we’ve teamed up with the American Red Cross to host a blood drive on May 2 from 10 a.m. to 3 p.m. There are several time slots available. Call the front desk to schedule your donation, 208-608-7580.

HAVE YOU TAKEN A BONUS TRIP WITH US?

Bonus trips are an opportunity to get out and explore the Boise area and beyond. We take care of the details, including the driving, so you can sit back and enjoy the experience. Pre-registration is required, 208-608-7580.

Joseph and the Amazing Technicolor Dreamcoat, Apr. 3, 4:15-10 p.m. This timeless show re-imagines the Biblical story of Joseph and his coat of many colors. We'll stop for dinner first at JaK*s Place Neighborhood Grill in Nampa. Cost \$56/\$86.25 (cost of dinner is on your own).

Coffee Tasting, Apr. 15, 8:45-11 a.m. Enjoy four different single-origin coffees from around the world, each paired with a brunch item. Explore the nuances of specialty coffee and discuss tasting profiles while learning to match food and coffee so the flavors enhance one another. Cost \$29.94/ \$45.89.

CONGRATS TO OUR MONTHLY HIGH SCORERS!

PINOCHLE

January

High Score:
Phil 7,700

February

High Score:
Steve 6,110



BRIDGE

January

Monday: Unavailable
Thursday: Unavailable

February

Monday: Paul 4,530
Thursday: Paul 3,510



PAPER CRAFT CLASSES CELEBRATE SPRING

Paper craft instructor Sunmi Choi is offering free 30-minute origami classes in April and May. Students will learn to fold ladybugs and rabbits on April 17, and carnations and ribbons on May 8. Both origami classes begin at 11:50 a.m.

Intermediate paper folding classes include an Easter decoration on April 17 and a carnation bouquet on May 8 starting at 12:30 p.m. Cost is \$2 per person, and all materials are included. Space is limited, register in advance at 208-608-7580.



SIGN UP FOR SUMMER ACTIVITIES

Boise Parks and Recreation's Summer Activity Guide features a variety of activities for older adults. Registration opens March 31 for city residents and April 2 for non-residents. Give us a call at 208-608-7580 for more information or to sign up for activities.

TRAVEL WITH US



UPCOMING TRAVEL MEETING

Magical Christmas Markets (Austria & Germany)

Holland and Belgium Springtime River Cruise

Discover South Pacific Wonders

Collette Travel will visit the Senior Center on May 14 from 9:30-11 a.m. to share information and answer questions about the trips listed above. Please sign up in advance to save your seat at the meeting, 208-608-7580.



Clockwise from top left:
The Widow/Widower Support Group celebrated its 2nd anniversary in February.

Dinner is included at the annual Senior Prom that is organized by Timberline High School's Wolf Connection leadership students.

Ted Coskey and Lilly Rodriguez were crowned Prom King and Queen.

Student athletes from BSU and University of Denver served lunch to promote this year's "Putting Senior Hunger on Ice" fundraiser for Meals on Wheels.



EDITOR/PUBLISHED AUTHOR IS OFFERING TWO FREE CREATIVE WRITING CLASSES THIS SPRING

Do you have a story you would like to tell? You'll get a chance this spring with help from editor and published author Katrin Tschirgi, who is offering creative writing classes—both fiction and non-fiction—starting in April.

Writing Your Story

On April 14, 1-3 p.m., you'll learn to write a true story from your life using effective, professional storytelling techniques.

Writing Your Story will teach you how to mine your personal experiences for compelling narratives, turning these moments into crafted, creative short stories that can be shared with friends and family. Through a series of short exercises, you'll work on developing plot and characters. It's a low-stakes, fun way to practice creative writing.

The Art of Fiction

On May 5, 1-3 p.m., join us for The Art of Fiction, a lesson on how to write fictional stories.

Short stories are a fun and effective way for participants to learn the basics of creative writing. Focusing on plot, characters, and language,



participants will work together to craft imaginative narratives based on real events. Through a series of open-ended prompts, writers will learn how to craft compelling characters and build conflict. Supplementary reading materials will be used to demonstrate craft techniques.

Participants will need writings utensils, such as a laptop or pen and paper.

There is no cost to participate, but registration is required. Please sign up in advance by calling 208-608-7580.

About the instructor

Katrin Tschirgi is an editor, fiction writer,

poet, and educator with more than 10 years of experience in the literary world. She has a PhD in literature and creative writing from the University of Southern California, and she earned her MFA in fiction writing from Bowling Green State University. Katrin's work has been published widely in award-winning journals, and she has served as the managing editor of the Mid-American Review.



Derral



First job: I took up hay on a farm in Stonefork, Ill. when I was about 15 years old.

Last job: I retired as a charter bus driver. I drove truck for 20 years and worked in the coal mines for 20 years.

Most proud of: My wife. I'm sure proud of her. She was an angel.

If I met my 18-year-old self, I would tell him:
Turn to God.

Roger



First job: Driving horses in my neighbor's hay field. I was 7 years old.

Last job: Working in a secure environment on the B2 stealth bomber in Southern California.

Most proud of: I've got some wonderful kids and grandkids.

If I met my 18-year-old self, I would tell him:
Be more confident.

TRY MEDITATION FOR OPTIMAL HEALTH, FREE

Meditation instructor Michelle Wood offers free meditation instruction on the second Friday of every month from 11-11:45 a.m. Explore different styles of meditation proven to reduce stress and promote general health. Sign up in advance at the front desk or call 208-608-7580.

LOVE TO PAINT? JOIN US FOR SELF-LED ACRYLICS

Self-led Acrylics is offered every Wednesday from 1-3 p.m. Drop-in fee is \$2 if you bring your own supplies or \$5 to use Senior Center supplies.

NEED IT FIXED? REPAIR CAFE CAN HELP

Repair Café Boise at JUMP is back on April 24 from 4-7 p.m. Let Curb It and JUMP help you reduce waste by reusing what you already have. Repair experts will be ready to help you restore household items like clothing, appliances, electronics and more. Have questions? Email curbit@cityofboise.org.



Health insurance is complicated.
We make it simple.

selecthealth.org





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

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RADIO DAYS RETURNS WITH GILDERSLEEVE FUN, AND YOUR TICKET IS ALREADY PAID FOR!

Radio Days will return to the dining room with a wonderful comedy that's full of laughs, romance, folly, music and the Great Gildersleeve, who certainly knows how to get himself into a fix! On this episode, "Two Dates for the Spring Fling," Gildersleeve finally gets invited to the mayor's annual party, but right after he invites a date, the mayor provides another for him! He's going to get into hot water with both ladies, not to mention the mayor, if he doesn't come up with an idea quick! What will the Great Gildersleeve do to get out of trouble this time? Come find out on April 15, from 7-8 p.m. Sign up in advance at 208-608-7580.

BIRTHDAY CORNER



Happy birthday to everyone who celebrated
February and March birthdays with us!

February

Mike Conley
Lisa Craig
Deb Fease
Hobert Heiken
Darrell Mallory
Linda Matejka
Wes Underwood
Carrie Wiss

March

Jerry Atkins
Suzanne Bigelow
Sunmi Choi
Barbara Davis
Jeri Denney
Betsy Hayes
Ruth Nishioka
Ken Viste

Am. Heritage Girls
Janelle, Hope, Zoe

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

A big thank you to our
Birthday Friday sponsor:



**CONNECT
HEALTH**